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# READY, SET, RIO!



- Atlantic athletes competing in Rio
- Get to know the Games
  - With an eye on 2018 and beyond, Atlantic Canada invests in Women's Hockey
  - RBC and Support4Sport present special events at the Halifax Public Library's Halifax Central location

WELCOME

# From behind the CSCA desk



**ABOVE:** David Kikuchi (2004, 2008 Olympian and 2016 Olympic coach), Ellie Black, and Ken Bagnell at the Halifax Alta Gymnastics Club Olympic send off.

Every two years we celebrate Canada's best athletes while they compete at the Olympic and Paralympic Games. Once again, Atlantic Canada is proud to have so many accomplished performers representing our country in Rio. Some of these athletes live and train in the region while others have relocated to other areas of the country to pursue their goals. One thing they all share is the incredible support that they have received from their family, friends, former coaches and communities who all have played critical roles in their success.

The Canadian Sport Centre Atlantic is pleased to play a role in helping these athletes reach their Olympic and Paralympic dreams. This achievement is a result of hard work on a daily basis by the athletes and coaches.

Many other athletes have dedicated themselves to this goal but unfortunately did not make the Canadian team for 2016. We salute their efforts and are proud of their accomplishments at the national and international level. We are also working with many athletes who have 2018 and 2020 Olympic and Paralympic aspirations. The successes of our current athletes have paved the road for a confidence in the region's sport community that will continue into the future.

**-Ken Bagnell**, President Canadian Sport Centre Atlantic



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## POWERING PODIUM PERFORMANCES

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Pam LeJean, Geneviève Lalonde (pg. 8) –  
Athletics Canada  
Katarina Roxon (pg. 8) –  
Scott Grant, Canadian Paralympic Committee

## CSCA staff supporting the Canadian team in Rio

The Canadian Sport Centre Atlantic is pleased to play a leadership role in high performance sport in Atlantic Canada. The objective of the CSCA is to provide an enhanced daily training environment and comprehensive support to sport specific and generic training locations. Building a positive relationship with our users and partners is a priority and leads to innovation and maximizing opportunities to improve.

Several of our staff members will be contributing to our team's effort on the ground in Rio. They will be supporting our athletes and teams in the areas of data collection, performance analysis, sport psychology, strength and conditioning, and as a part of Team Canada's mission staff. We are proud that different sports have recognized the positive contribution that our team can make to optimal performance at the Rio Games.



**Leo Thornley**,  
DIRECTOR OF  
SPORT SCIENCE,  
LEAD EXERCISE  
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**Mike Bawol**  
SPORTS  
BIOMECHANIST/  
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**Lori Dithurbide**  
MENTAL  
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**Darren Steeves**  
STRENGTH  
AND CONDITIONING

# Get to know the Games

## Olympic information to keep you in the loop

The 2016 Rio de Janeiro Olympic and Paralympic Games will make history, marking the first time that a South American country has hosted an Olympic Games.

This will be the third time the Games will be hosted in the southern hemisphere. The first time was Melbourne in 1956, and the second was Sydney in 2000

The Olympic Games officially open on August 5 at the Opening Ceremonies and will continue through to Closing Ceremonies on August 21.

The Canadian Olympic team will have 313 athletes from 37 sports, along with 205 coaches and support staff.

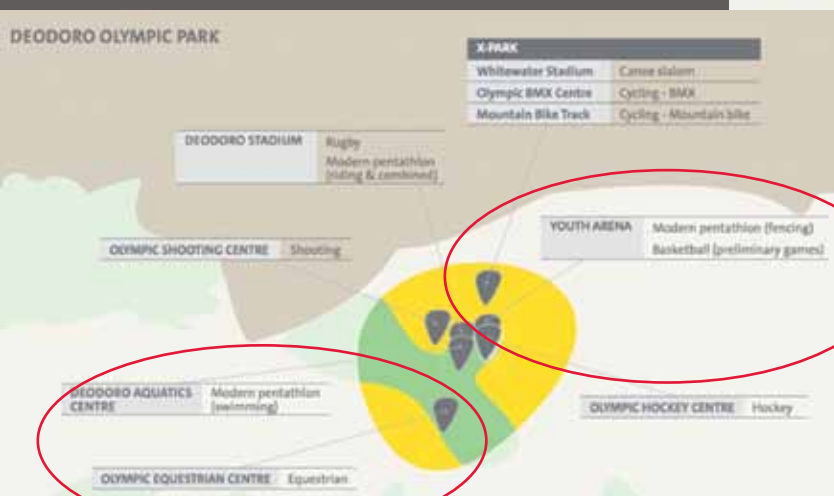
## OLYMPIC VENUES



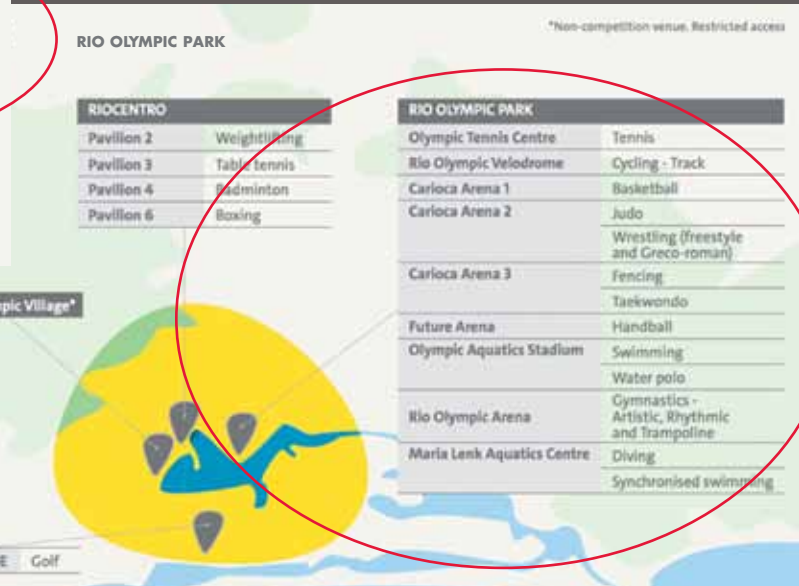
Check out the



spots where our athletes



will compete for  
**GOLD!**







# Atlantic athletes competing at the Rio Olympics



## Ellie Black

**Sport:** Gymnastics – Artistic

**Hometown:** Halifax, NS

**Games:** London 2012, Glasgow 2014, Toronto 2015, Rio 2016

## Did you know ...

Ellie was one of five athletes to win five medals at the Pan American Games in Toronto 2015? This made Ellie one of the most decorated athletes at the Games.



## Danielle Boyd

**Sport:** Sailing – 49erFX

**Hometown:** Kingston, ON. Trains with Erin Rafuse in Halifax, NS.

**Games:** Toronto 2015, Rio 2016

## Did you know...

Dannie's father was an Olympic coach at Los Angeles 1984 and is a former America's Cup competitor? Dannie and Erin Rafuse placed 6th at the Pan Am Games in Toronto.



### Ryan Cochrane

**Sport:** Canoe-Kayak Sprint – K2 200m

**Hometown:** Windsor, NS

**Games:** Guadalajara 2011, London 2012, Rio 2016

### Did you know ...

Ryan and his K2 partner are 2011 Pan American Games champions? Rio will be the third Games for the pair.



### Mark de Jonge

**Sport:** Canoe-Kayak Sprint – K1 200m

**Hometown:** Halifax, NS

**Games:** London 2012, Toronto 2015, Rio 2016

### Did you know ...

Mark is the current World Champion and World Record holder in the K1 200m event? Mark won the World Championships in 2014 and 2015. He is the first man to win back-to-back titles since 2003.



### Eric Gillis

**Sport:** Athletics – Marathon

**Hometown:** Antigonish, Nova Scotia

**Games:** Rio 2016, London 2012, Beijing 2008

### Did you know ...

Eric's first event at the Olympics was 10,000m? He raced the 10,000 in Beijing and later switched to the marathon event.



### Geneviève Lalonde

**Sport:** Athletics – 3000m Steeplechase

**Hometown:** Moncton, NB

**Games:** Toronto 2015, Rio 2016

### Did you know...

This year, Geneviève broke the Canadian record in the 3000m steeplechase? She ran 9:32.17.



### **Genevieve Orton**

**Sport:** Canoe-Kayak Sprint – K2 500m

**Hometown:** Lake Echo, NS

**Games:** Rio 2016

### **Did you know...**

Just four months after Genny's daughter Annika was born, she won the K-1 200m and K-1 500m titles at the 2013 Canadian Championships? This will be Genny's first Olympics.



### **Erin Rafuse**

**Sport:** Sailing – 49erFX

**Hometown:** Halifax, NS

**Games:** Toronto 2015, Rio 2016

### **Did you know...**

Erin got her athletic start in gymnastics and competed in trampoline until age 17? Erin and Dannie Boyd placed 6th at the Pan Am Games in Toronto.



### **Graeme Saunders**

**Sport:** Sailing - 470

**Hometown:** Chester, NS

**Games:** Rio 2016

### **Did you know...**

Graeme and Jacob are one of three sets of Canadian siblings on the 2016 Olympic team? Early in his sailing career, Graeme competed in the 420 class and began racing with his brother in 2009. In 2012 they won Sail Canada's Nathan Cowan Memorial Award for Developing Sailors



### **Jacob Saunders**

**Sport:** Sailing - 470

**Hometown:** Chester, NS

**Games:** Rio 2016

### **Did you know...**

Jacob and Graeme are one of three sets of Canadian siblings on the 2016 Olympic team? Early in his sailing career, Jacob competed in the Optimist and 420 classes, winning two national titles in each.



**THE NEXT  
GREAT  
OLYMPIAN IS  
AMONG US.**



PREMIER NATIONAL PARTNER



## About RBC Training Ground:

RBC, in partnership with the CBC, the Canadian Olympic Committee (COC) and the Canadian Olympic Foundation (COF), is leading the search for Canada's next great Olympian through a new program – RBC Training Ground. RBC Training Ground helps find undiscovered athletes with podium potential and provides them with funding and support to help fuel their Olympic dreams.

Through RBC Training Ground, athletes will execute a series of workouts and their results will be measured against performance benchmarks to help identify those athletes who show the greatest potential.

Come and cheer on local Olympians, Ellie Black, Genny Orton, Mark de Jonge, and Ryan Cochrane at *Support4Sport's* celebration events in Paul O'Regan Hall on August 11th and August 19th.

## About Support4Sport:

Since its creation, the *Support4Sport* program has raised more than \$27 million from the sale of designated lottery tickets. That money has been used to buy sports equipment, create and enhance recreation/participation programming for all ages, support high performance training programs for competitive athletes and hire coaches at all levels.

RBC AND *SUPPORT4SPORT* PRESENT

# Special Events at the Halifax Public Library's Halifax Central location

The Nova Scotia Provincial Lotteries and Casino Corporation and RBC have been a long time supporters of community and sport in Nova Scotia. This summer, during the Olympics, RBC, *Support4Sport*, and the CSCA will be hosting a number of exciting events and activities at the Halifax Public Library's Halifax Central location. Community members and sports fans are encouraged to come and cheer on local Olympians and celebrate with other fans.

From August 9-19, the Creative Lab on the second floor of the Halifax Central Library will transform into a community hub for Olympic/Paralympic spirit and support. Stop by and learn about the Olympics, enter to win prizes, participate in special activities, meet local Olympians, and cheer on team Canada!

On August 9th and 17th, you can also head down to Paul O'Regan Hall to test your skills with the RBC Olympians at RBC Training Ground.

## With an eye on 2018 and beyond, Atlantic Canada invests in Women's Hockey

In collaboration with Hockey Canada and its members in the Atlantic provinces – Hockey New Brunswick, Hockey Newfoundland Labrador, Hockey Nova Scotia, and Hockey P.E.I. – the CSCA is investing in the development of female hockey players and coaches in the area by hiring Nova Scotia native Troy Ryan in the role of Atlantic Canada female coach mentor.

Troy Ryan brings 18 years of coaching and management to the position, with a resume that includes international experience with the National Women's Team camps and Hockey Canada's World Junior A Challenge and World Under-17 Hockey Challenge. He was head coach of Team Atlantic at the 2015 National Women's Under-18 Championship, and coached Team Nova Scotia's female team at the 2015 Canada Winter Games.

A former player with Saint Mary's University Huskies and the New Brunswick Reds, Ryan holds the NCCP High-Performance II coaching certification.

Scott Willgress and Jeremy Steinbach also work closely with hockey athletes in the region, and nationally. Scott is the 2016-2017 strength coach for the U18 Women's National Team and currently acts as a physiologist and

*“This role fulfills a link between Hockey Canada's national women's programs, its provincial members, and the players and coaches who are developing in the Atlantic provinces,”*

- KEN BAGNELL



strength coach with the Canadian Sport Centre Atlantic. Jeremy has acted as the National Development strength coach for the Women's National Team, and is a strength and conditioning coach at the Canadian Sport Centre Atlantic where he works with all Para-athletes, and trains a variety of athletes at the provincial and national team level.

While we are cheering for our Atlantic contingent in Rio, the CSCA also has a forward gaze toward 2018, and the strong potential for top performances from Atlantic athletes. Nova Scotia is home to talented national team hockey athletes, notably Jillian Saulnier and Blayne Turnbull who both competed at the Women's Hockey World Championships, winning a silver medal for team Canada.

**ABOVE:** Atlantic Players and Staff at Hockey Canada U18/Development strength and conditioning camp L-R: Jeremy Steinbach, Troy Ryan, Julia Scammell (Truro, N.S.), Savannah Newton (Middle Sackville, N.S.), Kristen McKinley (Quispamsis, N.B.), Lindsey Donovan (Miramichi, N.B.), Marlene Boissonnault (New Dundee, N.B.), Allie Munroe (Yarmouth, N.S.), Scott Willgress Not pictured: Ava Boutilier (Charlottetown, P.E.I.)



**GO  
CANADA  
GO!**



## Upcoming

Keep an eye out in the coming weeks for our Paralympic Edition of  
Powering Podium Performances

### CSCA FOUNDING PARTNERS:



### CSCA PERFORMANCE PARTNERS:



### SPONSORS:



### CSCA SUPPLIERS:

