

An Athlete's Advantage

The Athlete Factory Newsletter
May Edition, 2014

What's Happening this Month...

5.7 **NEW!! Performance Testing – 5:30pm**

5.17 **NEW!! Performance Testing – 6:30pm**

5.18 **Recovery Session – 12pm**

5.24 **Performance Testing – 10am**

PERFORMANCE TESTING

Performance testing measures your results and assists your coach in developing the program that is right for you!

Every month, we run three performance testing sessions, and each takes approximately an hour.

- ❖ 1st Wednesday at 5:30pm
- ❖ 2nd Tuesday at 6:30pm
- ❖ 4th Saturday at 10:00am

A good warm-up will help you get your best results, so give yourself at least 20 minutes to get warmed up before testing starts!

10m Sprint: Measure of acceleration.

30m Sprint: Measure of acceleration into maximum velocity.

Double Leg Hops: Measure of explosive power.

T-Test: Measure of change of direction with acceleration.

PC Endurance: Measure of endurance (alactate/anaerobic capacity).

BOOTCAMPS ARE HERE!

This spring, The Athlete Factory is offering bootcamps for the very first time. Meet your summer fitness goals, get motivated, and have fun in a high-energy group workout!

All experience levels are welcome, sessions are adapted for individuals as needed.

All bootcamps include a FREE nutritional assessment and t-shirt!



Start dates are May 5th and May 12th.

Level 1: 12 week challenge

1 60 min session/week \$265

- ❖ add 4 bonus weeks for \$295

Level 2: 12 week challenge

2 60 min sessions/week \$495

- ❖ add 4 bonus weeks for \$565

Space is limited, so sign up today!

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

“The key is not the will to win. Everybody has that. It is the will to prepare to win that is important.”

-Bobby Knight

Spartan Hockey had a great month! Congratulations to the **2002 Spartan Yotes** who were the Thrive AAA challenge champions, the **2003 Spartan Coyotes** on winning the Hockey Calgary Firehawks tournament, and the **2006 SpartanONEs** for taking first at the RTC tourney in Kelowna!

Alexa Velcic placed 5th on the NorAm Cup Standings in her first year! Alexa is currently 3rd place on the SX International Ski Federation List for u16 women, and based on her recent races, might even have climbed higher at the end of her season! Way to go Alexa!

Emily Koronko's indoor field hockey team won

Div. 1 champs! Good luck heading into outdoor season!

Congratulations **Laura and Brynn Masikewich** for making the Alberta U15 girls team, and **Summer Masikewich** for making the Alberta U17 girls team!

Gymnast **Katie Hintz** finished 1st in vault, 3rd on beam, and 4th overall at Provincials!

Gabe Elkassem finished with a silver and two bronzes at Brazilian ju-jitsu provincials!

Team Panorama skiers **Taylor Dods** won provincial Champion for boys and **Harrison Clay** finished 3rd.

Imran Wadia finished second in singles at badminton provincials

and first in doubles. Good luck at Nationals, Imran!

Congrats to water skier **Geneva Roach!** Geneva took home bronze in Jump, silver in Team, and GOLD in Slalom (u17) at the PanAm Games!

Well done **Chandler McDowell** on a first place finish at the International Junior Golf Tournament with a 1 under score!

Riley Fleming placed 14th in his first professional golf event! Good luck at Canadian Q- School!

Congrats to golfer **Matt Williams**, the only Canadian invited to the 2014 Junior Invitational in Sage Valley!

Connor Crowson made the Okotoks Dawgs AAA Peewee baseball team.

Our Sr. Strength & Conditioning Coach **Valentina Romanov** recently travelled to Phoenix with the **Calgary Aquabelles** for a weeklong training camp in preparation for Nationals. The team trained 6-7 hours daily, both in the pool and out, at the Arizona State University facilities. Val was responsible for their strength and flexibility sessions, focusing on proper movement patterns aligned with sprint & jump mechanics, and continually progressing their power and speed. The athletes were very focused, worked hard and displayed great intensity in their training.

Junior Nationals are April 28 to May 4 – good luck girls!!

Athlete Testimonial

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

Name: Ethan Doucette

Age: 16

Sport: Muay Thai

When did you start competing in Muay Thai? What inspired you to start?

I started competing in local tournaments when I was 10 years old. I also won a bronze medal in the Alberta summer games in Kickboxing when I was 12, and my first amateur fight was when I was 14. I would have started sooner but I was small, I only weighted 99lbs and there was no one I could fight against at that weight. My Dad was involved in Muay Thai when he was younger and he has a real love for the sport, when I was 5-6 years old he would hold pads for me in our basement. When I had a foundation he enrolled me at Mike Miles Muay Thai and the rest is history.



What are some of your recent achievements in your sport?

Last year I competed in Orlando Florida at the IKF world championships, I won my first fight, but lost my second. I'm most proud of being handpicked to represent Canada at the IFMA world championships in Langkawi, Malaysia; there will be over 100 countries and over 2000 competitors. This is my biggest test to date, my goal is to bring back a gold medal and make a statement AND MAKE MY COUNTRY PROUD!

How are you preparing for the 2014 IFMA World Championships?

I've been training 5 days a week at Mike Miles Muay Thai, to sharpen up my skills. This includes sparring, pad work and skills training. I also do technical training Tuesdays, Thursdays and Sundays and energy systems training on Sundays at The Athlete Factory. When I'm not at the gym, my head coach Nick gives me shuttles and plyos to do every day, either at school or at Team Miles. Coach Nick has also given me nutritional guidance, so my eating habits have changed. I also do Moksha Hot Yoga a couple times a week to keep me flexible and get a good sweat!

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 February of this year, so I haven't been there that long, but the results I've gained in such a short time have been amazing! People at Team Miles Gym have noticed a change in my explosiveness. During warm ups, I rarely get tired and I'm able to go longer without having to slow down, and my overall appearance has also changed. I always knew I was an athlete, but now I look like an athlete.

What are your long-term goals as an athlete?

I want to turn pro at 19 and win a world title or two. I also want to give back and teach younger generations how to fight in the ring, how to stay in shape and learn self-defense.