

The background image is a photograph of a swimming pool scene, overlaid with a semi-transparent red filter. On the right, a woman, likely a coach, is leaning over the edge of the pool. She is wearing a dark long-sleeved shirt with an 'INS' logo on the sleeve and a small Under Armour logo on the chest. She is holding a clipboard and looking down at a swimmer. On the left, a swimmer is in the water, wearing a white swim cap and goggles, and is holding onto the pool lane line. The text 'ANNUAL REPORT' and '2017-2018' is centered over the image.

ANNUAL REPORT

2017-2018





Derrick Campbell

MEN'S NATIONAL SHORT TRACK
SPEED SKATING COACH

“As far back as I can remember, I have collaborated with the experts at INS Québec. Our association has improved greatly over the past several years.”

FROM MONTREAL TO PYEONGCHANG WITH INS QUÉBEC'S TEAM

We were busy last year with the 2018 Olympic Games in PyeongChang and I can confirm that INS Québec's sports medicine and sport sciences teams were key pieces in our sporting successes. The contributions of the experts at INS Québec, which included preparing the athletes, cohesion, organization, planning and follow-ups, represent important elements for our team.

It's an opportunity to rely on the combination of a centralized program with the top athletes in the country and a strong support team at our training centre and at the INS Québec Complex. I work with top experts, but more importantly, our teams work together on the field every day, which allows us to share essential information. I'm thinking of strength and conditioning coach, Alexandre Clark, who travels to the arena as well as François Bieuzen, exercise physiologist, Martin Fréchette, sports nutritionist and Alain Delorme, integrated support team coordinator and all others who make a difference.

Our team needs to improve physically, strategically and mentally. In every sport, at the beginning of the season, we establish what we want to work on. Planning allows us to be at the cutting edge of our sport and outperform other teams on the international scene. For example, using force plates to monitor training load is an asset to our coaching. It's a great way to analyze athletic progress when training to compete.

We are also working on an accelerometer project with performance analyst, Benoit Lussier. The project continues to develop and has enormous potential.

As far back as I can remember, I have collaborated with the experts at INS Québec. Our association has improved greatly over the past several years. When I look ahead, we are in a good place to continue to build a successful, relationship of trust. We work well together and our success proves it. We should preserve what we do well and continue to improve.

Joint report of the Chair of the Board and the President and Chief Executive Officer



The 2017–2018 year allowed INS Québec to gauge the extent of the work accomplished by its professionals over the last Olympic and Paralympic winter cycle. The overwhelming success of Quebec athletes who won 41% of the Canadian delegation's medals at the PyeongChang Winter Olympic Games, reaffirms the Institute's commitment to providing high-quality performance services.

Whether through having intensified our work in sports nutrition, introduced the integrated support team concept or implemented an enhanced service offering in our network of regional multi-sport training centres (RMTC), INS Québec is fully immersed in carrying out its 2017–2021 strategic plan.

Central to the Olympic and Paralympic summer sports cycle already underway, the athlete remains at the core of what we do with the mission to always act as a Catalyst of dreams...

SERVICES AVAILABLE FOR QUEBEC ATHLETES IDENTIFIED IN ÉLITE AND RELÈVE CATEGORIES

Collaboration with the regional multi-sport training centres, which is an integral part of INS Québec, has proved crucial in initiating the expansion of its services in the various regions.

Increased funding from the Government of Quebec has allowed INS Québec to deploy an improved range of sports medicine and sport sciences service throughout 2017–2018 for athletes identified in both the Élite and Relève categories. Athletes identified in the Espoir category registered in a recognized Sport-Études program have begun to receive these services gradually. Thus, next-generation athletes now have access to the expertise of INS Québec. The 2017–2018 year represents 2,200 athletes, 1,700 of whom are members of the RMTC network and who are eligible to receive medical and scientific services from INS Québec, throughout Quebec.

A NEW APPROACH

With the intention of strengthening coaching to help athletes reach the highest levels, INS Québec has focused on creating integrated support teams. This new approach, which allows science and sports medicine experts to coordinate their actions around the needs of athletes and their coaches, ensures our consideration for all performance factors.

Performance Services at both the Complex at the Olympic Park in Montreal and our regional multi-sport training centres, and information workshops to introduce the integrated support team concept, which aims to improve the athlete's overall support.

NUTRITION: A GROWING EXPERTISE

Nutrition grew rapidly in 2017–2018. By expanding the activities led by our team of nutritionists, including consultations, informative workshops and thematic tastings, we can provide cutting-edge expertise to training groups and resident sports that invested in their athletes' nutrition.

SUSTAINING OUR MOMENTUM IN 2018–2019

In 2018–2019 we plan to pursue the numerous projects underway and to expand our research, innovation and outreach activities.

Preliminary results from research activities started in 2017–2018 should be released. For example, the implementation of mobile applications currently under development will also be available. Rolling out regional athlete services will continue and we are planning to expand our nutrition activities.

We must emphasize that conducting research and implementing services shall remain possible with the support from the Government of Quebec, an invaluable partner of INS Québec.

In addition, INS Québec will intensify its efforts to increase its independent funding. This additional revenue will allow us to develop new projects and innovative services for athletes and coaches with whom we work and for anyone else who might benefit.

The athletes are the focal point of our actions. If this resonates with the various stakeholders involved in high-performance sport throughout Quebec, we have succeeded as an “essential performance partner” to sports organizations in Quebec and Canada.



Tom Quinn, O.C

Chair of the Board of Directors



Gaëtan Robitaille

President and Chief Executive Officer

Highlights of 2017–2018

INS QUÉBEC SUPPORTED 39 ATHLETES IN THE WINTER OLYMPIC AND PARALYMPIC GAMES

INS Québec supported 34 Quebec athletes and their coaches from six different Olympic sport categories and five athletes in four Paralympic sport categories in training for the Winter Games in PyeongChang. Thanks to sports medicine, sport sciences, total athlete wellness and coach training 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 on their way to the Games.



2,200 ATHLETES WITH ACCESS TO IMPROVED SERVICES

Next-generation athletes now have access to sports medicine and sport sciences expertise at INS Québec in their region. Thanks to the work of the RMTCs, 2,200 athletes can benefit from the services throughout Quebec.

INS QUÉBEC EXPERTS AT THE WINTER OLYMPICS

Véronique Carmel, sports physiotherapist, Alexandre Clark, strength and conditioning coach, Alain Delorme, integrated support team coordinator and Suzanne Leclerc, sports physician, accompanied the short-track speed skating team to PyeongChang to provide support to the athletes before, during and after their competitions.

Photo : fotosports.ca | patinage de vitesse Canada



A \$130,000 PROFIT

For a second consecutive year, the business community contributed to the success of the benefit event for INS Québec raising \$130,000. The funds will allow INS Québec to continue to develop its sports medicine, sport sciences and training services and one-on-one support offered to Quebec's high-performance and next-generation athletes and to those that support them.

100 GATHER TO CELEBRATE INS QUÉBEC'S 20TH ANNIVERSARY

On the theme "From CNMM to INS Québec," over 100 guests gathered at the Complex on September 21, 2017, to celebrate the 20th anniversary of Institut national du sport du Québec. The Parliamentary Assistant to the Minister of Education, Recreation and Sport, Mr. Marc Carrière, took the opportunity to announce a \$2 Million investment into INS Québec's network.



INTEGRATED SUPPORT TEAMS THROUGHOUT QUEBEC

By exposing the various experts who work with the athlete to the integrated support team approach, INS Québec and members of its network (RMTC) can ensure consistent action in order to encourage performance and wellness.

RBC TRAINING GROUND'S FINAL ROUND TAKES YOU FAR

One young athlete stood out at the RBC Training Ground final in Quebec, which took place at the Complex on July 8, 2017. Kassandra Savoie is not only the youngest participant to have won RBC Training Ground but was also invited to try outs with Rugby Canada, Rowing Canada Aviron and Cycling Canada in spring 2018.



Services

PERFORMANCE SERVICES

Meetings to foster greater cooperation

Initiated by Marc Schryburt, Vice-President of Performance Services at INS Québec, and Richard Lepage, High Performance Director at Cirque du Soleil, a High Performance Summit brought experts together from both organizations. Participants discussed best practices and explored the similarities between training artists who excel every night and coaching athletes who perform at a high level.



But the deployment of INS Québec's new collaborative approach goes beyond the circus arts, as Marc Schryburt explains: "Our services are now available to wheelchair rugby and boxing. These sports were looking for optimal support and a centralized location. Our Complex and the services we provide convinced them to choose Montreal."

The addition of several Quebec programs has also led to greater cooperation with INS Québec's network and its members: "Their financial resources have increased considerably since the Quebec government adopted its Policy on Physical Activity, Sport and Recreation last winter," Marc Schryburt says.

For example, provincial caucuses have brought specialists working in different regions together to teach them about the integrated support approach. Various topics related to athletes' performance determinants were explored, such as injury prevention and reathletization or post-exercise recovery and regeneration strategies.

Over the coming year, INS Québec will work with provincial and national sports federations to support them as they develop their plans for the next generation of athletes. Acting as a unifying force, INS Québec will help to align the federations; it sees great potential to improve the support that athletes receive. Marc Schryburt concludes: "Given the contact we have with provincial and national federations, we are in a position to offer guidance and support."

The success of the summit with Cirque du Soleil has also convinced Performance Services to apply the concept to broader discussions. The experience will certainly be repeated with other international organizations.

SPORTS MEDICINE SERVICE

An action-focused service

By combining their expertise and implementing personalized plans, the experts of the Sports Medicine team led by Dr. Suzanne Leclerc helped several athletes during their preparation for PyeongChang 2018. Such is the case of Kim Boutin, who overcame injuries and fatigue in the year preceding the 2018 Winter Olympic Games thanks to the specialists of the Institut, among others.

As such, the Sports Medicine team created an integrated support plan focused on both mental and physical preparation that enabled Kim to attend PyeongChang in good health and with all the necessary tools.

This Olympic year has been particularly active for the sports medicine team, which was able to maintain high-quality services for all athletes, in both summer and winter sports, while welcoming new groups.

Research also played an important role. Concussions are currently at the heart of two projects. One aims to demystify post-concussion visual syndrome and the other focuses on post-concussion rehabilitation in connection with the disruption of the autonomic nervous system. "The sports are very satisfied with the work we are doing with them and the addition of these research projects will provide added value in adjusting the various rehabilitation protocols we use," emphasized Suzanne Leclerc.

Being part of Francophonie

In 2018-2019, research projects will be carried out to build a prevention component (concussion and injury). As a result, we collaborate with Institut national du sport, de l'expertise et de la performance (INSEP) to obtain recognition from the International Olympic Committee to become the first francophone research centre for prevention of injury and protection of athlete health.



SPORT SCIENCES SERVICE

“Geared toward the future and innovative projects, the Sport Sciences Service aims to be a catalyst in the field of artificial intelligence and advanced technology that will soon be serving athletes,” says Guy Thibault, Director of Sport Sciences at the Institut.

The staff is constantly on the lookout for scientific breakthroughs to determine which ones will benefit high-performance training groups. Moreover, the Sport Sciences Service uses state-of-the-art technologies in the daily monitoring of athlete training.

Over the past year, scientific support, research and innovation projects have been implemented to concretely support the progress of athletes toward the highest peaks of performance.

The creation of a digital portal particularly facilitates the sharing of scientific, technical and medical information going forward, which makes it possible to better guide the work of the integrated support team members who supervise high-performance training groups.

A smartphone application is in development. It will help reduce the negative effects of air travel by providing adjustments to the schedules and training of athletes. The synchronism of their biological cycles with environmental cycles will therefore be faster in the event of a time zone change.

When we think about upcoming projects, artificial intelligence, virtual reality, augmented reality and robotics are a must: “When I arrived, I was told: *You are not in the present; you’re thinking about the future.*” I am absolutely convinced that the first countries to use a form of artificial intelligence to serve athlete performance will stand out. And we are starting as of today,” concludes Guy Thibault.



ATHLETE SERVICES

The person first

How do you make a healthy meal in a hotel room on the other side of the world, the day before a competition, using just an iron and some aluminum foil? Could you make soup in a coffee pot? That’s what the participating athletes learned during the recent food-themed Game Plan workshop provided in partnership with La Tablée des Chefs.

“This helped them realize that they didn’t need much to make a nutritious meal,” said Lu Bonnet, Athlete Services Advisor at INS Québec.

Beyond this voyage of culinary discovery, athletes took a virtual trip to South Korea during an event held at the INS Québec Complex to celebrate the opening of the 2018 Olympic Games. In addition to the active athletes, many Olympians from different generations were on hand for the festivities. Athletes were also invited to enjoy a special breakfast in honour of the Paralympic Games.

The last year saw various opportunities for networking, particularly through Montreal’s youth chamber of commerce and leadership workshops. Also, 20 athletes took part in the Foot in the Door internship program.



Furthermore, thanks to the educational component of Game Plan, para-swimmer Benoit Huot became one of the first Quebecers to be admitted to the Queen’s Executive MBA program at the Smith School of Business.

Balanced meals to balanced books

Now that our athletes know how to make a balanced meal wherever they are in the world, in 2018-2019, we will focus on balancing their books. “We would like to give them some financial management tools,” says Lu Bonnet. “What do you do when you get a scholarship? What is taxable? Those are the kinds of questions we want to answer in our workshops.”

TRAINING AND DEVELOPMENT SERVICES

A year of new developments

In order to meet the needs of Quebec sports federations, INS Québec's Training and development services collaborated with Université Laval in designing a mentorship pilot project for high-performance coaches. Everything is in place to launch the activities as of the beginning of 2018-2019.

INS Québec experts have also contributed to many other mandates in the past year. They have also collaborated in creating and presenting a graduate training microprogram for coaches at Université Laval, by offering, among other things, courses in performance analysis for the first cohort.

"It is a great form of acknowledgement from Université Laval to allow our scientific experts to teach graduate courses," said Aurore Monin, Supervisor, Training and development services.

The *Rendez-vous des entraîneurs* also took place in Québec City with close to 80 participants in attendance. "The theme of the event puts coaches at the forefront of discussion," continues Aurore Monin. "Sabrina Lapointe's presentation, short-track speed skating coach, on work-life balance has garnered a lot of interest in addition to launching a dialogue.

The goal of the weekend was to equip coaches in order to facilitate their day to day. Participants confirmed that they left with new practical knowledge. This means mission accomplished for our Training and development services!" concludes Aurore Monin.

Next year, Training and development services seeks to make its professional development activities and programs even more accessible to all regions in Quebec. Going forward, the *Rendez-vous des entraîneurs* will be revamped by welcoming not only coaches but also medical and scientific service providers that work with athletes.



ADMINISTRATION, OPERATIONS AND HUMAN RESOURCES

Behind the scenes

INS Québec has positioned itself as a leader in harassment prevention after adopting a policy in June 2017 on respect of the individuals and harassment prevention.

Supported by the Sport'aide services, INS Québec wants the policy to contribute to the conditions that encourage an environment exempt from harassment. This policy protects all INS Québec employees as well as all athletes and coaches of affiliated sports. "We assure that INS Québec is a safe environment with zero tolerance," confirms Isabelle Rousseau, Vice President, Administration.

In summer 2017, we also welcomed the Boccia National Training Squad. This was the first completely paralympic sport to take up residence at the Complex in the Olympic Park. Since then, Canada's Para-swimming Centre has also found a home there. With the official arrival of paralympic sports, INS Québec has become more accessible by installing automatic doors.

In addition, with 50 permanent and a team of contract employees, the INS Québec team continues to grow. "The organization is growing and more and more people are being deployed to provide services," explained Isabelle Rousseau.



"Our growth allows us to better serve sporting organizations with whom we collaborate."

Next year will be dedicated to marketing activities, training and raising awareness about the new policy on respect of the individuals and harassment prevention. In the coming months, we will begin building both the boxing ring, which will make its official entrance into INS Québec, and the trampoline park. At the same time, we will continue to maximize space in the strength and conditioning and meeting rooms, the administrative area and the sports medicine clinic.

At the service of our athletes

490

athletes have used our services
at the INS Québec Complex
in the Olympic Park

↑ 147

519

athletes use one of the
17 single-sport centres

1700

athletes are served by
the RMTC network

↑ 420

2017 - 2018

Jouez gagnant throughout Quebec



98 025

youths were reached
second best year

17

administrative regions
in Quebec were visited

↑ 1

64

speakers (25 active
and 39 retired)

↑ 11

18

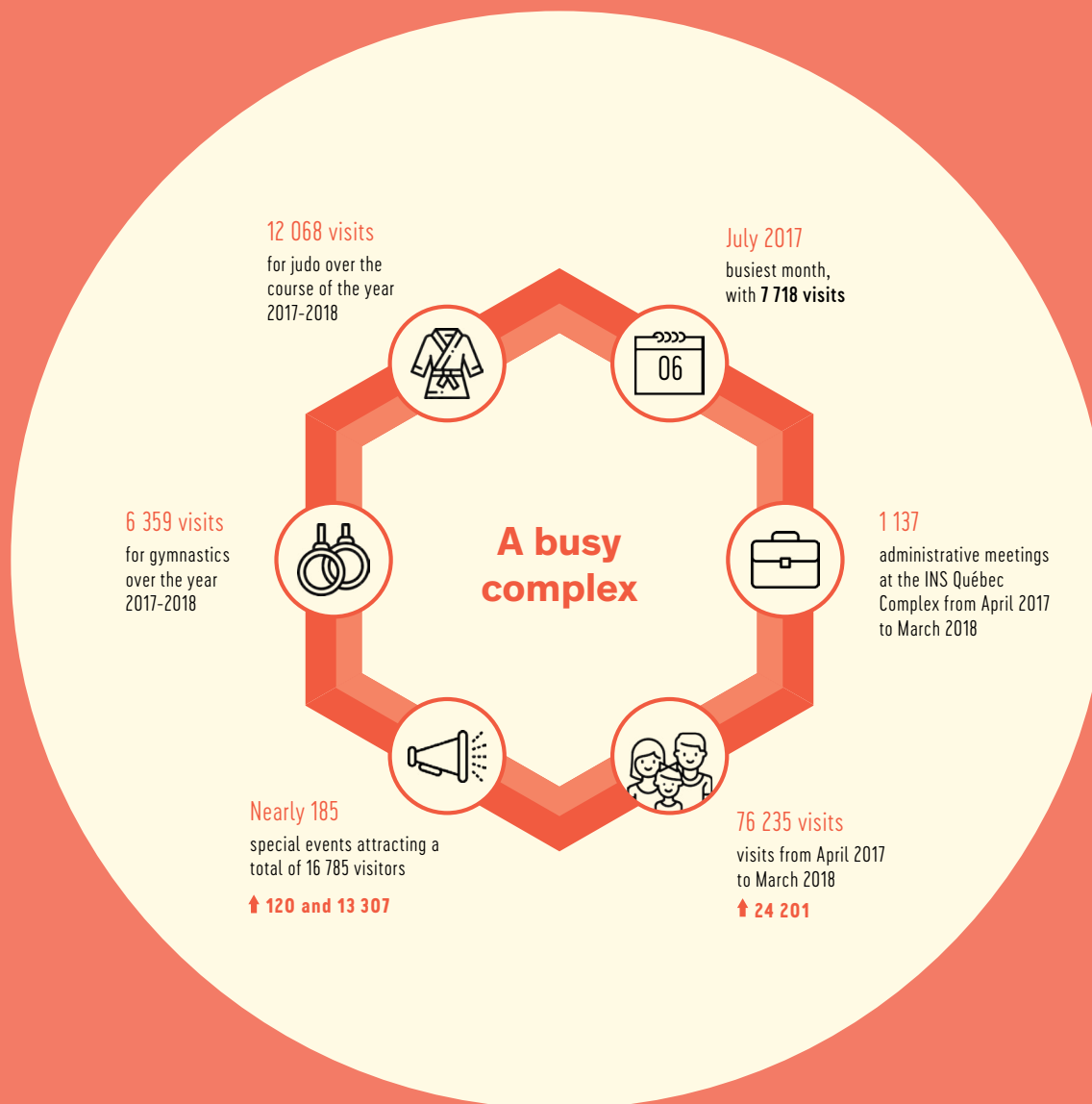
new speakers

↑ 8

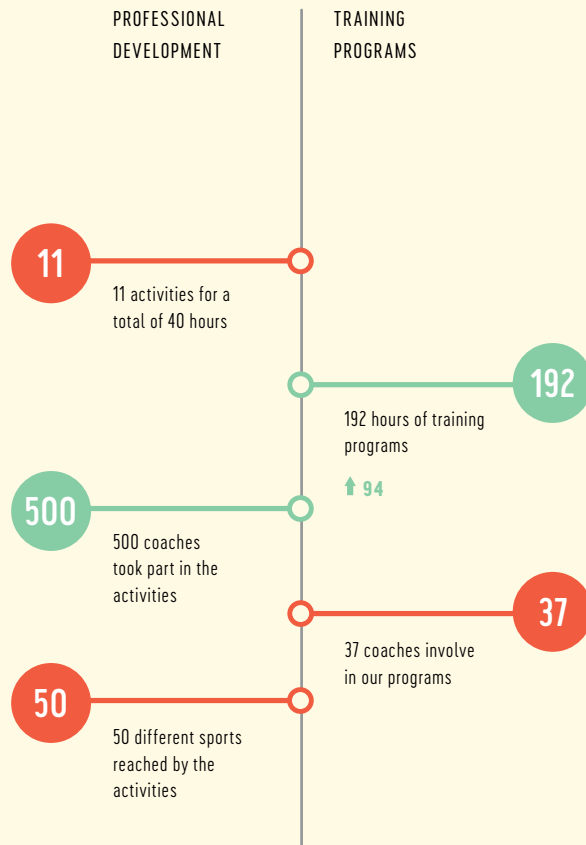
11

mini tours :
Iles-de-la-Madeleine;
Laurentides; Outaouais;
Côte-Nord; Montérégie (2);
Abitibi; Estrie; Bas-St-
Laurent; Centre-du-Québec;
Lanaudière; with a total of
133 talks

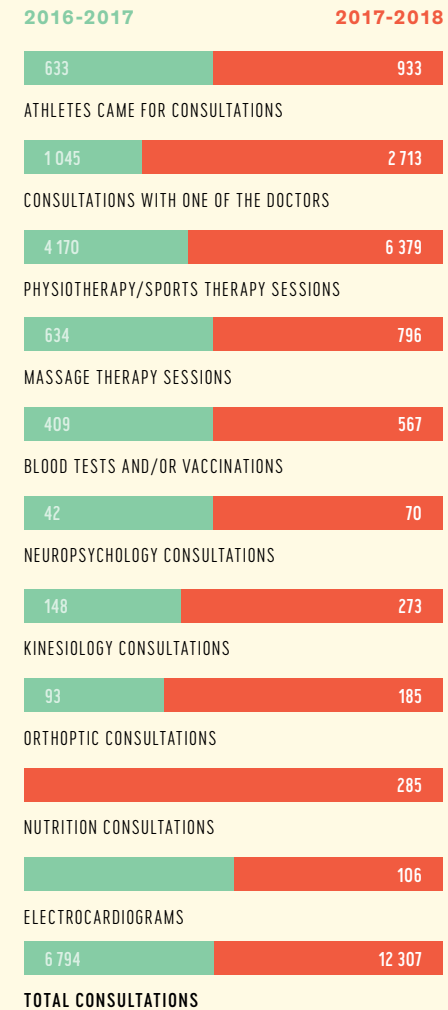
THE YEAR IN NUMBERS



Continuing education



A busy medical clinic



The financial report

2017-2018

2017-2018 ended with a surplus of over \$70,000 and a profit of over \$130,000 from the fundraising evening. Compared to last year, revenues rose by 25% (\$1.9 million). This is largely due to the increased support of the Quebec government, particularly with the addition of new programs. Changes to the Canadian funding structure have led to a decrease in direct funding from Sport Canada and the Canadian Olympic Committee. However, the increase in self-financing from the sale of sports services and sponsorships were able to close the gap.

Expenses increased by 29% (\$2.1 million). The support given to our Quebec partners (RMTC and sports federations), as well as the implementation of new programs in Quebec account for 42% of this increase. Moreover, we invested more in staff and material resources to increase our ability to deliver services to high-performance training groups. These additional expenses account for 27% of the total increase in our expenses. Finally, the payment of retroactive rent fees explains the remainder of this year's increase in expenses.

	2017-2018	2016-2017
Revenue	\$	\$
Partner contribution		
Sport Canada	2,609,594	2,721,655
Ministère de l'Éducation et de l'Enseignement Supérieur	5,173,530	3,177,500
Canadian Olympic Committee	276,500	521,911
Coaching Association of Canada	70,000	70,000
B2TEN	55,000	54,100
Own the podium	52,500	-
Canadian Paralympic Committee	10,000	-
Amortization of deferred contributions related to fixed assets	544,125	549,489
Athlete and sports organization services	461,011	281,382
Training Program	78,344	86,011
Donations and sponsorships	218,040	156,650
Interest on investments	46,680	35,786
	9,595,325	7,654,484



Photo : OSA images

	2017-2018	2016-2017
Expenses	\$	\$
Training and development services		
Salaries and payroll taxes	121,262	161,131
Fees	48,639	60,879
Travel and meetings	13,055	19,323
Rendez-vous des entraîneurs	15,205	11,665
	198,161	252,999
Athlete and sports organization services		
Salaries and payroll taxes	2,229,915	1,936,395
Support to federations and regional centres	2,000,000	1,377,500
Support to high-performance training groups	777,048	883,107
Rent	789,183	186,250
Services to Quebec athletes and coaches	319,308	163,000
Amortization - Medical, scientific and sports equipment	303,579	311,306
Sports medicine	275,109	268,245
Sport sciences	259,361	81,096
Équipe Québec program	122,210	165,626
Research, innovation and information dissemination program	101,444	-
Support for aquatic sports	95,143	100,000
Other services	79,309	48,444
Travel and meetings	48,818	36,374
	7,400,428	5,557,343
Administration		
Salaries and payroll taxes	632,199	519,534
Professional services	416,568	448,626
Amortization of other assets	232,215	238,928
Communications	162,711	152,276
Rent	197,296	46,277
General administration	232,998	153,641
Committees and travel	49,761	35,632
	1,923,748	1,594,914
	9,522,337	7,405,255

	2017-2018	2016-2017
	\$	\$
Excess of revenue over expenses before the following elements	72,988	249,221
Revenues of fundraising activities	184,750	211,775
Expenses of fundraising activities	(51,265)	(35,571)
	133,485	176,204
Excess of revenue over expenses	206,472	425,425



Photo : OSA images

The INS Québec Network

THE SINGLE-SPORT TRAINING CENTRES 2017-2018

Centre national Gaétan-Boucher (CNGB)

Centre national d'entraînement
Pierre-Harvey (CNEPH)

Centre d'excellence acrobatique de
Val-St-Côme (CEAVSC)

Centre d'entraînement à temps plein
de volleyball - Gatineau

Centre national de cyclisme de Bromont

Centre national de performance
de Patinage Canada

Centre national d'entraînement
Yves Laroché

Centre national courte piste de Montréal

Centre de biathlon d'excellence du
Québec (CBEQ)

Centre national de canoe-kayak du
Lac-Beauport

Centre national de canoe-kayak
du Bassin olympique

Centre national de boxe

Centre d'entraînement de triathlon
de Québec

Centre national d'entraînement de tennis

Centre national de voile du Québec

Centre d'entraînement d'aviron de Knowlton

Centre d'excellence régionale de
volleyball de plage

Centre national de haute performance -
soccer

THE REGIONAL MULTI-SPORT TRAINING CENTRES

Conseil de développement du sport de
Gatineau

Conseil de développement Excellence
sportive des Laurentides

Excellence Sports Laval

Centre régional d'entraînement et
d'événements de la Mauricie

Excellence sportive de l'île de Montréal

Excellence sportive Québec-Lévis

Excellence Sportive Sherbrooke

Excellence Chez Nous

CANADIAN OLYMPIC AND PARALYMPIC SPORT INSTITUTE NETWORK

Institut national du sport du Québec

Canadian Sport Institute – Pacific

Canadian Sport Institute – Calgary

Canadian Sport Institute – Ontario

Canadian Sport Centre – Saskatchewan

Canadian Sport Centre – Manitoba

Canadian Sport Centre – Atlantique

The INS Québec Sport Partners



THE SPORTS FEDERATIONS

Association canadienne de ski acrobatique
Boccia Canada
Boxe Canada
Canadian Wheelchair Sports Association
Canoe Kayak Canada
Cross-Country Ski de fond Canada
Cyclisme Canada
Fédération canadienne d'escrime
Gymnastique Canada
Hockey Canada
Judo Canada
Natation Canada
Patinage Canada
Patinage de vitesse Canada
Plongeon Canada
Rowing Canada Aviron
Synchro Canada
Waterpolo Canada
Association des clubs de biathlon
du Québec
Association Québec Snowboard

Association québécoise d'aviron
Association québécoise de canoë-kayak
de vitesse
Association sportive des aveugles
du Québec
Badminton Québec
Basketball Québec
Curling Québec
Fédération de gymnastique du Québec
Fédération de nage synchronisée
du Québec
Fédération de natation du Québec
Fédération de patinage de vitesse
du Québec
Fédération de soccer du Québec
Fédération de triathlon du Québec
Fédération des sports à quatre murs
du Québec
Fédération d'escrime du Québec
Fédération québécoise d'athlétisme
Fédération québécoise de boxe olympique
Golf Québec

Fédération québécoise de ski acrobatique
Fédération québécoise de taekwondo
Fédération québécoise des sports cyclistes
Hockey Québec
Judo Québec
Patinage Québec
Plongeon Québec
Rugby Québec
Ski de fond Québec
Ski Québec Alpin
Softball Québec
Tennis Québec
Volleyball Québec
Waterpolo Québec
Voile Québec

Honour Roll

ATHLETES SUPPORTED BY INS QUÉBEC WHO PARTICIPATED IN THE PYEONGCHANG OLYMPIC GAMES | FEBRUARY 9 TO 25, 2018

First name	Last name	Sport
Mélodie	Daoust	Ice hockey
Marie-Philip	Poulin	Ice hockey
Lauriane	Rougeau	Ice hockey
Charlie	Bilodeau	Figure skating
Meagan	Duhamel	Figure skating
Michael	Marinaro	Figure skating
Kirsten	Moore-Towers	Figure skating
Eric	Radford	Figure skating
Julianne	Séguin	Figure skating
Kim	Boutin	Short track speed skating
Kassandra	Bradette	Short track speed skating
Charle	Cournoyer	Short track speed skating
Pascal	Dion	Short track speed skating
Samuel	Girard	Short track speed skating
François	Hamelin	Short track speed skating
Charles	Hamelin	Short track speed skating
Jamie	Macdonald	Short track speed skating
Valérie	Maltais	Short track speed skating
Marianne	St-Gelais	Short track speed skating
Alex	Boisvert-Lacroix	Long track speed skating

First name	Last name	Sport
Laurent	Dubreuil	Long track speed skating
Olivier	Jean	Long track speed skating
Alexandre	St-Jean	Long track speed skating
Chris	Del Bosco	Freestyle skiing
Justine	Dufour-Lapointe	Freestyle skiing
Chloé	Dufour-Lapointe	Freestyle skiing
Kim	Lamarre	Freestyle skiing
Catrine	Lavallée	Freestyle skiing
Audrey	Robichaud	Freestyle skiing
Jasey-Jay	Anderson	Snowboard
Laurie	Blouin	Snowboard
Elizabeth	Hosking	Snowboard
Max	Parrot	Snowboard
Sébastien	Toutant	Snowboard



ATHLETES SUPPORTED BY INS QUÉBEC WHO PARTICIPATED IN THE PYEONGCHANG PARALYMPIC GAMES | MARCH 9 TO 18, 2018

First name	Last name	Sport
Yves	Bourque	Para nordic skiing
Sébastien	Fortier	Para nordic skiing
Alexis	Guimond	Para alpine skiing
Cindy	Ouellet	Para nordic skiing

Board of Directors

Tom Quinn, Chair

Alain Côté, Vice-Chair

François Racine, Secretary-Treasurer

Ariane Loignon

Carole Théberge

Claude Rousseau

Guy Létourneau

Julie Moreau

Lynn Blouin

Bernard Petiot

Our catalysts of dream



ADMINISTRATION

First name	Last name	Title
Gaëtan	Robitaille	President and CEO
Marc	Schryburt	Vice-president, Performance Services
Isabelle	Rousseau	Vice-president, Administration
Carol	Bassil	Executive Assistant
Alexandra	Lojen	Assistant, Vice-president Performance Services
Michelle	Robichaud	Manager, Administrative Services
Fadhila	Tafer	Accounting technician
Michaëlla	Vaval-Camille	Agent, Administrative and accounting support

COMMUNICATIONS

First name	Last name	Title
Evelyne	Déry	Communications, Coordinator
Marina	Lord	Program Agent, Jouez gagnant

OPERATIONS

First name	Last name	Title
Josée	Dagenais	Supervisor, Operations
Sarah	Bergeron	Operations Coordinator
Gabriel	Coallier	Facility Monitor evening
Mathilde	Chamussy	Facility Monitor week-end
Mélina	Filion	Receptionist day
Maité	Viau	Receptionist evening
Rafaëlle	Lanoix	Receptionist week-end

TRAINING AND DEVELOPMENT SERVICES

First name	Last name	Title
Aurore	Monin	Supervisor, Training and Development Services
Geneviève	Houle	Coordinator, Training and Development Services

SPORT SCIENCES SERVICE

First name	Last name	Title
Guy	Thibault	Director, Sport Sciences Service
Roxanne	Huot	Coordinator, Sport Sciences Service
Mathieu	Charbonneau	Sport Biomechanist
François	Bieuzen	Exercise Physiologist
Myriam	Paquette	Exercise Physiologist
Amélie	Soulard	Mental performance
Thomas	Romeas	Sports medicine and science expert advisor
Cory	Kennedy	Strength and Conditioning
François	Raymond	Strength and Conditioning
Michael	Stolberg	Strength and Conditioning
Alexandre	Clark	Strength and Conditioning
Benoit	Lussier	Performance Analyst
Nicolas	Berryman	Exercise Physiologist
Evelyne	Dubé	Contract employee

SPORT MEDICINE SERVICE

First name	Last name	Title
Suzanne	Leclerc	Director, Sport Medicine
David	Forget	Manager, Medicine clinic
Pierrette	Caissy	Secretary
Caroline	Truchon	Secretariat Officer
Erik	Sesbreno	Chief Nutritionist
Josiane	Roberge	Chief Physiotherapist
Véronique	Carmel	Physiotherapist
Kathleen	Smith	Physiotherapist
Émilie	Turner	Physiotherapist
Félix	Croteau	Physiotherapist
Jean-Sébastien	Rondeau	Sport Therapist

PERFORMANCE SERVICES

First name	Last name	Title
Anne-Renée	Thibault	Supervisor, Performance Services
Frédéric	Tremblay	Sport Advisor
Lu	Bonnet	Advisor, Athletes Services
Louise	Kairns	Advisor, Programs and Events

Aurélie Rivard

MULTIPLE MEDAL-WINNING
PARALYMPIC SWIMMER

“I can say that each one of my medals, and any I win in the future, can be attributed to the integrated support team at INS Québec.”

AT HOME ANYWHERE IN THE WORLD

Despite the 14,000 km between us, I feel that I always have the integrated support team from INS Québec by my side. No matter where I am in the world, whether at a competition or a training camp, I know that I can always rely on experts who support me on a daily basis. It's reassuring.

For example, when I was in Australia to participate in the Commonwealth Games last April, I was able to talk with my sports psychologist before my competition, as I usually do. When I have questions about food where I am, I can always contact my nutritionist for advice. When my concerns are physical, my physiotherapist talks to the professionals on site so they can help me quickly.

My goal now is the 2020 Paralympic Games in Tokyo and I know I can't do it without them. Training for excellence in high-performance sport has its challenges, but I know I can count on the integrated support team. As soon as something happens at the pool, I just climb the stairs of the Complex and an expert is there to help me. It relieves a lot of the daily stress and lets me focus on my work as an athlete.

I can say that each one of my medals, and any I win in the future, can be attributed to the integrated support team at INS Québec.



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