

CANADIAN SPORT INSTITUTE ONTARIO WELCOMES NEW STAFF AS IT EXPANDS INTO NEW WORLD-CLASS FACILITIES



POWERING PODIUM PERFORMANCES
INSPIRER L'EXCELLENCE

TORONTO (July 22, 2014) - Canadian Sport Institute Ontario (CSIO) is pleased to welcome Matt Price as the new Lead, Strength and Conditioning and Christine St. Clair as a Sport Nutritionist. CSIO is also excited to announce Elton Fernandes as the new Sport Lab Manager.

In his new role, Matt will be responsible for strategically, operationally and technically leading the strength & conditioning team within the Performance Services department of CSIO; and for planning, consulting and delivering strength & conditioning programs to Cycling Canada. He will play a leading role in the development of world-class strength & conditioning services at CSIO in its new home at the Toronto Pan Am Sports Centre and in its new satellite locations at the Milton Velodrome and the Pan Am Athletics Stadium – all of which are Pan/Parapan Am Games legacy facilities. CSIO's facility space within the Toronto Pan Am Sports Centre will include a 5,000 sq. ft. state-of-the-art Strength and Conditioning Area, complete with a 3 lane - 35m track with 4 force plates embedded in the track and a fully integrated biomechanics suite for motion capture and video analysis.

As a Sport Nutritionist at CSIO, Christine will be responsible for planning, consulting and delivering sport nutrition programs to targeted National and Provincial Sport Organizations and work as part of Integrated Support Teams (ISTs) to provide services to high performance athletes and coaches. She will collaborate with CSIO's team of Sport Nutritionists and Performance Services staff to contribute to and further develop leading-edge sport nutrition services that enhance elite performance and support the training objectives of high performance athletes and coaches. In addition, Christine will also coordinate the operation of the new Sport Kitchen within CSIO's space at the Toronto Pan Am Sports Centre, utilizing her knowledge of food science and high performance sport to provide world class nutritional programs to help high performance athletes perform optimally during training and competition.

Elton, previously a Sport Lab Technician with CSIO, will be responsible for managing CSIO's Sport Lab facilities and equipment at all CSIO locations. This includes the maintenance and inventory of equipment and consumables; health, safety and risk management protocols; and working with Performance Services staff to deliver world-class sport science and sport medicine support across CSIO's multiple locations. Elton will also assist Performance Services staff with preparing and conducting performance testing within the Sport Lab and in the field, as well as the ongoing development of the Sport Lab including researching new equipment and upgrades.

"On behalf of CSIO, I would like to welcome Matt and Christine to our team," said Troy Taylor, CSIO's Director, Sport Science and Sport Medicine. "Matt and Christine bring with them years of experience - Matt having previously worked with Canadian Sport Institute Calgary and Alpine Canada, and Christine in her previous roles with Manitoba Sport Medicine Centre and the Canadian Sport Centre Manitoba; which will be paramount when working with our targeted sports to help athletes and coaches achieve success on the international stage."

"We are also very excited to have Elton take on the new role as Sport Lab Manager at CSIO," Taylor continued. "Elton's position is pivotal as CSIO moves to our new state-of-the-art home at the Toronto Pan Am Sports Centre and launches satellite offices in other Pan/Parapan Am legacy facilities across the GTA. Moving to a facility-based operation requires, now more than ever, that we stay up-to-date on our sport science and sport medicine equipment; their ongoing maintenance, calibration and upgrades, inventories and researching new products to ensure CSIO maintains itself as a world-class sport institute."

"The addition of Matt, Christine and Elton's roles will be key in servicing our performance partners and CSIO's capacity to enhance athletes' ability to power international podium performances," said CSIO Chief Executive Officer, Debbie Low. "These positions are vital in helping CSIO to continue to build a stronger high performance system in Ontario; helping Canada further itself as a world-leader in sport excellence."

Elton began his role as Sport Lab Manager in June and he can be reached at efernandes@csiontario.ca.

Matt's first day with CSIO was on June 30, 2014. Matt can be reached at mprice@csiontario.ca.

Christine joined the CSIO team on July 14, 2014 and can be reached at cstclair@csiontario.ca.

Matt Price – Biography

Matt comes to CSIO from the CSI Calgary after 7 years as a Senior Strength & Physiology consultant, leading Alpine Canada's World Cup Men's and Women's Teams. He holds an Undergraduate Degree in Kinesiology from Acadia University (2003) and a Master's Degree in Kinesiology from The University of Calgary (2007). Matt's expertise lies in the areas of athlete monitoring and strength and power testing. In addition to leading the Alpine Canada programs through the past two Olympic Winter Games, Matt also brings a depth of elite athletic experience having been a major junior, Canadian University, and professional hockey player himself.

Christine St. Clair – Biography

Familiar to the athletic scene, Christine played volleyball and basketball at Providence University College where she witnessed first-hand how nutrition can impact performance. Her interest in sport nutrition led her to complete a Bachelor of Science in Human Nutritional Sciences from the University of Manitoba, and subsequently, a dietetic internship. Over the last five years Christine has provided services to athletes and sport teams through her work with the Manitoba Sport Medicine Centre, Manitoba Sport Medicine and Science Council, and the Canadian Sport Centre of Manitoba. Christine is thrilled to board the Canadian Sport Institute Ontario team and have the opportunity to facilitate nutrition programs to provincial and national level athletes, as well as provide her expertise and practice to those in the sport nutrition arena.

Elton Fernandes – Biography

Elton completed his undergraduate degree in Exercise Science at Western Illinois University. Starting as an intern, Elton moved into a full-time role with the CSIO as a Lab Technician where his main role and responsibility was conducting High Performance testing in the lab, as well as in the field. As a Lab Technician, Elton also worked in the daily training environment as an IST member assisting coaches and athletes through physiology and performance analysis.

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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