

An Athlete's Advantage

The Athlete Factory Newsletter
May Edition, 2013

What's Happening this Month...

05.10 Friday May 10 6PM
Performance Testing

05.19 Sunday May 19 12PM
Recovery Session

05.25 Saturday May 25 1PM
Performance Testing

SPORTS THERAPY CLINIC

Welcome back **Dr. Richard Robinson**, our Director of Sports Therapy, has just returned from Sochi, where he was part of the medical team carrying out a check on facilities prior to next year's **Winter Olympics**. During the Olympics in Sochi, Russia, Dr. Robinson will be working as part of the **Canadian Olympic Medical Team** in what will be his 4th Olympics, having also been on the team in 2006, 2008 and 2010! For any kind of injury, ache or pain come and visit our amazing team!

<http://athletefactory.net/af/sports-therapy/>

Inside Edge Hockey and Athlete Factory Team up for Calgary's Only Hockey Academy!

The Factory Edge Program combines the usual "World Class Conditioning" delivered from the Athlete Factory with over 50 hours of ice time throughout the spring and summer. Programs have started but there are still a few spaces left!

**INSIDE EDGE
HOCKEY**
GET ON TRACK...GET THE EDGE YOU NEED...GET INSIDE!!!

Contact Doug Brown @
doug.brown@athletefactory.net
Or info@athletefactory.net to register as soon as possible!

Training Tip – Did you know that by taking your daily waking heart rate you can determine your normal resting HR. This can be used this to detect when you may enter a state of over training, which is simply a sign that you're not getting enough rest & recovery and/or food & proper nutrition for the amount of training you are doing.

Congrats to the following athletes for outstanding work in their sport or at the Athlete Factory:

Congratulations and good luck to **Brandon Clowes** who will soon be taking his hockey career and education on to the next level at the University of Alabama, where he will be playing in the WCHA.



Brandon has also been named MVP and the winner of the President Cup for his team the Olds Grizzlies!

Great work from Alberta Freestyle Mogul skier, **Matt Joosten**, who won Alberta Team Most Improved Athlete and the Alberta Cup.

Two more of our skiers, **Dawson Hill** and **Nic Hudon** have had some success at Provincial U14 finals. Dawson finished 2nd in both Slalom and Kombi and Nic finished 3rd in Slalom.

Oscar Henning with the Calgary Torpedoes has

“To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them.”

Picabo Street

just won U19 Water Polo Nationals!

Damian Cachia was crowned all round senior champion in Gymnastics! All your hard work is paying off!

The **Hornets Men's Rugby** prepare for their upcoming season in style, winning the Jasper 7's! Below is a picture of the winning team...



Great to see one of our high level athletes serving as such a positive role model for the community... Read more on football player **Kait DiNunzio** and her inspiring story here: <http://bleacherreport.com/articles/1618124-rage-linebacker-kait-dinunzio-a-portrait-of-perseverance-and-inspiration>

Kait and her teammates **Erin Walton** and **Susan Childress** of the Western Women's Canadian

Football League team, Calgary Rage, won 3 of 3 in their recent Pre-Season Exhibition. Looking forward to seeing more of these same results as the season progresses!

ANNOUNCEMENT:

Paul Balsom, Athlete Factory Director of Athlete Performance has recently returned from a trip to Florida where he was invited to meet with golf's **#1 swing coach, Sean Foley**. Foley is coach to **Tiger Woods, Justin Rose and Hunter Mahan** to name a few. During this time Paul spent 5 days teaching and demonstrating our Athlete Factory philosophies to Foley and his team. We're not a liberty to give too much away at this time, but stay tuned for more exciting updates on what we are doing in golf!

Athlete Testimonial

We love our athletes and our number one goal is to help them achieve *their* goals. Time to let some of them braa!



Name: Jackson McDonough

Age: 17

Sport: Rugby

What age did you start playing rugby?

I started playing Rugby when I was 14 for the U14 Canucks.

What inspired you to start playing rugby?

My Dad had always told me how much he loved playing rugby when he was younger. So that definitely made me want to play it but being a football player, I wasn't too excited about taking the pads off. When my Dad got me out to my first Canucks practice, I hated it. I couldn't stand the drills and contact. He told me to hang in until my first game, so I did. It was that game where I realized that rugby was going to quickly become my favorite sport.

What is your top memory?

Rugby has changed my life so that is definitely a tough question because I have so many great memories. But my favorite has to be back in U15, when we played the St. Albert team in the provincials. It was a battle of a game and we ended up winning by a single point. It was an amazing feeling.

What are some recent achievements you've accomplished in your sporting career?

Since training with Athlete Factory, I have represented Alberta 3 times in national competitions. I have been lucky enough to have been apart of 2 city champion teams, one provincial. And recently I have traveled to Germany, England, Wales, and Scotland playing rugby. I also just got back from Victoria where I was attending the U17 Canada Camp.

You've had some recent successes, what have you done that may have been different from the past?

Mainly, I have just committed more time and energy to rugby. Through my training at Athlete Factory I've been able to get stronger and faster then I have ever been. I have also received amazing training and skill sessions from both Graeme Moffat and John Long that have really developed my knowledge and skill in the game!

What are your short and long term goals for the future?

My short term right now is to win our division 1 high school championship. My long term is to represent Canada as a centre.

When did you start training at The Athlete Factory and how has it helped you in your sport?

I started training at Athlete Factory when I was 15 (2 years ago). It added a new element to my play on the field. I was faster, stronger, and better conditioned than I had ever been. Because of the direct transition from the power in the weights to the power on the field I had a new advantage over most other players. I would not be in the position I am today without Athlete Factory and all of the trainers!