

An Athlete's Advantage

The Athlete Factory Newsletter
March Edition, 2014

What's Happening this Month...

3.14 Performance Testing- 6pm

3.16 Recovery Session-12pm

3.22 Performance Testing-10am



CONGRATULATIONS TO **JAN HUDEC** FOR HIS OLYMPIC **BRONZE MEDAL** PERFORMANCE IN THE MEN'S SUPER-G!

Jan Hudec ended a 20 year Olympic medal drought in Men's Alpine Skiing coming flashing down the course at the Rosa Khutor Alpine Center, Sochi.



Jan came to us with a serious injury history of both back and knee damage. These injuries require ongoing management and a tweaked back led to Paul Balsom, Director of Athlete Performance, travelling to Austria and Switzerland to work with him between world cup races in preparation for the Olympics.

Jan has worked exceptionally hard since he joined us and is much deserving of this incredible success!



The Athlete Factory and Canada are very proud of you Jan!

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

Best of luck to all our **Hockey Players** in playoffs! Go hard boys!

Golfer **Geoff Fry**, who plays for the McNeese Cowboys in Lake Charles, Louisiana placed 6th in the Moe O'Brien Intercollegiate golf tournament. His placing helped his team win the overall team title!

University of Calgary swimmers, **Talia Benson** and **Thomas Jobin** had their CIS Championship meet in Toronto February 20-22. Benson helped the women's 4x100m freestyle relay place 3rd. She was also part of the silver medal winning 4x200m freestyle relay. Jobin came a close 4th in the men's 200m butterfly. On the medley relay, Jobin helped the men place 2nd just behind the UBC Thunderbirds. Both the women's and men's Dinos came home from the meet in Toronto in 3rd place.

Congratulations to basketball athlete, **Summer Masikewich** for being named CTV Athlete of the Week!

Freestyle mogul skier, **Matt Joosten**, has been at it again. At Stratton Mountain, Joosten was the top Alberta athlete winning the Alberta Cup!

Luke Ulsifer, another freestyle mogul skier, finished the Nor-

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

Am Grand Prix in 13th position. He also finished 3rd at Stratton Mountain in the singles competition!

Coleman Vollrath, goalie for the WHL's Victoria Royals is leading the league with the highest save percentage and tied for 2nd in goals against average in the regular season!

Big mountain freestyle skier, **Lauren Balogh** finished 6th overall at Lake Louise's Junior Big Mountain Challenge. This was Lauren's first competition as a freestyle skier!

Congratulations to **Riley McCallum** for being selected as a Calgary Basketball Classic Scholarship recipient

Cascade swimmers, **MacKenzie Robb, Karl Wolk, Kevyn Peterson, Taryn Pratt, Kara Vanderbeek, Anthony Lyons and Connor Bayne** competed at the Speedo Western Canadian Championships. Both men's and women's teams put in solid performances and managed to place 3rd overall (women) and 2nd overall (men). Good luck to this group of athletes as they prepare for Canadian Commonwealth Games and Pan Pacific Swimming Championships in April!

Our **Aquabelles** Synchro girls did well at provincials: 13-15 Age Group:

Figures: 1st Halle Pratt, 2nd Cassandra Winkelaar, 3rd Paige Hopper, 4th Stephanie Mattson & 5th Julia Batycky. Solo: 1st Halle Pratt, 2nd Paige Hopper & 3rd Stephanie Mattson. Duet: 1st Breanne Bauer/Cassandra Winkelaar, 2nd Paige Hopper/Ava Neely & 3rd Julia Batycky/Signa Lauf. Team: 1st Aquabelles "Oriental" Team & 4th Aquabelles "Circus" Team

Junior Age Group:

Figures: 1st Kali Wong, 2nd Erica Slavin & 3rd Halle Pratt. Solo: 1st Kali Wong, 4th Abby Russell & 6th Breanne Law. Duet: 1st Erica Slavin/Kali Wong & 2nd Taylor Laing/Amanda Lazar. Team: 1st Aquabelles "Insects" Team & 2nd Aquabelles "Tribal" Team. Combo: 1st Aquabelles "Divas" Team & 2nd Aquabelles "Disco" Team. The **Aquabelles** compete at National Qualifiers this month – good luck girls!

Great to see some of our dancers perform in the Corp Bara State of Presence – **Caileen Bennett & Natalka Lewis**.

Drew Miller was on the podium with a 3rd place finish in Alpine Skiing at COP!

Let us know about your **SUCCESSES** to share in the next newsletter!

Athlete Testimonial

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



Name: Ally Miller

Age: 17

Sport: Tennis

When did you start competing in tennis? What inspired you to start?

I started playing tennis when I was 5, mostly because I lived down the street from the Calgary Tennis Club, and also because my parents and all my friends played it as well.

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

Most recently I competed in the Canada Summer Games where my team placed 4th overall, and I individually won a bronze medal.

What is your top memory?

My top moments in sport include the bronze medal I got at Canada Games, and also in summer 2012 when I made it to the finals of an International tournament when I was unseeded, knocking off the top seed and two others to make it to the finals.

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

My coach, Charlie McLean, is my role model. I've been working with him since I was 10 years old, but exclusively with him for the past 5. As both a tennis player, and a person, he has all the traits I admire, including a fiery and true passion/love for tennis. If it wasn't for him I'm honestly not sure if I would have continued playing tennis through all the injuries and losses!

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

I started training at AF just over a year ago. I immediately felt the difference on court, and could tell that the training was directly improving my movements and strength on court. It also helped me learn more about what my strength and weaknesses are in my body, and how to improve those and eventually continue to improve my game.

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 and special weeklong camps for tryout and Junior camp preparation. Our programs offer options for different levels: "Player", "Prospect" and "PRO". Guest coaches and scrimmages included!



For more information check out our brochure: [2014 Factory Edge](#)