

# ONTARIO ATHLETES THE LARGEST REPRESENTATION ON THE CANADIAN PAN AM GAMES TEAM



*For Immediate Release*

TORONTO (July 10, 2015) - Canadian Sport Institute Ontario (CSIO) would like to congratulate all of the athletes and coaches named to Team Canada. CSIO would also like to congratulate the 274 Ontario athletes, 27 Ontario coaches and countless support staff representing Canada at the 2015 Pan American Games in Toronto (as of July 8, 2015). Ontario athletes comprise 38% of the Canadian Pan Am Team, the most of any province or territory!

"Over the past ten years CSIO has been helping our athletes prepare for this Home Games opportunity," said Debbie Low, CEO of Canadian Sport Institute Ontario. "Seeing so many local athletes on Team Canada is proof that the high performance development system is working, and is something all Ontarians can be proud of."

Among the Ontarians competing in the Games, almost 50% are from the Greater Toronto area and over 45% of the Ontario athletes named to the team have received sport science and sport medicine services from CSIO. The sport science and sport medicine services include strength and conditioning, nutrition, mental performance, biomechanics and performance analysis, physiology, and athletic therapy, delivered by CSIO's in-house team of expert practitioners. CSIO works with these and other targeted high performance athletes and coaches to enhance their ability to achieve international podium performances.

Highlighting the Ontario list of athletes competing at the TORONTO 2015 Pan Am Games are:

- Rosie MacLennan (King City, ON), 2012 Olympic gold medalist & defending Pan Am Games gold medalist for trampolines
- Fellow trampolinists, Karen Cockburn (Stouffville, ON), a three time Olympic medalist and Jason Burnett (Nobleton, ON), the 2008 Olympic silver medalist
- Four-Time Olympic medalist Adam van Koeverden (Oakville), ON and Olympic bronze medalist Mark Oldershaw (Burlington, ON) for canoe/ kayak (sprint)
- Martha McCabe (Toronto, ON), member of the Canadian Swim Team and Olympic finalist (5<sup>th</sup> in 200m breaststroke) at the 2012 London Olympic Games
- Damian Warner (London, ON) competing in the decathlon and Andre De Grasse (Markham, ON) competing in the 100m and 200m races

Ontario athletes join a team of 445 other athletes from across the country, to be the largest team (719 athletes!) to ever represent Canada at a Pan American Games.

CSIO wishes Ontario athletes, coaches, and support staff representing Canada, the best of luck at the Games! Go Canada Go!

**Complete List of Ontario Athletes Representing Canada at the 2015 Pan Am Games enclosed.**

(As of July 8, 2015)

## **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 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.

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