

COMMUNITY AND PROVINCIAL PARTNERSHIPS
PacificSport Interior BC and Canadian Sport Institute Pacific

The programs and services provided to registered athletes and coaches are aimed at covering many aspects of life both inside and outside sport, attempting to ensure holistic development. Once registered with PacificSport Interior BC, athletes and coaches will have access to programs and services in the areas of Training, Support, and Life Services.

Training Services are designed to meet the needs of high-performance athletes in training.

GymWorks

(Training Gyms and Recreation Centres)

Company	Contact	Details/Discounts
Kamloops		
Acceleration Kozoris Strength & Conditioning	Greg Kozoris Owner 765 Lansdowne Street Kamloops 250-377-0808	<ul style="list-style-type: none"> • Membership \$15/month • Orientation and interview with Greg • Key fob \$25 • First visit by appointment only (key fob access afterwards)
Diverse Training Center	Bradley Young, Reid Tindall, and Chelsey Caldwell Owners 9-1445 McGill Road Kamloops 250-851-5535	<ul style="list-style-type: none"> • 25% discount on all membership/punch cards • Access to all classes • 20% discount on personal training with Bradley Young
F3Fit	Robert Petrie Owner 667 Victoria Street Kamloops 250-574-1809	<ul style="list-style-type: none"> • 25% off Group Fitness • 50% off 1 on 1 Personal Training • 75% off Program Design • all registered athletes and coaches • Required advanced sign up online
Kamloops Hot Yoga	Trina Redman & Dwight Ergang Owners Sahali Studio 6-953 Laval Crescent 250-374-7426 Brock Studio 17-1800 Tranquille Road 778-470-6121	<ul style="list-style-type: none"> • 25% discount on regular monthly memberships/class cards to all registered athletes and coaches • Must show valid PacificSport card • Discount DOES NOT APPLY to drop-ins OR first month intro-special

Company	Contact	Details/Discounts
Kamloops YMCA/YWCA	Colin Reid, CEO creid@kamloopsy.org Downtown 400 Battle Street Kamloops 250-372-7725 North Shore John Tod Centre 150 Wood Street Kamloops 250-376-4771	<ul style="list-style-type: none"> • FREE access to all equipment; workout areas, including strength training and cardio; pool; and group fitness classes • Required orientation meeting to set up account and sign gym waivers
Nelly's Executive Fitness	Nelly Devers Owner 1216C Battle Street Kamloops 250-377-8576	<ul style="list-style-type: none"> • \$20/month membership (regular cost \$40-\$45) for registered athletes only • Minimum age is 16 years (15 years, if accompanied by a member parent) • 25% discount on personal training services • EXCLUDES GROUP FITNESS CLASSES • First visit through appointment only (key fob access afterwards) • All PacificSport Interior athletes have access to the facility during regular hours of operation • NO registration fee (regular cost \$150)
No Limits Fitness	Darren and Maria Maywood Andrew and Lisa Watson Owners 905-8th Street Kamloops 778-470-5550 info@nolimitsfitness.ca	<ul style="list-style-type: none"> • FREE membership for podium or Canadian elite athletes/coaches • \$20/month membership fee for Canadian or provincial development athletes • 60% discount on boot camp classes (advanced sign-up required) • 30% discount on squash (NOT applied to special promotions) • Full facility access for all PacificSport Interior athletes and coaches during regular operation hours • NO registration fee
Tournament Capital Strength and Conditioning Home of Natural Strength Crossfit	Kent Aitchison Owner/Coach 781 Notre Dame Drive Kamloops 250-299-9114 info@tcstrength.com	<ul style="list-style-type: none"> • 25% off unlimited membership for registered coaches and athletes • 50% off punch cards (registered athletes and coaches) • All classer timeslots require online reservation

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Tournament Capital Centre	Business Operations Supervisor or Sean Smith, Tournament Capital and Special Events Supervisor 910 McGill Road Kamloops 250-828-3552	<ul style="list-style-type: none"> \$16.85/month membership fee for an all-access facility pass, which includes the use of the indoor track, courts, wellness centre, athlete performance centre, pool, whirlpool, and sauna For registered athletes only
Westsyde Pool and Fitness Centre	859 Bebek Road Kamloops 250-828-3616	<ul style="list-style-type: none"> \$15.00 access to pool and fitness centre/weight room
Salmon Arm		
SASCU Recreation Centre	Donna Flatmann 2500 Trans Canada Highway NE Salmon Arm 250-832-4044	<ul style="list-style-type: none"> FREE access for registered athletes only to use the facility, including drop-in programs, public swimming, lane swimming, drop-in gym sports, and weight room. Racquet courts, aquafit programs, registered programs, and private rentals are charged at the regular public rate
Anytime Fitness	Jared Krause, Owner 2890 10 th Ave NE, Suite B Salmon Arm 778-489-5323 601-11850 Oceolo Rd Lake Country 778-480-6701	FREE membership for registered athletes and coaches – to set up access for either location, contact Olivia or Jared at SalmonArmBC@anytimefitness.com
Revelstoke		
Trans-Canada Fitness	Neil Jones Owner 501 2nd Street West PO Box 2128 Revelstoke	<ul style="list-style-type: none"> 50% discount for access to all equipment and workout areas, including strength training and cardio
Revelstoke Aquatic Centre	Meghan MacIsaac 600 Campbell Avenue Revelstoke 250-837-9351	<ul style="list-style-type: none"> FREE access to all equipment and workout areas, including strength training, cardio, and pool access
Fernie		
Evolution Health & Fitness	Scott Cownden, Owner 1192 8 Ave Fernie 250-423-3344	<ul style="list-style-type: none"> 50% off casual drop in rates and 50% off memberships to registered athletes Please note: Athletes are requested to 'check in' on social media if you have the ability to do so when the discount is redeemed.

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SportHealth
 (Medical Practitioners)

Company	Contact	Details/Discounts
Live Well Physiotherapy	Kim Scranton 250-833-0050 30 Lakeshore Dr. NW Salmon Arm, BC, livewellphysio@telus.net	<ul style="list-style-type: none"> Registered athletes and coaches are eligible for maximum \$40 physiotherapy and kinesiology treatment
SportMed BC Practitioner Directory	sportmedbc.com/practitioners	
Serena Graf, Counsellor MA, RCC, CCC	Serena Graf Kamloops, BC Serena.headwinds@gmail.com	<ul style="list-style-type: none"> Registered athletes are eligible for a 30% discount on treatment based on availability Athletes must email Serena a picture of the front and back of their card to show proof of carding Registered athletes are eligible for priority treatment when available

Company	Contact	Details/Discounts
Live Well Physiotherapy	Kim Scranton 250-833-0050 30 Lakeshore Dr. NW Salmon Arm, BC, livewellphysio@telus.net	<ul style="list-style-type: none"> Registered athletes and coaches are eligible for maximum \$40 physiotherapy and kinesiology treatment
SAGE Sport Institute	Dr. Ross Outerbridge Owner 200-910 McGill Road Kamloops 250-314-5000	<p>Physiotherapy \$65, first visit \$95</p> <ul style="list-style-type: none"> Vidhi Pandya Tori Rathbone Tammy Uyeda <p>Massage Therapy \$65 for 45 minute massage</p> <ul style="list-style-type: none"> Alec Antulov Bronwyn Crawford <p>Athletic Therapy \$65, first visit \$90 plus GST</p> <ul style="list-style-type: none"> Kevin Brechin Morris Boyer Alyssa Horton <p>Kinesiology \$65. first visit \$90</p> <ul style="list-style-type: none"> Emiko Ohama An appointment is required and subject to availability Sage will book three registered athlete appointments, at a discount, maximum daily

Support Services are designed to help athletes get the most value for their money so that an athlete's limited resources can be invested directly into high-performance training.

FoodStuff

(Restaurants and Food Service Providers)

Discounts are NOT valid with any other promotions and always exclude alcohol.

Kamloops

Company	Contact	Details/Discounts
Frick and Frack	Adrian Verenca Co-owner 557 Victoria Street Kamloops 250-851-2030	<ul style="list-style-type: none"> 35% discount

Company	Contact	Details/Discounts
Hello Toast	Brook Murrel Owner 428 Victoria Street Kamloops 250-372-9322	<ul style="list-style-type: none"> 50% discount (not applicable on Wednesday's Bottomless Soup Bowl Special or on day-old bagels)
M & M Food Market	Sahali Rob and Carol Kunhegyi Owners 1203C Summit Drive Kamloops 250-374-6825	<ul style="list-style-type: none"> 10% discount (not valid on gift cards)
Nutters Everyday Naturals Kamloops	Sarah Sim 440 Seymour St Kamloops 236-425-0669	<ul style="list-style-type: none"> 15% off products For registered athletes and coaches Excludes vitamins, supplements, items that are already on sale and certain dairy and clearance items
Gourmet Greens Produce Market	1415 Hillside Drive #18 Kamloops 250-372-8744	<ul style="list-style-type: none"> 15% off fresh produce and grocery items For registered athletes and coaches Excludes milk/dairy
Chase		
Subway	1-451 Brooke Street Chase 250-679-8888	<ul style="list-style-type: none"> 50% discount on foot long sandwiches with the purchase of a drink Chase location only No Sub Club stamps given with purchase
Revelstoke		
Southside Market Grocery	Rick Formo 900 Fourth Street East 250-837-3517	<ul style="list-style-type: none"> 10% discount on regular priced items (tobacco products excluded)

Salmon Arm		
No Bull Eats	Kyle Jobin and Lindsay Anderson 1140 4 Ave SW Salmon Arm 250-803-2361	<ul style="list-style-type: none"> 20% discount on menu items Registered athletes only Discount excludes protein doughnuts and energy bites
Subway	Gurjit Jhajj Owner 250-545-8337	<ul style="list-style-type: none"> 25% discount on foot long sandwich with the purchase of a drink

MoreStuff
 (Sporting Goods and Equipment)

Company	Contact	Details/Discounts
Kamloops		
Dolson's Source for Source	Phil Dolson Owner Aberdeen Mall 269-1320 Trans Canada Highway West 250-372-5531	30% discount on specific sport/event related equipment (NO discount on golf clubs)
Red Tag Fitness	James Street Owner 749A Notre Dame Drive Kamloops 250-377-3177	<ul style="list-style-type: none"> Discount is between 5-30%; it varies by product Not applicable to products on sale or on clearance Ask staff for specific pricing
Runners Sole	Wayne Richardson Owner 74-1395 Hillside Drive 250-377-4055	25% discount – athletes and coaches (Not valid on sale items, food products, or special orders)
Revelstoke		
Free Spirit Sports	Elmer and Liz Doyle Owners 203 West 1st Street 250-837-9453	25% discount
Grizz Hotel	Bessie Yu Hotel Manager 200 3rd Street West, Revelstoke, BC V0E 2S0 250-837-5151 Email: grizzhotelbooking@gmail.com	<ul style="list-style-type: none"> 20% of rooms rates in April, May, June, October, November and December until December 25th Call and identify being PacificSport/Canadian Sport Institute carded and present card upon check in

Life Services are designed to provide athletes with the tools they need for success on the podium today and in their careers as community leaders in the future.

SportGrad

(Partnerships to Assist with Athlete Education Options)

Company	Contact	Details/Discounts
Kamloops		
Thompson Rivers University	Curtis Atkinson TRU Athletic Director 250-828-5273 Erin Pincott Sport Performance Coordinator PacificSport Interior BC epincott@pacificsport.com	<ul style="list-style-type: none"> TRU priority class registration *Deadline to submit your name for priority registration to the Sport Performance Coordinator is May 25th of each school year* <ul style="list-style-type: none"> Athletes must do so yearly to remain on the priority registration list

Company	Contact	Details/Discounts
TranSport		
Company	Contact	Details/Discounts
Kamloops		
Canada West Coachlines	Online Access	<ul style="list-style-type: none"> • \$100 discount to all regional sport groups (on same day trips 10 hours or more) on their current best rates to recognized regional sport groups of PacificSport Interior BC. • \$50 discount to all regional sport groups (on day trips less than 10 hours) on their current best rates to recognized regional sport groups of PacificSport Interior BC • Contact Erin for access epincott@pacificsport.com

Provincial CSI Partnerships

Company	Location	Details/Discounts
Pita Pit	Provincial access - all locations	<ul style="list-style-type: none"> • 25% off pitas at any Pita Pit location
Herschel Supply Co.	Online Access	<ul style="list-style-type: none"> • 40% off • Email Erin for access
2XU	Online Access	<ul style="list-style-type: none"> • 50% off to all registered athletes and coaches • Contact Erin for access
Icebreaker	Online Access	<ul style="list-style-type: none"> • Contact Erin for access PDF for a PROMO code for staff, athletes, and coaches. • All items purchased are for personal use only
ROI Recreation Outfitters	Online Access	<ul style="list-style-type: none"> • 40-50% discount for coaches and athletes on essential outdoor training equipment • Contact Erin for access
Gruppo Nutrition	Online Access	<ul style="list-style-type: none"> • 33% off discount (athletes only) • Contact Erin for access

Company	Location	Details/Discounts
Canada Diagnostics	Vancouver	<ul style="list-style-type: none"> • Various discount levels for MRIs and ultrasounds, depending on athlete's level • Podium level athletes are covered by CSI ACS
Polar Techno Canada	Online Access	<ul style="list-style-type: none"> • For Canadian elite and podium athletes only • Contact Erin for access PDF
DU/ER	Online	<ul style="list-style-type: none"> • 40% off • contact Erin for access
Stoko Design	Online	<ul style="list-style-type: none"> • 25% off all knee support product to all athletes and coaches • contact Erin for access
Outway	Online	<ul style="list-style-type: none"> • 30% off • Enter discount code CSI2022 at check out @ https://www.outway.com/
Medalist Software Inc.	Online	<ul style="list-style-type: none"> • 40% off first year fees • Contact Erin for access
West Coast Medical Imaging	Victoria	<ul style="list-style-type: none"> • Various discount levels for MRIs and ultrasounds, depending on athlete's level • Podium level athletes covered by CSI ACS
Hotels*		
Accent Inns	Kamloops, Victoria, Burnaby, Richmond, Kelowna	<ul style="list-style-type: none"> • Discounted rates (rates vary based on time of year, room type, etc.).
Coast Hotels	BC, AB, YT, NT	<ul style="list-style-type: none"> • Discounted rates (rates vary based on time of year, room type, etc.).
Days Inn Victoria Uptown	Victoria	<ul style="list-style-type: none"> • Discounted rates (rates vary based on time of year, room type, etc.).
Grizz Hotel	Bessie Yu Hotel Manager 200 3rd Street West, Revelstoke, BC V0E 2S0 250-837-5151 Email: grizzhotelbooking@gmail.com	<ul style="list-style-type: none"> • 20% of rooms rates in April, May, June, October, November and December until December 25th • Call and identify being PacificSport/Canadian Sport Institute carded and present card upon check in <ul style="list-style-type: none"> • For registered athletes and coaches
Park Inn	Vancouver	<ul style="list-style-type: none"> • Discounted rates (rates vary based on time of year, room type, etc.).
Sheraton Hotel Vancouver Airport	Vancouver Airport	<ul style="list-style-type: none"> • Discounted rates (rates vary based on time of year, room type, etc.).
Westin Bear Mountain Golf Resort & Spa	Victoria	<ul style="list-style-type: none"> • Discounted rates (rates vary based on time of year, room type, etc.).

Company	Location	Details/Discounts
Days Inn Canada	Participating Canada Locations	<ul style="list-style-type: none">• 15% off best available rates• Can be accessed at www.daysinn.ca or by calling 1.800.DAYS.INN (329.7466) and quoting your Corporate Booking ID 1000037325
Prestige Hotels & Resorts	All BC Locations	<ul style="list-style-type: none">• 15% off best available rates Contact Erin for access

* Contact Erin at epincott@pacificsport.com for access information for all hotels