

CSIO RIO 2016 GAMES TRACKER: SAILING



Yours to Discover: Team Canada and the Ontario Athletes for the 2016 Olympic & Paralympic Games

For Immediate Release

TORONTO (July 15, 2016) – Canadian Sport Institute Ontario (CSIO) would like to congratulate the 9 sailors nominated to the Canadian Olympic Team for the 2016 Rio Olympic Games.

Four of the 9 athletes nominated to the team are from Ontario:

- Brenda Bowskill, Toronto, ON
- Lee Parkhill, Oakville, ON
- Tom Ramshaw, Stony Lake, ON
- Danielle Boyd, Kingston, ON

Working closely with Sail Canada and the coaches, CSIO staff are a vital part of the Ontario athletes' integrated support team (IST), providing sport science and sport medicine services to the National Team program. The athletes and their coaches have access to CSIO expert practitioners including Sheldon Persad (Strength and Conditioning), Melissa Kazan (Sport Nutrition), Judy Goss (Mental Performance), Kylie Gibson (Therapy), Rob Rupf and Elton Fernandes (Physiology), and Devon Frayne (Biomechanics). National Team Coach for Laser, Steve Mitchell has received support from CSIO through coach education and professional development workshops.

CSIO through its Ontario High Performance Sport Initiative, or OHPSI (NEXTGEN Ontario) program has also provided Brenda, Lee, Tom, and Danielle with support during various stages of their career development pathway.

First Name	Last Name	Event	OHPSI (NEXTGEN – Ontario)
Lee	Parkhill	Laser	2012
Brenda	Bowskill	Laser Radial	2012, 2013, 2014, 2015, 2016
Danielle	Boyd	49er FX	2015, 2016
Tom	Ramshaw	Finn (sailed Laser during OHPSI)	2012, 2013, 2014

OHPSI (NEXTGEN Ontario) is a program designed by CSIO and funded by the Ministry of Tourism, Culture and Sport (MTCS), to provide sport science and sport medicine services to athletes who are best capable of achieving future international success on senior national teams in targeted winter and summer sports. The OHPSI (NEXTGEN Ontario) investment also contributes to funding athlete participation in training camps, international events, coach and technical leadership support and enhancing sports' daily training environments.

Through the OHPSI (NEXTGEN Ontario) program, CSIO has provided ongoing assistance to Ontario Sailing through coaching and technical leadership support for Chris Cowan, Provincial Coach for Laser and Chris Hewson, Development Coach for Radial. Chris Hewson is also enrolled in the Advanced Coaching Diploma program delivered by CSIO, a two-year course focused on Coaching Leadership, Coaching Effectiveness, Performance Planning, and Training/Competition Readiness. Sailing has also received enhanced sport science and sport medicine services for targeted athletes through the OHPSI (NEXTGEN Ontario) program including Strength and Conditioning, Sport Nutrition, Mental Performance, Therapy, Physiology, and Biomechanics services.

QUOTES:

"CSIO continues to be a major support network for Sail Canada. From the individualized services for our Olympic and Paralympic bound athletes, to the mentorship and educational opportunities for our Coaches, to the ongoing guidance for our stars of tomorrow through the OHPSI programs, CSIO conscientiously has remained committed

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to Sail Canada's vision. A true partner in every sense of the word, CSIO and their dedicated staff have helped Ontario based athletes achieve success and set the team up for a solid performance in Rio. Always encouraging Sail Canada to aim high and not settle for anything less has been a mantra driven home through the CSIO support network, they have led by example in forming a state of the art facility with world-class practitioners. Now it is our turn to perform, and it is only through this unwavering support that our athletes have a fighting chance to achieve success today and in the not so distant future."

Ken Dool

Canadian Sailing Team Head Coach and High Performance Director, Sail Canada

"CSIO, Ontario Sailing and Sail Canada are true partners in every sense of the word. As a funded OHPSI sport, our athletes and coaches have benefitted from not only financial support but also the guidance and mentorship of the CSIO staff. To support today's athletes, coaches and an overall High Performance Program it takes dedication, resources and at times a true thinking outside the box. The CSIO staff have been able to work together with our coaching staff around their busy schedules to deliver state of the art athlete centered program enhancements that quite frankly are not available anywhere else in the Province under one roof. Ontario Sailing and Sail Canada athletes that have been supported by the OHPSI program are heading to Rio due in part to the commitment in excellence CSIO has provided them. With the foundation laid for their program it's up to the athletes supported by a strong coaching team to achieve a solid performance in Rio."

Glenn Lethbridge

Executive Director, Ontario Sailing

"CSIO is very excited to see the announcement of the Rio bound Olympic athletes in the sport of Sailing. Sail Canada and Ontario Sailing are strong aligned partners and have been in the OHPSI program since 2010. These Olympic bound athletes have received Sport Science and Sport Medicine services for many years through CSIO staff as well as additional support for coaching and access to international training camps, and it is fantastic to see them now represent Canada at the biggest event of the quadrennial. All the best in Rio. Sail fast and sail smart!"

Tommy Wharton

Director, High Performance Sport, CSIO

"CSIO wishes to congratulate all of the sailors named to Team Canada for the Olympic Games. We are very proud of our partnership with Sail Canada; Ontario Sailing; the Ministry of Tourism, Culture and Sport; Sport Canada; and Own the Podium, and the successes we have had and continue to have on the water. We look forward to cheering on the athletes at the Games!"

Debbie Low

Chief Executive Officer, CSIO

About Canadian Sport Institute Ontario

Canadian Sport Institute Ontario (CSIO) is a non-profit organization committed to the pursuit of excellence by providing world-class programs, services, and leadership to high performance athletes and coaches to enhance their ability to achieve international podium performances. CSIO offers athletes a range of sport science and sport medicine services including nutrition, physiology, biomechanics, strength & conditioning, mental performance, sport therapy and life services. CSIO also delivers programming and services to National and Provincial Sport Organizations and coaches to work towards building a stronger sport system in Ontario and Canada.

CSIO services approximately 700 high performance athletes and 250 coaches, at its main facility at the Toronto Pan Am Sports Centre, its satellite location at the Mattamy National Cycling Centre in Milton, and in daily training environments across Ontario. CSIO is part of a larger network of 4 institutes and 3 multi-sport centres across the country known as the Canadian Olympic and Paralympic Sport Institute Network, working in partnership with the Canadian Olympic Committee and Canadian Paralympic Committee. CSIO is further supported by the Ministry of

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Tourism, Culture and Sport, Sport Canada, Own the Podium, and the Coaching Association of Canada, along with the National and Provincial Sport Organizations within the sector. www.csiontario.ca

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