TORONTO (November 28, 2014) - Canadian Sport Institute Ontario (CSIO) is pleased to welcome the following new staff to our team:

- Dr. Steven Dilkas - Sport Medicine Physician
- Christina Enchev - Medical Coordinator
- Dr. Heather Sprenger – Lead, Sport Physiologist (existing staff in a new role)
- Kosta Poulos - Strength and Conditioning

Dr. Dilkas will be at CSIO two (2) days a week to provide expert sport medicine services to nationally-identified athletes and teams training in Ontario. He will work closely with our Chief Medical Officer, Dr. Doug Richards, sport therapists, and the other members of our Sport Science and Sport Medicine team to provide care to the high performance athletes that we work with.

Christina Enchev our new Medical Coordinator will work closely with Dr. Dilkas, Dr. Richards, and the rest of our Sport Medicine Team in the planning and scheduling of CSIO’s Sport Medicine matters.

As well, CSIO is excited to announce that our own Sport Physiologist, Dr. Heather Sprenger has been named the new Lead, Sport Physiologist. In her new role, Heather will be responsible for leading the Physiology team within the Performance Services department of CSIO and its ongoing development of world-class physiological services. Heather will also provide physiology support to targeted National and Provincial Sport Organizations and their athletes and coaches. In another important aspect of this new role, Heather will be spear-heading the Institute’s research and innovation projects across various sport science and sport medicine disciplines.

Kosta Poulos joins the Strength and Conditioning Team on a part-time basis working closely with Women’s Basketball.

In addition, CSIO would also like to welcome our new part-time reception staff National Team Fencer, Alexis Rudkovska; National Team Wheelchair Basketball Player Bo Hedges; and recent Brock University Sport Management graduate, Maryssa Zelden.

“On behalf of CSIO, I would like to welcome all of the new staff to our team and Heather Sprenger to her new role as Lead, Sport Physiologist,” said Debbie Low, CSIO’s Chief Executive Officer. “Adding these new staff and new roles allows CSIO to grow its capacity to deliver more programs and services to the high performance athletes and coaches that we work with, ultimately contributing to a stronger sport system in Ontario and across the country.”

BIOGRAPHIES:

**Steven Dilkas, MD**

Dr. Dilkas graduated from medical school at the University of Toronto in 2004 and completed a residency training program in Physical Medicine and Rehabilitation in 2009. He holds a Diploma from the Canadian Academy of Sport and Exercise Medicine and is board certified in Electromyography by the Canadian Society of Clinical Neurophysiologists.

Dr. Dilkas is a staff physician in the Amputee and Musculoskeletal Rehabilitation Programs at West Park Healthcare Centre in Toronto. He is also a Lecturer in the Faculty of Medicine at the University of Toronto and has received numerous awards for his training of medical students and resident physicians. Dr. Dilkas has a strong interest in Para Sport and is the team physician for the Canadian Wheelchair Curling Team. He has provided event coverage for Women’s Sledge Hockey as well as Karate Ontario. Dr. Dilkas is also an international classifier for Wheelchair Rugby and provincial classifier for Athletics.

Dr. Dilkas can be reached via email at sdilkas@csiontario.ca

**Heather Sprenger, PhD (nee Logan)**

Heather received her PhD degree from the Department of Human Health & Nutritional Sciences at the University of Guelph, Guelph, ON. Her graduate research was funded by the Gatorade Sport Science Institute (GSSI) where Heather’s speciality involved investigating fluid balance before and during exercise and the effects of exercise-induced dehydration on physiological responses, substrate oxidation, muscle metabolism,
and performance. Being a two-sport National Team athlete herself, both in ice hockey and road cycling, Heather’s current research is focused on multi-disciplinary applied sport science research initiatives to improve podium potential and performance in Canadian athletes.

Heather has published in such journals as Applied Physiology, Nutrition, & Metabolism, Medicine & Science in Sports & Exercise, Journal of Strength & Conditioning Research, American Journal Physiology, Endocrinology, & Metabolism, and the International Journal of Sports Nutrition & Exercise Metabolism. Heather has a passion for investigating and monitoring physiological responses in high performance athletes, and is excited to step into this new position at CSIO!

Heather can be reached via email at hsprenger@csiontario.ca

Christina Enchev
Christina has been managing and coordinating clinics for the past several years. Her vast experience includes working in diabetic clinics and in paediatrics prior to taking on her role Canadian Sport Institute Ontario. She is also a graduate of the Medical Laboratory Technician Program and Medical Records Technician Program.

Christina can be reached via email at cenchev@csiontario.ca

Kosta Poulos
Kosta began his career as a Strength and Conditioning Coach at York University while completing his Masters in the school of Kinesiology and Health Sciences. As an assistant Strength Coach at York U he worked with varsity athletes competing in all sports, and was the lead for the Men’s and Women’s Soccer teams. In his 3 years working with the Men’s program the team claimed the conference title in all 3 years, won a National Championship in 2010, and an OUA Championship in 2013.

After leaving York University he took over the position of lead Strength and Conditioning Coach at Toronto FC Academy. At the academy he was responsible for programming and implementing high performance programs for TFC’s youth players. Currently he is an assistant Strength and Conditioning Coach at the University of Toronto where he works closely with the Men’s Volleyball and Varsity Rowing Teams. Kosta brings experience designing and coaching programs for high performance athletes, and practical skills for supporting and managing the physical preparedness of teams over the course of a competitive season.

Kosta can be reached via email at kpoulos@csiontario.ca

About Canadian Sport Institute Ontario
Located at the new Toronto Pan Am Sports Centre, the largest legacy facility of the Toronto 2015 Pan/Parapan American Games, 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. CSIO also delivers programming and services to National and Provincial Sport Organizations and coaches to work towards building a stronger sport system in Ontario.

As a key partner in the sport systems of both Ontario and Canada, CSIO services approximately 700 high performance athletes and 250 coaches and is part of a larger network of 4 institutes and 3 multi-sport centres across the country. CSIO is supported by the Ministry of Tourism, Culture and Sport, Sport Canada, Own the Podium, the Canadian Olympic Committee, the Canadian Paralympic Committee, and the Coaching Association of Canada, along with the National and Provincial Sport Organizations within the sector.

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