

Facility Partners

Canadian Sport Institute Calgary

- **University of Calgary (Kinesiology)**
- **Winsport Canada/Canada Olympic Park**
- **Talisman Centre**
- **Foothills Athletics Park**
- **University of Alberta (Edmonton)**
- **Canmore Nordic Centre**

University of Calgary

Human Performance Lab

This state of the art lab is the best of its kind in Canada; it is located in the University of Calgary and is available to all of the Canadian Sport Institute athletes. The HPL is the primary site for testing and monitoring athletes. Research and studies consist of...

- Anatomy
- Muscle Mechanics
- Physiology
- Biochemistry
- Biomechanics

The kinesiology department at the University of Calgary also has a Running Injury Clinic and Sport Technology Research Laboratory (STRL). These three research units have made the university a leader in human body performance.

For more information visit <http://www.ucalgary.ca/hpl/>

Olympic Oval

Located on the University of Calgary campus this state of the art facility was designed for the 1988 Olympic Winter Games. The oval is in close proximity to the Canadian Sport Institute business office and is used heavily by speed skaters. The oval is also used as an off season and indoor venue for both summer and winter athletes. The oval consists of...

- Long track ice surface – 400m track
- North Rink – 30/60m (used mostly for short track speed skating)
- South Rink – 30/60m (used mostly for hockey)
- Running Track
- High performance weight room

For more information visit <http://oval.ucalgary.ca/>

WinSport Canada

WinSport Canada is creating one of the most unique winter sport facilities in the world, where athletes of all levels and disciplines will have access to world class facilities and the service professionals they require.

Ice House General Information

The \$4.1 million state-of-the-art push start centre designed for bobsleigh, luge and skeleton athletes, was the first new facility to be constructed at Canada Olympic Park since the XV Olympic Winter Games.

Features:

- The Ice House is the first and the best of its kind in the world. There are two other indoor push facilities located in Lake Placid and Italy.
- Swiss Timing systems
 - Automatic start and record for each push
 - Standard video and DVD playback for immediate push review.

Two separate luge tracks one with a 40 degree incline and the other a 30 degree incline allows all levels of athletes to use the facilities.

The ambient ice temperature hovers between –2 and –3 Celsius.

The cooling system is 16,140 litres brine (calcium chloride and water) refrigerant. Brine was chosen over ammonia for safety reasons. The Ice House is refrigerated from the existing refrigeration plant.

Ice House is used from July - October by domestic, national and international athletes.

Specifications:

- Building Dimensions: 143 metres long x 21 metres wide x 4 stories high (approximately the length of one football field).

Sliding Track General Info

- Bobsleigh / Skeleton start
- Men's and Women's luge start
- Doubles luge start
- 14 turns
- 3 docks
- Length – bobsleigh track 1500m
- Length – luge track 1200m
- Vertical drop 123m
- Max force on athletes 4.5 g
- Max speed 4 man bobsleigh 130 km/h

Canada Olympic Park

- Cross Country and Biathlon Range – 2km of trail
- Alpine Slalom Course – Built to meet FIS standards (vertical drop of 120m)
- Freestyle Ski Venue
- Ski Jump Centre – 7 active jumps with 90m iconic ski jump tower
- Super Half Pipe – Same Specifications for Sochi 2014 Olympic Games (22 foot walls, 18 degree slope, 65 feet wide, 550 feet long)
- Mountain Bike Park (25 km of Trail)
- Trampoline Centre and Big Air Bag

Bob Niven Training Centre

- Multi-level Olympic -class weight room
- Mid Size Gymnasium
- Athlete Services

Markin MacPhail Centre (MMC)

- 3 North American size arenas (Arena C , D, Joe Snyder Arena)
- Seating capacity 220 spectators for each arena
- Joe Snyder arena – meets all sledge hockey requirements
- Joe Snyder arena – skate harness fixtures for figure skating
- International arena – 2,500 seats / 500 person standing room capacity
- International arena – meets international size requirements / converts to North American size
- Sport Performance Laboratory – State of the art equipment, programs, trainers and specialists for the testing and monitoring of athletes and the sporting public.

Bill Warren Training Centre

- 5000 Sq/Ft Gym Space
- Treadmills, Spin Bikes
- Free Weights, Polymetrics
- Keiser Machines, Rowing Machines
- Hot and Cold tubs, Saunas
- Change rooms, showers
- Medical room
- Human Performance Lab
- Roller ski treadmill
- 3000 Sq/Ft Multipurpose room
- 60+ km of running and ski trail
- Early season snow
- Cross- Country skiing
- IBU Biathlon Range
- 7km paved roller ski trail

For more information visit <http://www.winsportcanada.ca/>

Talisman Centre

Owned by The City of Calgary and operated by the Lindsay Park Sports Society, The Talisman Centre supports elite and amateur athletes along with those dedicated to reaching their individual fitness goals.

Aquatic:

- 2 eight-lane 50m Olympic-size pools with public swim times
- An Olympic-calibre dive tank with spring boards
- 3m, 5m, 7m, and 10m platforms
- 20 person hot tub
- 6 person hot tub
- Shallow teach pool
- Co-ed steam room

Dryland:

- 5 full-size gymnasiums with public gym times
- 2 tracks, including a multi-lane 200m track
- Fitness Centre with 25,000 square feet of cardio and weight training space
- Regulation volleyball and basketball courts

For more information visit <http://www.talismancentre.com/>

Foothills Athletics Park Calgary

This multipurpose athletic park is located in the northwest area of Calgary and offers state of the art features and amenities to athletes.

Foothills Athletics Park

- Three regulation soccer fields (100 yards long x 60 yards wide)
- One regulation soccer field with lights
- Foothills Stadium (full size baseball diamond, 6,000 spectator capacity)
- Little League baseball diamond with a fence measured at 18 feet
- Running track 400m (meets IAAF rule 140 technical requirements)
- Father David Bauer / Norma Bush Arenas (Olympic size 200'x100' and 185'x85' ice sheets)
- Long jump pits
- Pole vault , Discus, Javelin and Shot-put areas
- Eight outdoor public tennis courts
- Volley dome and private training facility

For more information visit <http://www.calgary.ca/CSPS/Recreation/Pages/Athletic-parks/Foothills-Athletic-Park.aspx>

Foothills Aquatic Centre

- An indoor, six lane, 25-metre swimming pool. Temperature is 28.5 °C.
- A wading pool. Temperature is 32 °C.
- A dive pool with diving board and a 1.5 metre slide.
- A spectator gallery.

For more information visit <http://www.calgary.ca/CSPS/Recreation/Pages/Pools/Foothills.aspx>

University of Alberta (Edmonton)

Foote Field

This is the home of the University of Alberta's high-performance sport teams, the Golden Bears and Pandas; it is used mostly for track and field, football, soccer and rugby.

1. Artificial Turf Field

- Professional CFL/CIS size Field turf surface lined for football, soccer and field hockey
- Warm-up runway with 4-lane, 125 metre Mondo surface
- Bleachers with 3,500 seating capacity

2. Premier Grass Field

- Sand based natural grass field- pitch dimensions: 330 ft. x 225 ft.
- Bleachers with 1,500 seating capacity

3. East Grass Fields

- 4 natural grass fields - pitch dimensions: 300 ft. x 225 ft.
- Fields may be lined for soccer, football or rugby

4. Running Track and Throwing Areas

- IAAF standard, 8 lane, 400 metres, Mondo surface
- Pole vault area
- High jump area
- 4 long jump/triple jump pits
- Throwing areas for javelin, shot put, hammer throw and discus
- Bleachers with 1,500 seating capacity

For more information visit

<http://www.physedandrec.ualberta.ca/en/Facilities/FooteField/Amenities.aspx>

Saville Community Sports Centre

The Saville Community Sports Centre (SCSC) is a 32516 m² multi-sport facility managed and operated by the Faculty of Physical Education and Recreation.

- 8 indoor tennis courts
- 10 curling sheets
- Fitness centre
- Fitness studio
- Indoor track
- Competition gym (seating for 2800)
- Ortona Gymnastics facility
- 12 basketball courts
- 25 volleyball courts
- 30 badminton courts
- Conference rooms

For more information visit <http://www.physedandrec.ualberta.ca/en/Facilities.aspx>

University of Alberta Fitness and Lifestyle Centre

The Fitness and Lifestyle Centre (FLC) is a well-equipped fitness facility, which can accommodate 449 people.

- The overall size of the fitness centre is approximately 850 square metres.
- cardiovascular equipment,
- free weights
- resistance training machines
- Certified exercise physiologists (CEP's)
- Certified personal trainers (CPT's)
- Certified strength and conditioning specialists (CSCS),
- Alberta Fitness Leadership Certification Association (AFLCA)
- CEP and CPT apprentices
- Registered dietitian

For more information visit

<http://www.physedandrec.ualberta.ca/Facilities/FitnessandLifestyleCentre.aspx>

Canmore Nordic Centre

The Canmore Nordic Centre was the venue for all cross-country ski and biathlon events during the 1988 Winter Olympic Games. Over time, changing technology and standards meant the Canmore Nordic Centre was no longer able to host international events. In 2004, the Government of Alberta committed to bringing the Canmore Nordic Centre back to full international standards and by 2008 the final renewal was complete.

Winter

- More than 65 kilometres of groomed trails for cross-country skiing - all suitable for classic and skate technique
- 6.5 kilometres of illuminated ski trails for night skiing
- 31-lane biathlon shooting range

Summer

- Over 100 kilometres of natural surface trails suitable for all levels of mountain biking and trail running
- Mountain bike skills park
- 6.5 km of paved roller ski trails

Competition Highlights

- Recertified to host any international biathlon or cross country ski events
- 12.5 kilometres of new cross-country ski and biathlon competition courses that meet top Federation Internationale du Ski and International Biathlon Union requirements
- Expanded and modernized cross-country and biathlon stadiums that meet international standards
- High-capacity snowmaking system for stadiums and all competition courses (13.5 km)
- Warm-up and wax test area adjacent to a new fully ventilated team waxing facility
- Expanded and renewed biathlon technical building
- Home to Canada's national biathlon and cross-country ski teams

Recreational Highlights

- Expanded and renewed Day Lodge, food services, parking and roadways
- High-capacity snow making system for 7.5 km of recreational trails
- 5.5 km paved roller ski trail
- Mountain bike skills park
- All-season orienteering course

For more information visit <http://www.albertaparks.ca/canmore-nordic-centre.aspx>