



Annual Report 2016-2017



MARIE-CLAUDE MOLNAR

ATHLETE ON THE CANADIAN
PARA-CYCLING TEAM

My road to Rio was not always smooth. Being able to count on the expertise and the experience of INS Québec so that my physical preparation was optimal was a pivotal factor in my performance at my second Paralympic Games.

The nutritional advice, the sleep clinic and all the tests that my strength and conditioning coach had me do to measure my progress, all these services were offered under the same roof and meant I was able to target the areas I needed to work on for D-day.

Now a new Paralympic cycle has started and to be able to continue to take advantage of the expertise and facilities of INS Québec fills me with confidence. I am looking forward to starting work with my strength and conditioning coach and all the other specialists to implement a process so I can be even better.

I am glad and feel privileged to have access to such a specialized venue where I can mix with other Olympic and Paralympic athletes who motivate me to surpass myself.



AARON DZIVER

CANADIAN DIVING TEAM COACH

INS Québec was a very important element in our rise to the highest summits of the Olympic Games in Rio and it is thanks to our working relationship that our divers won two medals and two fourth places.

In preparation for the Rio games, we had access to a unique training environment impossible to have elsewhere as INS Québec has built an ideal space for our athletes: the infrastructure, the equipment that we needed, but most importantly, the resource persons dedicated to improving the performance of the athletes and their coaches.

As a coach, I knew I could count on their support in making the best strategic and competitive decisions. The administrators pay attention to the high-performance directors and national directors and they have shown on a number of occasions that they want to act quickly to resolve problems and address the challenges that arise. This is important, because our sport is changing very quickly and we must stay ahead of the game if we want to continue to be leaders.

INS Québec has invested in me over a number of years which meant that last spring I reached level 5 of the coaching training and certification program. It is now my turn to give back to the coaches by sharing my knowledge so that they also become excellent coaches!



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

EVOLVING TO SERVE THE COMMUNITY BETTER

2016-2017 will have been a pivotal period at the Institut national du sport du Québec. A year of change and transition, Olympic and Paralympic Games, but also a year of consolidation and communication.

INS Québec has gone to meet its partners, whether by the tour of the regional multi-sport training centres during the summer or the implementation of mechanisms allowing regular interaction with the various sports. Often compared to a “well-kept secret”, INS Québec decided to come out of the shadows by creating its Communications Department.

AN ORGANIZATIONAL STRUCTURE THAT ADAPTS

Ever since he took office in May 2016 as President and Chief Executive Officer, Gaëtan Robitaille has made adjustments to the organization's management.

The arrival of Marc Schryburt in May, in the new position of Vice-President, Performance Services, has brought together the services intended for our clientele to update our integrated multidisciplinary approach. Isabelle Rousseau was appointed Vice-President, Administration.

With the acquired experience and a more advanced knowledge of our environment and our clients, we can be even more proactive. We are continuously listening to validate the relevance and quality of our interventions and identify what must be done to upgrade our service offering.

This work has produced results. According to an Own the Podium survey, INS Québec has been recognized among the Canadian institutes that has most improved their relationships with sports.

GREATER RECOGNITION

The Québec Government remains an indispensable partner of INS Québec, and has shown this again in its new Policy on Physical Activity, Sport and Recreation. INS Québec and its network of multi-sport training centres and single-sport centres are identified in this Policy as leading players to facilitate the progress of athletes to high-performance status.

In particular, the Policy provides for increased support for the multi-sport training centres and the creation of a research fund in high-performance sport. Beyond the additional investment, we must note the recognition of INS Québec's role in high-performance sports in Québec and Canada.

Perfectly in line with the vision established in 2010 at the time of the announcement of the INS Québec project, we can continue to develop and consolidate a Québec-wide network, that will be capable of serving athletes close to home, both scientifically and medically. It is essential that INS Québec not be considered only as a training and service site at Olympic Park, but also a project with ramifications throughout Québec.

SUPPORT FROM THE BUSINESS COMMUNITY

INS Québec held a first major fundraising activity in November 2016 that generated nearly \$180,000. Beyond new funds, this initiative particularly proved that the business community is interested in INS Québec's achievements.

“CATALYST AND PARTNER”: A NEW STRATEGIC PLAN

The year 2016-2017 will also have enabled us to turn to the future with the work leading to our new 2017-2021 Strategic Plan. By relying on close collaboration among the different stakeholders around the athlete, we are determined to be an “Essential Performance Partner”.

Being a “Catalyst of dreams... one athlete at a time” is our mission, which we will assume by focusing on satisfaction of our clientele's needs.



Tom Quinn, O.C
Chair of the Board of Directors



Gaëtan Robitaille
President and Chief Executive Officer

Highlights of 2016-2017

BENEFIT SHOW

More than 150 representatives of the business community attended the first fundraising event that raised \$180,000 to support high performance athletes and future athletes. The money raised will allow the INS Québec to continue to provide world-class support and integrated services to all Olympic and Paralympic athletes and their coaches.



REGIONAL MULTI-SPORT TRAINING CENTRES TOUR

The INS Québec met with its partners at the beginning of the year with a tour of the Regional Multi-sport Training Centres with the aim of strengthening an essential network in the performance of our athletes, particularly future athletes.

FORMATION POUR L'INTERVENTION ET L'INNOVATION EN PRÉPARATION PHYSIQUE (FIIPP)

This is a unique program whose content was developed by our team of experts in accordance with the needs evoked by the strength and conditioning practitioners of Quebec. The first cohort of eight people registered with FIIPP received 120 hours of class time and 100 hours of field work.

NUTRITION

Launched in November 2016, the seven sessions of free tastings offered in the nutrition lab were highly successful. More than 250 athletes participated in these events and most left with a recipe card prepared by the INS Québec nutritionists.



Photo: © Thierry du Bois / OSA



JOUEZ GAGNANT – A RECORD YEAR!

The Jouez gagnant! public speaking program has had an exceptional year in which the athletes met 122,600 youths from the province of Quebec aged 9 to 17 years old. With an increased presence in day camps and an adapted approach to keep young people moving during the summer holidays, the athletes were able to share their passion for physical activity and inspire students to participate in sport activities all year round!

PARALYMPIANS SEARCH

By collaborating with the Paralympic Search, an event held to discover future paralympic talents, the INS Québec sport science experts contribute to the growth of future athletes in paralympic sports.

OLYMPIC AND PARALYMPIC GAMES

INS Québec has contributed in preparing 45 athletes from 16 different Olympic sports and 35 athletes from 9 different Paralympic sports on their road to the Rio Games. These athletes were able to make use of cutting edge facilities and equipment, as well as professional, technical and technological INS Québec resources.



Services

PERFORMANCE SERVICES

In 2016-2017 we grouped three service departments under one umbrella: sport medicine services, sport science services and training services. The result of this new structure was to promote inter-service collaboration, improve our ability to deliver our services in an integrated way and make the relationship between sport partners and the INS Québec more fluid.

The main mandate completed during the year was to review the way we offer our services to sport partners. A new approach called “customized services” was put in place offering services aimed at the specific needs of each sport and the determinants of performance.

Special attention was also paid to reinforcing our regional multi-sports training centres in the delivery of sport medicine and sport science services to Quebec’s future athletes. The first «Journée des partenaires» (Partners’ Day) took place in November 2016 with the participation of eight regional multisport training centres and several Quebec sports federations. It provided the opportunity to present the sport community the diverse sport science and medical services that are accessible in the region.



The INS Québec has therefore persevered in its will to expand, enrich and diversify the sectors in which it is active to improve the performance of athletes and coaches and thus be an essential performance partner for high performance sport in Quebec and in Canada.



SPORTS MEDICINE SERVICE

While handling an Olympic year and the increased needs that resulted from it, the sport medicine service nonetheless carried out a number of projects while offering daily support to athletes in their preparation for the Rio Olympic and Paralympic Games.

A number of training camps with new sports and the continuation of our close working relationship with athletes during their international competitions also mobilized our specialists all year round. They also travelled with synchronized swimming, water polo and figure skating athletes.

Our commitment to injury prevention paid off and our team of experts played a proactive role in monitoring athletes

with musculoskeletal functional testing offering targeted actions; injury prevention was optimized following each athlete’s pre-season assessment. End-of-season reports are used to analyze treatments and sport medicine issues as well as allow us to make recommendations.

A multi-disciplinary team has also fine-tuned and individualized specific protocols for return to play within the framework of the concussion program.

Last but not least, the nutrition sector was up and running in 2016-2017, and we now have two nutritionists in the INS Québec’s team. We were thus able to offer individual and group consultations as well as information workshops on the Institute’s premises. Not to mention we also launched highly successful monthly theme-based tasting activities.

SPORT SCIENCES SERVICE

With the Rio games in 2016, we realized the need to stay on the cutting edge to increase the chances of success for our athletes during the most important competition of their career.

By collaborating with companies from the emerging technologies sector to construct assessment and enhancement activities for our various technologies, INS Québec remained a leading player throughout the Olympic year. The practical tools developed by François Bieuzen, exercise physiologist, have also allowed us to invest even further in reducing the effects of jet lag and facilitate recovery after exercise. Hiring experts in performance analysis, in biomechanics, in strength and conditioning and mental preparation and hosting interns from varying specialities working in partnership with universities have contributed to even greater optimal support for athletes and coaches.

The end of the year saw Guy Thibault assume his position as the new director of the Sport Sciences Service. The measures that he has taken to intensify research work, innovate and distribute information with respect to support for high performance athletes have led to the creation of a Research and Innovation Committee, whose first activities will see the light of day in 2017-2018.

By highlighting its support to high performance training groups, both with respect to strength and conditioning and sport science and technical support, our team of experts offered the guidance required for the 80 athletes from Quebec selected to take part in the Olympic and Paralympic games.



Services

ATHLETE SERVICES

Guidance and support for high-performance athletes go above and beyond the INS Québec Complex walls and, to support athletes in fulfilling their dreams, we must also support them in all aspects of their personal life.

Thanks to our unique partnership in Canada with the Fondation de l'athlète d'excellence du Québec and the Alliance Sport-Études, the Game Plan program has become essential in the service, promoting the overall well-being of athletes. This year, the program has held 239 individual activities and more than 10 group sessions for Quebec athletes. The INS Québec has also offered a number of workshops aimed at networking, social media and stress management.

In addition, still with a view focused on promoting the success of our athletes in both their sports and personal lives, we have contributed in setting up the **Réseau de l'éducation au Québec** initiated by the COC. This network mobilizes all the universities in Quebec and offers adapted services to all high-performance student-athletes.

We are also very pleased with the results of the Foot in the door program whose second class was up and running in September 2016. Ten athletes were twinned with companies in the spheres that interested them and completed professional work placements of 3 to 5 days.

This year we also revamped the Forum Équipe Québec and offered to athletes and coaches supported by the Équipe Québec program two networking activities alternating between Montréal and Québec. These activities allowed us to highlight the career of newly retired athletes and gave us the opportunity to present the services to which they can now have access.



TRAINING AND DEVELOPMENT SERVICES

In offering 12 professional development activities representing more than 70 hours of training to more than 550 coaches, service providers and researchers,

the INS Québec training and development service has once again been a key player in the professional development of coaches in Quebec.

With the 2017 class of the Advanced Coaching Diploma (ACD) which included 13 participants, we were able to innovate by experimenting with an individualized support approach with tutors which appeared to be successful. A research project also saw the light of day with the Université du Québec à Trois-Rivières with a view to defining the development of certain leadership skills for the coaches enrolled in the ACD. This project will continue in 2017-2018.

Still with the aim of diversifying our training and development offers for coaches, the service also established a blueprint for the training and development offer provided by the regional multi-sport training centres. Drawn up for the first time, this blueprint will be used to better coordinate the training and development activities of INS Quebec and promote better collaboration with the regional multi-sport training centres.

It is also with pride that we welcomed the first class for the Formation pour l'intervention et l'innovation en préparation physique (FIIPP). An innovative program unique to Quebec, some twenty experts contributed to participant training.

Initiatives include the organization of the preconference of the North American Society for the Psychology of Sport and physical Activity (NASPSPA) and the Rendez-vous des entraîneurs.

Last but not least, the result of a large project that took place of the year, a graduate level microprogram for sports coaching, created by Université Laval in collaboration with INS Québec, will be launched in June 2017.



ADMINISTRATION, HUMAN RESOURCES, OPERATIONS AND INFORMATION TECHNOLOGIES

User-friendliness, effectiveness, efficiency, pertinence, consistency.

Whether with respect to human resources, operations management or information technology, INS Québec aims to simplify and improve the lives of its clients, its partners and its employees.

INS Québec has grown in scope with the new “individualized services” approach. Focusing on the contribution of contractual specialists to benefit from a diversity of expertise and management flexibility, there are now 52 people, employees and contractors who are striving to even better meet the needs and expectations of athletes, coaches and sports partners.

The working environment is also adapted with a new telework policy that offers more flexibility. INS Québec has also implemented a group RRSP designed to promote employee savings through employer contributions. And because preventing is better than reacting, INS Québec is preparing its “Policy for the respect of the person and the prevention of harassment,” which is proactive and applies to all employees, members and anyone who has dealings with the Institute.

For the operations service, while change is a daily reality to ensure activities run smoothly, we had to remain vigilant in minimizing the impact of the major works on the Olympic Park Tower on users.

As the saying goes, technological tools are at the service of users and not the opposite, and INS Québec pursued the growth and installation of its systems and tools including Acomba accounting software, an improved cellular signal, an extranet for athletes, as well as a management system for scheduling training camps.

“Catalyst and Partner”: A new strategic plan

A reflection of the changes in the organization over the past 20 years, our new strategic plan for 2017-2021 is preserving the Institute's project elements by offering athletes, their coaches and sport partners world-class support and integrated services.

Our vision is clear: To be an essential performance partner for Quebec and Canadian high-performance sports. We are thus equipping ourselves with all the tools necessary so that athletes, coaches and sports organizations work with us to improve sports performance and support athletes in fulfilling their dreams.

To succeed in this, we are relying on a three pillars of intervention:

- Support - Which is part of INS Québec's DNA. While the ways of intervening have evolved, the function remains. This pillar specifies how its intervention and its delivery of services to athletes and the sport community will progress;
- Collaborate - Using collaboration as the central basis of its intervention, INS Québec will accomplish its mission by enabling the stakeholders to join together to improve athletic performance;
- Communicate - By intensifying its communication efforts, INS Québec ensures that its role and contribution are well known.

These three pillars of intervention will allow us to update the 20 strategies based on eight strategic directions to achieve our mission which is to be a real “Catalyst of dreams... One athlete at a time”.



The year in numbers



AT THE SERVICE OF OUR ATHLETES

343 ATHLETES
have used INS Québec services throughout the province of which 219 are individual athletes and 124 are high-performance training group members

1 280 ATHLETES
athletes are part of the CREM network

590 ATHLETES
athletes use one of the 13 single-sport centres



ONTO A WINNER WITH JOUEZ GAGNANT!

654 CONFERENCES
conferences were given in 604 primary and secondary schools, in sports clubs and at day camps.

122 609 YOUTHS
youths were reached

16 ADMINISTRATIVE REGIONS
in Quebec were visited

7 MINI TOURS
Capitale-Nationale, Chaudière-Appalaches, Îles-de-la-Madeleine, Lanaudière, Saguenay-Lac-St-Jean, Bas-St-Laurent, Gaspésie, Centre-du-Québec, Estrie and Côte Nord with a total of 105 talks

53 SPEAKERS
25 active, 27 retired

10 NEW SPEAKERS



LOTS OF VISITORS

52 034 VISITS
visits from April 2016 to March 2017

NOVEMBER 2016
busiest month, with 5 805 visits

8 596 VISITS
visits for gymnastics over the course of the year (athletes other than those in the high-performance training group [HPTG], such as camps, regional teams, training groups, etc.)

3 327
visits for Fencing during 2016-2017

NEARLY 65 SPECIAL EVENTS
attracting a total of 3 478 visitors



CONTINUING EDUCATION: POPULAR ACTIVITIES

PUBLIC ACTIVITIES

- 12 Public Activities
- 98.5 hours of Public Training
- 555 participants in the Public Activities
- 50 different sports reached

TRAINING AND DEVELOPMENT PROGRAMS

- 30 Coaches took part in the Advanced Coaching Diploma (ACD)
- 8 Strength and Conditioning coaches took part in the PROGRAMME DE FORMATION POUR L'INTERVENTION ET L'INNOVATION EN PRÉPARATION PHYSIQUE (FIIPP)



A BUSY MEDICAL CLINIC

- 621 athletes (from 51 disciplines) came for consultations
- 1045 consultations with one of the doctors
- 4170 physiotherapy/sports therapy sessions
- 634 massage therapy sessions (for 75 athletes)
- 74 osteopathy treatments
- 409 blood tests and/or vaccinations
- 42 neuropsychology consultations
- 148 neurokinesiology consultations
- 93 orthoptic consultations (neurocognitive training)
- 179 electrocardiograms
- A total of 6794 consultations
- Since November 2016, 250 athletes participated in free tastings offered monthly at the nutrition lab

Financial Report

2016-2017

HIGHLIGHTS

The 2016-2017 fiscal year closed on a surplus of \$425,425. These results can be attributed to self-generated revenue, increased support from the provincial government and reduced overall costs for services.

In total, INS Québec's revenue increased by just over \$175,000, despite a reduction in the support received from Sport Canada and Own the Podium for the second consecutive year.

Fundraising activities generated a surplus of more than \$176,000. Furthermore, the MÉES increased its contribution by 15% over the previous year, for a total of \$411,376. Finally, sponsorships have risen by more than 140% over last year.

INS Québec's costs went down by close to \$182,000 despite a rise in payroll and increased support provided to federations, regional multi-sports training centres and the "Jouez Gagnant!" program.



	2016-2017	2015-2016
Revenue	\$	\$
Partner contribution		
Sport Canada - OTP	2,721,655	3,143,155
Ministère de l'Éducation et de l'Enseignement supérieur	3,177,500	2,766,124
Canadian Olympic Committee	521,911	302,049
Coaching Association of Canada	70,000	70,000
B2TEN	54,100	9,028
Amortization of deferred contributions for fixed assets	549,481	628,320
Athlete services and sports organizations	281,382	303,028
Training program	86,011	137,111
Donations and sponsorships	156,650	64,900
Interests	35,786	55,243
	7,654,476	7,478,958
Expenses	\$	\$
Training and development service		
Salaries and benefits	161,131	163,518
Honorarium	60,879	139,154
Travel and meetings	19,324	15,710
Rendez-vous des entraîneurs	11,665	12,971
	252,999	331,353
Athlete services and sports organizations		
Salaries and benefits	1,886,073	1,784,582t
Support to PSO and reg. Multisport training centres	1,377,500	991,000
Support to High Performance Training Groups	396,833	589,596
Institut Programs	522,439	582,435
Rent	186,250	624,535
Amortization of medical, science and sports equipment	311,306	411,354
Sports medicine	264,080	217,371
Sport sciences	248,262	153,494
Jouez gagnant! program	187,528	151,845
Support for aquatic sports	100,000	50,000
Équipe Québec Forum	28,420	25,949
Travel and meetings	30,018	17,075
Other services	48,443	11,647
	5,587,152	5,610,883
Administration		
Salaries and benefits	519,534	520,316
Professional services	448,626	509,774
Amortization of other assets	238,928	217,548
Communications	152,276	124,915
Rent	46,277	166,016
General administration	117,475	66,867
Committees and travel	41,988	39,393
	1,565,104	1,644,829
	7,405,255	7,587,065
Excess (deficiency) of revenue over expenses before the following elements	249,221	(108,107)
Fundraising campaign revenue	211,775	-
Fundraising campaign expenses	35,571	-
	176,204	-
Sport Canada reimbursement	-	85,200
Excess (deficiency) of revenue over expenses	425,425	(193,307)



The INS Québec Network

The single-sport training centres - 2016-2017

- Centre national d'entraînement acrobatique Yves-Laroche
- Centre d'excellence acrobatique de Val-St-Côme
- Centre national cycliste de Bromont
- Centre national de performance de Patinage Canada
- Centre national de canoe-kayak du Lac-Beauport
- Centre national de canoe-kayak du Bassin olympique
- Centre national courte piste
- Centre national Gaëtan-Boucher
- Centre de biathlon d'excellence du Québec
- Centre national d'entraînement Pierre-Harvey
- Centre de développement de l'excellence du bassin olympique
- Centre national d'entraînement à temps plein
- Centre national haute performance

The regional multi-sport training centres

- Excellence sportive Québec-Lévis
- Excellence sportive Sherbrooke
- Centre régional d'entraînement et d'événements de la Mauricie
- Excellence sportive de l'Île de Montréal
- Excellence Sports Laval
- Conseil de développement de l'excellence sportive des Laurentides
- Conseil de développement du sport de Gatineau
- 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 Atlantic

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
- Football Québec
- Hockey Québec
- Judo Québec
- Patinage Québec
- Plongeon Québec
- Rugby Québec
- Ski de fond Québec
- Ski Québec Alpin
- Softball Québec

Honour Roll

Our athletes who participated in the Rio Olympic Games
August 5 to 21, 2016

First Name	Last Name	Sport
Farah	Jacques	Athletics
Lizanne	Murphy	Basketball
Nirra	Fields	Basketball
Ariane	Fortin	Boxing
Andréanne	Langlois	Canoeing/Kayaking
Hugues	Fournel	Canoeing/Kayaking
Ryan	Cochrane	Canoeing/Kayaking
Emilie	Fournel	Canoeing/Kayaking – Sprint
Antoine	Duchesne	Cycling – Road
Hugo	Houle	Cycling – Road
Léandre	Bouchard	Cycling – Mountain Bike
Raphaël	Gagné	Cycling – Mountain Bike
Colleen	Loach	Equestrian
Joseph	Polossifakis	Fencing
Maximilien	Van Haaster	Fencing
Rose-Kaying	Woo	Artistic Gymnastics
Marie-Eve	Beauchemin-Nadeau	Weightlifting
Pascal	Plamondon	Weightlifting
Antoine	Bouchard	Judo
Antoine	Valois-Fortier	Judo
Catherine	Beauchemin-Pinard	Judo
Ecaterina Antonia	Guica	Judo
Kelita	Zupancic	Judo

Honour Roll

Our athletes who participated in the Rio Paralympic Games
September 7 to 18, 2016

First Name	Last Name	Sport
Alex	Dupont	Athletics
Diane	Roy	Athletics
Guillaume	Ouellet	Athletics
Ilana	Dupont	Athletics
Jean-Philippe	Maranda	Athletics
Alison	Levine	Boccia
Bruno	Garneau	Boccia
Eric	Bussiere	Boccia
Iulian	Ciobanu	Boccia
Marco	Dispaltro	Boccia
Marylou	Martineau	Boccia
Charles	Moreau	Cycling
Daniel	Chalifour	Cycling
Jean-Michel	Lachance	Cycling
Marie-Claude	Molnar	Cycling
Marie-Eve	Croteau	Cycling
Nicole	Clermont	Cycling

First Name	Last Name	Sport
Shelley	Gautier	Cycling
Audrey	Lemieux	Cycling (Robbi Weldon's pilot)
Pierre	Mainville	Wheelchair Fencing
Bruno	Hache	Goalball
Nancy	Morin	Goalball
Priscilla	Gagne	Judo
Aurelie	Rivard	Swimming
Benoit	Huot	Swimming
Camille	Berube	Swimming
Devin	Gotell	Swimming
Isaac	Bouckley	Swimming
James	Leroux	Swimming
Jean-Michel	Lavalliere	Swimming
Nicholas	Turbide	Swimming
Sabrina	Duchesne	Swimming
Sarah	Mehain	Swimming
Christine	Gauthier	Para-canoe
Philippe	Bedard	Wheelchair Tennis

Board of Directors

- Tom Quinn, Chair
- Alain Côté, Vice-Chair
- François Racine, Secretary-Treasurer
- Ariane Loignon
- Denis Servais
- Carole Theberge
- Eric Beauchesne
- Guy Letourneau
- Julie Moreau
- Lynn Blouin
- Bernard Petiot



Our catalysts of dreams

LAST NAME	FIRST NAME	TEAM	TITLE
Robitaille	Gaëtan	Administration	President and CEO
Rousseau	Isabelle	Administration	Vice-president, Administration
Schryburt	Marc	Administration	Vice-President, Performance Services
Bassil	Carol	Administration	Executive Assistant
Trudo	Teddy	Administration	Agent, Administrative support
Lord	Marina	Administration	Program Agent «Jouez gagnant!»
Bergeron	Sarah	Administration	Operations Coordinator
Déry	Evelyne	Administration	Communications, Coordinator
Robichaud	Michelle	Administration	Manager, Administrative Services
Sauvé	Marie Laurence	Administration	Receptionist (weekend)
Racette	Mathieu	Administration	Receptionist (day)
Bergeron	Caroline	Administration	Receptionist (evening)
Dagenais	Josée	Administration	Supervisor, Operations
Jardin	Barbara	Administration	Facility Monitor
Tafer	Fadhila	Administration	Accounting technician
Thibault	Guy	Sport Sciences	Director, Sport Science
Lussier	Benoit	Sport Sciences	Performance Analyst
Charbonneau	Mathieu	Sport Sciences	Sport Biomecanist
Dubé	Evelyne	Sport Sciences	Coordinator, Sport Science
Huot	Roxanne	Sport Sciences	Coordinator, Sport Science
Bieuzen	François	Sport Sciences	Exercice Physiologist
Berryman	Nicolas	Sport Sciences	Exercice Physiologist
Paquette	Myriam	Sport Sciences	Exercice Physiologist
Clark	Alexandre	Sport Sciences	Strength and Conditioning
Raymond	François	Sport Sciences	Strength and Conditioning
Stolberg	Michael	Sport Sciences	Strength and Conditioning
Kennedy	Cory	Sport Sciences	Supervisor, Strength and Conditioning
Leclerc	Suzanne	Sport Medicine Service	Director, Sport Medicine
Banu	Iustina	Sport Medicine Service	Secretariat Officer
Paradis	Manon	Sport Medicine Service	Coordinator, Sport Medicine Services
Lapierre	Marie-Eve	Sport Medicine Service	Project Manager, Sport Medicine Services
Carmel	Véronique	Sport Medicine Service	Physiotherapist
Croteau	Félix	Sport Medicine Service	Physiotherapist
Smith	Kathleen	Sport Medicine Service	Physiotherapist
Turner	Émilie	Sport Medicine Service	Physiotherapist
Gardiner	Julie	Sport Medicine Service	Chief Physiotherapist
Rondeau	Jean-Sébastien	Sport Medicine Service	Sport Therapist
Charest	Marie-Pier	Training & Development Service	Director, Training and Development Programs
Monin	Aurore	Training & Development Service	Supervisor, Training and Development Programs
Thibault	Anne-Renée	Performance Services	Supervisor, Performance Services
Tremblay	Frédéric	Performance Services	Sport Advisor
Saumur	Geneviève	Performance Services	Advisor, Athletes Services



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MARIE-PHILIP POULIN

ATHLETE ON THE CANADIAN FEMALE HOCKEY TEAM

In less than a year, I will try for a third gold Olympic medal. In August, I will join my teammates in Calgary for the last stage of our preparation for Pyeongchang, but in the meantime, I continue my training at the INS Québec Complex in Montréal.

We are a small group and we train with our INS Québec strength and conditioning coach. I love working with him because he is constantly pushing us outside of our comfort zone to make us better. When the body is doing less well, I know that I have a physiotherapy team just next door. The people who are part of the INS Québec team are the best in their field.

Each time I walk to the Olympic stadium, I remind myself of the history that it represents.

Quebec athletes are privileged to have such an inspiring training venue to house the INS Québec Complex where we can take advantage of a circle of people who support us in fulfilling our dreams.



Photo: © Thierry du Bois / OSA

LOUIS BOUCHARD

CANADIAN CROSS-COUNTRY SKI TEAM COACH

An athlete's voyage to the Pyeongchang Olympic Games does not take place in a few weeks. It is a long-term process that will end in February 2018. It is a bit the same thing for the career of a coach.

I have been lucky to have had the support of INS Québec for 17 years now. Each year, I sit down with them to determine the short-term needs of my own growth to be assured that the athletes benefit a maximum from it. My assistant coaches also benefit from the training on offer and continue to do so. These are the professionals who will replace me in the future and who will become coaches for the World Cup.

We have long been able to take advantage of the services offered by the Institute's network, and each year, we can see how this has been beneficial to us.

Even though we are based in Quebec city, we have access to a complete team of experts thanks to our INS Québec network, which includes our regional multi-sport training centre Excellence Sportive Québec-Lévis, and this is very important to us.

Together, we have reached the next level. INS Québec is committed to a long-term process with us. They not only support us in the field by making sure that physical trainers and the nutritionists are present when we need them, but they also help us clarify our vision to help us move ahead in the future.



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