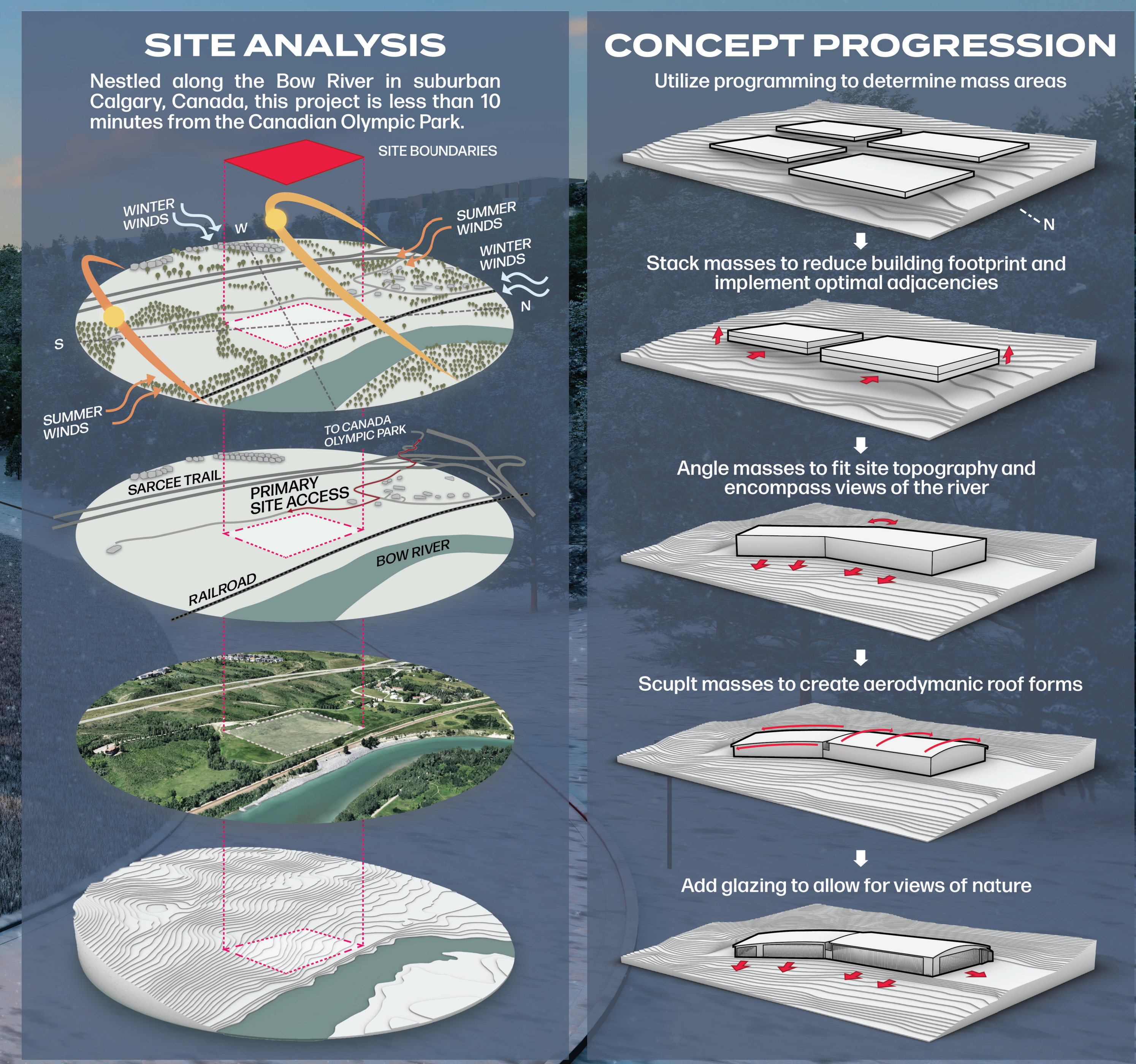
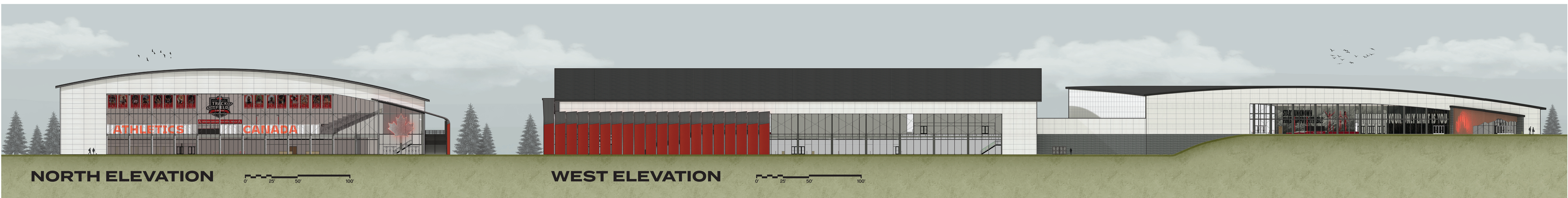
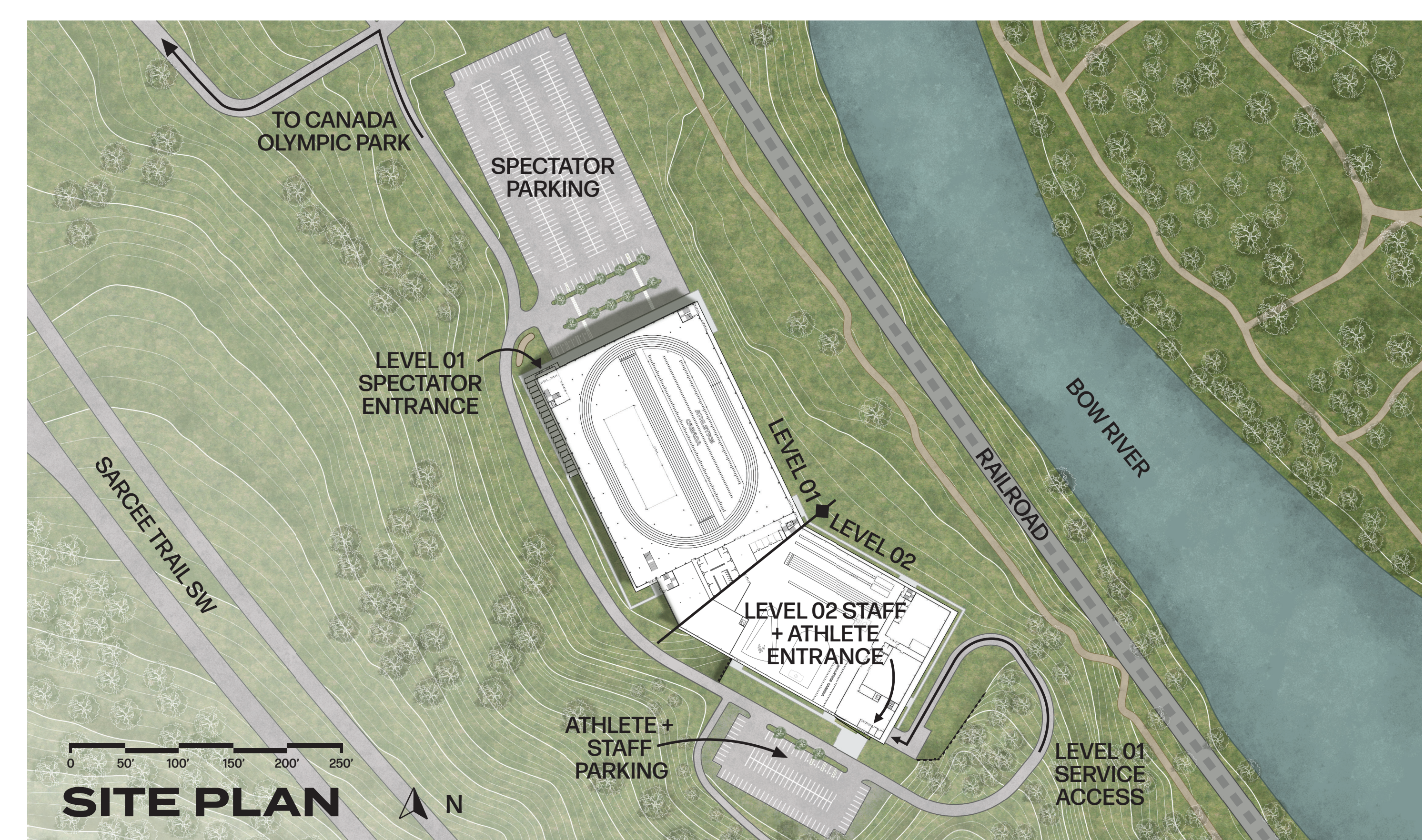
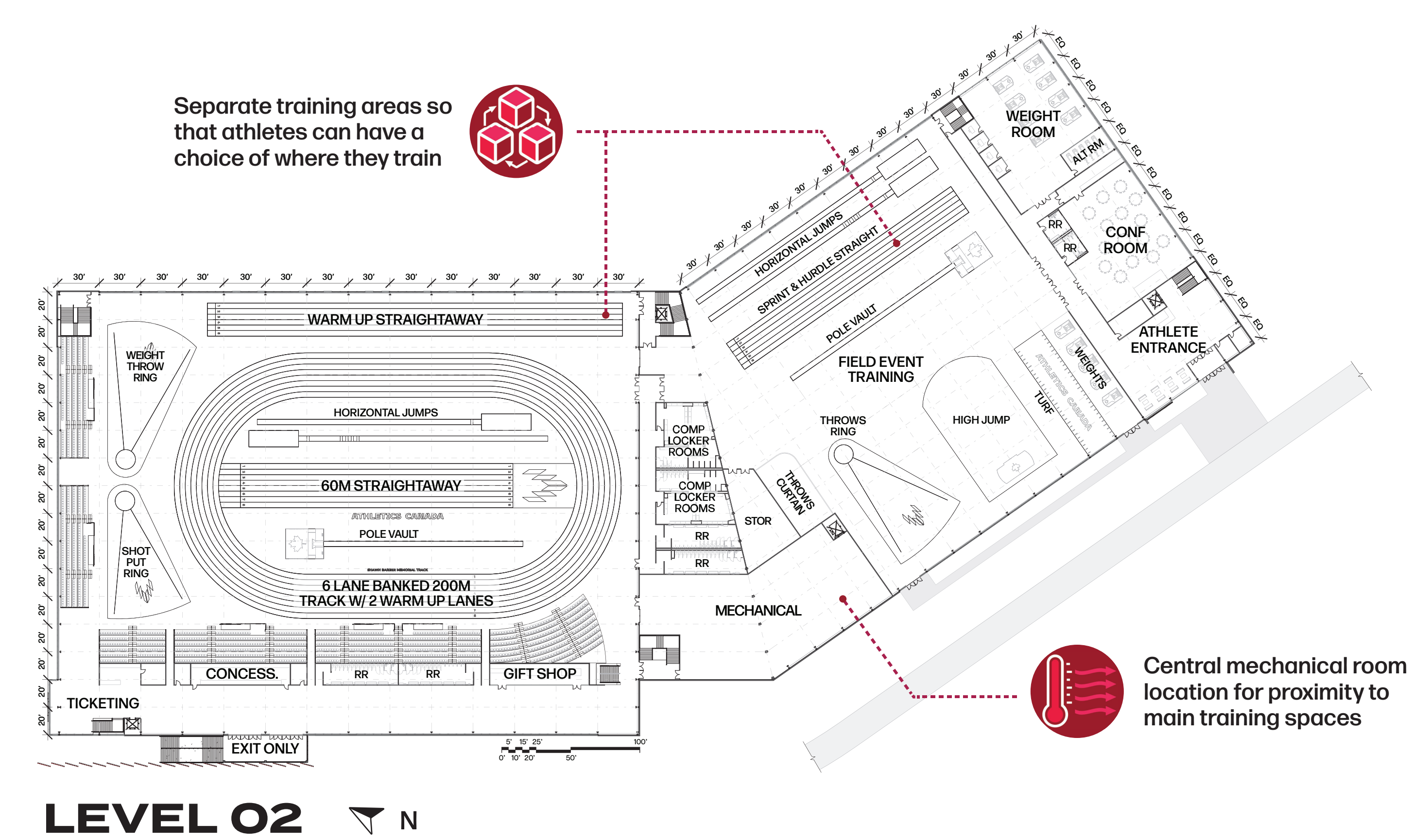
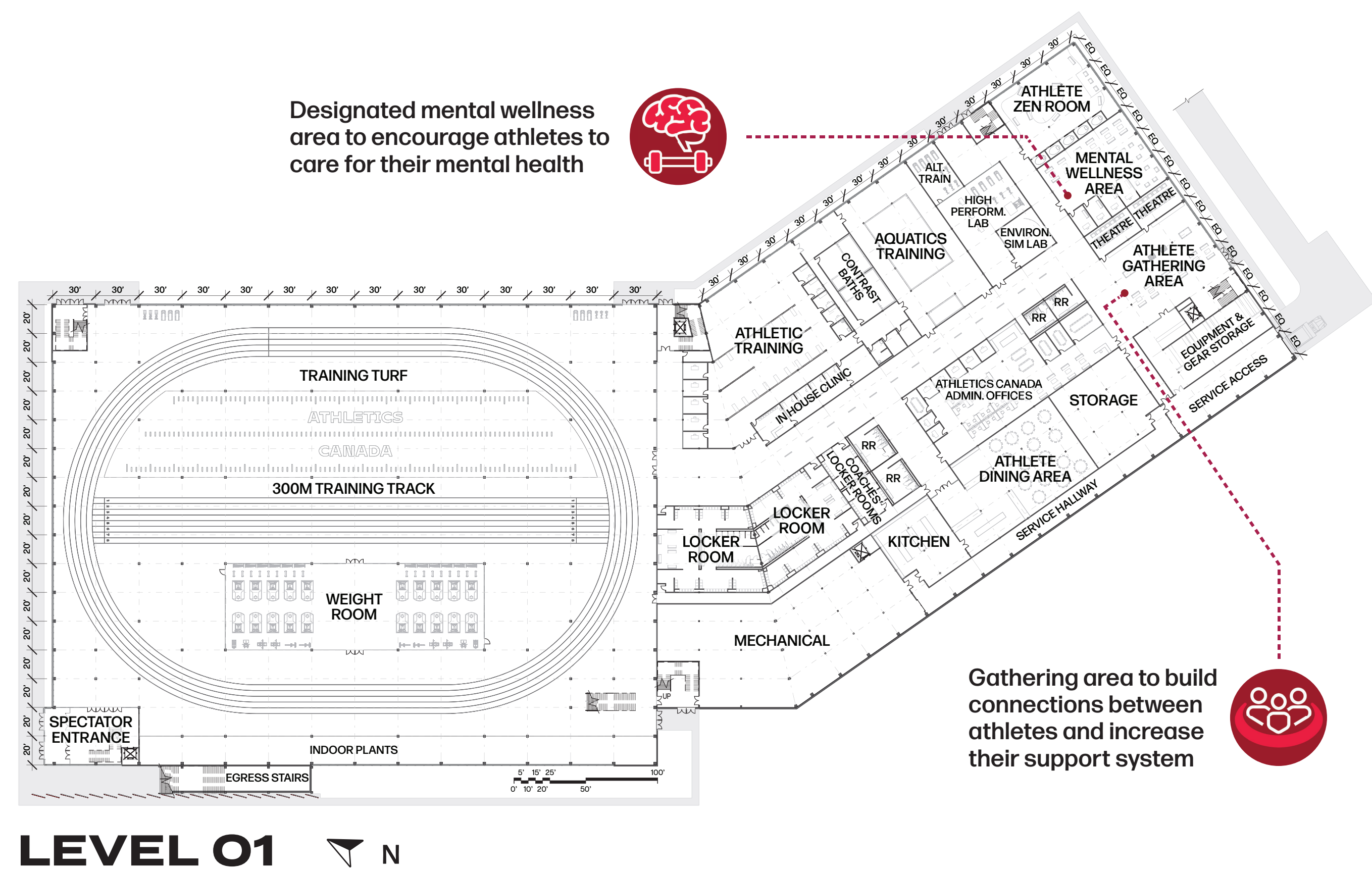




DESIGNING A HOLISTIC ENVIRONMENT FOR ATHLETIC PERFORMANCE: ATHLETICS CANADA HIGH PERFORMANCE TRAINING CENTER



Sports are a vital aspect of our culture, with athletes being its foundation. But when it comes to designing athletic facilities, the effects on the athletes are not considered. Additionally, as the average athletic standard improves, we must begin to consider the environment where athletes train as a factor in performance. The goal of this project was to recenter the athlete's needs in the design of athletic facilities to benefit their performance and wellness. By surveying athletes, researching athletic performance, and understanding how to promote wellness through design, a ten step design protocol was created to craft a holistic environment for athletic performance. To visualize this protocol, an indoor track and field training facility was created for Athletics Canada in Calgary. This protocol was used as the basis of design and all steps are shown in the diagram at the bottom of the board. Look for icons around the board that show where the protocol guided decisions in the design. For more information regarding the design protocol, please view the booklet that describes the research that fueled this project.

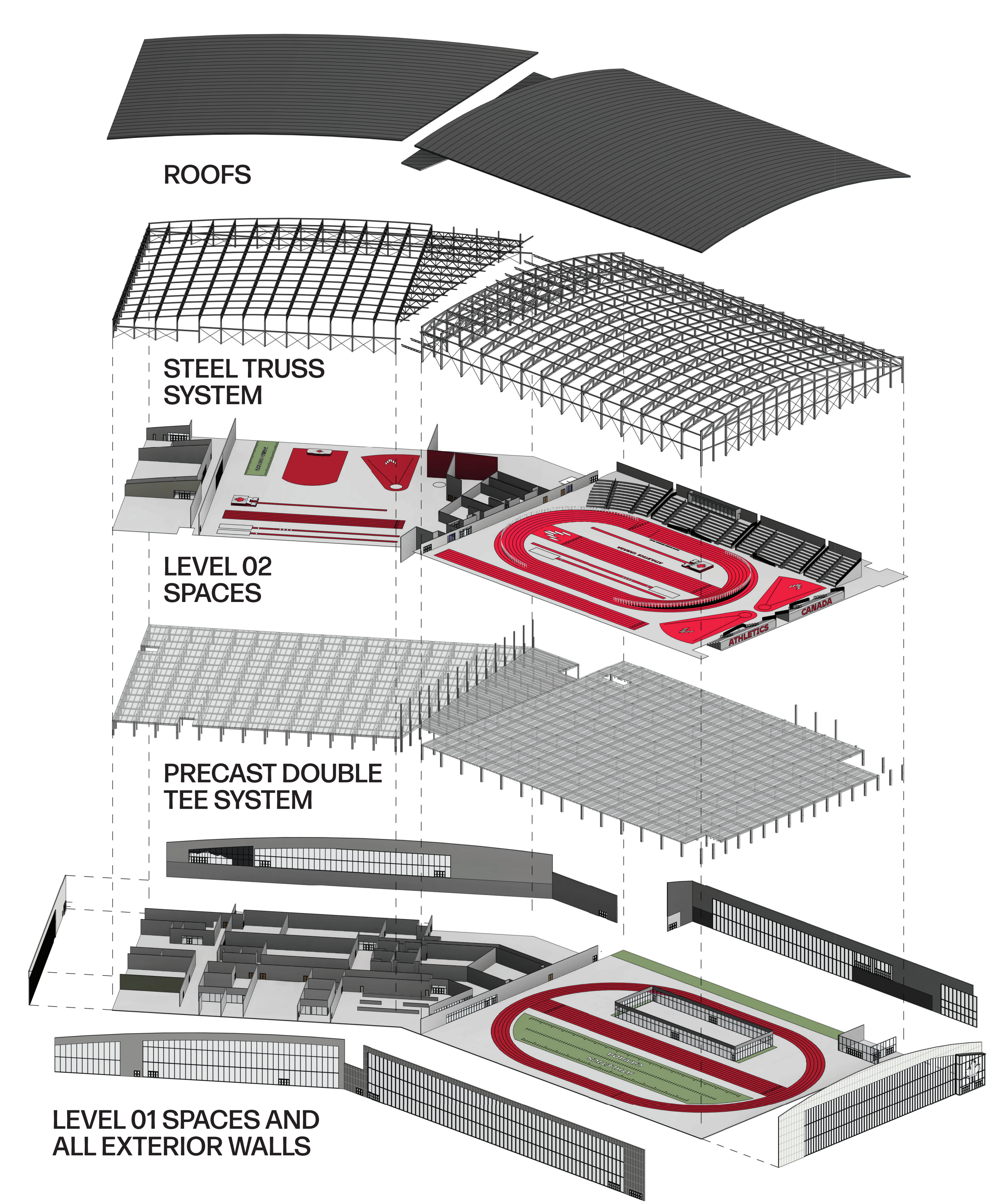




COMPETITION AREA Curtain walls allow natural light to flood the space Openings allow for views to the outdoors and a connection to nature



300M TRACK Mondo Track and AstroTurf were selected for the highest quality training surfaces The 300m track offers another option for athletes to complete their track workouts



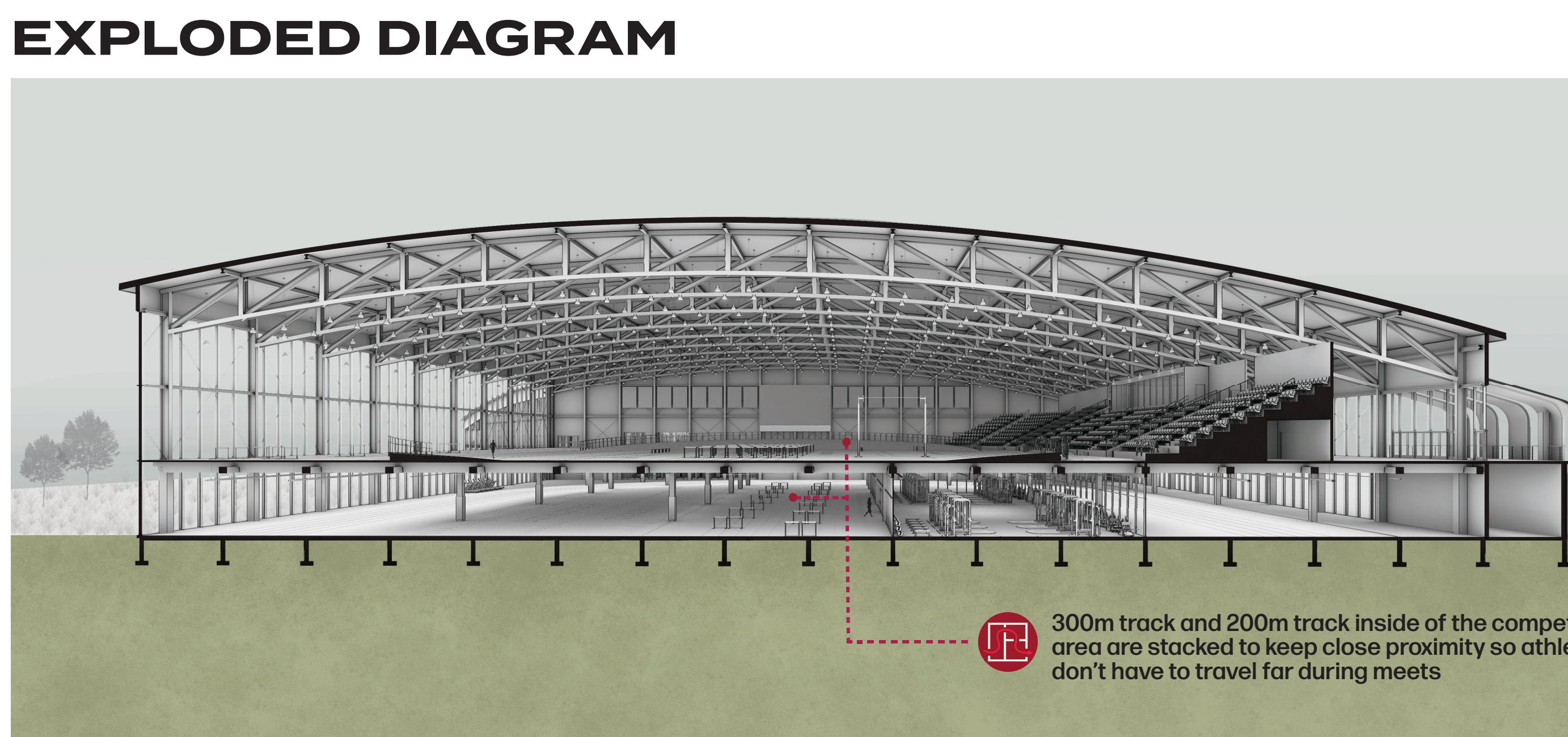
THROWS AREA Strong team branding and motivational quotes reminds athletes what they are working for



FIELD EVENT TRAINING Weight rooms vary greatly so athletes can have options



300M TRACK 300m track has full 100m straightaway, allowing athletes to train outdoor races indoors



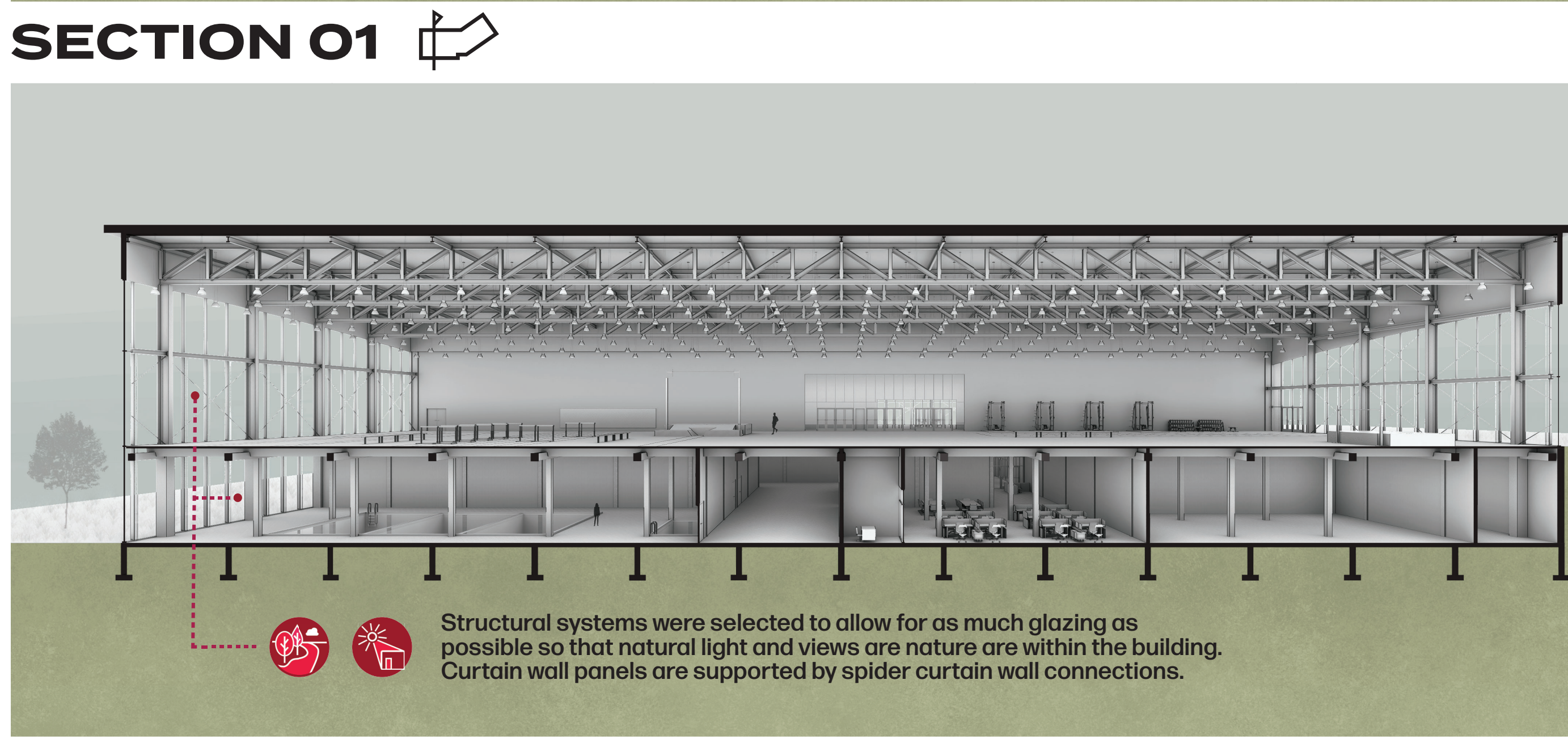
ALTITUDE TRAINING Natural materials allow for calmer training environ.



O2 WEIGHT ROOM Weight rooms vary greatly so athletes can have options



O1 WEIGHT ROOM Weight room placed on inside of 300m track for proximity



ZEN ROOM Using biophilic design, the Zen Room is a calm, nature filled environment for athletes to reset their minds



RECOVERY BATHS Darker materials create a calming, restorative environment for recovery



ZEN ROOM The Zen Room uses stone and wood to mimic the natural environment and offers space for gathering

DESIGN PROTOCOL FOR A HOLISTIC ENVIRONMENT FOR ATHLETIC PERFORMANCE

- Multiple areas for training
- Team branding
- Natural light
- Connection to nature
- High air quality, temp. control
- Area for mental training
- Communal spaces
- Healthy materials
- Intentional planning
- Intentional interior design