



**CANADA SNOWBOARD**  
*Presents*

# **ATHLETE HANDBOOK**





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# WELCOME TO THE CANADA SNOWBOARD NATIONAL TEAM!

Dear Athlete,

We are thrilled to welcome you to the Canada Snowboard family! Your journey with us is about to begin, and we couldn't be more excited to have you as part of our team.

Canada Snowboard is not just a team; it's a community of individuals committed to a common goal. We're united by our passion of sliding downhill sideways and our determination to achieve excellence in every aspect. As you embark on this new chapter, we want you to know that you are joining a team with a rich history of world success.

In this handbook, you'll find valuable information that will guide you through your time with us. It contains the principles, expectations, and values that define who we are and how we work together. It's our roadmap to success, and we encourage you to read it thoroughly and embrace its teachings.

At Canada Snowboard, we are not just about achieving Paralympic/Olympic success (though that's a goal we certainly aspire for everyone to achieve). We are about fostering a culture of respect, dedication, and personal growth. We believe in your potential, not just as an athlete but as a person, and we are committed to helping you achieve your goals both on and off the snow.

Our team is not just your teammates and coaches; it's your support system, your mentors, and your second family. Together, we will face challenges, celebrate victories, and grow stronger with each step of this incredible journey.

As you start this adventure, remember that you have not only joined a team but a legacy. We are honored to have you as part of our story, and we are confident that you will leave your own mark on it.

Welcome to Canada Snowboard, where we believe in the power of teamwork, the pursuit of excellence, and the joy in the ride. Let's make history together!

Sincerely,

Kim Krahulec  
High Performance Director Speed  
Canada Snowboard

Tyler Ashbee  
High Performance Director Park & Pipe  
Canada Snowboard





# CPR DEFINITION

## Character, Process, Results

To be extraordinary at something, an athlete must continually grow and get better. This doesn't mean that an ideal high-performance athlete is forever unhappy with themselves. In fact, ideally a person is proud of themselves as a person, as an athlete and as part of a community. A high performance athlete can love and respect themselves, while being actively in love with the process of getting better. A high performer's love of getting better outweighs their fear of losing what they have gained (failure).

The vast complexity of how to get better can be understood through the lens of 3 main categories; **Character, Process, and Results**.

**Character Skills** are the complex suite of qualities that an individual learns, develops and applies towards everything that they do. Character is observable through a person's behavior.

- Moral skills (values): Unselfish, Honest, Respectful, Appreciative, Humble, Loyal, Trustworthy, Encouraging, Socially Aware, Caring
- Performance Skills: Hard Working, Competitive, Positive, Focused, Accountable, Resilient, Confident, Energetic, Motivated (& Dedicated)

**Process** (in the context of an athlete) is the time and effort of intentional preparation towards a performance Output(s).

**Results** are the outcomes obtained in competition.

*Strong Character Skills underpin, and are observable, in a high performer's Process and Results.*

**Character** – is observed in how you ACT – Accept, Commit, Takes Action. These are human behaviors that apply the strong Moral and Performance Character Skills necessary to be an athlete at the elite level.

### ACCEPT

- Accepting and open to influence. Cultivates curiosity and a growth mindset.
- Accepts responsibility for their current performance
- Accepts responsibility to put in the effort towards improving future performances.

### COMMIT

- Commits to purposeful training aligned with defined objectives and performances.

- Commits to improving their Mindset, Movement, and Medicine practice to support peak performance.

### TAKES ACTION

- Takes the action needed to get better
- Competitive fire, ambition; applying an 'always getting better' philosophy.

**Process** – is observed in the time and effort that an athlete puts towards improving the skills that are critical to achieving an elite performance. This is observed in an athlete's:

- Determination to be better today than they were yesterday (intrinsically motivated).
- Commitment to training plans, activities and benchmarks.
- Effective use of experts and resources to close performance gaps.

**Results** – are defined by an athlete's achievement (at their LTD stage) compared to world leaders and sport norms. This includes:

- Position on World Rank List (FIS) and rate of improvement over time.
- Event Results, % off the leader, and improvement over time
- Percentage of time reaching performance targets (top 1/3, top 1/2, top 8, top 3)
- Completion of training quantity and quality compared to performance plans.

### THE HIGH PERFORMANCE ATHLETE

The High-Performance Program at Canada Snowboard, and its members, (athletes, technical experts, and support staff), prioritize values-based behaviors and strive to be the world leaders in sport. The team works together, supporting athletes while creating environments that nurtures and develops everyone's personal and performance potential.

A High Performance snowboard athlete is unconditionally dedicated to achieving world leading results. Through snowboarding athletes develop their character and core competencies of motivation, resilience, & confidence, driving their training processes and training outputs which lead to sustained results.





# CANADA SNOWBOARD TEAM

To view the full Canada Snowboard Organization Chart [CLICK HERE](#).

Includes the following:

- Board of Directors
- Athlete's Council
- High Performance Staff
  - Coaches
  - HAP
  - High Performance Team
- Canada Snowboard Staff
- Business Development Team
- Sport System Development Team
- Finance Team





# TEAM COMMUNICATIONS

## Athletes, Parents, Stakeholders

Main contact will be with the Admin or Technical Experts as a first line of communication, from there they are able to connect other parties if need be.

## High Performance Directors

**Park & Pipe:** Tyler Ashbee ([tyler@canadasnowboard.ca](mailto:tyler@canadasnowboard.ca))

**Speed:** Kim Krahulec ([kim.krahulec@canadasnowboard.ca](mailto:kim.krahulec@canadasnowboard.ca))

This includes Event info, Athlete Agreements and Paperwork, Points freezing, Website/Bio updates, Anti-Doping questions, and for gathering information or details on selection protocols such as what requirements the rider has to meet certain criteria to attend a World Cup, World Championships, Olympics or meet the Team selection criteria. Kim and Tyler will also be the liaison to any non-Daily Training Environment staff (Chief Medical Officer for example)

**Coordinator:** Chelsea Williams ([chelsea.williams@canadasnowboard.ca](mailto:chelsea.williams@canadasnowboard.ca))

Nor-Am Event registrations, Athlete Billbacks, Discounted resort access, Membership services help, Athlete packages and gear.

## Technical Experts

**SBS National:** Elliot Catton, Chris Witwicki or Sam Weston

**HP National & NextGen:** Bud Keene

**SBX National:** Maëlle Ricker or Simone Malusa

**SBX NextGen:** Simone Malusa

**Alpine National:** Hannes Mutschlechner

**Alpine NextGen:** Ingemar Walder

**Para National & NextGen:** Greg Picard & Mark Fawcett

Contacted to discuss technical gaps, goal setting and event/session planning and logistics.

If neither the High Performance Directors or the Technical Experts are able to help with a particular issue, then the Vice President, Sport can be contacted: Lucinda Jagger ([lucinda.jagger@canadasnowboard.ca](mailto:lucinda.jagger@canadasnowboard.ca))

Canada Snowboard issue regarding Harassment/Abuse, Code of Conduct, Moral or Ethical:

Ombudsman Brian Ward ([safesport\\_wdrs@primus.ca](mailto:safesport_wdrs@primus.ca) | (613) 761-8469)





## SAFE SPORT

Canada Snowboard is extremely committed to providing a safe, harassment and abuse free learning and training environment for all our members. As an organization, we will continue to provide our members and partners with the proper tools and training to ensure we continue to live and enact our values with integrity.

With this top of mind, Canada Snowboard will continue to work extensively on this FOUNDATIONAL area with all of you in the coming weeks, months and years so that you continue to have the knowledge and understanding of what creating a safe environment should involve.

All Canada Snowboard Staff, Contractors, Coaches, Officials, Judges, Support Staff and National Team Athletes are required to complete ongoing Safe Sport education which is conducted through our nationally recognised education partner, Respect in Sport Group. These programs educate leaders, coaches, officials and participants to recognise, understand and respond to issues of bullying, abuse, harassment and discrimination. Canada Snowboard is dedicated to continuing to be one of Canada's leading organizations in the Safe Sport Solution and continues to keep up to date with the latest requirements and best practice standards.

Canada Snowboard will be actively working on an ongoing basis with the Canadian Sport System Leaders, Canada Snowboard Leadership Staff, and all of you on how we can ensure demonstrable leadership and implementation of these Safe Sport Initiatives.

More information:

<https://www.canadasnowboard.ca/en/about/Safesport/>

### *Athlete Protection Policy*

The Athlete Protection Policy describes how Persons in Authority shall maintain a safe sport environment for all Athletes. Please [click here](#) to review the Athlete Protection Policy summary. This policy can be accessed on the Canada Snowboard website here [Athlete Protection Policy](#)



# CANADIAN SPORT HELPLINE

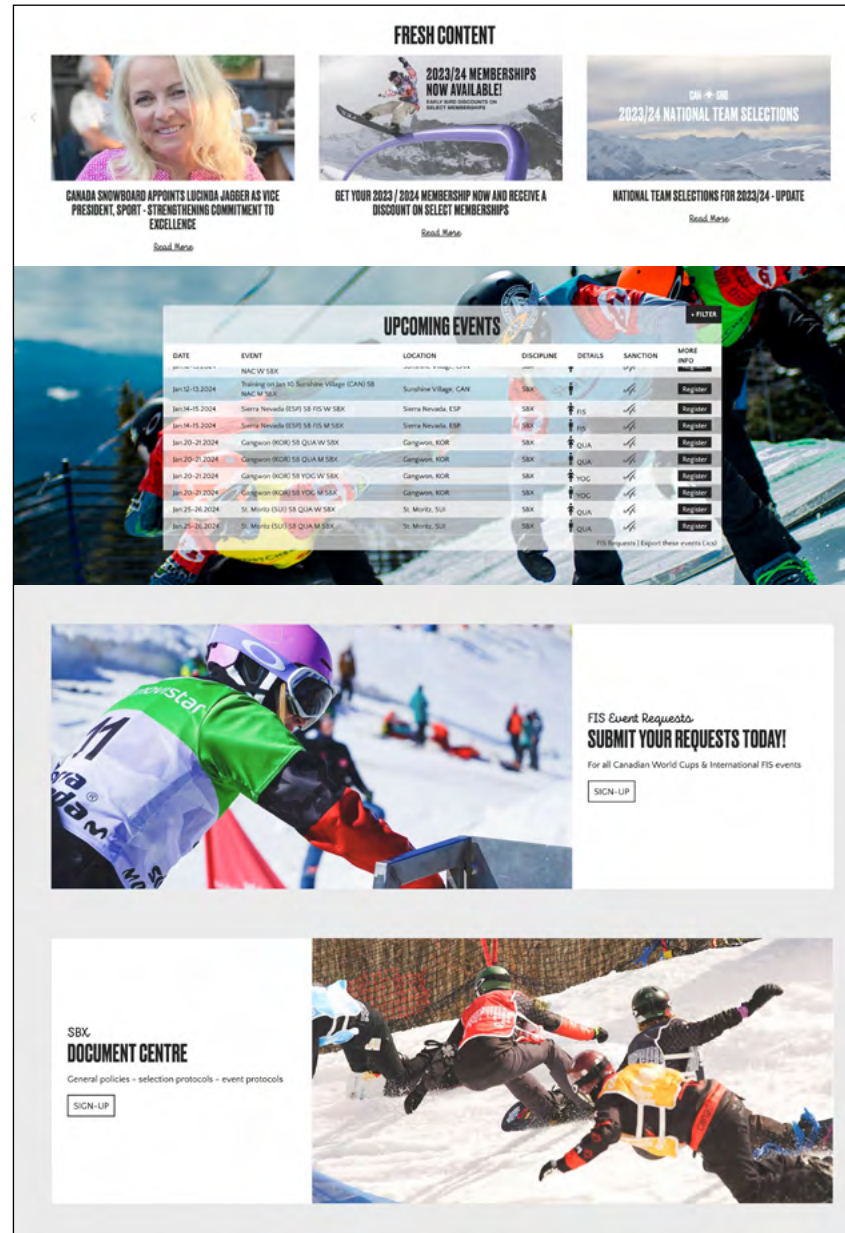
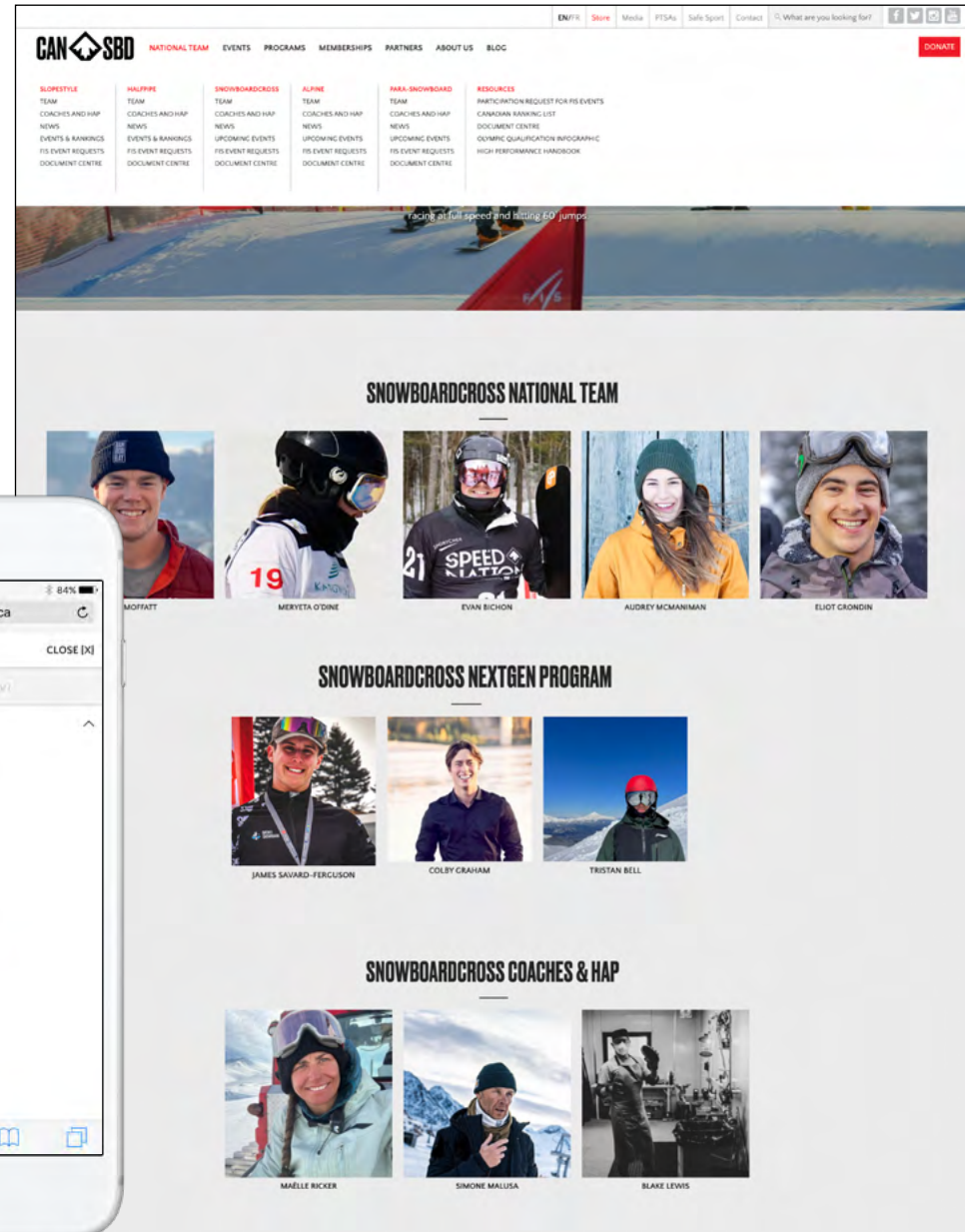
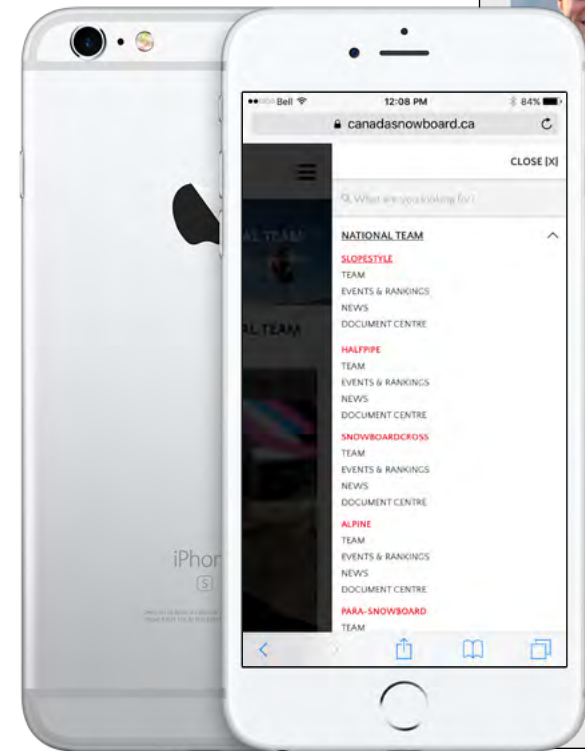
To report an incident, or to refer to available recourses to help navigate a variety of issues please click the link below that will take you directly to the Call Triage Process Infographic.

<https://www.canadasnowboard.ca/en/about/Safesport/#safesport>



# WEBSITE

The Canada Snowboard website ([www.canadasnowboard.ca](http://www.canadasnowboard.ca)) is your source for the most up to date information including selection protocols, application forms, general policies and other information and documents. Please familiarize yourself with the website, especially the “Document Centre”, which appears as a link at the bottom of each discipline’s page, as well as under “National Team” in the drop down menu.



The Athlete Section includes several important sections:

1. **Fresh Content** – Discipline specific news can be found on that disciplines page, located under “National Team”. This includes team selections, press releases and news.

2. **Upcoming Events** – A full list of upcoming events are provided on each discipline specific page on the website. All events link to further details about that specific event.

3. **International Events Registration** – Registration is taken care of for you once you are on the national team, but all Development/ NextGen team athletes need to register themselves for all international events. You can do this from your disciplines page or in the navigation, under “Resources” by selecting “Participation Request for FIS International Events” and completing the form.

4. **Document Centre** – This section contains all the important documents you will need to familiarize yourself with from the high performance department. Documents include Selection Protocols, Application Forms, General Policies and SAIP Insurance Documents. A link to the Document Centre can be found on your discipline page under “National Team”.





## GENERAL INFO

### Adobe Acrobat Sign

In order to save time (and paper) Canada Snowboard does the majority of contract signing online. In fact, this is how you will review and sign your Athlete Agreement and paperwork. An email will appear in your inbox when your agreements are ready to be signed. You do not need to create an account with Adobe Acrobat Sign, please visit their website: <https://www.adobe.com/ca/sign.html>.

### Athlete Agreement

At the beginning of each season every athlete needs to sign the Athlete Agreement which outlines the responsibilities of the athlete and Canada Snowboard. This is a binding document so please read through it carefully as there is a substantial amount of information about your season and your responsibilities as a member of the Canada Snowboard High Performance Program.

### Code of Conduct and Ethics

The Code of Conduct and Ethics is included at the end of your Athlete Agreement. Please review this document carefully as you are now representing your country and Canada Snowboard around the world at every major event you attend. You can find the [Code of Conduct and Ethics summary here](#) for more info. This policy can be accessed on the Canada Snowboard website here [Code of Conduct and Ethics](#).

### Athlete Council Survey

The Canada Snowboard Athletes Council will send out a yearly [survey](#), and as a Canada Snowboard athlete it is required that you fill this out to help improve the overall High Performance Program for the whole team. Issues or comments brought to the Athletes Council through the survey will be discussed with the Board of Directors during a CS Board meeting.

### General Policies

Canada Snowboard has several policies in place for various matters such as Appeals, Code of Conduct and Ethics, Discipline and Complaints, Dispute Resolution, Helmets, Official Languages, Equity and Access, Concussions and return to play, Club Registrations and Anti-Doping.

It is recommended that you review these policies in order to understand your rights as a member of the HPP. The policies can be accessed on the Canada Snowboard website at:

[www.canadasnowboard.ca/en/about/our-credo/governancepolicies/](http://www.canadasnowboard.ca/en/about/our-credo/governancepolicies/)





## GENERAL INFO

### Anti-Doping

Doping is an important issue with serious consequences. Taking prohibited substances or using prohibited methods is cheating, and can be very damaging to an athlete's health. Doping undermines the fundamental spirit of sport and severely damages the integrity, image and value of sport.

Canada Snowboard works closely with the [Canadian Centre for Ethics in Sport \(CCES\)](#) and runs its programs in accordance with the rules and policies outlined in the Canadian Anti Doping Program. Please review the Canada Snowboard Anti-Doping Policy and if you have any questions, please contact the HPP Director.

### Membership & Insurance

*As a member of the High Performance Program, it is your responsibility to purchase your annual provincial membership with an advanced competitor's license, which is your annual Canada Snowboard membership, a FIS license and sport accident insurance (SAIP) Level 1 (NextGen may purchase Level 2 if they will not be attending World Cups this season).*

Your Athlete Agreement and subsequently AAP funding will be on hold until the proper membership and SAIP insurance is purchased for the 2023-2024 season. The SAIP insurance is required by FIS for all national team athletes in each winter sport. All purchases must be made after July 1st, 2023, to be valid for the 2023-24 season. Make sure you know when your SAIP is valid, and when you'd need your own insurance coverage for traveling and riding. You can find more details on our website regarding memberships here: [www.canadasnowboard.ca/en/ms/membership/](http://www.canadasnowboard.ca/en/ms/membership/) and for insurance click here: <https://www.canadasnowboard.ca/en/ms/insurance/saip/>

For assistance with purchasing provincial and national memberships, FIS licenses and SAIP insurance please contact:  
Sam Dunkley, Sr Coordinator, System Alignment:  
[sam.dunkley@canadasnowboard.ca](mailto:sam.dunkley@canadasnowboard.ca)





## GENERAL INFO

### *Athlete Insurance (SAIP)*

The Sport Accident Insurance Program – insured under AIG Insurance covers athletes who purchase a policy for medical and disability in Canada with all classes of SAIP.

All National Team members of the High Performance Program and athletes attending World Cups are required to purchase Level 1 coverage as they compete in more high-risk competitions than provincial level athletes. Level 1 provides 60 consecutive days of out of country coverage. This coverage is mandatory in order to compete in any FIS level event. Level 2 is mandatory for Development & NextGen athletes and provides 30 consecutive dates of out of country coverage. In both cases, an extension of dates can be requested. For more information on extensions contact Canada Snowboard directly.

The policy includes mountain rescue, repatriation and coverage for competitions, which are generally not covered by standard Healthcare. Please note that coverage is only provided for Canada Snowboard sanctioned competitions and training while under the supervision of a licensed coach provided that you are wearing a certified helmet and you meet and hold the requirements of your provincial/territorial health care coverage. In the event of a medical emergency, which may require treatment, hospitalization or emergency repatriation, please follow these steps:

1. Call the appropriate number below immediately prior to receiving treatment, quote the policy number GTP 9425873A to Report a Claim US & Canada AIG Assist (24 hour) 1-877-207-5018, Worldwide AIG Assist (24 hour / call collect) 0-819-566-3940

2. The Claim Form must be immediately completed by a coach or support staff. \*Please note an injury report must be submitted by a coach or member of your support staff whether a SAIP claim is made or not. Please visit - the Canada Snowboard Accident Reporting Page for further information - <https://www.canadasnowboard.ca/en/ms/insurance/accidentandincidentreporting/>

To further understand the AIG policy used by Canada Snowboard or for any questions around injury reporting, please contact Sam Dunkley, Sport and System Development SR Coordinator: [sam.dunkley@canadasnowboard.ca](mailto:sam.dunkley@canadasnowboard.ca)





# GENERAL INFO

## Athlete Assistance Program (AAP)

As a HPP athlete, you can now qualify for AAP. AAP is athlete funding used to go towards your travel and training expenses, paid directly to you from Sport Canada:

- Living and training allowance
- Athletes nominated for carding will have to sign their CS athlete agreement, and complete the CCES e-learning course sent by Sport Canada before their carding payments are released.*

Supplemental AAP Support:

- Tuition and deferred tuition support
- Special needs assistance
- Retirement Support

For more information on the supplemental AAP support please refer to section 8.4 of the AAP Policies and procedures located here:

<https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance/policies-procedures.html#a9d>

To be nominated for AAP support next season you must meet the Canada Snowboard AAP Nomination Criteria which is updated here:

<https://www.canadasnowboard.ca/en/docs/?category=High+Performance>

## Finance

**Athlete Deposit:** As part of the HPP Athlete Agreement, you will be required to maintain a \$1000 deposit on account with Canada Snowboard to cover your team expenses. This is required prior to the beginning of the season.

**Invoices + Payment:** If you receive an invoice from Canada Snowboard you are required to pay within 30 days. You will be updated once a month if you have any outstanding balances. If you require any assistance do not hesitate to reach out to [chelsea.williams@canadasnowboard.ca](mailto:chelsea.williams@canadasnowboard.ca) and she will be able to assist or direct your question.

*Canada Snowboard requires payment within 30 days of being invoiced for any charges. Any athlete who has outstanding balances owed to Canada Snowboard is considered "not in good standing" and may suffer consequences such as not being permitted to compete in future events or having their Sport Canada AAP carding put on hold.*

## Office

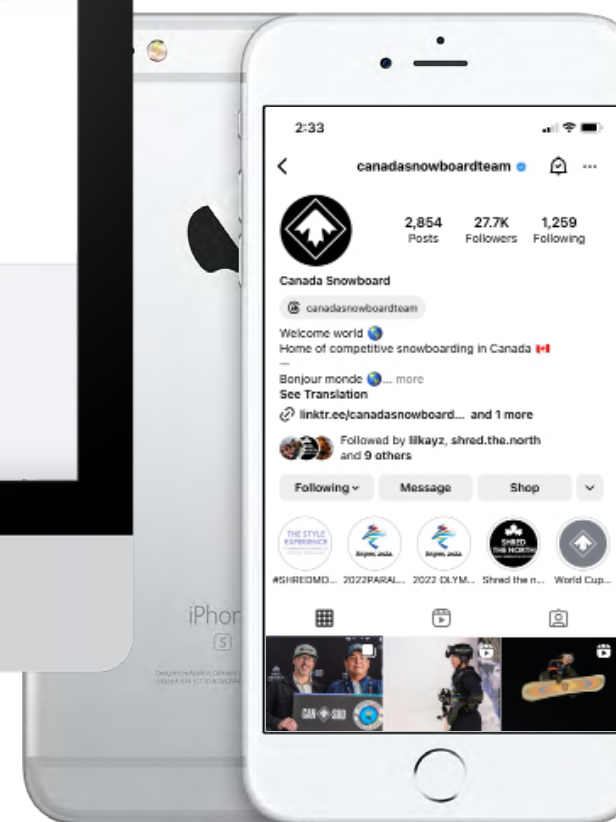
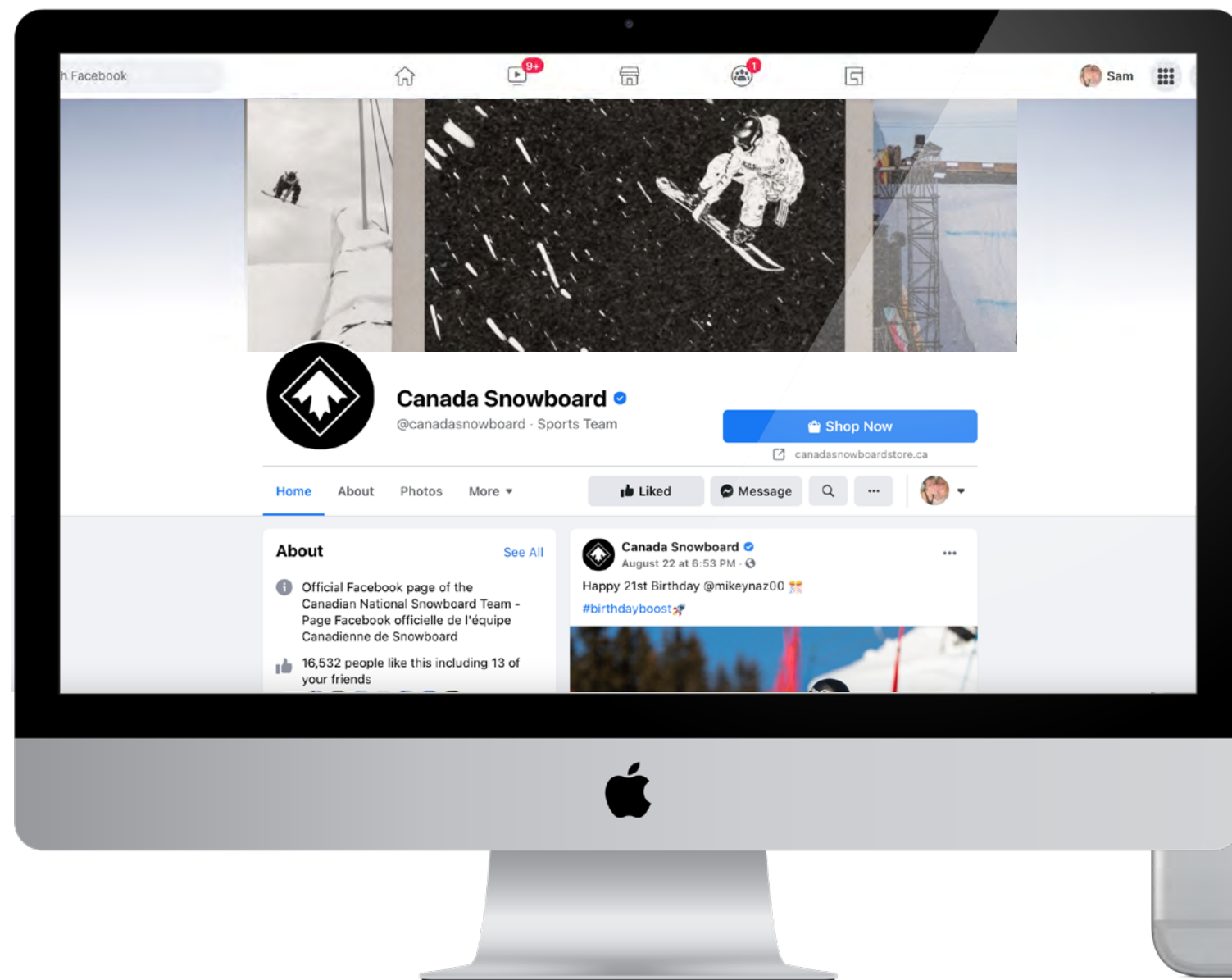
Canada Snowboard office has gone remote (July 2021), please note that storage has been moved from Vancouver to Calgary. If you require an address for mailing please reach out to [chelsea.williams@canadasnowboard.ca](mailto:chelsea.williams@canadasnowboard.ca)



# CS SOCIAL MEDIA & NEWSLETTER

As national team riders, we encourage you to tag Canada Snowboard on the day to day. Training, riding for fun, competition – we want to show you some love all year round. We are always looking for unique and captivating ways to showcase you and your riding to Canadians everywhere.

*If you'd like to know some industry best practices, you have a cool idea for a social media campaign, you want to get your pics featured on our social channels or if you have any questions or comments, please email – [julia.thrift@canadasnowboard.ca](mailto:julia.thrift@canadasnowboard.ca).*



@CanadaSnowboardTeam  
@CanadaParaSnowboardTeam  
@CandaSnowboardNation  
@Shred.the.North



@Canada\_Snowboard



@CanaSnowboard



@CanadaSnowboard  
@ShredTheNorth



Sign up for the CS  
newsletter  
[www.canadasnowboard.ca/en/  
media/newsletter/](http://www.canadasnowboard.ca/en/media/newsletter/)

*If you or your friends & family want to keep your finger on the pulse of what's going on with Canada Snowboard events and programs, sign up for our newsletter at: [www.canadasnowboard.ca/en/media/newsletter/](http://www.canadasnowboard.ca/en/media/newsletter/)*



# TIER ONE SPONSORS

Canada Snowboard would be unable to deliver programming, run the national team, host events such as NorAm, nationals and world cups without our sponsors. As a national team athlete, the brands that have exclusivity while you're representing Canada are our tier 1 sponsors. *We encourage all riders to tag these sponsors whenever possible on social media.* It goes along way to encourage existing and future sponsors, and is a huge help for servicing our partners. If you're interested in working on projects directly with sponsors, participating in athlete appearances, or having them share your personal social channels, we're happy to work together to build new ideas.



- BurtonSnowboards
- @Burton\_Canada
- @burtoncanada



- toyotacanada
- @toyotacanada
- @toyotacanada



- toyotacanada
- @toyotacanada
- @toyotacanada



- RedBull
- @RedBull
- @RedBull



- LiNing.Official
- @LiNing\_Official
- @lining.official





# INDIVIDUAL/TEAM SPONSORSHIP SUPPORT

## Athlete Sponsorship Decks

As a national team athlete, we look to support our athletes in securing personal sponsors and partners.

*Canada Snowboard can assist you in the following areas:*

- Helping create and update your individual or team sponsorship decks
- Introducing you to athlete agents
- Providing you advice on and reviewing contracts
- Social media best practices and advice
- Offer overall support with team fundraising initiatives.

Contract reviews/agent introductions:

[brendan@canadasnowboard.ca](mailto:brendan@canadasnowboard.ca)

Branding and graphic design:

[samantha.scull@canadasnowboard.ca](mailto:samantha.scull@canadasnowboard.ca)

Social Media best practices and advice:

[julia.thrift@canadasnowboard.ca](mailto:julia.thrift@canadasnowboard.ca)

Sponsorship decks:

[julia.thrift@canadasnowboard.ca](mailto:julia.thrift@canadasnowboard.ca)

## Athlete Team Kit

In the fall you will receive a team kit that includes Team outerwear, clothing and accessories plus items from our various partners. Please be sure to fill out your sizes and your shipping address in your Athlete Agreement. If you have any questions reach out to [chelsea.williams@canadasnowboard.ca](mailto:chelsea.williams@canadasnowboard.ca).

## CS Programs

Canada Snowboard is proud to offer inclusive programming such as RIDERS, Elleboard, the Indigenous Snowboard Program, and more.

*If you would like to get involved with or become a spokesperson for one of our programs, please email: [austin.white@canadasnowboard.ca](mailto:austin.white@canadasnowboard.ca)*

To learn more about CS programs, please visit our website at :

<https://www.canadasnowboard.ca/en/programs/>





# SUPPORT

## Pro-forms & Suppliers

Canada Snowboard continually seeks to find new partners that are willing to offer their products at a discounted pro-form price. If you let us know specific brands you're looking for, we can make the ask on your behalf and the team. The ordering process for each company is different. Please understand that all orders should be for personal use only, not for family and friends. Please contact [chelsea.williams@canadasnowboard.ca](mailto:chelsea.williams@canadasnowboard.ca) if you would like any.

**Burton Pro-Form** - If you are looking for a Pro-Form, we have access to some through our partnership at 40% off. Reach out to your HPP Manager.

**Burton Hard Goods** - (boards, boots, bindings, helmets, goggles), reach out to Tyler Ashbee.

**Scott and Kona Bikes** - if you're looking for a new bike, we can typically get them for 30% - 40% off - but you're looking at at least a 2023 model with how nuts the bike world is.

### Current partners include:

Intuition Liners	HyperIce/Normatec	Stoko
Kuu	ATB Lab	Ride Snowboards
Toyota	Li-Ning	SmartVita
SuperFeet	K2 Snowboards	Bauerfiend Braces
Bracelayer	ScullCandy	FiveTen Bike Shoes

\*\*Contact Chelsea Williams for more details.

## Shred Hookups

Another benefit of your national team status and PTSA membership is your access to the Shred Hookups program, where a slew of brands are ready to offer you a discount on some great gear for on the hill or off it.

Simply log in to <https://www.canadasnowboard.ca/en/ms/shredhookups/> with your goalline number and you're good to go!

### Current Shred Hookups:

Snowboard Addiction	Garmin	Ice Breaker
Biosteel	Yunika Snowboards	Staybility
Outdoor Research	Enterprise	Oakley
Hitcase	LifeProof	Helly Hansen
Spy	High Sierra	Klymit
BN3TH	Marmot	and many more.





# SUPPORT

## Resort Access

As a member of the high performance program, you will be issued a digital Canada Snowboard ID card, to be presented at guest services, which can allow you discounted or complimentary access to mountains across the country. Please check the covid-19 protocols before arriving at the mountain. The mountain can change their status at any time without notice. Please do not complain or make a scene if you are having trouble getting a ticket, contact [chelsea.williams@canadasnowboard.ca](mailto:chelsea.williams@canadasnowboard.ca) to see our current status with the mountain and for any help. You will receive this years mountain partners list in the fall.

### Last years resorts that offered discount or complimentary access were:

Manning Park	Silver Star	Apex	Sun Peaks Resort
Red Mountain	Revelstoke	Mt. Washington	Whitewater Resort
Hudson Bay	Panorama	Mt. Norquay Banff	COP
Lake Louise	Sunshine	Bromont	Edelweiss
Morin Heights	Mont Gabriel	Mont Olympia	Saint Sauveur Avila
Blue Mountain			

Resort Partners list will be available this late this fall, your coaches will receive the Resort list once it has been confirmed for the 2022-23 season. If you would like us to contact any other resorts for complimentary access let Chelsea know before October.

Whistler Blackcomb in partnership with Snow Sports Canada usually offer the National team complementary EPIC passes for Whistler Blackcomb and Discounted EPIC passes for NextGen. Information is sent out to the team as we receive it from Snow Sports Canada. We expect it to be the same as previous years but this partnership can change without notice.

## Bell Phone Plan

Available to National Team athletes only (who compete at a World Championships/OWG level for Canada) you will be provided the opportunity to get a free Bell cell phone and plan. The Athletes Connect program offers comprehensive telecommunications services to Canada's senior national team athletes currently training to compete and competing at the Olympic, Paralympic, Pan American, Commonwealth and senior world championship levels.

Please apply by visiting this link:  
[www.bell.ca/Bell\\_Athletes\\_Connect\\_Program](http://www.bell.ca/Bell_Athletes_Connect_Program)





# SUPPORT

## GamePlan

Game Plan takes a holistic approach to prepare you for the job of being a national team athlete during the formative stages, the prime of competitive life and what comes after the peak performance days are over. <https://www.mygameplan.ca/>

## Canadian Sport Institutes

As an HPP athlete, you may be eligible to services offered by the Canadian Sport Institutes. The Institutes offers **FREE** services for athletes such as Strength & Conditioning, Sport Psych, Nutrition, Biomechanics, Career guidance, etc.

### BC: Canadian Sport Institute

Eligibility/Registration: <http://www.csipacific.ca/athletes/eligibility/>  
 Services: <http://www.csipacific.ca/services/>

### Alberta: Canadian Sports Institute Calgary

Eligibility/Registration: <http://csicalgary.ca/en/athletes>

### Saskatchewan: Sask Sport

Services: <https://sasksport.ca/athleteSupport.php>

### Ontario: Canadian Sport Institute

Services/Registration: <https://csiontario.ca/our-programs>

### Quebec: Institut National du Sport du Quebec

Services/Registration: <http://www.insquebec.org/services/athletes/>

### Atlantic: Canadian Sport Centre Atlantic

Services: <https://csiatlantic.ca/>

## AthletesCAN

The association of Canada's national team athletes, is the only fully independent and most inclusive athlete organization in the country and the first organization of its kind in the world. As the collective voice of Canadian national team athletes, AthletesCAN ensures an athlete centered sport system by developing athlete leaders who influence sport policy and, as role models, inspire a strong sport culture.

<http://www.athletescan.ca>

**Exclusive AthletesCan discounts and partner programs:** <https://athletescan.ca/membership/exclusive-discounts-partner-programs/>  
**Medical & Dental Plan:** <https://athletescan.ca/bbd-health-and-dental-plan/>





# SUPPORT

## Funding Grants & Bursaries

There are a number of funding opportunities for high performance athletes. A few of the opportunities are listed below. In addition to these, athletes should contact their post-secondary institution (if applicable) to find out about scholarships for athletes competing for a university or college, as well as academic scholarship options. Many Provincial Sport Organizations and National Sport Organizations also have internal scholarships established as “memorial” tributes to past members or Directors, or scholarships supported by corporate sponsors. Athletes should contact the appropriate sport organization to investigate this possibility. Various Service Clubs such as Rotary International, Kin Canada, the Lions Clubs or the Royal Canadian Legion offer scholarships and bursaries. The clubs in the athlete’s town or city should be contacted for information and deadlines.

### National Funding

*Canadian Athletes Now Fund (CanFund)*

<http://canadianathletesnow.ca/application/>

*Petro-Canada Fueling Athlete and Coaching Excellence (FACE)*

<https://www.petro-canada.ca/en/about-petro-canada/olympic-and-paralympic-sponsorship/face-program>

*Sport Canada Athletes Assistance Program (AAP)*

<https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance.html>

*Wise Fund Grant - Canadian Women & Sport*

<https://womenandsport.ca/2022-wise-fund-grant-recipients-announced/>

### Olympic/Paralympic Athlete Funding Opportunities

*RBC Olympians*

<https://www.rbc.com/community-social-impact/athletes/olympic-sponsorship.html>





# SUPPORT

**Snow Athletes Canada**  
<https://www.snowathletes.ca/>

## Provincial Funding

**Alberta**  
*Podium Alberta*  
<https://www.alberta.ca/podium-alberta.aspx>

**British Columbia**  
[BC Athlete Assistance Program](#)

**Manitoba**  
*Athlete Assistance – Sport Manitoba*  
<https://www.sportmanitoba.ca/resources/athlete-resources/>

*Canadian Sport Centre – Manitoba Athlete Centre Fund*  
<https://cscm.ca/service-delivery/eligibility/>

**New Brunswick**  
*New Brunswick Athlete Assistance Program*  
[https://www2.gnb.ca/content/gnb/en/services/services\\_renderer.201010.Sport\\_Athlete\\_Assistance\\_Program.html](https://www2.gnb.ca/content/gnb/en/services/services_renderer.201010.Sport_Athlete_Assistance_Program.html)

**Newfoundland**  
*Athletic Assistance*  
<https://www.gov.nl.ca/tcar/recreation-and-sport/financial-assistance/>

**Nova Scotia**  
*Support 4 Sport - Athlete Assistance*  
<https://sportnovascotia.ca/support4sport-awards/>

**Ontario**  
*Quest for Gold – Ontario Card*  
<https://www.ontario.ca/page/quest-gold>

**Prince Edward Island**  
*PEI Amateur Sport Support Program: Elite Athlete Assistance*  
<https://www.princeedwardisland.ca/en/information/fisheries-tourism-sport-and-culture/elite-athlete-assistance-program>

**Québec**  
*Équipe Québec*  
<http://www.education.gouv.qc.ca/athletes-entraîneurs-et-officiels/soutien-financier-et-services/programme-equipe-quebec/>

**Saskatchewan**  
*Saskatchewan Program for Athletic Excellence*  
<https://www.csc-sask.ca/for-athletes/financial-support/>



