

TROY TAYLOR, DIRECTOR, SPORT SCIENCE & SPORT MEDICINE, DEPARTS CANADIAN SPORT INSTITUTE ONTARIO



For Immediate Release

TORONTO (July 29, 2015) - It is with mixed emotions that Canadian Sport Institute Ontario (CSIO) announces that Troy Taylor, Director, Sport Science and Sport Medicine will be departing CSIO. Troy has accepted the position of High Performance Director with the US Ski & Snowboard Association (USSA), based out of the Center of Excellence in Park City, UT.

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In his new position, Troy will lead the USSA Sport Science department, mentor and inform the Sport Education department, direct the integration of the Sports Medicine department into the high performance system, lead the provision of high performance services to USSA coaches and athletes, develop resources and equipment to foster a world-class training environment, and oversee the operation of the USSA training center.

"As a key member of CSIO's Senior Management Team, Troy has had a significant impact on a number of successful initiatives at CSIO including: building the Performance Services business unit to a team of 30 full-time sport science and sport medicine professionals and launching a sport medicine department; helping to develop and launch the Ontario High Performance Sport Initiative (OHPSI); provide leadership in the transition of CSIO to a facility-based operation at the Toronto Pan Am Sports Centre and in Milton at the velodrome; and working with rowing at the London Training Centre for the 2012 quad" says Debbie Low, CSIO's CEO. "He will be missed by staff, colleagues and sport partners in the Canadian Sport System."

"I would like to thank CSIO and Debbie personally for giving me the opportunity over the last 6 years to lead CSIO's Performance Services team. I feel very fortunate to have been part of a great team, which I know will continue to significantly contribute to Canada's Olympic and Paralympic success in the years to come," says Troy Taylor.

CSIO is pleased to announce that Sheldon Persad, has been appointed as CSIO's Interim Director, Sport Science and Sport Medicine. Sheldon's involvement with CSIO began over 14 years ago. In that time he has fulfilled the roles of service provider, consultant, contractor and most recently Lead, Strength and Conditioning Coach.

Troy and Sheldon will work together closely over the next month to ensure that there is a smooth transition and transfer of knowledge plan in place for the Performance Services Business Unit.

We wish Troy the best of luck in his new position and congratulate Sheldon on his appointment as CSIO's Interim Director, Sport Science and Sport Medicine.

BIOGRAPHY:

Sheldon Persad, MSc, CSCS, CPTN-CPT.M, SWCc

Sheldon has been coaching for 30 years, and he began training National team athletes in 1991. His initial involvement with CSIO began in 2001 when it was known as the National Sports Centre. Not only has Sheldon coached thousands of people (from weekend warriors to summer and winter Olympians) in several sports, he also has 25 years of experience with the management, staffing, and programming at athlete conditioning centres and fortune 500 company facilities.

Sheldon is also an author, former radio and TV show segment host, and an award winning conference presenter. As a student, his graduate research focused on the physiological and psychological effects of overtraining and detraining in athletes. As an educator Sheldon taught within the former NCCP Level 4/5 Program (tasks 1 and 2). Furthermore, he has developed courses for coaches at local colleges, still continues to teach at a local college, and co-founded an organization in Canada that educates and certifies trainers.

Sheldon can be reached via email at spersad@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 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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