

Anna Aylwin MSc, CSCS, CSEP-CEP, CSEP High Performance Specialist, ISAK 2



Anna Aylwin is CSI Calgary's first ever female Lead of the Strength and Conditioning (S&C) Team and currently the only active female Lead S&C in the Canadian Olympic and Paralympic Sport Institute Network. She holds a master's degree in high performance physiology and has been in the field of S&C for over 20 years.

Over the past 11 years with the Institute, Anna has worked with a variety of summer and winter sport athletes including Ski Jumping, Biathlon, Cross-Country Skiing, Cycling, Swimming, Para-Nordic and Figure Skating, with expertise lying in S&C for endurance and aesthetic sports. She focuses on building basic movement competencies to improve structural tolerance and develop strength and power in endurance and aesthetic sports.

Anna has been the Skate Canada strength and conditioning advisor since 2017. She worked closely with Ravi Walia, Patrick Chan and Kaetlyn Osmond in the lead up to the 2018 Olympic Games, and continues to work with the high performance and next gen programs. She was recently involved as a co-author on the Physical Capacities portion of the Skate Canada LTD update.