

Elevating **Athletes.** Powering **Performances.**



SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

The **trusted team** behind Canada's
Olympic and Paralympic athletes
Every. Single. Day.



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COPSIN ROLE

We partner with NSOs to deliver world class performance services and applied sport science research projects.

We are a key performance partner in the implementation of the priorities National High Performance Strategy including Game Plan, Mental Health and Safe Sport.

COPSIN AT A GLANCE

- 95 partnerships with NSOs across COPSIN in 2022-23.
- Over 150 full-time performance services staff.
- Optimal for both centralized and decentralized sports.
- In addition, each COPSIN location services individual national carded athletes without a training group or home-base, also key for para athletes and Paralympic sports.

What We Do



PEOPLE

We equip athletes and coaches to be the best version of themselves.



ENVIRONMENT

We are a network of seven Institutes and Centres across Canada that offer access to world-class facilities and work together to enable athletes and coaches to excel.



HEALTH

We ensure the physical, mental, and emotional well-being of athletes and coaches.



SERVICES

From frontline practitioners to Team Leads, we collaboratively deliver services based on the needs of the sport and the individual athlete.



GOVERNANCE

We set a high level of professional and ethical standards in the delivery of performance, health and wellness solutions.

How We Do It



PERFORMANCE, HEALTH, & WELLNESS

Nutrition, Performance Analysis, Physiology, Sport Medicine, Sport Therapy (Physiotherapy, Massage Therapy, Chiropractic, Osteopathy), Strength and Conditioning, Mental Performance, Mental Health, Game Plan.



LEADERSHIP

Our Team Leads support the development of the sport plan and oversee the coordination of practitioners to ensure excellent delivery of sport science and medicine services.



EDUCATION

We deliver workshops and programs to develop new skills and enhance athlete and coach knowledge.



RESEARCH

Driven by scientific data, we find innovative solutions to enhance performance and remove barriers to what athletes can achieve.

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WHY CHOOSE COPSIN



FINANCIAL VALUE

Service alignment will provide resource and funding efficiencies.

OPTIMAL COMMUNICATION

Through our integrated and multi-disciplinary environment.

STABILITY

Feel confident we will have people in place to deliver on the services you need.

INSIGHTFUL KNOWLEDGE

Rely on a rich history of performance, health and wellness expertise. This is what we do.

ACCESS ALL SEVEN LOCATIONS ACROSS CANADA

An ideal environment for decentralized sports.

COPSIN OPPORTUNITIES

COORDINATED PERFORMANCE SERVICES

- Testing (Nationwide)
- Delivery of National Programming Locally
- Multidisciplinary Team Approach
- Alignment with Development Athletes
- Exposure to High Performance Athletes from Other Sports

CRUCIAL ROLE WITH PROVINCIAL PARTNERS

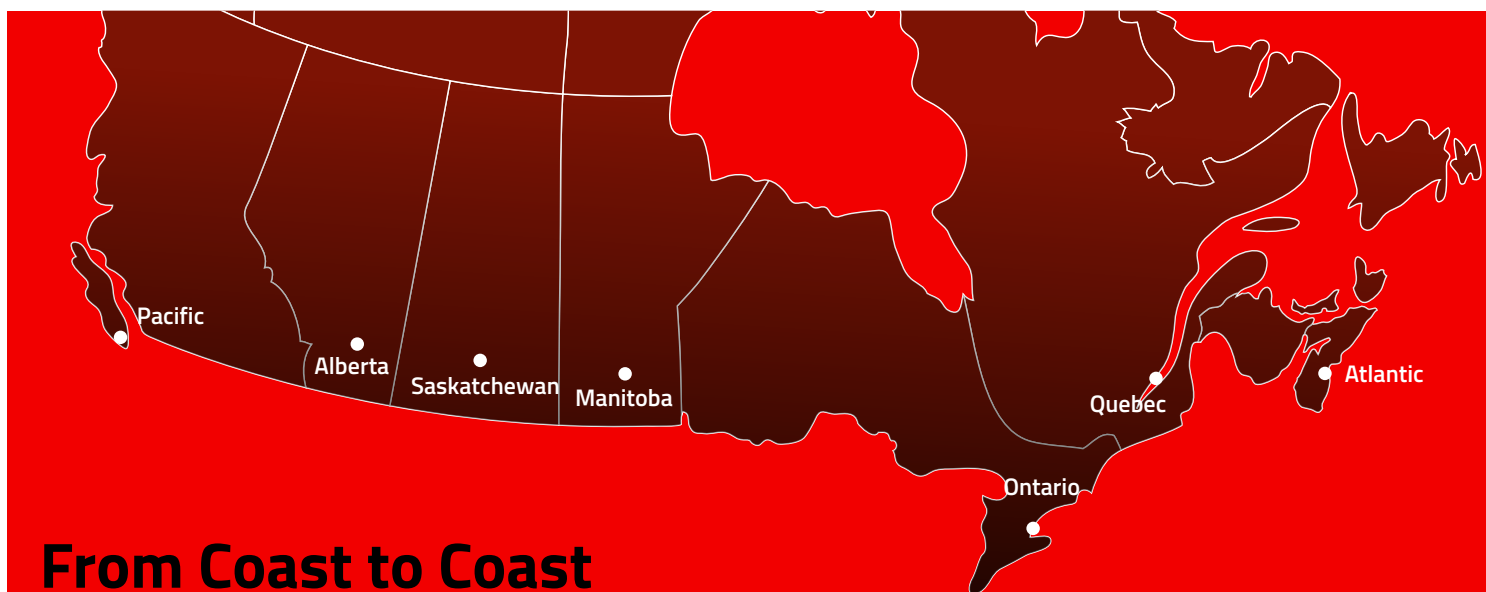
- Provincial Governments
- Legacies and Facility Development
- Provincial Sport Organizations (PSOs)
- Provincial Funding Programs

ATHLETE WELLNESS

- Game Plan Delivery
- Mental Health Support
- Safe Sport Education
- Athlete Monitoring Program



Connect with
your regional COPSIN Institute or Centre
to learn more!



From Coast to Coast



Canadian Sport Institute Pacific has more than 21,000 square feet of space across three facilities in British Columbia: in Victoria (at PISE), Vancouver (at UBC) and Whistler (at Whistler Sport Legacies). These diverse campuses allow CSI Pacific to work with a wide array of summer and winter sports, for able-bodied and para-athletes from across the province. Sport partners being supported at these locations include Alpine Ski, Freestyle Ski, Luge, Ski Cross, Snowboard, Rowing, Athletics, Cycling (Mountain Bike & BMX) Diving, Soccer and Triathlon, amongst others. www.csipacific.ca



The **Canadian Sport Institute Alberta** is based out of Canada Olympic Park (WinSport), the University of Calgary, and the Canmore Nordic Centre. It is a primary home for long track speed skating, freestyle halfpipe, ski cross, luge, cross-country skiing, biathlon and para-nordic. www.csialberta.ca



A virtual centre with training and sport medicine partners across the province, the **Canadian Sport Centre Saskatchewan** can be utilized by high-performance athletes and coaches in the province for programs and services. www.csc-sask.ca



The **Canadian Sport Centre Manitoba** works to provide a world-class, multi-sport daily training environment for athletes and coaches through integrated services and programs in the fields of physiology, strength and conditioning, nutrition, psychology and support services. cscm.ca



Canadian Sport Institute Ontario is based out of the Toronto Pan Am Sports Centre, with regional training centres at the Mattamy National Cycling Centre (Milton, ON), and the David S. Howes Sport Performance Centre at Canada Games Park (Niagara, ON). CSIO is the primary training facility home for swimming, track cycling, wheelchair basketball, and wheelchair rugby, and has staff embedded at beach volleyball and athletics training centres. www.csiontario.ca



Serving athletes from more than 90 disciplines and headquarters for 10 resident sports (boccia, boxing, fencing, gymnastics, judo, synchronized swimming, swimming, short-track speed skating, diving and water polo), the **INS Québec** Complex at the Olympic Park (Montréal) offers more than 150,000 sq. ft. of space, 92% of which is dedicated to the practice of sports or to direct services for high-performance athletes and coaches. www.insquebec.org/en/



Canadian Sport Institute Atlantic has 20,500 square feet of accessible space with an additional 60,000 square feet of recreational facilities across Atlantic Canada. CSI Atlantic facilities can be found in St. John's, Newfoundland, Fredericton, New Brunswick and the flagship location in Halifax, Nova Scotia. Sport partners include over 1000 provincial athletes annually as well as national sport organizations such as Canoe Kayak Canada, Sail Canada, Gymnastics Canada, Rugby Canada, Badminton Canada, Rowing Canada, and Hockey Canada. csiatlantic.ca