

An Athlete's Advantage

The Athlete Factory Newsletter
November Edition, 2013

What's Happening this Month...

11.08 Friday November 8th 6pm - Performance Testing

11.11 Monday November 11th - Remembrance Day - Open Regular Hours, 6am – 9pm

11.17 Sunday November 17th 12pm – Recovery Session

11.23 Saturday November 23rd 10am - Performance Testing

SPORTS THERAPY CLINIC

We are pleased to welcome to our already world-class Sports Therapy Clinic our new Registered **Massage Therapist Stephanie Coughlan!** Stephanie brings with her years of experience from Lifemark Sports Center, Tailsman Center Cascade Swim Club, & as a Swimming Canada Sports Massage Therapist!

Book at reception today!

Also, do not put off your **concussion baseline testing** any longer! Whether you play a contact sport or not, having this test done will not only protect you if you do get a concussion, but can also get you back playing your sport much faster from a suspected concussion!

Don't take any unnecessary risks!!

ATHLETE FACTORY – CONTINUES TO WORK

IN PROFESSIONAL RUGBY IN THE UK

In less than two weeks our **Director of Athlete Performance and Coach Development, Paul Balsom**, is off to England to deliver an **Acceleration and Change of Direction workshop** with the **Leicester Tigers professional rugby club!**



The Leicester Tigers are arguably England's most prestigious Rugby Union team and here are some reasons why:

The Leicester Tigers are the current Rugby Union Aviva Premiership champions.

They have won the league a record 10 times since the introduction of Rugby League in 1987.

They have appeared in a record 9 successive Premiership finals, 2005-2013.

They are the most successful English side to compete in the European Heineken Cup.

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

Well done to **Noah McDonough** on your selection to the Rugby Canada U17 squad! Light it up!

Congrats to our Panorama ski athletes who have been selected to the December 13-15 Legends Club Canada Game Camp at Nakiska: **Dawson Hill, Nicolas Hudon, Nicole Perks, and Taylor Dodds!**

John Edwardh was invited to the team Canada west camp as part of the World Jr A Championship taking place this month!

Congrats to **Madi Epoch** and the Galaxy Calgary West Soccer Team who won the CMSA Wild Turkey Cup in Calgary!

Based on her success at the SMU Classic, **Brooklyn Snodgrass** won the Big Ten Swimmer of the Week for the Indiana Hoosiers!! Brooklyn won the 100 and 200m backstroke and also took first in the 400m medley relay!

Congrats to **Talia Benson** who made her CIS national qualifying times.

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”
Henry Stanly Haskins

Good luck in National! Talia also won 1st in the 200m and 2nd in the 400m freestyle in the U of C v U of A swim meet!

Well done **Devin Rochon** who recently finished 3rd in the 450 class in the Kawasaki Race of Champions in New Jersey!!

Good luck to **Jackson McDonough** whose Western Football Team are one game away from City Finals!! Check him out in action!



A great performance from **Jarrett Manriquez** and **Jordan Bunke** and the Calgary Foothills U14's, who finished 2nd at Soccer Nationals! Good luck **Nick Blevins** in your upcoming rugby

games for Canada against Georgia, Romania and Portugal!

Well done to **Sheldon Rempal**, the current top scorer of the BCHL Nanaimo Clippers, who has just accepted a scholarship to Clarkson University!

Great work **Tania Derraugh** on your marathon PB in your latest race in New Zealand!

We are very proud of all our boys on the **Colts Pee Wee football team**, they had a close lost in the City Final but played well!

Great job all the **Cascade and University of Calgary swimmers** who competed at the Rocky Mountain Cup /Speed Meet this past weekend! It was great to watch our swimmers in action!

Good luck **Jan Hudec** – off to his last pre-season camp before the 2013-14 season. Sochi here we come!

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: Spencer Kiranas

Age: 16

Sport: Football

You first came to us with a knee injury, how is it feeling now?

I feel more confident on it than ever before. The balance of athletic therapy as well as the strength and conditioning programs have not only strengthened my leg but also laid a stable foundation for future success in my training.

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

Thanks to Athlete Factory, it would have to be coming back from the injury late in the season and throwing for approximately 200 yards.

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

I first started playing football when I was 10 years old. I used to watch football movies such as Rudy and Remember the Titans. These movies sparked my interest in playing football. I played school yard football up until I was old enough to play in a pee wee community league. I remember strapping on pads and helmet for the first time, that feeling was only second to my first hit.

What is your top memory?

My top memory would be of a game I played in my last year of pee wee. My mom's long time friend who we fondly called Aunty Michelle was at the game. She was diagnosed with cancer and didn't have long to live. I dedicated that game to her. First play of the game I had a sack which caused an interception for a pick six. As a linebacker that game, I had some of the biggest hits and tackles of the entire season. It wasn't too long after that she passed away. Her courage gave me strength. After my last year of pee wee I moved into a quarterback position. My best memory up to now is having thrown the first long bomb of my high school career against Rundle College setting us up on the five yard line for a touchdown.

You had some training experiences elsewhere prior to joining us, how does the conditioning you've done at Athlete Factory differ?

I was blown away at the personal interest that each member of the Athlete Factory took in my recovery and development. The programs and team at Athlete Factory not only address sport and position specific training but also the athlete as a whole with a personal interest in the achievement of the athlete's success. I feel very fortunate to be able to be trained by the team at Athlete Factory.