

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

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

Company	Contact	Details/Discounts
<a href="#">Tournament Capital Centre</a>	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"> <li>• \$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</li> <li>• <b>For registered athletes only</b></li> </ul>
<a href="#">Westsyde Pool and Fitness Centre</a>	859 Bebek Road Kamloops 250-828-3616	<ul style="list-style-type: none"> <li>• \$15.00 access to pool and fitness centre/weight room</li> </ul>
<b>Salmon Arm</b>		
<a href="#">SASCU Recreation Centre</a>	Donna Flatmann 2500 Trans Canada Highway NE Salmon Arm 250-832-4044	<ul style="list-style-type: none"> <li>• FREE access <b>for registered athletes only</b> to use the facility, including drop-in programs, public swimming, lane swimming, drop-in gym sports, and weight room.</li> <li>• <b>Racquet courts, aquafit programs, registered programs, and private rentals are charged at the regular public rate</b></li> </ul>
<a href="#">Anytime Fitness</a>	Jared Krause, Owner  2890 10 <sup>th</sup> 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 <a href="mailto:SalmonArmBC@anytimefitness.com">SalmonArmBC@anytimefitness.com</a>
<b>Revelstoke</b>		
<a href="#">Trans-Canada Fitness</a>	Neil Jones Owner 501 2nd Street West PO Box 2128 Revelstoke	<ul style="list-style-type: none"> <li>• 50% discount for access to all equipment and workout areas, including strength training and cardio</li> </ul>
<a href="#">Revelstoke Aquatic Centre</a>	Meghan MacIsaac 600 Campbell Avenue Revelstoke 250-837-9351	<ul style="list-style-type: none"> <li>• FREE access to all equipment and workout areas, including strength training, cardio, and pool access</li> </ul>
<b>Fernie</b>		
<a href="#">Evolution Health &amp; Fitness</a>	Scott Cownden, Owner 1192 8 Ave Fernie 250-423-3344	<ul style="list-style-type: none"> <li>• 50% off casual drop in rates and 50% off memberships to registered athletes</li> <li>• <b>Please note: Athletes are requested to 'check in' on social media if you have the ability to do so when the discount is redeemed.</b></li> </ul>

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

**SportHealth**  
 (Medical Practitioners)

Company	Contact	Details/Discounts
<a href="#">Live Well Physiotherapy</a>	Kim Scranton 250-833-0050 30 Lakeshore Dr. NW Salmon Arm, BC, <a href="mailto:livewellphysio@telus.net">livewellphysio@telus.net</a>	<ul style="list-style-type: none"> <li>Registered athletes and coaches are eligible for maximum \$40 physiotherapy and kinesiology treatment</li> </ul>
SportMed BC Practitioner Directory	<a href="http://sportmedbc.com/practitioners">sportmedbc.com/practitioners</a>	
<a href="#">Serena Graf, Counsellor MA, RCC, CCC</a>	Serena Graf Kamloops, BC <a href="mailto:Serena.headwinds@gmail.com">Serena.headwinds@gmail.com</a>	<ul style="list-style-type: none"> <li>Registered athletes are eligible for a 30% discount on treatment based on availability</li> <li>Athletes must email Serena a picture of the front and back of their card to show proof of carding</li> <li>Registered athletes are eligible for priority treatment when available</li> </ul>
<a href="#">SAGE Sport Institute</a>	Dr. Ross Outerbridge Owner 200-910 McGill Road Kamloops 250-314-5000	<ul style="list-style-type: none"> <li>\$50 physiotherapy (Cara, Matt, and Tammy)</li> <li>\$50 athletic therapy (Kevin)</li> <li>Maximum 25% discount on massage therapy treatments (Chris or Courtney)</li> <li>An appointment is required and subject to availability</li> <li>Sage will book three registered athlete appointments, at a discount, maximum daily</li> </ul>

**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
<a href="#">Citrus Restaurant and Lounge at the DoubleTree by Hilton Kamloops</a>	Tyson Andrykew 339 St. Paul Street Kamloops 250-851-0026 - hotel 250-851-2408 - direct	<ul style="list-style-type: none"> <li>40% for registered athletes/coaches</li> <li>20% for groups of six or more who are with a registered athlete/coach</li> </ul>
<a href="#">Frick and Frack</a>	Adrian Verenca Co-owner 557 Victoria Street Kamloops 250-851-2030	<ul style="list-style-type: none"> <li>35% discount</li> </ul>
<a href="#">Hello Toast</a>	Brook Murrel Owner 428 Victoria Street Kamloops 250-372-9322	<ul style="list-style-type: none"> <li>50% discount (not applicable on Wednesday's Bottomless Soup Bowl Special or on day-old bagels)</li> </ul>
<a href="#">M &amp; M Food Market</a>	<p><b>Sahali</b> Rob and Carol Kunhegyi Owners 1203C Summit Drive Kamloops 250-374-6825</p> <p><b>North Shore</b> Mike and Melinda Farrington 724 Sydney Avenue Kamloops 250-376-4424</p>	<ul style="list-style-type: none"> <li>10% discount (not valid on gift cards)</li> </ul>
<b>Chase</b>		
<a href="#">Subway</a>	1-451 Brooke Street Chase 250-679-8888	<ul style="list-style-type: none"> <li>50% discount on foot long sandwiches with the purchase of a drink</li> <li>Chase location only</li> <li>No Sub Club stamps given with purchase</li> </ul>
<b>Revelstoke</b>		
<a href="#">Southside Market Grocery</a>	Rick Formo 900 Fourth Street East 250-837-3517	<ul style="list-style-type: none"> <li>10% discount on regular priced items (tobacco products excluded)</li> </ul>

<b>Salmon Arm</b>		
<a href="#">Subway</a>	Gurjit Jhajj Owner 250-545-8337	<ul style="list-style-type: none"> <li>25% discount on foot long sandwich with the purchase of a drink</li> </ul>

**MoreStuff**

(Sporting Goods and Equipment)

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

**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
<b>Kamloops</b>		
<a href="#">Thompson Rivers University</a>	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"> <li>TRU priority class registration</li> <li><b>*Deadline to submit your name for priority registration to the Sport Performance Coordinator is May 25<sup>th</sup> of each school year*</b> <ul style="list-style-type: none"> <li><b>Athletes must do so yearly to remain on the priority registration list</b></li> </ul> </li> </ul>

Company	Contact	Details/Discounts
<b>TranSport</b>		
Company	Contact	Details/Discounts
<b>Kamloops</b>		
<a href="#">Canada West Coachlines</a>	Online Access	<ul style="list-style-type: none"> <li>• \$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.</li> <li>• \$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</li> <li>• Contact Erin for access <a href="mailto:epincott@pacificsport.com">epincott@pacificsport.com</a></li> </ul>

**Provincial CSI Partnerships**

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

Company	Location	Details/Discounts
Canada Diagnostics	Vancouver	<ul style="list-style-type: none"> <li>• Various discount levels for MRIs and ultrasounds, depending on athlete's level</li> <li>• Podium level athletes are covered by CSI ACS</li> </ul>
<a href="#">Polar Techno Canada</a>	Online Access	<ul style="list-style-type: none"> <li>• <b>For Canadian elite and podium athletes only</b></li> <li>• Contact Erin for access PDF</li> </ul>
<a href="#">West Coast Medical Imaging</a>	Victoria	<ul style="list-style-type: none"> <li>• Various discount levels for MRIs and ultrasounds, depending on athlete's level</li> <li>• Podium level athletes covered by CSI ACS</li> </ul>
<b>Hotels*</b>		
Accent Inns	Kamloops, Victoria, Burnaby, Richmond, Kelowna	<ul style="list-style-type: none"> <li>• Discounted rates (rates vary based on time of year, room type, etc.).</li> </ul>
Coast Hotels	BC, AB, YT, NT	<ul style="list-style-type: none"> <li>• Discounted rates (rates vary based on time of year, room type, etc.).</li> </ul>
Days Inn Victoria Uptown	Victoria	<ul style="list-style-type: none"> <li>• Discounted rates (rates vary based on time of year, room type, etc.).</li> </ul>
<a href="#">Grizz Hotel</a>	Bessie Yu Hotel Manager 200 3rd Street West, Revelstoke, BC V0E 2S0 250-837-5151 Email: <a href="mailto:grizzhotelbooking@gmail.com">grizzhotelbooking@gmail.com</a>	<ul style="list-style-type: none"> <li>• 20% of rooms rates in April, May, June, October, November and December until December 25th</li> <li>• Call and identify being PacificSport/Canadian Sport Institute carded and present card upon check in                             <ul style="list-style-type: none"> <li>• For registered athletes and coaches</li> </ul> </li> </ul>
Park Inn	Vancouver	<ul style="list-style-type: none"> <li>• Discounted rates (rates vary based on time of year, room type, etc.).</li> </ul>
Sheraton Hotel Vancouver Airport	Vancouver Airport	<ul style="list-style-type: none"> <li>• Discounted rates (rates vary based on time of year, room type, etc.).</li> </ul>
Westin Bear Mountain Golf Resort & Spa	Victoria	<ul style="list-style-type: none"> <li>• Discounted rates (rates vary based on time of year, room type, etc.).</li> </ul>
Days Inn Canada	Participating Canada Locations	<ul style="list-style-type: none"> <li>• 15% off best available rates</li> <li>• Can be accessed at <a href="http://www.daysinn.ca">www.daysinn.ca</a> or by calling 1.800.DAYS.INN (329.7466) and quoting your Corporate Booking ID 1000037325</li> </ul>



<b>Company</b>	<b>Location</b>	<b>Details/Discounts</b>
Prestige Hotels & Resorts	All BC Locations	<ul style="list-style-type: none"><li>• 15% off best available rates</li></ul> Contact Erin for access

\* Contact Erin at [epincott@pacificsport.com](mailto:epincott@pacificsport.com) for access information for all hotels