

# An Athlete's Advantage

The Athlete Factory Newsletter  
April Edition, 2014

## What's Happening this Month...

4.11 Performance Testing-6pm

4.18 Good Friday – OPEN 9am to 4pm

4.20 Easter Sunday – CLOSED

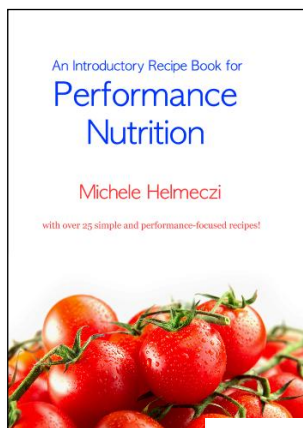
4.26 Performance Testing-10am

## PERFORMANCE NUTRITION

"You cannot build your athletic performance on a foundation of poor nutrition."

Do you have a growing athlete at home? Are you a growing athlete and have no idea what to feed yourself? Or are you just looking to eat healthier meals, without the 30 step recipes?

This is the perfect recipe book to use to get optimal performance without sacrificing time in the kitchen! Recipes are easy to follow, based on whole foods, and centered around athletic performance and health!



Inquire at reception for your copy. Written by AF S&C Coach Michele Helmeczi.

## OFF SEASON HOCKEY CONDITIONING

Our 2014 **Off Season Hockey Programs** are starting! We are once again partnering with Inside Edge Hockey to offer the Factory Edge Dry Land Conditioning and Ice Time for Skill Development, plus special camps for tryout and Junior camp preparation, guest hockey coaches and scrimmages included!



**Level 1 "Player"**

**Level 2 "Prospect"**

**Level 3 "Pro"**

\*\* Space is limited in the Prospect & Pro programs.

For more information visit: [2014 Factory Edge](#)

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

Congratulations to the **Calgary Aquabelle's** head coach, **Jen Tregale**, for being named as head coach of the Canadian team for the 2014 FINA World Junior Championships.

Well done to all the **Aquabelles** at the Canadian Qualifier Championships – great to see you building for Nationals! Special shout out to **Halle Pratt** who topped 13-15 figures.

**Shourya Verma** took home the doubles title at a tennis tournament in Red Deer after defeating the number 1 seed!

Gymnast **Katie Hintz** placed 2<sup>nd</sup> in vault and 18<sup>th</sup> in all around for her level at a competition in Montreal. More recently, she placed 6<sup>th</sup> all around at an invitational meet at the University of Calgary. She was 3<sup>rd</sup> on vault, 7<sup>th</sup> on bars, 8<sup>th</sup> on beam and 3<sup>rd</sup> on floor. Good luck to Katie as she prepares Western trials for Team Alberta!

Awesome job to **Alexa**

“Show me someone who has done something worthwhile, and I’ll show you someone who has overcome adversity”

-Lou Holtz

**Velcic**, placing 3<sup>rd</sup> in ski cross at Beaver, Ontario!

Congratulations to **Kirstie Kasko** for setting two new Canadian Paralympic swimming records at the Alberta Open. Kirstie set these new long course standards in the 100m backstroke and 200m IM.

Congratulations to skier, **Nic Hudon** for being voted “Most Improved” at Nakiska!

Good luck to tennis player **Cleeve Harper** at Nationals!

Victoria Royals goalie, **Coleman Vollrath** was the recipient of the TELUS Community Service Award!

Good luck to Cascade swimmers, **Karl Wolk, Kevyn Peterson, Anthony Lyons, Connor Bayne** and University of Calgary Dinos swimmer, **Thomas Jobin** as they compete for a spot on the 2014 Commonwealth Games and Pan Pacific Championships teams!

Good luck to **Brynn Masikewich** who has

Alberta U15 basketball tryouts this month!

Good luck to basketball player **Summer Masikewich** who has tryouts for the Canada Cadette I.D Team!

Congratulations to **Rebecca Waterman** whose ringette team won U14 AA Provincials!

Great job **Keaton Horner** and **Kaleb Blanchette** who netted their third straight division 2 senior boys basketball championship in as many years!

**Jan Hudec** finishes a successful season as the top Canadian in the Super G World Cup standings.

Football player **Brandon Bray** set to play for U of A in the fall.

Congrats to **Leon Bellavance, Steve Recsky** and **Brad Recsky** of the Canadian Roller Derby Team that took bronze at the World Cup in England! Brad was also named tournament all-star jammer!

## Athlete Testimonial

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

**Name:** Sandra Donnelly

**Age:** 44

**Sport:** Equestrian

**When did you start competing in equestrian?**

**What inspired you to start?**

I was 9 or 10 years old when I started competing in equestrian showjumping. I competed at Spruce Meadows for the first time when I was 11. I was around 25 when I switched to the equestrian sport of eventing, which is the equestrian version of a triathlon (dressage, XC jumping, and show jumping). I started because I love the challenge and the horses. Each one is unique.



**You competed in the 2008 Olympics in Beijing, describe the experience.**

No words can describe the Olympic experience. Spending time with the “best of the best” in all sports is inspiring and rewarding. It is also a great time to learn from your peers... taking in everyone’s training and preparation... it is an excellent time to be a student of your sport.

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

I have spent a total of 4 months at the Athlete Factory (split up a bit due to my travel schedule). Combined with physio, it has been super useful in rebuilding after a few injuries and surgeries.

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

I have come to realise that we are all human and we all have something to offer this world. I do not have a single role model as I look up to all of those who are true to themselves, respect those around them (animal and human), and have a passion for life. An obvious example is Nelson Mandela... he spent 25 years in prison because he stayed true to his beliefs.

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**We are extremely excited to announce that our **Director of Athlete Performance & Coach Development Paul Balsom** has been accepted to complete his **Professional Doctorate in Elite Performance** from the University of Central Lancashire, England. This program recognizes professionals’ practice and their capacity for innovation.**

**Paul will be working closely with Dave Collins, Director of the Institute of Coaching and Performance and former Director of UK Athletics and John Kiley, who among other things has worked with various athletes at the professional, Olympic and World Championship level. Paul will be bringing to light how our specific movement patterns in lifting, speed work and plyometrics translate to improvements in acceleration, change of direction and power in sports performance, and the role of these training methods in 2nd phase rehab.**