

# CANADIAN SPORT INSTITUTE ONTARIO WELCOMES NEW SPORT NUTRITIONIST



POWERING PODIUM PERFORMANCES  
INSPIRER L'EXCELLENCE

TORONTO (September 26, 2014) - Canadian Sport Institute Ontario (CSIO) is pleased to welcome Christine Dziedzic as CSIO's new Sport Nutritionist. Christine will be responsible for planning, consulting and delivering sport nutrition programs and services to targeted high performance athletes and coaches. She will also work as part of Integrated Support Teams (ISTs) along with staff from CSIO's other sport science and sport medicine disciplines to deliver sport nutrition to the coaches and athletes within the IST.

In conjunction with CSIO's other Sport Nutritionists, Christine will create and provide world-class nutritional programs to help high performance athletes perform optimally during training and competition. As well, she will work with the Sport Nutrition team to further research and develop leading edge sport nutrition services that enhance elite performance in alignment with the training objectives of athletes and coaches.

"On behalf of CSIO, I would like to welcome Christine to our team," said Troy Taylor, CSIO's Director, Sport Science and Sport Medicine. "Christine will be an integral part of our Sport Nutrition department and our Integrated Support Teams, and will utilize her experience and research to provide the high performance athletes and coaches that we work with world-class sport nutrition programs and services.

Christine's first day with CSIO was on September 2, 2014. Christine can be reached via email at [cdziedzic@csiontario.ca](mailto:cdziedzic@csiontario.ca).

## **Christine Dziedzic - Biography**

Christine is an Advanced Sports Dietitian (Sports Dietitians Australia) after working for nearly six years at the Australian Institute of Sport. Her most recent role involved coordinating and implementing best practice performance nutrition services to the national men's and women's rugby sevens programs, as well as the national women's football squad. Christine has previously held positions as a performance nutrition consultant with the Australian Rugby Union and New South Wales Rugby League. She completed the International Olympic Committee Diploma in Sports Nutrition in 2010 and has recently graduated from the University of the Sunshine Coast with a Masters in Sports Nutrition (by Research). Christine's professional interests include performance nutrition strategies for intermittent and strength and power sports, nutrition to enhance immunity and the integration of supplements into training and competition nutrition plans.

## **About Canadian Sport Institute Ontario**

The Canadian Sport Institute Ontario (CSIO) is 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 and sport therapy; as well as life services and assistance with transitioning in to and out of sport. The CSIO also delivers programming and services to National and Provincial Sport Organizations and coaches to work towards building a stronger sport system in Ontario.

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