

An Athlete's Advantage

The Athlete Factory Newsletter
August Edition, 2013

What's Happening this Month...

08.05 Monday August 5th - Heritage Day
Open 9am-4pm. Sports session are on but rescheduled to within these hours.

08.09 Friday August 9th 6pm
Performance Testing

08.18 Sunday August 18th 12PM
Recovery Session

08.24 Saturday August 24th 1PM
Performance Testing

Summer Specials for our Personal Training Clients

Throughout the month of August, purchase one of our personal training packages and receive some added bonuses from us!

Ask your coach or the front desk for more details on these great offers!

Great to have some top professionals in the golf industry visit us!

Hear what they had to say:

[Blog Day 2](#)
[Blog Day 1](#)

Concussion points for thought:

Concussions are common in Canada because Canadians are very active.

Though a first concussion is usually mild, a second concussion can have longer-lasting effects, including post-traumatic cerebral swelling, post-traumatic epilepsy or psychosocial or emotional consequences.

Possible concussion symptoms to look out for:

Weakness
Decreased co-ordination
Drowsiness
Confusion
Agitation or restlessness

Contrary to popular belief you can also sustain a concussion without hitting your head. It is caused by a jiggling in the brain through sudden movement.

For a baseline concussion test, which will help identify if you have suffered a concussion, contact us 403 255 7703 or speak to our front desk staff who can book you an appointment with our Sports Therapy clinic.

For more info please read the article linked - <http://www.theglobeandmail.com/life/health-and-fitness/health/doctors-need-help-with-diagnosing-and-treating-concussions/article13347295/>

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

Shout out to **Thomas Jobin** whose 4x200m Freestyle team won gold at Summer Nationals! And **Lindsay Delmar** who won bronze for Canada at the FISU World Championships in the 4x200m Freestyle!

Well done to all our swimmers who competed at Summer Nationals & FISU World Championships & to **Joel Greenshields** who's currently at Worlds!

Good luck to **Kirstie Kasko** who's competing in the IPC Swimming World Championships in Montreal this month.

Congrats **Susan Knight**, who recorded PBs in the Squat (tying the National Record) & the Deadlift (resetting the Provincial Record, which she previously held) in the Alberta Powerlifting competition.

Canada finished 2nd at the Women's Football World Championships! Great work **Erin Walton**!

Congratulations **Myles Hamm** on making the All-Canadian All-Star Lacrosse Team!! Fantastic achievement by

"The only place success comes before work is in the dictionary"

Vince Lombardi

Miles Hunter who was named the Western Major Baseball League's player of the week in July!

Congratulations to **Laszlo Henning** whose lacrosse team won the Legacy Lacrosse Invitational tournament in Boston, with **Myles Hamm's** team finishing second.

Well done **Tysen Chatani** who continued his recent success, twice being named Team Alberta's Man of the Match in their recent games, & making the All Star Team.

Congrats **Marko Banic** for all your successes on the golf course this season!

Well done to the **Adrenaline Fastpitch girls**, achieving more success winning silver at provincials & qualifying for nationals!

Congratulations to **Keara McCallum** whose Calgary Basketball Academy team won gold and silver in two recent Las Vegas tournaments!

Big win for our tennis athlete **Shourya Verma** who won provincial tennis

doubles this month!

Good luck to **Ally Miller** who is representing Team Alberta Tennis in the Canada Games!

Jarrett Manriquez and **Jordan Bunke** both had a great I.D. camp at Stanford, Jarrett even making the All Star Team!

Good luck to **Dimitri Karaman** who's going to the World Indoor Climbing Championships!

Huge congratulations to **Ashley Delaney** and the rest of the Canada U20's Women's Rugby Team, who defeated the USA in the final to win the Nations Cup!

Congratulations to **John Edwardh** who's gained a scholarship to continue his hockey journey at UMass Lowell. All your hard work is paying off John!

Lastly good luck to all our hockey athletes at your upcoming camps and tryouts!

Athlete Testimonial

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



Name: Tyler Fidler

Age: 24

Sport: Basketball

When did you first start playing basketball and what inspired you to get into the sport?

I first started playing basketball when I was six years old. Watching my siblings play while growing up inspired me the most, I looked up to them a lot and wanted to be just like them. By junior high I realized I had a future in basketball and was inspired to take it as far as I could.

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

I recently finished playing with a local ABA team called the Calgary Crush; we finished the season with a 16-1 record, which was beyond anyone's expectations of how we were going to do.

What is your top memory?

My favourite basketball memory is winning the Canada West conference title in 2008-2009, we had an amazing group of guys who got a long very well, it was probably the most enjoyable year I've had playing basketball. Many of my closest friends are the guys that I played with that year.

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

Right now one of my short-term goals is to get a professional contract in Europe. One of my short-term training goals is to jump over 10 meters in the 3 double leg hop drill. In regard to long-term goals, I would love to play national team one day; also, I have a goal of playing in a top division team in Europe.

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

I started training at the Athlete Factory about 3 months ago now; I've noticed an improvement in my endurance, quickness, and power. The increased power has helped my ability to finish at the rim with contact; it has also helped my first step and ability to get by defenders.

You're preparing to move to Europe to play professionally soon, what are you doing to prepare for this step?

The biggest thing right now is preparing my body for a long season, usually in college the season is around 5 months including playoffs, the pro season can be 8 months or more.

What do you believe your biggest challenge is going to be in making the move?

The biggest challenge will be getting a contract, it's not an easy industry to get into, but once I'm there I know I can play well enough to move up. In terms of the challenge being over there, I think being away from my family and friends will be the toughest aspect.

The Athlete Factory wishes you much success this season Tyler!!