

ANNUAL  
REPORT  
2010/2011



# mission statement

We are dedicated to supporting the pursuit of excellence by high performance athletes and coaches in Saskatchewan to reach podium performances at international competitions.

# vision statement

To achieve excellence in world-class athlete services, quality coaching and long term sport development. That Saskatchewan's high performance athletes and coaches will have access to quality support programs and services that will enhance their holistic development on their journey to excellence, while living, training and competing in Saskatchewan.

Amber Holland Curling Team  
Silver Medalist  
2011 Women's World Curling Championships



Credit: Andrew Klaver

**“It goes without saying that to perform at an elite level, you need hard work and commitment, but you can also use a little help along the way as well. Our team has been very fortunate to have had that help through the services provided by the CSCS. The consultants that work directly with our team provide an invaluable resource and we are happy to share our success with them and the Center.”**



**RON COOLEY**

## **MANAGEMENT COMMITTEE**

Ron Cooley, Chair  
Kenda Richards  
Dave Pettigrew  
Dr. Kim Dorsch  
Lyle Sanderson  
Karen Fahlman  
Kia Byers  
Kayla Mack

## **ATHLETE ADVISORY COMMITTEE**

Kia Byers, Canoe/Kayak  
Joseph DeCiman, Basketball  
Nikola Goncin, Wheelchair Basketball  
Tim Landeryou, Racquetball  
Cory Niefer, Shooting  
Daniel Olver, Wrestling  
Jessie Buydens, Football  
Melissa Armstrong, Baseball  
Kayla Mack, Rugby

# message from the chair

Saskatchewan's athletes and coaches continued to excel on the provincial, national and international stage. Our athletes competed in a wide range of competitions this year including the 2010 Commonwealth Games where they captured one gold, four silver and two bronze medals, as well as many podium performances at national and international championships.

As our athletes and coaches prepare for the upcoming 2011 Pan and Parapan American Games in Guadalajara, Mexico and the 2012 Summer Olympic and Paralympic Games in London, England, the Canadian Sport Centre Saskatchewan (CSCS) will be there to support their development as they strive to achieve their athletic goals and personal dreams.

The CSCS is fortunate to receive the support of partners and sponsors who help make our programs and services available to Saskatchewan's athletes and coaches. Thank you to Sask Sport Inc., Sport Canada, the Canadian Olympic Committee, the Canadian Paralympic Committee, Own the Podium, the Coaching Association of Canada, the Coaches Association of Saskatchewan, the Sport Medicine and Science Council of Saskatchewan, Pfizer Consumer Healthcare Inc., Cold FX, and the Government of Saskatchewan. Your dedication and support are greatly appreciated.

As well, thank you to the CSCS Management Committee, the Athlete Advisory Committee, and our staff for dedicating their time and efforts to making the CSCS a success and helping prepare our high performance athletes and coaches for successful, bright futures.

In the coming year, we look forward to supporting the dreams of our athletes and coaches to reach higher levels of athletic and personal achievements.

Ron Cooley, Chair  
Canadian Sport Centre Saskatchewan

# Canadian Sport Centre Saskatchewan

The CSCS provides athletes and coaches in Saskatchewan with a variety of services and programs that focus on three streams of development - Performance Services, Life Services and Support Services. These programs are designed to help members succeed both in and outside of sport.

Overall, 152 athletes were registered with the CSCS in 2010-2011. This includes 85 Regional Development athletes, 19 Provincial Development athletes, 24 Canadian Development athletes, 14 Canadian Elite athletes and 10 Podium level athletes.

The CSCS is managed and governed by Sask Sport Inc. and receives national partnership funding support from Sport Canada, Own the Podium, and the Coaching Association of Canada.

Paige Lawrence and Rudi Swiegers, Figure Skating  
Senior Pair Short Program  
BMO Skate Canada Nationals



Canada

**“Whether it's help with mental training, nutrition, off-ice training, or answering our countless questions, the Canadian Sport Centre Saskatchewan has been behind us 100%. We couldn't be where we are, and go where we want to go without them!”**



## RENAE BARKS

### Rowing

Saskatchewan Sport Awards  
Youth Female  
Athlete of the Year

“I am privileged to have the Canadian Sport Centre Saskatchewan behind me as I tackle my athletic pursuits. The sport services allows me to be a well-rounded athlete in terms of nutrition, strength, and mental preparation, and the life services supports me to be successful in school and the work force. The CSCS has backed me up in every aspect of my training...So the only thing left for me to do at the start line is take on the next 2000 meters!”

# athlete services

Athletes continued to benefit from support services designed to help them achieve personal and athletic success. During the 2010-2011 fiscal year, CSCS received 190 individual and group training service requests.

In September the first Athlete and Coach Advance workshop series was held featuring athlete presentations on managing performances through the challenges created by travel and multi-sport games environments. The finale featured three-time Olympic Gold Medalist Colleen Sostorics and nine-time Paralympic multi-medalist Colette Bourgonje sharing tips for Performance under Pressure. The event was well received by athletes and coaches alike and the expectation is to continue with a similar format for the upcoming year.

Over the past year, CSCS athletes received career testing at Kelsey SIAST campus, training in resume writing and self-marketing, yoga classes, tutoring support, career planning sessions delivered by Adecco personal counselling services, and Rosetta Stone language training sessions.

The GymFit program provided access to eight fitness training facilities in Saskatchewan: the University of Regina Fitness and Lifestyle Centre, Level 10 Fitness, the University of Saskatchewan Fitness Centre, CBI Fitness Centre, Saskatoon YWCA, Craven Sport Services, and the Moose Jaw YMCA. Regina's Athlete Development was the newest facility to become a program partner.

Future Best continues to financially support athletes with the realistic potential of becoming a National Senior Team member, but have not yet reached carding status or named to their sport's National Senior Team. Future Best provided financial assistance for training and competition to 71 Saskatchewan athletes from 27 different sports.

In December, the Government of Saskatchewan and Sask Sport Inc. announced the new

Saskatchewan Program for Athletic Excellence which provides supplemental financial support to Saskatchewan high performance athletes carded through Sport Canada's Athlete Assistance Program. CSCS athletes Lucas Makowsky and Miranda Biletski represented the province's high performance athletes at the media event to announce the program. This past year 36 recipients - including Lucas and Miranda - from 17 sports received \$116,800 in support. As the program rolls out over a full year, the CSCS anticipates providing up to \$350,000 per year in support to Saskatchewan's high performance carded athletes.

## Making Health and Wellness a Top Priority

The CSCS continued its partnership with the Sport Medicine and Science Council of Saskatchewan (SMSCS) to provide health and wellness support services in the areas of nutrition, biomechanics, strength and conditioning, injury assessment, mental training, drug education and exercise physiology.

CV Technologies Inc. supplied Cold FX medicine to CSCS athletes and sponsorship support to the

CSC Network while Pfizer Consumer Healthcare Inc. continued to provide Advil, Chapstick, Caltrate and Centrum vitamins. The CSCS greatly appreciates these sponsorships, which help our athletes and coaches stay healthy, enabling them to achieve high levels of athletic and personal success.

## Targeted Sport Services

Through partnerships with provincial and national sport organizations, the CSCS is helping targeted athletes receive the support they need to achieve their goals. Targeted sport services include support for hiring and developing coaches, as well as supporting competition and training expenses incurred by targeted athletes.

During 2010-2011, partnerships included the sports of - athletics, wheelchair basketball, soccer, curling, wheelchair athletics, small bore shooting, gymnastics, wrestling, canoe/kayak, basketball and fencing. These organizations received more than \$60,000 in additional performance services, \$40,000 of this support came from Own the Podium (OTP) to bolster the service available to wheelchair athletics, canoe/kayak, curling and wrestling.

Michael Qing, Swimming Special Olympics Saskatchewan Sport Awards Youth Male Athlete of the Year



"I really appreciate the CSCS services and support that I received. The tutoring service helped me catch up on my school work that I missed during my competitions, and the Future Best athlete funding assisted me to attend international competitions."



**DAVE ROBERTSON**

**Head Coach**  
**Wascana Racing Canoe Club**

In addition to coaching in Saskatchewan, David is part of Canoe Kayak Canada's Accelerated Coaching Development program with support from Own The Podium and the Coaches Association of Canada. He is Canoe Kayak Canada's National Apprentice Coach, and a current candidate in the NCI-SK Advanced Coaching Diploma program.

*"CSCS and NCI-SK have supported my goals of becoming an international level coach by providing coach education services and professional development opportunities throughout the year."*

# coach services

## Helping our Athletes Reach Greater Levels

The CSCS is committed to providing high performance coaches with greater professional development opportunities to enhance coaching skills that will help Saskatchewan's athletes achieve greater levels of sport excellence.

Several High Performance Coach Professional Development workshops and networking sessions took place across the province, including:

- Strength and Power Training for the Immediate Post-Pubescent Athlete;
- Advanced Coach Diploma Program Overview;
- Competition Nutrition;
- Using Dartfish Technology to Analyze & Improve Athlete Performance;
- Travel & Performance - Performance Under Pressure.

The delivery of NCCP Competition - Development multi-sport modules were a success. 30 modules were delivered and provided training for 111 coaches (54 women and 57 men) from 27 different sports. Additionally, six out of ten Competition Development Learning Facilitators were evaluated for certification.

Coaches also benefited from the highly successful Saskatchewan Coaches Conference "Believe it...achieve it!" with more than 140 delegates participating in plenary and breakout sessions. The conference focused on issues facing grassroots sport and coaching development, Aboriginal coaches, high performance coaches and female coaches in Saskatchewan. 2010 Olympic gold medalists, Hayley Wickenheiser and Lucas Makowsky, delivered the conference's two keynote addresses.

Several coaches received grants to aid them in their professional development. Women in Coaching Professional Development Grants were presented to Savannah Taylor - Rowing

and Tania Harrison - Volleyball. Savannah Taylor used her grant to work on NCCP tasks at the University of Western Ontario with Volker Nolte, while Tania Harrison worked towards her NCI Advanced Coaching Diploma.

High Performance Coach Professional Development grants were awarded to Wesley Chirima and Mark Kurmey - Gymnastics; Dale Upton and Todd Johnson - Athletics; Todd McCulloch - Softball; and Greg Brons - Baseball. This grant supports Saskatchewan coaches who work with high performance athletes in the LTAD stages of Training to Compete and Training to Win.

Russel Fersch - Wrestling, received an Apprentice Coach Grant to work with Team Canada athletes and coaches prior to the U17 Pan Am Wrestling Championship.

The following sports received a Coach Visitation Grant which allowed them to bring in a National Team or High Performance coach to train coaches in Saskatchewan: Baseball - Dave Robb Pitching Clinic in Saskatoon; Gymnastics - Kelly Manjak Training Camp in Saskatoon; and Baton Twirling - Escalate to Excellence Clinic in Saskatoon.

Carol Ferris - Curling and Natalia Sirenko - Gymnastics, were selected for the 2011 Canada Games Women in Coaching (WIC) Apprentice Program. Tiffany Smith - Synchro was selected for the 2011 Canada Winter Games Aboriginal Apprentice Coach Program. All coaches had a successful experience leading up to and during the Games in Halifax.

## **National Coaching Institute - Saskatchewan**

In 2011, the new NCI Advanced Coaching Diploma program will come into effect. To ensure a smooth transition from the former NCCP program, the National Coaching Institute - Saskatchewan (NCI-SK) worked with coaches as they completed their NCCP Level 4/5 Tasks.

A mapping document was developed to allow coaches to see which Level 4/5 Tasks would count towards the new Diploma units. Seven coaches took part in NCI-SK's Advanced Coaching Diploma, Competition Readiness and Performance Planning and Training units.

NCI-SK also contributed to the production of a special edition of Coaches PLAN Magazine for the 2011 Canada Winter Games in Halifax. The magazine highlighted NCI-SK's figure skating coach Sylvie Wandzura, a NCI graduate and Team Saskatchewan manager at the Games.

Kay Montgomery - Curling, and Carla Nicholls - Athletics, also received Women in Coaching NCI Scholarships. Montgomery entered the Advanced Coach Diploma program and Nicholls earned her NCCP Level 4 certification.

### **Nikola Goncin Wheelchair Basketball Men's National Team Program & 2011 Canada Winter Games Team**



# communications & promotions

## **Raising Public Awareness**

CSCS Communications continues to raise the public profile of Saskatchewan's high performance athletes and coaches, as well as inform the provincial sport system about the programs and services offered by the centre.

CSCS publishes the CSCS NEWS, an electronic newsletter featuring the latest information on programs, services and resources available to the CSCS athletes and coaches, along with news articles of recent athlete results & achievements.

The CSCS website is the place to find all the information you need from athlete services and programs, athlete profiles, up-coming events and major games promotion. Working directly with the CSCS athletes and their sport organizations, the goal is to have all registered athletes profiled on the website with up-to-date biographies.

## **2010 Tribute**

The 2010 Olympic & Paralympic Winter Games went out with a big bang in Saskatchewan! Saskatchewan Olympians and Paralympians joined forces with the Regina Police School Resources to visit Grades 5 to 8 students at eight elementary schools. Students heard the Olympians' and Paralympians' stories of the 2010 Games and positive messages of goal setting, overcoming obstacles, making healthy choices, and good self-esteem.

In July, Saskatchewan 2010 Olympians and Paralympians were honored at a Saskatchewan Roughrider game as part of the pre-game recognition and the half-time show.

## **Preparing for the 2012 Games**

Work is well underway to promote Saskatchewan athletes who have a strong chance of competing at the 2012 Summer Olympic and Paralympic Games in London, England. The website will also profile coaches, officials, Mission Staff, medical and

administrative staff as they are named to Team Canada. Leading up to and during the games the CSCS website is the place to visit!

## Celebrating Achievement

Saskatchewan was well represented at the 2010 Commonwealth Games in Delhi, India. Saskatchewan sent ten athletes and one coach to the Commonwealth Games, where they captured seven medals.

CSCS was a sponsor and partner in the 2010 Saskatchewan Sport Awards, an event that recognizes Saskatchewan's outstanding athletes, coaches, officials and volunteers. Former NHL coach Ted Nolan was the keynote speaker and CSCS registered athletes acted as Athlete Ambassadors at each corporate table.

The following CSCS registered athletes were finalists for the Saskatchewan Sport Awards:

### Youth Male Athlete of the Year

Jarret Kenke, Saskatoon, Canoe Kayak  
Michael Qing, Regina, Swimming Special Olympics  
Sam Valentine, Saskatoon, Diving

### Youth Female Athlete of the Year

Emily Schaan, Saskatoon, Judo  
Renaë Barks, Regina, Rowing  
Jessica Campbell, Melville, Hockey

### Male Athlete of the Year

Ben Hebert, Regina, Curling  
Lucas Makowsky, Regina, Speed Skating

### Female Athlete of the Year

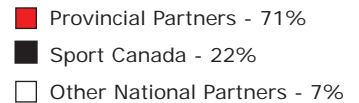
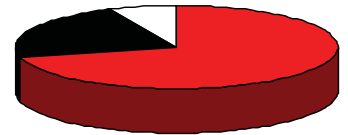
Colette Bourgonje, Porcupine Plain,  
Cross Country Ski Paralympic  
Kaylyn Kyle, Saskatoon, Soccer

Three CSCS athletes were recognized for their performances at this year's Saskatchewan Sport Awards:

Colette Bourgonje - Female Athlete of the Year  
Michael Qing - Youth Male Athlete of the Year  
Renaë Barks - Youth Female Athlete of the Year

# financial overview

## Revenues



## Expenses



# registered athletes

## Podium

Miranda Biletski, Rugby - Paralympic  
Colette Bourgonje, Cross Country Ski - Paralympic  
Alexandre Dupont, Athletics - Paralympic  
Keira Frie, Athletics - Paralympic  
Jillian Gallays, Wrestling  
Cory Harrower, Rugby - Paralympic  
Ben Hebert, Curling  
Kaylyn Kyle, Soccer  
Kelly Parker, Soccer  
Kyle Shaw, Athletics - Paralympic

## Canadian Elite

Cory Blatchford, Tennis - Paralympic  
Megan Buydens, Wrestling  
Kia Byers, Canoe/Kayak  
Erin Cumpstone, Softball  
Mark Dodds, Volleyball  
Tiffany Dodds, Volleyball  
Kelsie Hendry, Athletics  
Tim Landeryou, Racquetball  
Anderson Loran, Gymnastics  
Jayd Lukenchuk, Gymnastics (Artistic)  
Tonya Mokelki, Volleyball  
Cory Niefer, Shooting - Air Rifle  
Kris Odegard, Racquetball  
Scott Perras, Biathlon

## Canadian Development

Beth Clark, Volleyball  
Shannon Comerford, Fencing  
Joseph De Ciman, Basketball  
Heather Ebert, Softball  
Nikola Goncin, Basketball - Paralympic  
Gregg Johnstone, Basketball - Paralympic  
Heather Kalenchuk, Curling  
Marliese Kasner (Miller), Curling  
Stefanie Lawton, Curling  
Steven Laycock, Curling  
Russell Lenferna De La Motte, Water Polo  
Daniel Olver, Wrestling  
Krista Phillips, Basketball  
Jacqueline Rennebohm, Athletics - Paralympic  
Christine Richardson, Racquetball  
Gabrielle Roberts - Winter, Basketball - Paralympic  
Tammy Schneider, Curling  
Kim Schneider, Curling  
Sherri Singler, Curling  
Bobbi-Jo Slusar, Hockey  
Brianna Theisen, Athletics  
Samuel Valentine, Diving  
Lana Vey, Curling  
Taryn Wicijowski, Basketball

## Provincial Development

Jeff Adamson, Wrestling  
Peter Andrews, Waterski - Adaptive  
Arnold Boldt, Cycling - Paralympic  
Jessie Buydens, Football  
Cindy Hamulas, Shooting - Air Rifle  
Amber Holland, Curling  
Robert Hudson, Archery - Paralympic  
Richard McBride, Shooting - Skeet  
Lisa McKibben, Wrestling  
Tiera McLeod, Canoe/Kayak  
Julie Paetsch, Football  
Shannon Phillips, Taekwon-Do ITF  
Danielle Priel, Baton Twirling  
Megan Schenher, Soccer  
Christine Selinger, Canoe/Kayak - Paralympic  
Calvin Soloway, Shooting  
Chelsea Stone, Taekwondo - ITF  
Rudi Swiegers, Figure Skating  
Jason Warick, Athletics

## Regional Development

Jason Allen, Canoe Polo  
Gillian Allen, Rugby  
Melissa Armstrong, Baseball  
Derek Arsenie, Softball  
Autumn Ashcroft, Tae Kwon Do - WTF  
Rae Ashcroft, Tae Kwon Do - WTF  
Sean Barclay, Racquetball  
Renaë Barks, Rowing  
Lane Britnell, Athletics  
Vanessa Brown, Wrestling  
Chloe Ceulemans, Baton Twirling  
Hannah Champ, Rowing  
Alayna Chan, Table Tennis  
Kendra Chernoff, Swimming  
Lee Connell, Racquetball  
Danette Doetzel, Athletics  
Ashton Duda, Racquetball  
Scott Dudiak, Fencing  
Olivia Dyck, Canoe/Kayak  
Simon Fense, Canoe/Kayak  
Lisa Franks, Basketball - Paralympic  
Taelor Fredrickson, Baseball  
Julia Garnet, Cycling  
Megan Gibson, Canoe/Kayak  
Carmen Gorlick, Soccer  
Curtis Graves, Gymnastics  
Zoe Hanson, Racquetball  
Jeffery Hassler, Rugby  
Chloe Hetheron, Athletics  
Nathaniel Husulak, Racquetball  
Dustin Johnston, Speed Skating - Long Track  
Jarret Kenke, Canoe/Kayak  
Kathleen Kent, Wrestling  
Tyler Klenk, Field Hockey

Michael Kupchanko, Archery  
James Landeryou, Racquetball  
Nicole Lang, Curling  
Alicia Larkin, Baton Twirling  
Paige Lawrence, Figure Skating  
John Loepky, Basketball - Paralympic  
Kayla Mack, Rugby  
Connor Malloy, Wrestling  
Ashley McKilligan, Wrestling  
Kayla McKinnon, Baton Twirling  
Mark McMorris, Wakeboarding  
Craig McMorris, Wakeboarding  
Dylan Miller, Wakeboarding  
Cole Miller, Diving  
Colin Mohr, Racquetball  
Elliott Nelson, Speed Skating  
Justin Nenson, Shooting - Air Rifle  
Mitchell Novlan, Water Skiing  
Tait Nystuen, Athletics  
Taylor Petrucha, Athletics  
Sean Phillips, Team Handball  
Jordan Poliakiwski, Judo  
Alexandra Poliakiwski, Judo  
Michael Qing, Swimming - Paralympic  
Breanna Rak, Athletics  
Reid Richard, Basketball - Paralympic  
Ryan Riehl, Waterski - Adaptive  
Samuel Robins, Tae Kwon Do  
Dwight Safroniuk, Special Olympics - Cross Country Ski  
Drew Schreuder, Shooting - Air Rifle  
Aimee Schryer, Fencing  
Miranda Seifert, Tae Kwon Do - ITF  
Krystal Shaw, Swimming  
Jennifer Skilnick, Rugby  
Jasmine Slinn, Wrestling  
Andrew Smith, Athletics  
Jenah Smith, Archery  
Bishop Sommerfeld, Judo  
Jodi Souter, Athletics  
Matevsz Wojciech Stachura, Biathlon  
Taryn Suttie, Athletics  
Monty Tichkowsky, Rugby  
Stuart Twardzik, Boxing  
Leah Vause, Athletics  
Ryley Walker, Wrestling  
Lauren Weigel, Athletics - Special Olympics  
Matthew Weninger, Water Ski  
Kiera West, Baton Twirling  
Cassandra Wilson-Anderson, Shooting - Air Rifle  
Shylo Wolff, Canoe/Kayak  
Alex Wrubleski, Cycling

**For more information on CSCS registered athletes visit [www.csc-sask.ca/athletes.php](http://www.csc-sask.ca/athletes.php)**

# & partners sponsors



COVER:  
Anderson Loran, Artistic Gymnastics  
Silver & Bronze Medalist  
Delhi 2010 Commonwealth Games

“I wouldn’t have had the same opportunities in my sport without the support from CSCS. It gave me the chance to travel, compete and continue training at a higher level.”

## Supporting the Dream

of Canada’s high performance athletes and coaches

### CSCS Regina

1870 Lorne Street  
Regina, SK S4P 2L7  
P) 306.780.9300  
F) 306.781.6021

### CSCS Saskatoon

510 Cynthia Street  
Saskatoon, SK S7L 7K7  
P) 306.975.0800  
F) 306.242.8007

### Sport Medicine and Science Council of Saskatchewan

1.888.350.5558  
306.780.9446 (Regina)  
306.975.0867 (Saskatoon)

[csc-sask.ca](http://csc-sask.ca)

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