

CANADIAN SPORT INSTITUTE ONTARIO APPOINTS LEAD, BIOMECHANICS & PERFORMANCE ANALYSIS



For Immediate Release

TORONTO (February 24, 2015) - Canadian Sport Institute Ontario (CSIO) is pleased to announce the appointment of Ryan Atkison as the new Lead, Biomechanics & Performance Analysis. Ryan has been a Biomechanist within the Canadian Sport Institute Network for over 4 years and has most recently been leading the Integrated Support Team (IST) at CSIO for Swimming Canada's High Performance Centre Ontario.

POWERING PODIUM PERFORMANCES
INSPIRER L'EXCELLENCE

In his new position, Ryan will be responsible for strategically, operationally and technically leading the Biomechanics & Performance Analysis team within the Performance Services department of CSIO, and play a pivotal role in the ongoing development of world-class biomechanics and performance analysis at CSIO. Ryan will also work closely with CSIO's Lead in Research and Innovation, Dr. Heather Sprenger, to collaborate on relevant projects, as well as drive research and innovation projects in the field of biomechanics and performance analysis.

Ryan will continue to provide biomechanical support to targeted National and Provincial Sport Organizations, and function as part of ISTs to help high performance athletes and coaches perform optimally during training and competition. Ryan will also remain as the primary biomechanist and lead the IST working with the National and Provincial swimming programs through the High Performance Centre Ontario.

"We are excited to have Ryan move into this new role as Lead, Biomechanics and Performance Analysis," said Troy Taylor, CSIO's Director, Sport Science and Sport Medicine. "Ryan's vast experience and leadership make him a great fit for this position. He has and will continue to play a key role in the world-class services we provide to high performance athletes and coaches, as well as in the leading research and innovation projects CSIO undertakes."

BIOGRAPHY:

Ryan Atkison, MSc, CSCS Lead, Biomechanics and Performance Analysis

Ryan has been working as a biomechanist in the Canadian Sport Institute Network for the past four years, providing biomechanics support to national team coaches and athletes in freestyle skiing, ski cross, snowboarding and swimming, and more recently leading the integrated support team for Swimming Canada's High Performance Centre Ontario. Ryan completed both his B.Sc. (2008) and M.Sc. (2010) in Kinesiology at the University of Western Ontario, specializing in sport biomechanics. His award-winning graduate research on underwater dolphin kicking has earned worldwide recognition, and he continues to be an active contributor to the scientific community, currently investigating training methods to improve start performance in elite swimmers.

Ryan is a former national level swimmer, swimming coach and strength and conditioning coach. He continues to participate in sports recreationally, recently finishing third in his age category at the 2014 Waikiki Roughwater Swim. Ryan is passionate about Olympic sport and helping others to achieve their potential, and is excited to continue supporting Canada's high performance sport system in this new leadership role at CSIO.

Ryan can be reached via email at ratkison@csiontario.ca

About Canadian Sport Institute Ontario

Located at the new Toronto Pan Am Sports Centre, a 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, 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 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.

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