



## **INS QUÉBEC, PARTNER OF QUEBEC ATHLETES AND COACHES ATTENDING THE PYEONGCHANG OLYMPIC GAMES**

Montreal, February 6, 2018 – The Institut national du sport du Québec (INS Québec) team is proud to have supported Quebec athletes and coaches from six different sports in their preparation for the Pyeongchang Olympics. Thanks to its sports medicine, sports science, coach training and athlete wellness experts, Quebec athletes and coaches were able to benefit from state-of-the-art performance services as well as the latest scientific and technological breakthroughs in order to maximize their talent and efforts on their way to the Games.

A true performance partner of the short track speed skating team, our integrated support team has worked relentlessly throughout the last Olympic cycle. In collaboration with coaches and support staff, our experts in exercise physiology, performance analysis, physiotherapy, strength and conditioning, sports nutrition and sports medicine coordinated their interventions to ensure the best monitoring possible of all aspects related to athlete performance.

Our strength and conditioning experts are also proud of the work they have done with women's hockey athletes including Olympic Team Captain Marie-Philip Poulin and figure skating pair Julianne Séguin and Charlie Bilodeau who benefited from their scientific and sports medicine expertise on their way to their Olympic participation.

Thanks to INS Québec's network of eight regional multi-sport training centres and 17 single-sport training centres, Quebec athletes also accessed essential services to the pursuit of excellence in their area of residence.

To learn more about INS Québec's services or for media interviews, [a list of experts](#) is available on our website.

### **Quebec athletes in Pyeongchang supported by INS Québec:**

| <b>First names</b> | <b>Surnames</b> | <b>Sports</b>             | <b>Competitions</b>             |
|--------------------|-----------------|---------------------------|---------------------------------|
| Mélodie            | Daoust          | Ice hockey                | Women's                         |
| Marie-Philip       | Poulin          | Ice hockey                | Women's                         |
| Lauriane           | Rougeau         | Ice hockey                | Women's                         |
| Charlie            | Bilodeau        | Figure skating            | Pair                            |
| Meagan             | Duhamel         | Figure skating            | Pair                            |
| Michael            | Marinaro        | Figure skating            | Pair                            |
| Kirsten            | Moore-Towers    | Figure skating            | Pair                            |
| Eric               | Radford         | Figure skating            | Pair                            |
| Julianne           | Séguin          | Figure skating            | Pair                            |
| Kim                | Y. Boutin       | Short track speed skating | 500m, 1000m, 1500m, 3000m relay |
| Kassandra          | Bradette        | Short track speed skating | 3000m relay                     |

|           |                  |                           |                                 |
|-----------|------------------|---------------------------|---------------------------------|
| Charle    | Cournoyer        | Short track speed skating | 1000m, 5000m relay              |
| Pascal    | Dion             | Short track speed skating | 1500m, 5000m relay              |
| Samuel    | Girard           | Short track speed skating | 500m, 1000m, 1500m, 5000m relay |
| François  | Hamelin          | Short track speed skating | 5000m relay                     |
| Charles   | Hamelin          | Short track speed skating | 500m, 1000m, 1500m, 5000m relay |
| Jamie     | Macdonald        | Short track speed skating | 500m, 3000m relay               |
| Valérie   | Maltais          | Short track speed skating | 1000m, 1500m, 3000m relay       |
| Marianne  | St-Gelais        | Short track speed skating | 500m, 1000m, 1500m, 3000m relay |
| Alex      | Boisvert-Lacroix | Long track speed skating  | 500m                            |
| Laurent   | Dubreuil         | Long track speed skating  | 500m, 1000m                     |
| Olivier   | John             | Long track speed skating  | Grouped departure               |
| Alexandre | St-Jean          | Long track speed skating  | 1000m                           |
| Chris     | Del Bosco        | Freestyle skiing          | Ski Cross                       |
| Justine   | Dufour-Lapointe  | Freestyle skiing          | Moguls                          |
| Chloé     | Dufour-Lapointe  | Freestyle skiing          | Moguls                          |
| Kim       | Lamarre          | Freestyle skiing          | Slopestyle                      |
| Catrine   | Lavallée         | Freestyle skiing          | Aerials                         |
| Audrey    | Robichaud        | Freestyle skiing          | Moguls                          |
| Jasey-Jay | Anderson         | Snowboard                 | Parallel giant slalom           |
| Laurie    | Blouin           | Snowboard                 | Slopestyle, Big Air             |
| Elizabeth | Hosking          | Snowboard                 | Halfpipe                        |
| Max       | Parrot           | Snowboard                 | Slopestyle, Big Air             |
| Sébastien | Toutant          | Snowboard                 | Slopestyle, Big Air             |



### **About the Institut national du sport du Québec | [www.insquebec.org](http://www.insquebec.org)**

The 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, 2,000 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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