

INS Québec annual general meeting: rapidly growing services across Quebec

Montreal, June 27, 2018 – Today, Institut national du sport du Québec (INS Québec) held its annual general meeting during which Tom Quinn, President of the Board of Directors, and Gaëtan Robitaille, President and Chief Executive Officer, took stock of the achievements for 2017-18.

“2017-18 allowed us to assess all of the work accomplished by the Institut’s team during the recent winter Olympic and Paralympic cycle,” Mr. Quinn points out. “Thanks to the steadfast support of the Gouvernement du Québec, we continue to develop our services across Quebec and our increased activities has led us to implement new partnerships,” he explains. “Our network of partners also plays a crucial role in shaping our service offering. It’s thanks to them that INS Québec’s project comes to life.”

2017-2018: athletes at the heart of our services

With the winter Olympic and Paralympic games held in PyeongChang this year, INS Québec’s experts supported **39 athletes** in their preparation for the Games. Our goal was simple: give them and their coaches access to the latest scientific and technological advances, high-quality medical and sports services as well as personal and professional training services so that athletes have everything they need to realize their dreams.

To support athletes identified as “Élite” or “Relève”, we also focused on the creation of **integrated support teams**. By making the various experts who work with the athletes aware of this new approach, we, along with the regional multi-sport training centres (RMTC), are ensuring that we provide consistent treatment in order to foster the athletes’ performance and well-being.

The **2,200 athletes of the next generation** are at the heart of the everything the RMTCs do and they are now able to access the Institut’s network of sports medicine and science services across Quebec.

While our regional activities have increased throughout the year, the Complexe de l’Institut at Montreal’s Olympic Park has also seen increased traffic, with **76,000 visitors**, close to **185 special events** and more than **1,130 administrative meetings**. Alone, INS Québec’s sports medicine clinic received more than **925 athletes** for a total of more than **12,000 consultations**, more than twice the number than in 2016-17.

Several new innovations emerged throughout the year: multiple **scientific research projects**, including achievements that will allow us, in practical terms, to support athletes and coaches in preparing for the next major Games; new partnerships were created between, among others, our **Training and Development Services** and **Université Laval** to hone the skills of high-performance coaches; in addition, a variety of personal and global

wellness workshops were offered to some **500 athletes identified as “Excellence” level** to empower them in every aspect of their lives.

Finally, INS Québec’s 20th anniversary year will close with a budget surplus of \$70,000, in addition to a profit of more than \$130,000 from our second fundraising evening.

About Institut national du sport du Québec | www.insquebec.org

Institut national du sport du Québec is a “Catalyst of dreams—one athlete at a time” and acts as a key performance partner for high-performance sports in Quebec and Canada. With its network of eight regional multi-sport training centres, 17 single-sport training centres and its Complex at Olympic Park, which is home to eight high-performance training groups, INS Québec offers sports medicine, sports science and personal development services to athletes on Canadian national teams training in Quebec, next-generation athletes, high-performance coaches and sports. A member of the Canadian Olympic and Paralympic Sport Institute Network, INS Québec serves more than 500 high-performance athletes, 2,200 next-generation athletes and the nearly 900 coaches who train them.

INS Québec receives support from the Ministère de l’Éducation et de l’Enseignement supérieur, Sport Canada, Own the Podium, the Canadian Olympic Committee, the Canadian Olympic Foundation, the Canadian Paralympic Committee and the Coaching Association of Canada, in addition to private partners such as CISCO, Bell, Mondo, Teknion | Roy & Breton, Côté Fleury, Inaxsys, B2dix and Sports Experts.

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