

Useful Numbers and Websites

Sport Organizations

Podium Canada

www.ownthepodium2010.com

Canadian Olympic Committee (COC)

www.olympic.ca

Canadian Paralympic Committee (CPC)

www.paralympic.ca

International Olympic Committee (IOC)

www.olympic.org

International Paralympic Committee (IPC)

www.paralympic.org

Canadian Centre for Ethics in Sport (CCES)

www.cces.ca

Medications Info Line 1-800-672-7775

Substance Inquiries—substanceinquiries@cces.ca

Substance Classification Booklet on CCES website

Global Drug Information Database

www.didglobal.com

World Anti-Doping Agency (WADA)

Prohibited list www.wada-ama.org

Sport Dispute Resolution Centre of Canada

(SDRCC) www.adrspportred.ca

phone: 1-866-733-7767

Canadian Advancement for Women in Sport

(CAAWS) www.caaws.ca

Gay & Lesbian Professional Athletes Assn.

www.glpaa.org

Athletes in Action—International Sport
Chaplaincy www.athletesinaction.com

Calgary 403-461-3920

Canmore 403-609-0832

Athletes CAN www.athletescan.com

1-888-832-4222

Athletes International Travel Support

www.athletes-int.com

Additional Contact Information

Housing

U of C Off Campus Housing List

www.su.ucalgary.ca/ooch/listing.php

My University

<http://my-u.ca>

Mount Royal College Off Campus Housing List

http://www.samrc.com/jobs&housing/housinglist_or.htm

SAIT Off Campus Housing List

www.saitsa.com/offcampushousing.cfm

Roommatesclickcanada

<http://www.roommateclick.com>

Calgary Apartments & Housing for Rent

<http://calgary.craigslist.org>

Education

Carding and Tuition Support - Sport Canada

www.pch.gc.ca/sportcanada

AAP Carding contact: Patrick Giroux

Tel: 1-819-956-8197

Email: patrick.giroux@pch.gc.ca

Upgrading www.chinooklearningservices.com

Post Secondary Contacts

University of Calgary www.ucalgary.ca

Mount Royal College www.mtroyal.ca

SAIT www.sait.ab.ca

Distance Education

University of Athabasca www.athabascau.ca

University of Waterloo www.uwaterloo.ca

Bow Valley College www.bowvalleycollege.ca

Thompson Rivers University for Distance and
Online Learning www.tru.ca

Athlete Services Menu



Mission

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

Environment of Excellence

The objective of the Canadian Sport Centre Calgary is to surround the athletes with a positive and comprehensive environment of excellence through programs and services that respond to individual needs of elite athletes and coaches, for success in sport and in life

Services for Athletes



Canadian Sport Centre Calgary

Room 125, Olympic Oval
2500 University Drive NW,
Calgary, Alberta T2N 1N4

www.canadiansportcentre.com

Email: cscarc@canadiansportcentre.com

Phone: 403-220-8189 Fax: 403-282-6972

Life Services

Maintaining Balance

Required Workshops

- Drugs and Supplements in Sport
- Promoting a Positive Sport Environment
- Career Goal

LifeVision Workshops

- In Depth Career Planning Program
- Transition workshops & counselling referrals

SportGrad Support

- Academic consulting and tutoring support, \$150 per course

ToolKit Workshops

- Public Speaking, Goal Setting & Sport Demo
- Media Relations
- Self Marketing
- Website Creation –

SportHelp - Personal Counselling

- WarrenShepell – Free Self Referral Counselling
Appointment bookings: 1 800 387 4765
www.warrenshepell.com

Online resources at: www.warrenshepell.com

- Athletes who are post secondary students may access their institutes Counselling and Student Development Centre for counselling services as well as career services

- Contact the CSCC Life Services Manager for information on additional personal counselling opportunities and financial support 220-8184

JobLink

- PACE – Program for Athletes Cooperative Employment - successful applicants receive a \$2,000.00 salary contribution
- Resumé Services and Interview Preparation

Athlete Advisory Council (AAC)

Athlete reps from affiliated CSCC sports provide input to the CSCC staff. Two AAC members (the chair and vice chair) represent all athletes at the CSCC Board level

For a more detailed description of workshops and programs please visit our website at

www.canadiansportcentre.com

Support Services

Athlete Resources

Athlete Resource Centre

Internet, printing, scanner, fax services, job postings & links, registration for CSCC programs & workshops; accommodation assistance

Resources

- Laptop computers for use while travelling
- Athlete business cards and reference letters
- Resource Library - on a variety of topics
- Access to self marketing brochure template

Fuel For Gold

- \$5.00 subsidized lunch program
- Athlete chef school
- Menu planning
- Grocery shopping tours

SportPass - Gold, Silver, Bronze Cards

- Olympic Oval High Performance Weight Room
- Bob Niven Training Centre, COP Weight Room
- Talisman Centre Training Zone Weight Room
- Bill Warren Training Centre Weight Room, Canmore
- Mount Royal College all Recreation Facilities
- Cardel Place all Recreation Facilities

COP Ski Hill & Mountain Bike Park Discounts

Gold have free access, Silver have 50% discount and Bronze have 25% discount

Yoga Mandala www.yogamandala.ca

Yoga Studio yogastudiocalgary.com

- 50% discount on yoga and meditation classes. Pls. review websites for class schedules

Product Support

Centrum, Cold-FX, Caltrate, ChapStick, Advil

Youth Education through Sport (YES)

National Team athletes speak to Alberta's youth about the benefits of sport, fostering fair play, respect and self-esteem

Peak Performance Seminars

Brown bag lunch hour seminars designed to assist in dealing with pertinent issues both in and out of sport, and to help achieve personal best

Performance Services

Scientific/Medical Advantage

Sport Science

- Physiological Consulting, Planning and Testing
- Strength and Conditioning Training
- Nutrition Consulting and Group Workshops
- Biomechanical Analysis

Sport Medicine

- Priority access to Sport Medicine Physicians
- Allied Health Support for Training Groups (physiotherapy, chiropractor, massage therapy etc.)

Sport Psychology

Consulting and Mental Training Workshops

Eligibility and Athlete Registration Process

There are two ways to access programs, support and services:

1. Your name is listed on a Canadian Sport Centre Calgary (CSCC) Approved Training Group (TG) roster submitted by your National Sport Federation.
2. You are carded by Sport Canada and residing in Alberta.

Step 1

Please contact your coach to determine if you are eligible as a TG athlete, or contact Sport Canada to determine your carding status.

Step 2

Once you've confirmed that you're on a TG approved roster or are a carded athlete, contact the Athlete Resource Centre to book your appointment to register. Call 220-8189 or email cscarc@canadiansportcentre.com

Step 3

Complete the registration process with the Life Services Manager in order to receive services from the CSCC