

# Podium Performance for Professionals

**Have your team led by the same professionals who guide and educate Canada's high-performance athletes, by partnering with the Canadian Olympic and Paralympic Sport Institute Network (COPSIN).**

COPSIN is the sport science team behind Canada's Olympic and Paralympic athletes, with experts in the areas of strength & conditioning, nutrition, sport medicine, physiology, mental health and mental performance. Our Podium Performance for Professionals (PPP) program will provide your team with a unique experience to learn from these experts and ensure that they are working to their podium potential daily.

## The Program

Participants will experience a series of specifically selected activities, focused on achieving personal excellence, in an environment that enables our Olympic and Paralympic athletes to thrive internationally. An opportunity very few people get to experience.

Each member of your team will leave the day with practical tools they can activate daily to improve their ability to perform. They will also receive tools to achieve performance through wellbeing with our nutrition energy equation and perceived stress / self-regulation strategies. All the learning will provide your team with a better understanding of how to perform at their highest level.

## Athlete Speaker & More

Additional offerings can include a motivational talk from one of our COPSIN alumni (Catriona LeMay Doan, Erica Wiebe, or Kyle Shewfelt, to name a few possible options); a catered meal; or a post-event wine and cheese.

## Pricing

Pricing ranges from **\$1,000 to \$1,500 per person** depending on the length of the day and the level of customization. Please check with your insurance provider, as in many instances such an experience can be covered under your team's health spending account.

## Delivery

We can host your executive team, leadership team, or all members within your organization (5 to 100 people) over full-day or half-day experiences. With institutes and centres located across the country – in Victoria, Vancouver, Calgary, Regina, Saskatoon, Winnipeg, Toronto, Niagara, Montreal, and Halifax – our PPP program can be activated for your organization on a national or local level.

## Contact Us

We are presently taking bookings for January and February 2024.

For more information, please contact:

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We look forward to working with your team on this once in a lifetime experience.

## Trusted by the Calgary Flames

*"The Canadian Sport Institute Calgary is truly state of the art. It is a place an athlete can go to meet all of their physical preparation needs, including performance testing/monitoring, physical fitness, recovery, nutrition, and rehabilitation. We are fortunate to have this world-leading institute right in our backyard."*

### RYAN VAN ASTEN

Strength and Conditioning Coach for the Calgary Flames



SPORT INSTITUTE NETWORK  
RÉSEAU DES INSTITUTS DU SPORT

