Istvan Balyi

Since 1994, Istvan Balyi has been the resident sport scientist of the National Coaching Institute at the University of Victoria, British Columbia. He has worked with several Canadian National Teams as high performance advisor and planning and periodization consultant for Major Games. He is a world renowned coaching educator and his series on Long-term Athlete Development and periodization have been published in Australia, Canada, the United States and the United Kingdom.

Istvan is currently the Long-term Athlete Development (LTAD) advisor for sportscoachUK (National Coaching Foundation), sportscotland, The Sports Council for Wales, and the Sports Council for Northern Ireland. He is a member of Sport Canada’s expert advisory group of Long-term Athlete Development and presently works with 11 Canadian sports to develop LTAD models, including Athletics Canada, Basketball Canada, CanoeKayak Canada, Curling Canada, Field Hockey Canada, Gymnastics Canada, Karate Canada, Rowing Canada, Rugby Canada and Speed Skating Canada.