

# CSIO RIO 2016 GAMES TRACKER: TRIATHLON



## Yours to Discover: Team Canada and the Ontario Athletes for the 2016 Olympic & Paralympic Games

*For Immediate Release*

TORONTO (July 11, 2016) – Canadian Sport Institute Ontario (CSIO) would like to congratulate the 5 triathletes nominated to the Canadian Olympic Team for the 2016 Rio Olympic Games.

Included in the triathletes named to the team is Andrew Yorke of Caledon East, ON.

CSIO support plays a vital part in Andrew's integrated support team (IST). CSIO is also actively involved in fellow triathlete Amelie Kretz's IST (Blainville, QC), providing them both with Sport Nutrition and Physiology services, as well as funding for Strength and Conditioning and Athletic Therapy support services. The athletes and their coaches have access to CSIO expert practitioners including Christine Dziejczak (Sport Nutrition), Erik Sesbreno (Sport Nutrition), Heather Sprenger (Physiology), and Elton Fernandes (Physiology).

CSIO through its Ontario High Performance Sport Initiative, or OHPSI (NEXTGEN Ontario) program has also provided Andrew and Amelie, with support during various stages of their career development pathway.

First Name	Last Name	OHPSI (NEXTGEN – Ontario)
Andrew	Yorke	2014, 2015, 2016
Amelie	Kretz	2013, 2014, 2015

OHPSI (NEXTGEN Ontario) is a program designed by CSIO and funded by the Ministry of Tourism, Culture and Sport (MTCS), to provide sport science and sport medicine services to athletes who are best capable of achieving future international success on senior national teams in targeted winter and summer sports. The OHPSI (NEXTGEN Ontario) investment also contributes to funding athlete participation in training camps, international events, coach and technical leadership support and enhancing sports' daily training environments.

CSIO has provided ongoing assistance to Triathlon Canada and Triathlon Ontario through coaching and technical leadership support for Triathlon Canada's Performance Centre Coach Craig Taylor and Provincial Development Coach Greg Kealey. Through the OHPSI (NEXTGEN Ontario) program triathlon has received enhanced sport science and sport medicine services for targeted athletes including Sport Nutrition, Sport Medicine, Physiology, and Biomechanics services. The OHPSI (NEXTGEN Ontario) program has also provided funding for Strength and Conditioning and Athletic Therapy services.

### QUOTES:

*"CSIO has been an indispensable partner in support of Triathlon Canada's Performance Centre in Guelph. Thanks to CSIO, we are able to provide a high quality daily training environment, with comprehensive IST support, to current and future international performers. There is no doubt that CSIO has had a direct and significant impact on the Olympic pursuits of both Amelie and Andrew, and on the development of our future stars. We're looking forward to delivering our best in Rio and beyond, backed by a great team at CSIO."*

#### **Craig Taylor**

Performance Centre Coach, Triathlon Canada

*"CSIO is very proud of the recently named Triathlon Canada squad for the Rio Olympics. Congratulations to the Ontario based and CSIO supported athletes that have worked extremely hard to get to this stage. Congratulations to Triathlon Canada and Triathlon Ontario who have a strong partnership, as well as Performance Centre Guelph Coach Craig Taylor who has been instrumental in supporting both Amelie and Andrew during their Olympic journey. All the best in Rio!"*

#### **Tommy Wharton**

## CSIO RIO 2016 GAMES TRACKER: TRIATHLON

Director, High Performance Sport, CSIO

*"We are very proud of our partnership with Triathlon Canada; Triathlon Ontario; the Ministry of Tourism, Culture and Sport; Sport Canada; and Own the Podium and supporting the next generation of triathletes who will compete for Canada on the international stage, and at future Olympic Games. CSIO wishes to congratulate Andrew, Amelie and the triathletes named to Team Canada for the 2016 Olympic Games. We look forward to cheering you on in Rio!"*

### **Debbie Low**

Chief Executive Officer, CSIO

### **About Canadian Sport Institute Ontario**

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. [www.csiontario.ca](http://www.csiontario.ca)

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