



NATIONAL SPORT CENTRE CALGARY
CENTRE NATIONAL DU SPORT CALGARY

UPDATE

SPRING 2001

OUR VISION OUR FUTURE

More Canadian athletes pursuing and realizing podium performances in international competitions

OUR MISSION

To support high performance athletes to achieve podium performances at international competitions through a holistic development process

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**NSCC UPDATE
WRITTEN &
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SHARPENING THE FOCUS

The National Sport Centre Calgary is designed to give high performance athletes a physical, psychological and competitive edge. Since its inception it has provided a multitude of services to these athletes to take them the last step of the way towards attaining personal bests and podium performances – and to prepare them for life outside of sport.

These efforts have thus far paid off with Calgary-based athletes bringing home an array of World Cup, World Championship and Olympic/ Paralympic medals over the last seven years. Lately however, with increased demands being placed on athletes to bring home more hardware, and with limited funds in the sport system, the NSCC has had to rethink how it delivers its services – they have had to ‘sharpen the focus’.

So what does ‘sharpening the focus’ really mean? NSCC President Dale Henwood outlines this new plan.

“I believe that right now there is a lot of emphasis on satisfying as many people as possible instead of making a real impact. If we are really doing what our mission says, which is to support high performance athletes in achieving podium performances at international competitions, we have to sharpen our focus. That doesn’t mean that we won’t work with athletes that we have traditionally worked with – it means that we are going to concentrate on either specific

athletes, or specific sports. The ones that will get that support are the ones that have demonstrated performance over the years.”

That means that every athlete on those selected teams, or each selected individual athlete, will have an expert dedicated to them – be it in strength training, sport science or sport psychology. “The quality and quantity of service will depend on where the athletes are on that ladder of performance,” says Henwood.

It’s that attention to the little things that can make the difference at the elite level says John Mills, president of the Calgary Olympic Development Association. “The nature of international sport in Canada is to do well and to win. While there are all sorts of other desirable outcomes that come out as well, we can’t allow ourselves to forget that it’s a competition and you might as well win. The fundamental differences between athlete A and athlete B are almost negligible – it’s the application of technology and technical expertise that are going to make the difference.”

The idea of only supporting a select few athletes has set off a few alarm bells in the general public – a public that tends to believe in equity for all – and not necessarily in excellence says Henwood. But if the mission of the NSCC is to support athletes to achieve **podium** performances, then it should only be concerned with

producing excellence and not equity. The job of ensuring equity in sport is likely the responsibility of the government, says Henwood, whether it be at the local provincial or federal level. It is the NSCC’s job to take athletes the last step of the way, or that last 5% says Henwood.

“I think we confuse equity of opportunity with equity of outcome,” says Mills. “I think it’s desirable to provide every child in Canada with equity of access to education, to sport and so on, but we are looking for excellence in outcomes.”

Henwood echoes this sentiment. “We have to let the people know, and convince the rest of the country, that excellence is important and should be valued and rewarded. I believe that right now there is a lot of emphasis on satisfying as many people as possible instead of making a real impact.”

Leading into the Salt Lake City Olympics, the NSCC will be putting its plan to sharpen the focus into practice. Selected athletes and selected teams, that have a legitimate chance at medalling based on prior performances, will receive higher levels of service. Whether this added attention will translate into medals is anyone’s guess – but if nothing else says Mills, these athletes will believe in themselves. They will, as sport psychologist Cal Botteril has been credited with saying, go to the starting line not **hoping** that they will win, but **believing** that they will win.

NSCC HALL OF FAME

NSCC Olympic / Paralympic medallists since the Centres inception.

2000 SYDNEY OLYMPICS

BRONZE Curtis Myden, Swimming - 400m Individual Medley ♦ Heather McDermid, Rowing - Women's 8 ♦ Erin Chan / Reidun Tatham, Synchronized Swimming - Team

2000 SYDNEY PARALYMPICS



GOLD Earle Connor, Athletics - 100m (WR) ♦ Jessica Sloan (6), Swimming - 200m IM, 100m Breaststroke, 100m Freestyle, 400m Freestyle Relay, 50m Freestyle, 400m Medley Relay (6 WR) ♦ Andrew Haley, Swimming - 400m Medley Relay (WR) ♦ Renee DelColle, Michelle Stilwell, Lori Radke, Joanne Kelly, Kendra Ohama, Wheelchair Basketball - Team

SILVER Mikael Bartoldy, Tony Quarin, Chris Rodway, Wayne Epp, Standing Volleyball - Team ♦ Earle Connor, Athletics - 200m

BRONZE Andrew Haley, Swimming - 100m Butterfly

1998 NAGANO OLYMPICS

GOLD Derrick Campbell, ST Speed Skating - 5000m relay ♦ Catriona LeMay Doan, LT Speed Skating - 500m ♦ Pierre Lueders & Dave MacEachern, 2-man Bobsleigh

SILVER Jeremy Wotherspoon, LT Speed Skating - 500m ♦ Susan Auch, LT Speed Skating - 500m ♦ Women's Hockey

BRONZE Catriona LeMay Doan, LT Speed Skating - 1000m ♦ Tanya Vicent, ST Speed Skating - 3000m Relay ♦ Kevin Overland, LT Speed Skating - 500m

1998 NAGANO PARALYMPICS



SILVER Stacy Kohut (3), Alpine skiing - Super G, GS, Slalom ♦

Karolina Wisniewska (2), Alpine Skiing - Super G, GS

1996 ATLANTA OLYMPICS

SILVER Heather McDermid, Tosha Tsang, Rowing - Women's 8 ♦ Karen Clark, Karen Fonteyne, Cari Read, Synchronized Swimming - Team



BRONZE Curtis Myden (2), Swimming - 400m & 200m Individual Medley

1996 ATLANTA PARALYMPICS

GOLD Lori Radke, Renee DelColle, Kendra Ohama, Wheelchair Basketball - Team

SILVER Dean Kozak, Goalball - Team



A UNIQUE PARTNERSHIP

The National Coaching Institute Calgary, which was established in 1994 as a joint program of the Coaching Association of Canada and the National Sport Centre Calgary, is one of seven NCI's spread across Canada that are grooming the high performance coaches of today and tomorrow. Through its unique location in the Faculty of Kinesiology at the University of Calgary, the NCI-Calgary is able to offer its students access to some of the most knowledgeable coaches and instructors in the country.

The NCI Diploma in high performance coaching offered by the NCI, which leads to 3M NCCP Level 4 Certification, is a competency based program that integrates classroom study with a coaching practicum under the leadership of a Master coach in the student's sport. Currently, Les Gramantik, who is the head coach of the University of Calgary Track and Field team, and who will be the head coach for the Canadian team at the World Track and Field Championships in Edmonton this summer, is a master coach for NCI student Marnie Temple. Mike Blondal, who was named Coach of the year at the

recent Canadian Interuniversity Athletic Union Swimming Championships for his work with the U of C swim team, and who is an assistant coach with the National Swimming Training Centre, is the master coach for Steve Vandermeulen. These expert coaches are able to share their own experiences with the students, as well as help the students implement the theory they are learning into practical sessions.

Many of the courses offered by the NCI are also taught by instructors from the Faculty of Kinesiology. Jon Kolb uses his expertise in exercise and environmental physiology along with his experiences as a former National team coach in gymnastics to teach Task 5 - Environmental Effects on Performance, as well as Task 16 - Athlete Long-Term Development.

Pro Stergio, a biomechanist currently performing research on the mechanics of



running at the Human Performance Lab, teaches the Biomechanics course, while Dr. Steve Norris passes on his knowledge and expertise to the students through the Planning and Periodization course that he teaches. Dr. Joan Vickers teaches the Coaching Effectiveness course where students learn a new approach to coaching through the Decision Training approach that was developed under her leadership with high performance coaches in Calgary.

Also involved with the NCI are: Bill Richardson who teaches the computer applications course; Susan Massitti teaches Recovery and Regeneration; Kelly Anne Erdmann teaches Nutrition; Dr. Kimberley Amirault teaches Mental Preparation for Athletes and Coaches; and Gretchen Ghent is librarian emeritus.

It is through this unique partnership with the Faculty of Kinesiology that the NCI-Calgary is able to shape the knowledge, skills and attitudes of Canada's future high performance coaches.

HELPING ATHLETES MAKE INFORMED DECISIONS....

You're a high performance athlete and you have a cold. You want to take something that will make you feel better and enable you to continue to train. You go to the local pharmacy and without thinking, pick up a package of Tylenol Cold and proceed to take the medication. Two weeks later you test positive for a banned substance and can't understand where you went wrong.

The difference? Tylenol Cold is on the International Olympic Committee's list of banned substances – Regular Tylenol is not.

In an attempt to help athletes make informed decisions regarding over the counter and prescription medications, the National Sport Centre Calgary and Varsity Drugs – located in MacEwan Student Centre at the University of Calgary, have initiated a new partnership where athletes will be able to receive informed recommendations regarding these products from pharmacists that have been educated about banned substances.

Varsity Drugs is also part of the Care Mart pharmacy chain. Pharmacists at these 20 stores will be brought up to speed on the list of banned substances as well so that athletes will be able to access this information resource across the city and at times when Varsity Drugs is closed.



Would you know which one to take?

Andy Troszak, a pharmacist at Varsity Drugs, has been involved with varsity athletics at the University for three years and has become a 'pseudo' expert in the area of banned substances. "When it comes to pharmaceuticals and over the counter agents like Tylenol, it's very simple from our perspective because we just have to know the classes (from the IOC's Banned substances list) and we know why they're banned. We can look at a product that is not even in our book and we can look at the chemical entities of the product and say, 'no, you can't take this because it has a stimulant in it and you will test positive.'"

Currently, this program will not include the ever-expanding realm of vitamins and nutritional supplements. "With supplements, we are not looking at a program as yet because the industry does not have the resources to provide assurances to the NSCC and the coach that their products are tested to the degree that we want," said Troszak. "We will educate as much as we can when it comes to supplements, but we always let

athletes know that the onus is still on them."

Besides providing athletes with recommendations, Varsity Drugs will also track all purchases (supplements and pharmaceuticals) made by NSCC athletes so that in the event of a positive test, they will be able to look back and see exactly what the athlete in question was taking.

Purchasing supplements and over the counter drugs from one of the Care Mart pharmacies, versus a health food store, is also advantageous because pharmacists have degrees behind them and are under the Canada Health Act just like physicians, says Troszak. Pharmacists are therefore more accountable for their actions. "Generally speaking," says Troszak, "we have as much to lose as other health professionals if something happens to the athlete."

To access this program, athletes must simply present their NSCC multi-facility access pass to the pharmacist.

CONTACT INFORMATION

Varsity Drugs
402 Collegiate Blvd NW
Calgary, AB T2N 1N4
(403) 282-0100

SHARPENING YOUR FOCUS

The National Sport Centre Calgary and City Focus Optometry are pleased to announce a new partnership offering NSCC athletes discounted rates on eye exams, prescription eyewear and contact lenses.

For any athlete that wears contact lenses, this deal is particularly sweet as it offers athletes a 50% discount on all Visticon lenses – this includes Acuvue, Surevue, Acuvue2 and Acuvue Toric lenses.



Dr Kim Crowe, the optometrist at City Focus who originally approached the NSCC with this offer, is pleased to be able to offer this deal to athletes. "I have

friends who have been poor athletes and I know how difficult it is to train and work, or go to school," says Crowe. "In Alberta, people between 18-65 are not insured for eye exams. We charge \$58 dollars for an eye exam but for NSCC athletes we are only charging \$25 for the complete exam."

City Focus is located on the C-Train route at #100-727 7th Ave SW. Athletes, with a current multi-facility access pass, can usually get an appointment within a week. Appointments can be made on either Monday or Tuesday between 8:30 am and 5:30 pm.

Please call 263-9090 for more information or to book an appointment.

UPCOMING WORKSHOPS

**May 9:
Psyched at Noon**

**May 24:
Life Skills / Career Planning
(6-9pm)**

**May 26:
Public Speaking (9:30—4:30pm)**

**Contact the Athlete Resource Centre
for more information or to register
@ 220-8189 or nsccarc@ucalgary.ca**

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NEW NSCC STAFF

Visitors to the Athlete Resource Centre at the NSCC will soon be greeted by a new face.

Lynn Hudon, who many have seen growing before our very eyes for the past few months, will be going on maternity leave as of May 11 to await the arrival of the newest addition to the Hudon family. We wish her all the best with this new adventure!

Taking Lynn's place as the administrative assistant at the ARC will be Lana Pankiw who is eager to bring her bilingual administration skills to the NSCC.

Also joining the NSCC for the summer is Trevor Hunter. Trevor has recently completed a sport administration diploma at Mount Royal College and will provide valuable support service to the Centre.

Please introduce yourself to Lana and Trevor upon your next visit!

VISIT OUR WEBSITE
www.nscalgary.ab.ca

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Please note our new email address
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FRIENDS OF THE NSCC

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Coaching Association of Canada