

An Athlete's Advantage

The Athlete Factory Newsletter
October Edition, 2013

What's Happening this Month...

- 10.11 **Friday October 11th 6pm**
Performance Testing
- 10.14 **Monday October 14th – Thanksgiving**
Open 9am-4pm. All sports sessions
rescheduled during these hours
- 10.20 **Sunday October 20th 12PM**
Recovery Session
- 10.26 **Saturday October 26th 10AM**
Performance Testing

Athlete Factory Clothing Store!

LIMITED TIME ONLY!! [Our Athlete Factory clothing store is open!](#) Check it out for all your favorite Athlete Factory products including sweat pants, hoody's, cotton tees, retro jackets and more! Youth sizes available too!



The online store is open until 4pm on Sunday October 13th to ensure delivery by December 15th, in plenty of time for Xmas, so get ordering today!!

Some information on ICING from our Coach Tyler Shillington

When icing you want to get deep into the tissue and let it fully thaw before re-cooling to prevent the possibility of frost bite. To ensure this you follow the acronym CBAN - **C**old **B**urning **A**chy **N**umb; and take it off once it reaches numb, you will cool the muscle group, no matter its size, enough but not too much.

After cooling you want to let it fully thaw out – approximately 2 hours.

What is the best way to ice?

Ideally, by submerging the limb in an ice bath cooled to ~10 degrees Celsius for 10-15 minutes, depending on the size of the limb and the exact temperature of the water.

The second best option is crushed ice directly on the skin; remove the air from the bag before applying though.

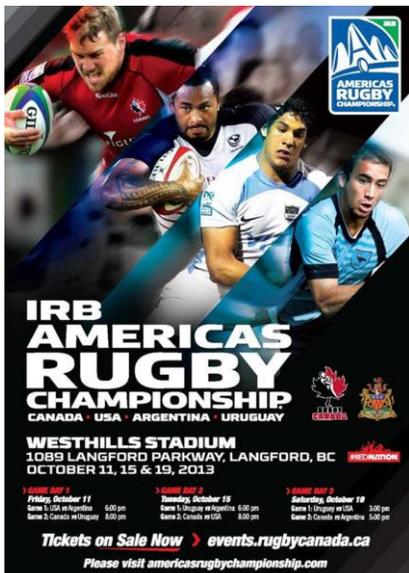
If these aren't possible using a chemical ice pack will work but put a layer between the ice pack and your skin. If the layer is thicker you can dampen the cloth to promote the cooling.

For more info on icing or for a general good read check out Tyler's blog at

<http://tylershillington.com/post/60680366839/information-on-icing-for-rehab-or-prevention>

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

Well done to **Nick Blevins** on his selection to the Canada Men's Rugby Team for their upcoming IRB Americas Rugby Championship! Good luck guys!



Sending good luck to all our athletes who have headed back to school or who play for teams outside of Calgary! Keep in touch so we can keep helping you while you're away and look forward to seeing you when you're home for the holidays!

Lindsay Delmar is one of three recipients of the ARC Resources Inspiring Excellence Scholarship. For achievement in academics and sport!

“Having a great day is one thing, having 5 of them in a row, 52 times a year is another thing. Consistency is a major part of success.”

Brad Sugars

Well done Lindsay, you deserve it!

Massive congratulations to **Brooklyn Snodgrass** who has just been named Alberta Junior Swimmer of the Year!

Congratulations to the **Hornets 2nd Div Men** – Southern Alberta Champions, and to the **Hornets 1st Div Men** - Alberta Provincial Champions!

Congrats to **Todd Halpen** who recently finished 2nd at the 2013 PGA of Alberta Tour Championship!

Great work from our **Mustangs Lacrosse** team who went 4-0 in their tournament in Utah this weekend!

Welcome to all of our new groups of athletes starting or returning this fall, including **Crossings Dance, Aquabelles Synchro Club, Panorama Ski Team, Corps Bara Dance, Calgary West Soccer Club** and the **Mustangs Hockey** Team.

We're really excited to help you become the

best athletes possible! Below is a photo of the Mustangs working on their explosive speed and power!



Congrats to all of our hockey guys who made their respective teams! All your hard work has paid off...

Sending good vibes to **Jarrett Manriquez** and **Jordan Bunke** whose team Calgary Foothills U14's are competing in nationals this month!

Congratulations to **Chandler McDowell** who finished 2nd in the CJGA tournament!

**Keep your coach up to date on your successes in the gym and in your sport! We want to see you in action!!*

info@athletefactory.net

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: Nick Blevins

Age: 24

Sport: Rugby

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

I first started playing rugby in grade 12, when I went on a tour to Australia with my high school team. Talk about jumping into the deep end. I played defense in football so the fact I got to touch the ball was very attractive.

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

Most recently got my 16th cap for Canada while making some real good friends along the way.

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

My short term goal is to get a professional contract and my long term goal is the 2015 World Cup.

What is your top memory?

Winning my first cap against Japan in Japan. Also, winning 3 club championships with the Calgary Hornets.

How would you describe your style of play?

Abrasive.

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

I started training at The Athlete Factory a year and a half ago; about the same time I started to become a regular on the Canada squad. Athlete Factory has specific movement patterns that you consistently work on that translate directly to rugby; speed, power, stability. Things any athlete is looking for. I can't thank The Athlete Factory enough.

Which game has been your favourite for Canada and which has been your toughest?

This past summer I played in 2 World Cup qualifiers against the USA. The first game I remember walking off the field with tears in my eyes because I was so exhausted, the most rewarding feeling in the world knowing you left everything you had on the field. Yes, rugby players do cry...sometimes. The second game I came off in the 76th minute with a split eye and a minor concussion, just saying both games were battles. We won both games to qualify for the next World Cup. I would have to say they were both my favourite games because they were my toughest.