

PISE

ANNUAL REPORT
2019-2020

MESSAGE FROM THE CEO

The 2019/2020 year at PISE included the continued growth in our programs and the start of a major enhancement of accessibility in our building. However, it will be most remembered for the onset of the COVID-19 pandemic crisis that hit the world hard in early 2020 and forced PISE, alongside most businesses, to cease all programs and operations in mid-March and temporarily furlough the majority of our team. PISE responded quickly and effectively to the onset of the crisis, setting the stage for the ability to adapt and recover in 2020/21 and continue to serve our community with our programs and support that may be more in need than ever.

Accessibility has always been a key value of PISE, so it is with great pleasure that we were able to start implementing various elements of Accessibility 2020, an enhancement project that included adding accessible automatic door openers to the classrooms, restrooms and a number of program areas within the building. These enhancements were made possible by PISE receiving a major grant from the Government of Canada's Enabling Accessibility Fund.

We look forward to further enhancements in the next year which include:

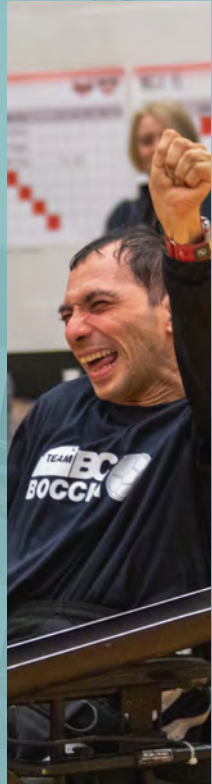
- Resurfacing of the gymnasium floor with accessible seating for over 800 spectators;
- Conversion of the front courtyard to a multi-sport, fully accessible training surface; and,
- Accessible team shelters with bench seating for the Alex Campbell Turf.

We are most grateful for additional support from Camosun College, 94 Forward, Tire Stewardship BC and The Rick Hansen Foundation towards this major accessibility project. PISE continues to lead in the advocacy, education and delivery of quality physical literacy and physical activity programs that aim to improve the quality of life for all in our communities. To accomplish this reputation, PISE has built an outstanding team of qualified and passionate staff that have set a standard for best practice. I want to acknowledge our team and their stellar work and also want to thank the PISE Board for their ongoing support and guidance as we negotiate through challenging times.



Robert Bettauer, CEO

TABLE OF CONTENTS



BOCCIA NATIONALS

8



FIRE TO CLIMB

11



MEET DR. LIZ ASHTON

15

6	Active for Life Programs for Community Health
8	Boccia Nationals <i>Story</i>
10	Performance Pathway Athletes & Sports
11	A Fire to Climb <i>Story</i>
13	Facility
14	Sustainability
15	Meet Dr. Liz Ashton <i>Story</i>
17	Financial Reports
18	Our Team
19	Celebrating our Donors

ACTIVE FOR LIFE PROGRAMS

1160 MEMBERS **10,000+** CHILDREN **765+** HEALTH & FITNESS CLIENTS



36
Kids GO
TO Camp

**PHYSICAL LITERACY
for Well-Being**

10 Middle schools
5000+ Kids

PLAY.
PISE
at Victor School
14 High needs
youth in
Victoria

Physical Literacy & Music Therapy

Victoria Conservatory of
Music
80 KIDS

Physical Literacy Teacher Mentorship



12 SCHOOLS



321 TEACHERS



8100+ STUDENTS

Presented



4 Presentations
/Panels

at the



INTERNATIONAL
PHYSICAL LITERACY
CONFERENCE

FOR COMMUNITY HEALTH



2100+
attendees

40

organizations
PARTICIPATED



AWARDED KEY



ISPARC

Indigenous Sport,
Physical Activity & Recreation Council

PARTNER BY



BRITISH
COLUMBIA

110+ Personal Training
clients

65+ Health & Athletic
Testing clients

60+ POPAT Testing
clients

45+ Mental Training
clients



Delivered

540

occupational
tests for Seaspan
employees



seaspan

COMMUNITY EVENTS SUPPORTED



ISLAND FITNESS
CONFERENCE

Presented Day 2

86 attendees



From November 29 to December 1, 2019 PISE was proud to host the 2019 Canadian Boccia Championships! Working with Sport Ability BC, we welcomed just under 80 athletes from across Canada to participate in the Championships. Athletes with moderate to severe disabilities showed their skill, strategy and team spirit throughout the competition.

“ We were gratified to see evidence that PISE has actively sought ways to improve accessibility where possible. ”

The tournament was also an excellent opportunity to become more aware of adjustments needed to continue to improve accessibility for parasport, not only at PISE, but in the community at large, for example in transportation and accommodation. The tournament organizers were pleased with PISE. “Achieving true accessibility is a process requiring ongoing internal reflection and consultation with multiple stakeholder groups” said Jennifer Larson, Boccia Canada Program Manager. “It also requires a willingness to ask challenging questions and readiness to hear the answers.

In our time at PISE, it was clear that your team is constantly looking to improve and is willing to do the work needed to continue moving the bar on accessibility. We were gratified to see evidence that PISE has actively sought ways to improve accessibility where possible.”

Boccia is a Paralympic sport that can be played by anyone, with or without a disability. Originally designed for people with severe cerebral palsy, it is now enjoyed by players with a wide variety of disabilities. It’s easy for a beginner to pick up quickly, but builds in intensity and complexity as players hone their skills.



PERFORMANCE PATHWAY ATHLETES & SPORTS



160+ athletes
training

900+ athletes
FREE Facility access



Girls Performance
Strength & Conditioning

30 Athletes

Judo
Strength &
Conditioning
10 Athletes

Sailing Strength & Conditioning

10 Athletes

2 made national team



CHARGERS

Strength & Conditioning

40 Athletes



SCHOLARSHIPS & BURSARIES

2X \$1000

IslandSavings

1X \$500

Liz Ashton

1X \$1000

Chris Considine



FIRE TO CLIMB

Growing up in Canmore, Alberta, a mountain town whose culture revolves around healthy living and mountain sports, I thrived and fully embraced the mountain ethos as I grew up. I participated in numerous sports; I had both downhill and cross-country skis strapped on me at the tender age of three, tried out mountain biking camps in the summer, gymnastics, a very short lived stint in figure skating, trail running, hiking...the list goes on. Though through it all its climbing that ignited a fire inside me, a desire to not only compete, but excel at the highest level.

Ten years ago, I began climbing at a summer camp in my hometown. I was a skinny, uncoordinated kid and was most definitely not a natural but ever since I first reached the top of the wall it became all I wanted to do. I began my competition climbing career a few years later at the age of 13 and am currently a member of the Senior National Team with my sights set on qualifying to compete at the Paris 2024 Olympic Games.

After graduating high school in 2015, the west coast called to me not only for academics as a UVic student (Go Vikes!) but also as a training home base for my budding athletic career. I had quite a bit of success at the youth level both nationally and internationally and at the time had my sights set on my first adult world cup season that next summer. Despite these early successes, it was becoming very clear that I could no longer train for climbing just by climbing – to really level up I knew I needed to start cross training to develop stronger antagonist muscles, lower body strength and just train in general as any other elite athlete would to reach their goals. This is when PISE first popped onto my radar.

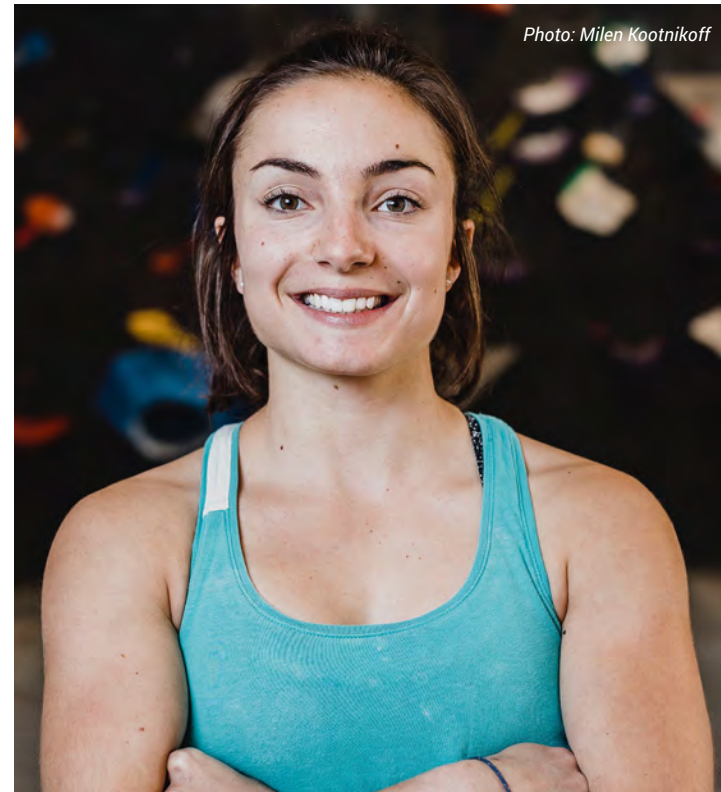
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I knew some fellow competitors at the time who were training at PISE and spoke very highly of not only the facility itself but the amazing staff and coaches. I was connected with Chris Hinton through a mutual friend just a few weeks after moving to the island and was lucky enough to begin to work with Chris on a weekly basis. I've been working with Chris now for going on 5 years, and to say it's been one of the biggest keys to my competition success in recent years would be an understatement.

Climbing requires not only full body strength and lots of upper body pulling power but also very strong legs, especially for the discipline of Bouldering where you're trying to complete 5-7 moves on shorter walls. Being one of the shortest female competitors on the World Cup Circuit (just under 5ft tall) I often have to jump between holds and find myself having to do so from very extended positions. What's been so great about working with Chris is he tailors regular strength training exercises to suit what I want to work on in my climbing, always coming up with creative exercises to do so. Through PISE I've also been working with Christie Gialloreto, my sports psychologist, for about a year now and that's allowed me to make huge steps forward in my performance consistency and ability to perform in high pressure situations. I was able to have the best performance of my life at Olympic Qualifiers in LA this past March and narrowly missed out on the one

remaining Tokyo Olympic team spot. I wouldn't have been able to do it without either of them!

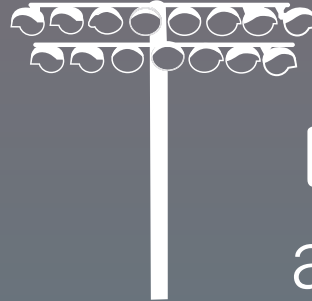
It's been an incredible opportunity to be able to train at PISE and I am continually inspired by those around me who are working towards their goals whether in elite sport or simply leading a healthy lifestyle. Looking forward to getting back into the gym again!



FACILITY



12
New long
accessible
door openers



REPLACED
all field lights



Painted
entrance,
third floor
hallway &
classrooms



**NEW
FLOOR**
in men's
changeroom

PROTECTIVE
wall panels in
fitness centre
& halls

SUSTAINABILITY

IslandSavings SUPPORTED:



Fueling Youth
Performance for
Indigenous Youth



Youth Indigenous
Summer Camp



Youth Athlete
Scholarships

CAMPAIGNS

\$58,000 raised
(grants & donations)



Gift of Play



Field of Dreams

ACCESSIBILITY 2020 ENHANCEMENT PROJECT



12
ACCESSIBLE
DOOR OPENERS

FURTHER
ENHANCEMENTS
in 20/21

Canada

Rick Hansen
Foundation

The project is funded in part by the Government of Canada's Enabling Accessibility Fund.

Human Resources

NEW POSITIONS



Fitness
Manager



Manager of
Physical Literacy
Development





OUR DONORS

At PISE we are profoundly grateful to our amazing donors who share our vision for a healthy and active Greater Victoria community. We believe philanthropy plays an important role in making our community a better place by reducing barriers to sport and physical activity for everyone.

Meet Dr. Liz Ashton, proud visionary and donor of PISE.

Dr. Liz Ashton helped lead the vision of PISE. With a passion for academics and sport excellence, she served as President of Camosun College and has represented Canada on the world stage in Olympic and International events in Equestrian Sport. In her retirement, Dr. Ashton continues to coach, develop and mentor athletes and horses in Equestrian Sport.

Q. How do you feel about PISE after over 10 years since its inception?

A. I am very proud of what PISE has become. I would say in the areas of community programming and post-secondary education programs, PISE and Camosun College have exceeded the original expectations of the founding partners. The year over year growth of community programming in support of Long Term Athlete Development and Physical Literacy across all age groups has been phenomenal. There is little doubt that PISE has made a significant impact on our community's health and wellness, while at the same time developing models for best practices that can be duplicated provincially and nationally.

Post-Secondary Program offerings have continued to expand from one initial diploma program to three Applied Degree and four Diploma programs offered through Camosun's Centre for Sport and Exercise Education for over 450 students each year. The Exercise and Wellness specializations are unique within the Canadian post-secondary system. PISE also now houses the Camosun College Athletic Therapy Teaching Clinic providing students direct "hands on" experience as part of their education.

PISE is also home to Canadian Sport Institute Pacific where performance athletes receive specialized scientific support and services on their journey to reach the podium for Canada. I am happy to see these athletes being able to access specialized training facilities and PISE directly focus on developing younger high performance athletes, where much support and guidance is needed.

Q. Tell us how you value philanthropy and giving back to one's community. Why is supporting youth athletes annually through scholarships from your Endowment with the Victoria Foundation important to you?

A. I would like to think it is the responsibility of all of us that have benefited from what our community has to offer to give back in whatever way we can. The Greater Victoria area is blessed in terms of facilities and programs that improve the lives of our citizens. Many of these facilities and programs

are run by non-profit organizations and require community support in order to survive. Through philanthropy we ensure their visions are realized.

Supporting youth, to not just participate but to have an opportunity to realize their athletic dreams, has always been a passion of mine. When I was competing as an international and Olympic athlete, individuals and organizations were there to support me. Now as an older adult I am in a position to give back and support new generations of athletes.

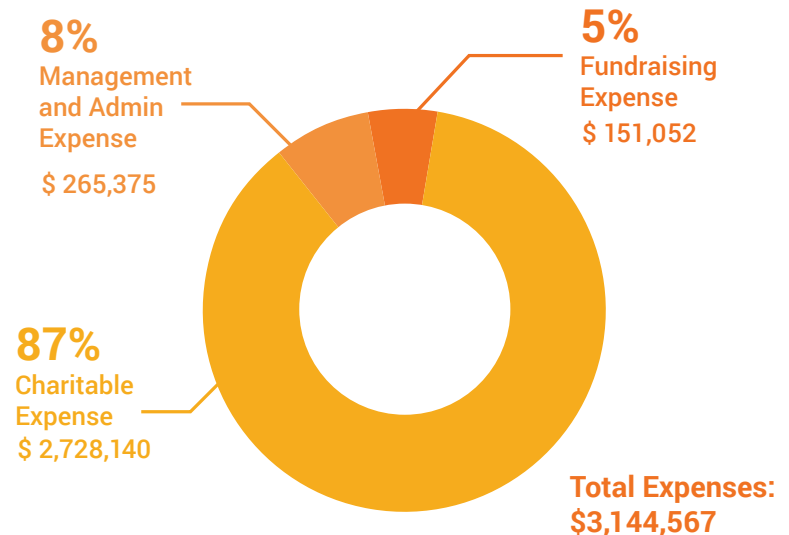
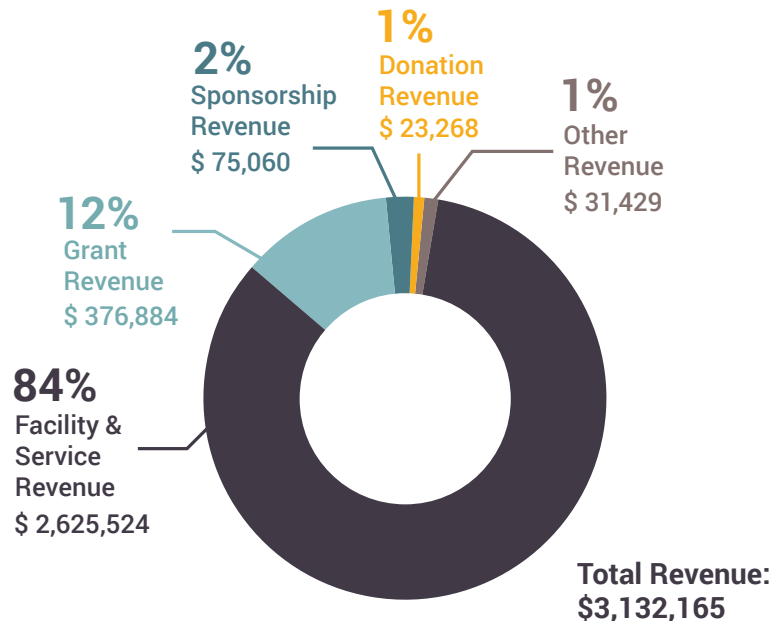
Q. What would you like to see happen in the future?

A. I love the PISE vision and the direction currently being taken by the Board and leadership team. Under the current circumstances and the impact of COVID-19 the next couple of years are going to be a challenge with respect to sustainability. Changes will have to be made in order to survive financially but a continued commitment to the vision and mission of PISE will be critical during these difficult times.

I do look forward to seeing growth in support for developing athletes which will be critical in the coming years as youth and their families cope with the impacts of COVID 19.

Dr. Ashton offers annual scholarships, through a donor-advised fund with the Victoria Foundation, to athletes in our community looking for additional training resources to take their performance to the next level.

FINANCIAL REPORTS



Revenues

Where our funding comes from

PISE generates revenue from lease agreements, program and membership fees, grant revenues (including Provincial and Federal Government), donations and sponsorships from a wide range of individuals and organizations who support our mission and vision. Please refer to our full set of audited financial statements at pise.ca.

OUR TEAM

BOARD OF DIRECTORS

Sherri Bell

Bob Cameron

Stephen Chang – Chair

Milena Gaiga

Brett Jackson

Kimanda Jarzebiak

Phil Venoit

Suzanne Weckend-Dill

Deb Whitten

MANAGEMENT & LEADERSHIP

Robert Bettauer
CEO

Amy Corkery
Human Resources Manager

Jodi Hensel
Facility Manager

Stacey Lund
Business Development Manager

Lindsay Player
Fitness Manager

Anjeline Sran
Finance Manager

Alethea Wilson
Communications Manager

Elysia Atkinson
Personal Training Coordinator

Chris Hinton
Performance Coordinator

Will Sutherland
Youth & Adult Program Coordinator

Chris Wright
Manager of Physical Literacy
Development

CELEBRATING OUR DONORS

ORGANIZATIONS

CIBC Children's Foundation
Golf for Kids
Island Savings
International Brotherhood of
Electrical Workers Local 230
Jade Fine Foods
Mackenzie Financial Corporation
TD Bank Group
Wannawafel

INDIVIDUALS

Anonymous
Liz Ashton
Megan Calder
Stephen Chang
Chris Considine
Colin and Sarah Ewart
Daphne Gill
Stacey Lund
Chris Spicer

TRIBUTE GIFTS

Robert Bettauer
In memory of Maria and Hans Ulrich
Bettauer

Heather Ferguson
In memory of Noel Ferguson

Mark Heinzen
In memory of Rebecca & Michael
Richman & C. Braun

Jim and Elaine Reed
In memory of Don, Betty and Tom Reed



Transforming lives

through healthy activity and sport.



@piseworld

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