

# THE SUCCESS OF OHPSI ATHLETES AT THE 2015 PAN AM GAMES



POWERING PODIUM PERFORMANCES  
INSPIRER L'EXCELLENCE

TORONTO (July 31, 2015) – Canadian Sport Institute Ontario (CSIO) would like to congratulate the 45 athletes who have been supported by CSIO's Ontario High Performance Sport Initiative (OHPSI) program during their career (at various intervals since the program's inception in 2010) on their outstanding podium performances at the 2015 Pan American Games in Toronto. These 45 athletes contributed to a remarkable 34 medals for Team Canada!

Of the 45 OHPSI targeted athletes that qualified to represent Canada at the Games, 27 athletes stood on the podium, earning a combined 15 Gold medals, 6 Silver medals, and 13 Bronze medals. That's a remarkable 60% of OHPSI supported athletes that qualified for the Games made the podium.

Many OHPSI supported athletes earned multiple medals including:

- **Andre de Grasse**, Athletics – Men's 100m (Gold), Men's 200m (Gold)
- **Sarah Wells**, Athletics – Women's 400m Hurdles (Silver), Women's 4x400m (Bronze)
- **Dominique Bouchard**, Swimming – Women's 4x100m Freestyle Relay (Gold), Women's 200m Backstroke (Silver), Women's 4x100m Medley Relay (Silver)
- **Sean MacKinnon**, Cycling – Track - Men's Team Pursuit (Bronze), Road - Men's Individual Time Trial (Bronze)
- **Carling Zeeman**, Rowing – Women's Single Sculls (Gold), Women's Quadruple Sculls (Gold)
- **Tim Schrijver**, Rowing – Men's Coxless Four (Gold), Men's Eight (Gold)

**See attached for a complete list of OHPSI supported medalists from the 2015 Pan Am Games.**

The impact of OHPSI athletes on Team Canada's medal count can further be seen when looking at the Gold medals won in Olympic sports and disciplines offered at the 2015 Pan Am Games. Canada earned a total of 68 Gold medals in these sports, 15 of these Gold medals involved performances from OHPSI supported athletes. Their contribution to 22% of Team Canada's Gold medals is significant and demonstrates the depth of elite talent in our province and that the future is bright for further international podium performances.

"It is fantastic to see that so many OHPSI supported athletes have achieved such success at the Pan Am Games. To reach the podium at an international event is always a wonderful accomplishment, but to do so on home soil is extra special," said Debbie Low, CEO of Canadian Sport Institute Ontario. "When OHPSI was created in 2010, our aim was to provide a clear performance pathway for targeted athletes and coaches to help Ontario lead the way in achieving future podium success for Canada at the 2015 Pan and Parapan American Games, the 2020 and 2022 Olympic and Paralympic Games and beyond. These results show we are well on our way of obtaining this goal and further solidifying Ontario as a leader in sport in Canada. Congratulations to all of the athletes and coaches on a job well done. We also recognize our partners at the respective Provincial and National Sport Organizations of these sports for their efforts in making these outstanding performances a reality!"

## **About the Ontario High Performance Sport Initiative (OHPSI) Program:**

OHPSI is a program designed by CSIO to provide targeted services and support to athletes who are best capable of achieving future international success on senior national teams in targeted winter and summer sports. Identified athletes receive services including strength and conditioning, nutrition, physiology, biomechanics, sport therapy and mental performance. The OHPSI investment also supports the creation of full time coaching roles, contributes to training camps and international events, enhancement to the daily training environment, as well as provides for coach professional development.

CSIO would like to thank the Government of Ontario, through the Ministry of Tourism, Culture and Sport for their financial support and continued guidance in the OHPSI program.

**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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