

CANADIAN SPORT INSTITUTE ONTARIO WELCOMES NEW SPORT NUTRITIONIST



For Immediate Release

TORONTO (August 14, 2018) - Canadian Sport Institute Ontario (CSIO) is pleased to welcome Margaret Hughes as CSIO's new Sport Nutritionist.

Margaret 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, Margaret 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 Margaret to our team," said Pierre McCourt, CSIO's Director, Performance Services. "Margaret will be an integral part of our Sport Nutrition department and our Integrated Support Teams, and will utilize her experience to provide the high performance athletes and coaches that we work with world-class sport nutrition programs and services. Margaret will be working 0.6 FTE with Cycling Canada, 0.2 FTE with Rowing Next Gen and 0.2 FTE with Wrestling Next Gen".

BIOGRAPHY:

Margaret Hughes Sport Nutritionist

Margaret Hughes is a Registered Dietitian who holds a Bachelor of Science in Chemistry and a Bachelor of Science in Human Nutrition from St. Francis Xavier University. She also holds a Masters in Education from the University of Ottawa. She holds distinction as a Sport Dietitian through completion of the International Olympic Committee's Graduate Diploma in Sport Nutrition.

Margaret has over 7 years of experience working with national development and Olympic athletes and coaches, provincial and national level rugby and soccer clubs, and professional athletes. She comes to CSIO from Ottawa where she worked as Lead Performance Dietitian at the University of Ottawa for 6 seasons, as a Sports Dietitian at Medsport Ottawa and as a consultant with Gatorade Sport Science Institute as a Sport Dietitian for athletes in the NBA G-League. Margaret is passionate about the work she does in sport and the opportunity to connect with athletes through food and nutrition. In addition, Margaret is an experienced speaker and sport nutrition writer who has shared her knowledge and research at nutrition and Sport Medicine conferences over the years and in various media publications.

Margaret can be reached via email at mhughes@csiontario.ca

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 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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