

An Athlete's Advantage

The Athlete Factory Newsletter
February Edition, 2014

What's Happening this Month...

2.8 Performance Testing- 6pm

2.16 Recovery Session-12pm

2.17 Family Day- open 9am to 4pm, sessions will be rescheduled & athletes contacted

2.22 Performance Testing-10am

Massage Therapy

Did you know there are many benefits to massage therapy aside from the physical benefits? Massage therapy also helps with mental and emotional recovery as well. Here are some other awesome benefits to massage:

- Pain relief
- Balances the nervous system; relieves stress and aids relaxation
- Decreases muscle tension and stiffness
- Promotes faster healing of strained muscles and sprained ligaments
- Provides greater joint flexibility and range of motion
- Enhances athletic performance
- Improves posture

- Promotes deeper and easier breathing; overall wellness and revitalization is enhanced when your body tissues receive adequate oxygen
- Improves circulation of blood and movement of lymph fluids; strengthens the immune system
- Speeds healing after surgery or injuries; reduces pain and swelling; lessens formation of excessive scar tissue

It has now been proven that massage promotes the proliferation of mitochondria, which is where ATP is produced. The more mitochondria the faster we can produce ATP so the faster we can recover from an event or from a hard training day. Recovery is the key to athletic performance. It is what allows us to work harder and for longer, with poor recovery we either can't reach our peak potential or we over train.

Book your Massage Appointment with Bob Cross, BPE, RMT

Wishing **Dr. Robinson**, our Sports Clinic Director and Chiropractor, all the best as he will be a key member of the Canadian Olympic Medical Team in Sochi – helping our athletes win GOLD!

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

Athlete Factory Director of Athlete Performance & Coach Development, **Paul Balsom** spent the last 2 weeks of January travelling with the **Alpine Canada** team as they had the last 2 World Cup stops in Europe. Paul was working with **Jan Hudec** in preparation for the **2014 Sochi Olympics**. Jan we wish you much success at the Olympics. Bring home the Gold!

Good job to **Brynn Masikewich** for tournament MVP at the St. Timothy's Thunder Basketball Tournament.

Congratulations to **Dustin MacPherson** who has departed for Sochi Olympics as a reserve for the Australian bobsleigh team.

Dmitri Karaman won the Rockies Rampage Indoor Climbing Competition in Canmore in the 16-17 year old category!

Becca Waterman and her team won the Esso Golden Ring Ringette U14 AA Tournament here in Calgary.

Today I will do what others won't, so tomorrow I can accomplish what others can't. -Jerry Rice

The **Calgary Aquabelles Synchro Team** cleaned up January 17-18 at the National Age Group Provincial Qualifiers at the Talisman Center.

Cascade swimmer, **Anthony Lyons** returned from a successful training camp and competition at the 2014 Victorian Open Championships in Melbourne. Anthony came home with a 6th place finish as part of the men's 4x100m freestyle relay!

Freestyle mogul skier, **Matt Joosten** is at it again bringing home GOLD at the Castle Mountain Canadian Series race!

At the Canada West University Swimming Championships that was hosted January 24-26 at the University of Calgary Aquatic Center, **Talia Benson**, as part of the 4x100m freestyle relay team took silver behind the UBC Thunderbirds. Benson was also part of the 4x200m freestyle relay team who came 2nd to the UBC Thunderbirds. She also took 3rd in the 400m

freestyle. **Thomas Jobin** finished 2nd in the 100m butterfly, 2nd in the 200m butterfly, and 2nd in the 4x100m medley relay.

Congrats to **Michele Helmeczi** and **Nick Blevins & Gordie McRorie** who's invitational teams finished 2nd and 3rd respectively in the International Las Vegas Rugby 7s Tournament.

Shout out to **Myles Hamm** and his rising star status in the world of lacrosse. Most recently, Myles was mentioned in an article in Inside Lacrosse that names him as a "player to watch"! Keep working hard, Myles!

Football player, **Kait DiNunzio**, has been recognized by the **Western Women's Canadian Football League** as being one of 13 "Exemplary Women of the 2013 Season" for her time and effort she puts on and off the field to promote female football!

Good Luck Jan Hudec, representing Canada at the 2014 Sochi Winter Olympics in Downhill and Super G!

Your friends at the Athlete Factory are behind you all the way!
Show the world how good you are!



Athlete Testimonial

We love our athletes and our number one goal is to help them achieve *their* goals.



Name: Kali Wong
Age: 17
Sport: Synchronized Swimming

**When did you start competing in synchronized swimming?
What inspired you to start?**

I started competing in synchronized swimming when I was 7 years old. My aunt had suggested that I try the sport out because I loved being in the water. After my first day in the pool, I was in love. The sport mixed everything that I loved to do such as swimming, gymnastics, and dance.

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

I am currently the provincial champion in all routine events. I have also been a member of the 2011 Canada Winter Games Team. Our team brought home a silver medal, and my duet partner and I brought back a bronze medal. For the past 3 years, my team and I have held the National title in the team and combo event. In 2010, and 2011, I was named to the 13-15 National Team, and I was able to compete at the Comen Cup. This past summer, I was a member of the Junior National Team, and managed to bring home a gold and silver medal from the UANA Pan-American Championships.

Who is your role model and why do you look up to them?

Erin Chan, when I was 7, I had the opportunity to meet the 2004 Olympic Synchronized Swimming Team. She inspired me to continue doing synchro, and actually ended up giving me a lot of her national team clothing once she was done competing. As a 7 year old, I was ecstatic to receive this kind of recognition, and it really made me want to pursue my dreams of attending the Olympics.

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

I started training at The Athlete Factory in September 2013. I feel that it has helped me with my core stability while swimming and has made me more aware of what muscles I need to really work on using. I also feel like my flexibility has improved a lot, having this flexibility gives me the opportunity to do more intricate movements in my routines.