

INS QUÉBEC LAUNCHES ITS MENTORSHIP SUPPORT PROGRAM FOR HIGH-PERFORMANCE COACHES

Montreal, May 2, 2018 – Quebec’s sports federations will be able to receive support from Institut national du sport du Québec (INS Québec) to implement development activities through mentoring. Thanks to the Government of Quebec’s \$50,000 investment, the pilot project will allow coaches from five different sports to participate in the support program over the next year. This program is coordinated by INS Québec and is aimed at fostering the professional development of coaches who are in the process of or likely to hold head coach positions on national teams.

According to Marc Schryburt, Vice-President, Performance at INS Québec, “These mentorship activities are designed to drive coaches who are about to ascend to positions on national teams,” he explains. “By fostering the transfer of knowledge between mentors and mentorees, we also ensure that the next generation of head coaches are highly qualified.” »

As a response to a need raised by Quebec’s sports federations, the long-term professional development activities build on the mentors’ educational expertise and the individualized coaching of international high-performance athletes.

The participants of the pilot project are:

Coaches	Federations	Coach’s position	Mentors	Mentor’s specialty
Carl Girard	Association québécoise de sports pour paralytiques cérébraux (AQSPC)	Technical Director/Head Coach, Team Quebec	Mario Delisle	National Coach, Boccia
Hélène Labarbe	Fédération d’Escrime du Québec	Club/sports study coach	Dominique Teisseire and Michel Sicard	Fencing coaches
Nathalie Lagrange	Fédération de nage synchronisée du Québec	Club and 2019 Canada Games Head Coach	Joëlle Carpentier	Sports behaviour and psychology
Nicolas Fontaine	Fédération québécoise de ski acrobatique	Team Quebec and Nextgen coach	Dany Boulanger	Diving coach
François Pépin	Fédération de Ski de fond Québec	Junior development coach, Centre Pierre-Harvey	Louis Bouchard	Head Coach, National Centre

Every year, INS Québec serves the 900 coaches who support the current and future generation of high-performance athletes. Through its continuing education programs and activities, INS Québec’s training department has served more than 500 coaches from 50 sports in the last year.

About the Institut national du sport du Québec | 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 nine 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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