

# An Athlete's Advantage

The Athlete Factory Newsletter  
June Edition, 2014

## What's Happening this Month...

6.4 **Performance Testing – 5:30pm**

6.10 **Performance Testing – 6:30pm**

6.15 **Recovery Session – 12pm**

6.28 **Performance Testing – 10am**

## WELCOME DR. JEFF STAHELI!

We are pleased to announce the addition of chiropractor Dr. Jeff Staheli to The Athlete Factory team!

Dr. Staheli studied Physical Education at the University of Alberta, and obtained his Doctor of Chiropractic and Master of Science in Sport and Exercise Science degrees from the University of Western States in Portland, OR. Dr. Staheli's emphasis is on athletic injuries, and management of these conditions with a functional and sport specific approach to eliminate pain, improve performance, and prevent re-injury.

With the addition of Dr. Staheli, our [sports therapy clinic](#) hours will be expanding. Please contact the front desk to arrange an appointment.

## ATHLETE FACTORY AT ST FX!

Sr Strength & Conditioning Coaches Aletha Desimone and Tad Desimone recently ran a 4-Day conditioning camp for the St. Francis Xavier Women's Basketball Team in Antigonish, Nova Scotia. The St FX coach, Augy Jones, is hungry for a CIS Championship, and reached out to The Athlete Factory to find out more about our training philosophy and principles.



The camp focused on strength training, speed work, plyometrics, and energy systems work. Focus was also on giving the athletes the tools to work out on their own. The X-Women

were provided an action plan to follow into the summer, in communication with the Athlete Factory. Tad and Aletha will return in September to work with the women of the 2014/2015 roster.

Aletha says, "We wanted to empower them to feel confident to step into the weight room and onto the track, and to educate them on how what they are doing with us will help them perform better as a varsity level basketball player."

We are very excited to see the progress of the St FX Women's Basketball team – and wish them success next season!

**Congrats to the following athletes for outstanding work!**

Congrats **Riley McCallum** who will be playing basketball for the Red Deer Kings & has been awarded the Jimmie Condon Scholarship.

Well done **Emily Koronko** and the Alberta Women's Field Hockey Team on their bronze medal at Cal Cup!

Congrats **Riley Fleming** was awarded Alberta Golf's Men's Order of Merit and on making the PGA Tour of Canada!

Congratulations **Keeley Burke**, whose soccer team Blizzard Celtic won gold in the u14 tier I/II Victoria Cup in St. Albert!

**Matt Squires, Josh Comeau, and Reilly Penner** were selected 2014 Calgary Wolfpack Football Captains!

"People who say it cannot be done should not interrupt those who are doing it."

-George Bernard Shaw

A great month for the **Aquabelles** with the **Junior Team Insects** coming 1<sup>st</sup> in Routine, 2<sup>nd</sup> in Championships. **Erica Slavin & Kali Wong** came 2<sup>nd</sup> in Routine & Championship. **Kali Wong** placed 1<sup>st</sup> in Junior Solo Routine & Championship. **The Divas** came 1<sup>st</sup> in Combo. In figures, **Erica Slavin** came in 3<sup>rd</sup>, **Halle Pratt** 4<sup>th</sup>, **Kali Wong** 6<sup>th</sup>, and **Astrid Lauf** 9<sup>th</sup>! Additional congrats to the four Aquabelles named to National Team Trials: **Erica Slavin, Kali Wong, Halle Pratt, and Abby Russell!** And good luck to the **13-15 yrs girls** who are competing in Nationals in early June!

At Track and Field Cities **Emma Spence** won gold in Intermediate Girls Long Jump and Triple Jump with a PB of 10.75m,

**Jayna Berg** won silver in Senior Girls Triple Jump, and **Caitlin Unrau** won bronze in Senior Girls Triple Jump!

Goaltender **Michael Richard** helped the Shaw Meadows Midget Ice 1 win their league championship, finishing the season with an impressive .921 save % in 30 games!

**Matt Williams** tied for 18<sup>th</sup> at the prestigious Junior Invitational at Sage Valley Golf Club in Augusta, GA.

Congratulations to water skier **Geneva Roach** on placing second at Junior Masters in both slalom and the O'Brian head to head! Geneva also received both the In His Wakes and Nautique scholarships!

In other golf news **Geoff Fry** wins at the MJT event at Lacombe!

Shout out to our many **swimmers** who have been achieving great success and PBs in the pool lately – best of luck in your upcoming competitions!

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## **ATHLETE FACTORY TRAINING**

**JOURNALS** are now available for purchase!

ONLY \$20 for 365 days of tracking your training sessions, waking heart rate, water intake and sleep, and all your personal bests. Just one more tool we offer to help you get the best possible results!



## Athlete Testimonial

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

**Name:** Erica Slavin

**Age:** 18

**Sport:** Synchronized Swimming

### What are some of your recent achievements in your athletic career?

I received acceptance to Stanford University where I will compete for the Cardinal Synchronized Swimming Team. Recently, I was awarded Olympic level carding status from Sport Canada. I was a member of Synchro Canada's National Junior team and won gold and silver in the team events at the Junior Pan American Championships in August 2013. I also finished second in the individual figures event. At National Championships in May in 2013, I won gold in both team events, silver in duet and also finished second in the individual figures event.

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

I started synchro in 2004 and started competing in 2006 when I was in grade five. I had been a pre-competitive speed swimmer and gymnast and then discovered synchronized swimming when watching the 2004 Olympics.

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

I started training here in September 2013. The training has helped my strength and flexibility in the water. Now that I am in competition season I am looking forward to seeing improvements in my performances that I can relate to my Athlete Factory training.

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

I have had a number of people who I have looked up to over the years resulting from the fact that I was often on teams with girls who were older than me and more established in their careers. These girls always made me work hard to swim to their level and that made me improve a lot. Those who I admire the most are the athletes who are dedicated and hard working and can combine excellence in their sport with excellence in academics.



## ATHLETE FACTORY GEAR IS BACK!

Our online store is open for a limited time only! Place your orders by June 11<sup>th</sup> at 4pm. All orders will be delivered to The Athlete Factory.

**Custom Store:** Delivery is approximately 6 weeks

[ORDER HERE](#)

**Stock Store:** Delivery is approximately 2 weeks

[ORDER HERE](#)