

PiSE

PACIFIC INSTITUTE FOR
SPORT EDUCATION

Annual Report 2021-2022





We acknowledge with respect and appreciation the Lekwungen and W̱SÁNEĆ peoples on whose traditional lands we serve.



A MESSAGE FROM THE CEO



The 2021/22 year represented the 2nd year of the COVID 19 pandemic with a roller coaster combination of easing and reinstating of health protocol restrictions. While certainly a more active programming year than the previous 1st year of the pandemic, PISE still needed to work with a COVID impacted budget and ongoing uncertainty around the degree of restrictions and resulting effect on the comfort level of the community to reengage.

I am very proud to say that our team continued to manage all elements of the pandemic with great professionalism and sensitivity. We believe that PISE's reputation and value to the community has been enhanced by how we managed a very trying time and continued to provide a safe and welcoming environment throughout the pandemic to all our clients and stakeholders.

PISE also managed to complete a major new capital project with the completion of the Field of Dreams turf field replacement through a \$1 million contribution from the Province of British Columbia's Community Economic Recovery Infrastructure Program. PISE now has a superb new artificial turf that includes a shock pad system to help alleviate impact injuries related to joints and concussion, thereby providing a safer and enhanced quality experience for all field users.

Another new initiative for PISE this past year has been the operational assumption of the Canadian Sport School for high performance student/athletes from grades 10-12. This unique model allows top young developing athletes to increase their knowledge on how to achieve sport excellence, without sacrificing their school studies in an environment that also develops key leadership skills.

Finally, PISE developed a strategic plan for 2022-2025, setting a series of new goals to build on the success achieved to date and to realize the opportunities that have been presented through managing the pandemic. The strategic plan also models an adjustment of our name to Pacific Institute for Sport Education to reflect our evolution and growth in health and education through sport and physical activity.

Robert Bettauer, CEO

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Liz Ashton 2022 Scholarship Recipients

Dr. Liz Ashton proudly 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.

MACKENZIE LU

SPORT: DIVING

SCHOOL: MOUNT DOUGLAS SECONDARY SCHOOL



Mackenzie has been a member of Boardworks, Victoria's springboard and platform diving club for the past 7 years. His dedication and strong work ethic have demonstrated that hard work pays off. He placed 1st in Boys B 1 and 3 metre in the 2021 BC Winter Provincials.

"Strength training will help me to improve my fundamentals such as form, explosiveness, arm strength for entries, and leg strength for jumps and pushing off the board. I want to make the podium at the Canadian National Diving Championships and qualify for the Canada Games. The grant will help cover the cost of high-performance strength training at PISE and will help elevate my success. Thank you for this great opportunity at PISE."



BRONTË THURBIDE

SPORT: FIELD HOCKEY

SCHOOL: OAK BAY SECONDARY SCHOOL



"After putting in so much time and effort into field hockey, I plan on playing field hockey at the varsity level during my post-secondary education and for the Women's Senior National Team. After participating in the Canadian Sport School, my performance in field hockey has improved. This is because of PISE's training facility and support. The Liz Ashton Scholarship will allow me to utilize the high performance facilities at PISE.

The scholarship will allow me to work out more often without worrying about the membership or tuition costs at PISE. Thank you for this award."

HAYLIE CLARKE

SPORT: SOCCER

SCHOOL: CLAREMONT SECONDARY SCHOOL

"Throughout my journey, I've discovered the meaning of commitment and hard work on and off the field and what it takes to become a leader. When I have inspired others to grow and learn alongside me, I know I am on the right path to becoming my best self. Sports have been a part of my life since I can remember. I grew up watching the Canadian Women's Soccer National Team. They have been impactful mentors in my life. When I was little, I had a vision board that looked like a soccer ball; I wanted to play for team Canada and since then have committed to working hard. This relates to Liz Ashton's quote that I read on the PISE building, 'If you believe it can happen, it will. Turn your passion into opportunities.'



Ever since I got accepted into the Canadian Sport School at PISE, I have fallen in love with the gym. One of my goals is to become stronger mentally and physically and play soccer at a university level. Therefore, this grant will assist me in some of the stepping stones it takes to reach my dreams. Thank you, Dr. Ashton, for this award."

Chris Considine Athlete Bursary

Mr. Considine has been deeply impacted by sport and physical activity throughout his life and understands the value of high performance sport in developing youth. He also understands the great need for young athletes to receive financial support to assist them on their journeys of sport excellence. This generous bursary supports youth athletes (ages 13 to 18) training in Greater Victoria, B.C., in the sports of climbing, cycling or running with a \$1000 award that may assist with travel, food, training or any needs that may arise while training and competing to be the best.

ZACHARY ZHAO

SPORT: CLIMBING

SCHOOL: CLAREMONT
SECONDARY SCHOOL



"I am overjoyed by the scholarship that you have awarded me. I was speechless, and honestly stunned when I received the email that I was selected. Training at The Boulders Climbing Gym, I knew of

Mr. Considine's name and his contributions that helped build a world-class climbing facility... It is nice to see it come full circle with funding from this scholarship enabling me, just like many others who partake in the climbing facility, that he helped build. When I was initially applying for this scholarship, my main goal was to qualify for the Youth World Championships. Now that school is over, I am training 4 days a week, putting all my time and focus into achieving a qualifying time... Once again, I am so thankful for Mr. Considine's generous contributions, not only to the community, but to me through this gracious scholarship."



ISLA WALKER

SPORT: CYCLING

SCHOOL: CAMOSUN COLLEGE
& UNIVERSITY OF VICTORIA



"Thank you, Mr. Considine, for the scholarship; it will immensely help fund and support my future races. I have had a few health challenges at the start of the season but also had some great races, coming away with my first few elite podiums and becoming time trial provincial champion. Last year I had my first taste of racing in Europe as a Junior rider at the Nations Cups and Junior World Championships in Belgium. I placed in the top ten and twenty in my races and was the highest placing

Canadian in the junior women's. Bigger opportunities mean races across seas which make cycling more financially demanding. Therefore, your kindness and support are highly appreciated, as fostering these ambitions sometime needs extra help beyond our personal passion for the sport. Thank you."



Physical Literacy



The last couple of years for our children and youth programs have involved a lot of changes, adaptations and planning. One thing that hasn't changed is the enthusiasm for quality and inclusive physical activity experiences; something that we pride ourselves on being able to offer everyone.

The desire for educators to learn how to include all their students in physical activity, both during PE and throughout the school day, is stronger than ever. This past year we were able to build the knowledge of over 200

educators in schools throughout the

region from Kindergarten to Grade 8. Using the principles of universal design and incorporating elements of choice and autonomy within activities, children of all ability levels can be involved in the same activity.

Being included in activities is a crucial component of developing physical literacy. Children crave the opportunity to move, but will withdraw or not participate if they find the activity too difficult and frustrating, or conversely too easy and boring. The goal in all our programs is to provide the appropriate challenge for each and every one of the 10,000 children and youth we see each year, from two year olds learning to ride a balance bike to the youth in our high performance summer camps.

None of this would have been possible without the commitment and dedication of our team of leaders, and their ability to build rapport and make the modifications necessary for every child in every program. Our team is small but their knowledge and enthusiasm for quality physical activity experiences for all individuals, and building the understanding of how others are able to do the same, has a huge impact in our community.

Chris Wright, Manager of Physical Literacy Development



Canadian Sport School



PISE - VICTORIA

Creating Leaders:
PISE's Canadian Sport School

PISE's Canadian Sport School (CSS) focuses on creating not just great athletes, but high-achieving young adults. With core values of discipline and determination, leadership, and the pursuit of excellence - it's no wonder CSS is seeing off graduating students such as Reece Carter (Tennis) and Arden Ross (Rowing) with full-ride scholarships to the University of Arizona and the University of Massachusetts.

A split-day program, students spend half their day at their high school and the other half at PISE. The CSS coaching team trains students in speed, skill competency, and strength training while sharing their vast knowledge of national and provincial sport systems.

Over the 3-year program, students can continue at their high school, play on school sports teams, and maintain their outside commitments. CSS grades are sent to their high school and posted each semester. Seminars on topics such as nutrition and sport psychology are accompanied by online





assignments in a variety of specialized courses.

Blending the best of athletics, academics, and a social culture of goal-oriented people, CSS develops leaders in all aspects of life.



Coach Highlight: Chris Hinton



Meet PISE's High Performance Coach

Chris Hinton is PISE's Performance Coordinator and has been with the organization for over 10 years. With a Kinesiology degree from the University of Victoria and certification as a CSCS (Certified Strength and Conditioning Specialist), Chris specializes in multi-sport youth performance training, where he has coached athletes along the performance pathway from provincial level to professional. When he's not training athletes at PISE, Chris can be found on-field with Victoria's Professional Soccer Club, Pacific Football Club (Pacific FC). He prepares the team on a daily basis as their Head Performance Coach. Chris is always learning and furthering his education in sport science. He can often be found with his head in a research paper in order to apply the latest research and science to his strength and speed sessions.

Training with Chris and utilizing the PISE facility helped Pacific FC win the Canadian Premier League Championship in 2021! Through the highs and lows of COVID, Chris worked with their rigorous schedule to keep them at their peak performance. To maintain a safe training environment during COVID, Chris utilized the outdoor training facilities at PISE. The team trained at PISE for eight weeks before they went into the "bubble" for games. When COVID restrictions eased, Pacific FC trained at PISE weekly in the high performance gym.

Chris is integral to the team of PISE and ensures youth athletes in the community receive outstanding strength and conditioning services. Congratulations on 10+ years at PISE, Chris, and for keeping youth athletes in peak performance!



Strong coaching support plays a vital role in the development of youth athletes. This year, PISE developed a coach professional development and mentorship program. Each week, a senior coach provides lessons and practical training to Strength and Conditioning Coaches at PISE. Coaches also had the opportunity to participate in the Canadian Sport School, working with high performance youth athletes.

Thank you to donor, Dr. Liz Ashton, for supporting this program!



Field & Lighting Improvements

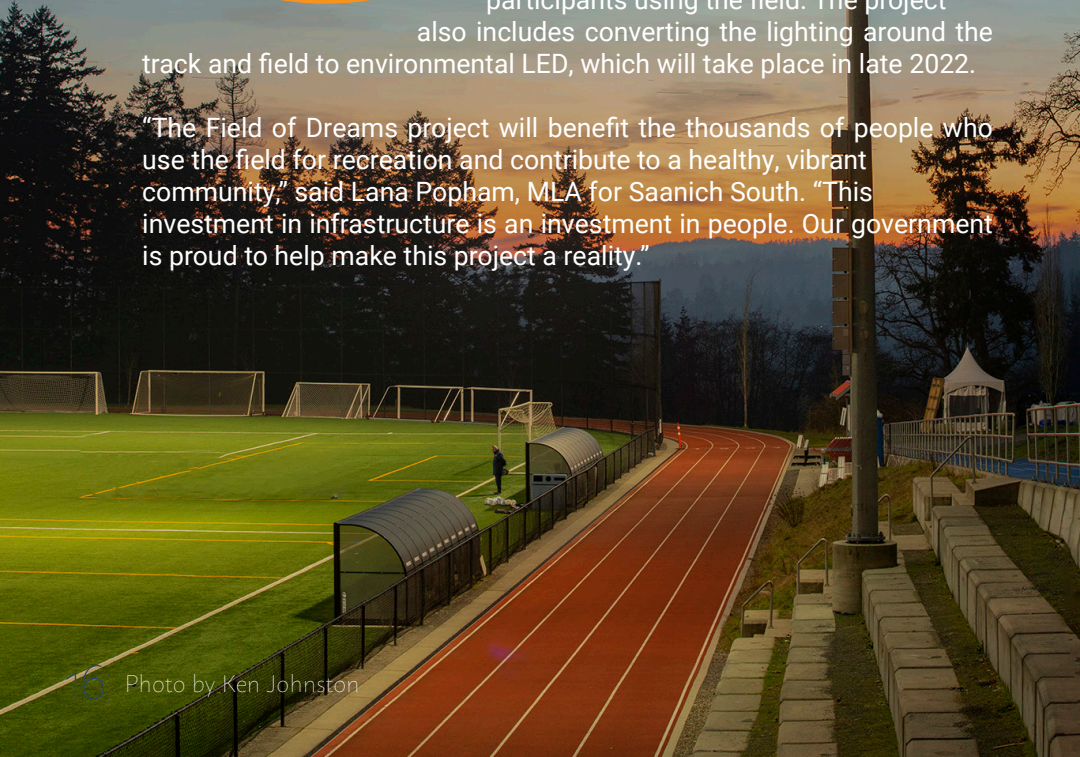


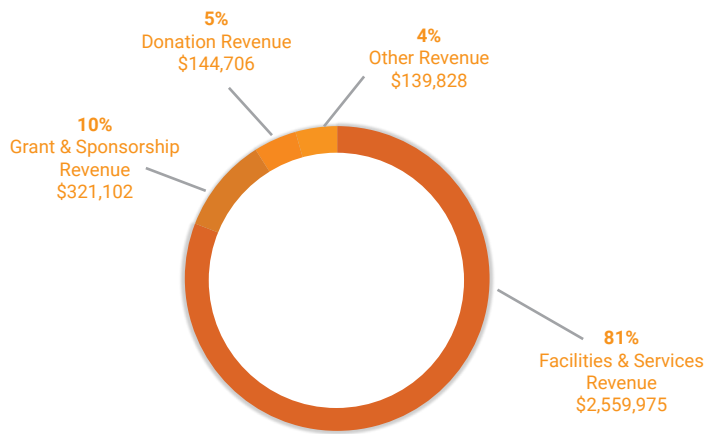
In September, PISE officially opened a newly resurfaced turf field. In 2021, PISE received a \$1M contribution from the Province of British Columbia's Community Economic Recovery

Infrastructure Program towards the Field of Dreams capital project.

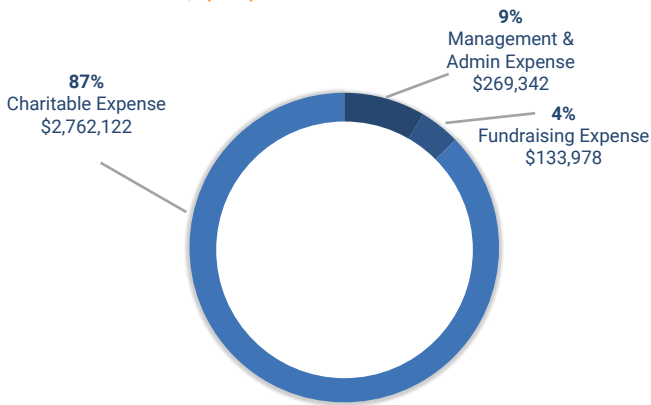
The newly resurfaced field includes a shock pad for the safety of athletes and participants using the field. The project also includes converting the lighting around the track and field to environmental LED, which will take place in late 2022.

"The Field of Dreams project will benefit the thousands of people who use the field for recreation and contribute to a healthy, vibrant community," said Lana Popham, MLA for Saanich South. "This investment in infrastructure is an investment in people. Our government is proud to help make this project a reality."





Total Revenue: \$3,165,611



Total Expenses: \$3,165,432

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. This year, PISE was fortunate to receive assistance from the Canadian Emergency Wage Subsidy program which helped enable the organization to continue with staffing and operations during the pandemic. Please refer to our full set of audited financial statements at [pise.ca](https://www.pise.ca).

Our Team



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Stephen Chang - Chair

Kimanda Jarzebiak

Deb Whitten

Sherri Bell

Puneet Kaur

Terry Wright

Milena Gaiga

Shelly Niemi

Brett Jackson

Dr. Lane Trotter

MANAGEMENT & LEADERSHIP TEAM

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Brianna Coburn
HR & Admin Coordinator

Jodi Hensel
Facility Manager

Stacey Lund
Business Development Manager

Anjeline Sran
Finance Manager

Lindsay Walton
Fitness Manager

Chris Wright
Manager of Physical Literacy
Development

Chris Hinton
Performance Coordinator

Eden Levinson
Coordinator of Physical Literacy Development

Lindsay Lynk
Personal Training & Testing Coordinator

Emily McComb
Community Engagement Coordinator

Saul Rudderham
Fitness Centre Coordinator

Maria Taylor
Marketing & Communications
Coordinator

Lauren Sousa
Supervisor of Physical Literacy Programs

Kelsey Watson
Physical Literacy Programmer

Alanna Webster
Assistant Fitness Centre Supervisor

Our Donors



INDIVIDUALS

Anonymous

Liz Ashton

Robert Bettauer

Stephen Chang

Chris Considine

Colin and Sarah Ewart

Dave Fodor

Lisa Hill

Kimanda Jarzebiak

Stacey Lund

Ian Millam

Keith Wells

Terry and Monique Wright

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In memory of Don, Betty and Tom Reed

Lindsay Walton

In memory of Heather Player

PiSE

PACIFIC INSTITUTE FOR
SPORT EDUCATION

**Transforming lives
through healthy activity and sport.**

PiSE.ca

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