



## INS QUÉBEC NETWORK SUPPORTS QUEBEC ATHLETES PARTICIPATING IN PARALYMPIC GAMES

Montreal, March 5, 2018—With the XII Paralympic Winter Games opening in a few days, the Institut national du sport du Québec (INS Québec) is proud to have supported five Quebec paralympic athletes. They will join two other Quebec athletes from the Canadian delegation in PyeongChang.

In collaboration with its network of regional multi-sport training centres, INS Québec has been able to offer local sports medicine, sports science and overall wellness services to athletes throughout this last paralympic cycle.

Coming from four out of the five sports categories at the Paralympic Winter Games, which include para alpine skiing, para ice hockey, para nordic skiing (alpine skiing and biathlon), para snowboard and wheelchair curling, the delegation's Quebec athletes are:

First names	Last names	Sports
*Yves	Bourque	Para nordic skiing
*Sébastien	Fortier	Para nordic skiing
*Alexis	Guimond	Para alpine skiing
Sandrine	Hamel	Para snowboard
Dominic	Larocque	Para ice hockey
*Cindy	Ouellet	Para nordic skiing
*Frédérique	Turgeon	Para alpine skiing

*\*supported by INS Québec and its network*

INS Québec, whose core mission involves research and innovation, works among other things, toward facilitating access to services dedicated to its paralympic athletes. In providing integrated services that are comparable to the best practices in the world, athletes and coaches can thus compete on equal terms with the best in the world.

INS Québec experts will be available throughout the Games for media interviews. A [list of experts](#) is also available on our website.

### 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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