

CANADIAN SPORT INSTITUTE ONTARIO WELCOMES NEW PERFORMANCE SERVICES STAFF



For Immediate Release

TORONTO (November 19, 2015) - Canadian Sport Institute Ontario (CSIO) is pleased to announce the hiring of the following new performance services staff:

- Erik Sesbreno, Sport Nutrition Mentorship
- Melissa Kazan, Sport Nutritionist
- Lindsay Musalem, Biomechanics Research Assistant and Sport Lab Manager

Erik is joining CSIO in a unique position in collaboration with B2ten and its Applied Performance Sport Nutrition Mentorship program. A 2-year program, the CSIO/B2ten mentorship will allow Erik to be exposed to a performance level sport nutrition workload on a daily basis while being mentored by world-class sport nutritionists. In this role, Erik will work with targeted athletes and coaches to develop and deliver world-class nutrition support in the daily training environment, conducting nutritional assessments in order to determine nutritional requirements and develop evidence-based nutrition plans focused on needs of the sport and the athlete. He will also conduct, collaborate in and evaluate research and innovation projects in an effort to further the discipline.

In her role as a Sport Nutritionist at CSIO, Melissa 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.

Melissa will be primarily working to fill the position left by current Sport Nutritionist, Christine St. Clair, when she goes on maternity leave. Christine's last day with CSIO will be November 13th, 2015. CSIO wishes Christine and her new family all the best!

Lindsay will be working as a Biomechanics Research Assistant in collaboration with other CSIO staff on a biomechanics research project. She will be responsible for helping to design the project, collect necessary data, conduct statistical analysis and report on the project's findings. As a Sport Lab Manager, Lindsay will work with the CSIO's Lead, Physiology and Sport Lab Manager to manage the Lab including overseeing the Lab's inventory, repair and maintenance of equipment, the purchasing of new equipment, and the development and implementation of health and safety procedures. She will also assist Performance Services staff to deliver world-class sport science and sport medicine support across CSIO's operations, including preparing and conducting performance testing on athletes within the Sport Lab and the field.

"We are excited to welcome the new staff to the CSIO team," said Sheldon Persad, CSIO's Interim Director, Sport Science and Sport Medicine. "Melissa, Erik and Lindsay each bring years of expertise to their respective positions. Their knowledge and skill sets will provide maximum benefit and support to the athletes and coaches they will work with at CSIO."

BIOGRAPHIES:

Erik Sesbreno BSc., RD, Dip. Sport Nutrition IOC Sport Dietitian/Nutritionist

Erik graduated from Western University, London in Foods and Nutrition and from the Grand River Hospital Dietetic Internship Program, Kitchener. To better support athletes, he completed the International Olympic Committee diploma program in sport nutrition. Over the last three years, he has worked with able-bodied and para-athletes competing in CIS and NCAA varsity sports as well as provincial and national high performance sport programs.

He is an accredited anthropometrist and completed his ISAK level 3 training at the USA Olympic Training Centre, Chula Vista. He has managed ISAK accreditation courses at various locations across Canada such as the Canadian Sport Institute Pacific, Canadian Sport Institute Ontario, Ottawa University, l'Institut National du Sport du Quebec and Canadian Sport Centre Atlantic.

Erik can be reached via email at esesbreno@csiontario.ca

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**Melissa Kazan, RD, MSc.
Sport Nutritionist**

Melissa is a Registered Dietitian who holds both a Bachelor Degree and Masters in Applied Nutrition from McGill University. Being an avid runner and swimmer, Melissa became interested in sport nutrition and has completed her Sport Nutrition Diploma with the IOC (International Olympic Committee). Her Masters focused on reviewing the nutrient considerations for female endurance athletes, where she explored the evidence for sex-differences in exercise physiology and substrate metabolism in response to endurance exercise, and identified research gaps in the current sport nutrition guidelines for women involved in endurance sports.

Before joining the CSIO, Melissa was the clinical dietitian at Axio sport medicine clinic based in Montreal. Throughout her practice Melissa has used her sport nutrition knowledge to help athletes improve their performance and achieve a balanced nutrition. In addition, Melissa has assisted individuals in managing their weight and improving their eating habits. Melissa has also been involved in counselling junior curling and speed skating teams competing at the regional level, where she focused on meal planning and eating around training and competition.

Melissa can be reached via email at mkazan@csiontario.ca

**Lindsay Musalem
Biomechanics Research Assistant and Sport Lab Manager**

Lindsay began working at the Canadian Sport Institute Ontario in the summer of 2012 as a sport science intern. While preparing to defend her master's thesis at the University of Toronto in partnership with the CSIO and OTP, Lindsay will be beginning research for an I4G biomechanics project grant with wheelchair basketball and performing laboratory technician duties. Her research interests include applied sport and injury prevention. Primarily working in research and testing capacities, Lindsay volunteered at the TO2015 Pan Am games as a performance analyst.

Excited about the upcoming project and learning prospects, Lindsay hopes to bring research expertise and enthusiasm to her new role as biomechanics research assistant and laboratory technician at the CSIO.

Lindsay can be reached via email at lmusalem@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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Media Contact:

Laura Albright, Senior Communications Coordinator
Canadian Sport Institute Ontario
Tel: 416.596.1240 Ext. 238
Email: lalbright@csiontario.ca | www.csiontario.ca