

**Mission:**

To support high performance athletes to achieve podium performances in international competition through a holistic process.

What we do:

The Canadian Sport Centre Calgary is one of the top Olympic sport training environments in the world and a member of a network of eight centres across Canada. The CSCC strives to develop a positive and comprehensive environment focused on excellence for Canada's best athletes and coaches by providing access to world leading sport experts and programs.

Performance Services:

Through the CSCC, top Canadian athletes can access performance services that are based on advanced practices. These services are provided by integrated and interdisciplinary Performance Enhancement Teams (PET) – coordinated groups of world-class professionals dedicated to supporting the athlete and coach in achieving his or her peak potential. Performance Services include: Exercise Physiology, Sport Medicine, Sport Psychology, Nutrition, Biomechanics and Coaching Development.

Life Services:

Life services contribute to an integrated, holistic approach to athlete development and confidence to reach the podium and beyond. We strive to empower athletes to be self-reliant and to make sound decisions about their careers and their lives. Life Services include: Academic, Career and Transition Planning, the Fuel for Gold Nutrition Program, Counselling, Workshops such as Public Speaking, Media Training, Self-Marketing and Sport Psychology.

Service Approach:

All programs and services are offered in response to the individual needs of the high performance athletes and coaches, for success in sport and in life. While podium performances are the goal, the CSCC also endeavours to develop athletes as individuals and as community leaders.



Facility Partnerships:

The CSCC is fortunate to be surrounded by great facilities that share our commitment to supporting athletic excellence. Through partnerships with the following facilities, our performance and support services are delivered directly to the athletes in their optimal training environments. These facilities include:

- Canada Olympic Park
- University of Calgary
- Talisman Centre for Sport and Wellness
- Mount Royal College Recreation
- Bill Warren Training Centre at Canmore Nordic Centre
- Cardel Place for Community, Sports and Recreation
- University of Alberta Butterdome and Foote Field

CSCC History:

In the late 1980s, in response to decreasing resources for high performance sport and declining international results, Canadian sport leaders called for the creation of a network of multi-sport centres in Canada. A concerted effort was made to establish these centres, modeled after successful European sport institutes. The first Canadian Sport Centre was established in Calgary in April 1994 as a three-year pilot project.

Calgary was selected because of the willingness and capacity of six local and national partners to commit resources for the duration of the pilot project. The Canadian Sport Centre Calgary (CSCC) was founded on the legacies of the 1988 Winter Olympic Games; Calgary had the facilities, people, critical mass of high-performance athletes and coaches, environment of sport excellence, and strong volunteer infrastructure required. By 2001, a network of seven Canadian Sport Centres existed, with additional Centres in British Columbia, Saskatchewan, Manitoba, Ontario, Quebec and Atlantic Canada.

For more information, visit our website at:

www.canadiansportcentre.com