

# An Athlete's Advantage

The Athlete Factory Newsletter  
July Edition, 2014

## What's Happening this Month...

- 7.1 **Holiday – open 9am to 4pm**
- 7.2 **Performance Testing – 5:30pm**
- 7.8 **Performance Testing – 6:30pm**
- 7.20 **Recovery Session – 12pm**
- 7.26 **Performance Testing – 10am**

## WELCOME MASSAGE THERAPIST CORLISS ROBERTSON!

Corliss has based her professional career on helping others. She is a registered Emergency Medical Technician and was a Volunteer Firefighter. She has had extensive hands on experience with injury and disease processes.

Corliss is currently working towards her 2200hr Registered Massage Therapist designation also practices FSM (Frequency Specific Microcurrent), which is a cutting edge treatment that provides patients with painless accelerated healing, often in conditions that have not responded to other treatments. There are very few practitioners in Alberta able to offer this treatment, so we are extremely excited to have her on our team. Corliss is also certified in K-Taping and Craniosacral Therapy.

Please contact us to book an appointment.

## SPORTS MEMBERSHIPS

Train every day at The Athlete Factory! Memberships are available to our athletes for only \$30 a month. Memberships give you full use of the facility during our open hours. It's a great way to make sure you get in all of your training sessions – and our coaches are always on hand to help!

## SUMMER SPECIAL FOR NEW PERSONAL TRAINING CLIENTS!

Hey Athletes, know someone that can benefit from training with us? Maybe their golf game needs a boost? Maybe they are prepping for a summer race? Maybe they need help keeping up with the kids or grandkids? Maybe they have a nagging back, knee or hip injury? Whatever the goal, we can help!



Tell your friends, family, teachers, coaches etc... This summer, The Athlete Factory is offering new personal training clients up to 30% off our weekday personal training services.

Offer ends August 31st, so get started today!

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

“Some people want it to happen.  
Some wish it would happen.  
Others make it happen.”

-Michael Jordan

Rugby athlete **Gordie McRorie** was named to Team Canada for June matches! Other Athlete Factory athletes and alumni representing Canada include **Nick Blevins** and **Kyle Gilmour**!

Congrats **Jackson McDonough** - his Western High School Rugby Team won Provincials. He then competed in the Alberta North vs South game, with his side winning, and was also voted Man of the Match by both the players and coaches!

Golfer **Marko Banic** was invited to the Junior World Golf Championships in San Diego, July 14-18. Way to go, Marko!

**Keara McCallum** was given the Award of Excellence for the Junior

Girls Centennial High School Basketball Team!

Great work by some of our female swimmers at the Alberta Age Group Trials in June! **Catherine Blair** and **Chanelle Emond** made the A standard qualifications for provincials, both with impressive personal bests, & **Mackenzie Mumford** picked up bronze and silver in relays and silver in 100m breast stroke!

In football news, the **Calgary Wolfpack** won 39-19 over the Fort McMurray Monarchs.

**Madi Epoch** won the Calgary Middle School Amateur Athletics 1000m race, beating the record set in 1993. Madi also came first in her age group for the Rocky Mountain Soap Company

Run 5km!

Great work to all the **Calgary Aquabelles** who competed at the 2014 Canadian Espoir Championships, and congrats and good luck to all those who have been selected to the Alberta team as well as the National Team in both the 13-15yrs and junior age groups!

The **Glenmore Reservoir Dogs** men's roller derby team took silver at Flat Track Fever in Calgary!

Congratulations to **Brayden Baustad** for being named Athlete of the Year at David Thompson School for his grade!

Congratulations to golfers **Geoff Fry**, **Jonathan Fry** and **Logan Carver** on their performances at the CJGA Jr event in Alberta!

Well done **Wyatt Steeves** on making the AA Majors All-Star baseball team!

**Share your news with us!**

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### **The Power Shimmy Shake**

#### **Ingredients:**

- 5 heaping Tbsp of hemp seeds
- 1 Tbsp yellow pea protein (dried split peas, ground)
- 1 ½ cups frozen fruit
- 1 medium banana
- ~2 cups kale
- ~250ml unsweetened almond milk, OR for recovery after an intense workout, orange juice

Blend until smooth.

## Athlete Testimonial

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

**Name:** Steven Lumbala

**Age:** 23

**Sport:** Football

### **How old were you when you began playing competitive football? What inspired you to get into the sport?**

I started playing football when I was 8 years old. The only reason I started playing was because my older siblings were, so I followed them.

### **When did you start training at the Athlete Factory, and how has it helped you with football?**

I started training in December 2013. I think it's helped me a lot, when I came here, I was just coming off an injury and had not trained properly for about two months because I was on bed rest. It has definitely changed my technique in the way I run, and the way I look at my training. The Athlete Factory has done a really good job, and I'm really happy that I came here.



### **What are some of the highlights of your football career?**

I had the chance to participate in a few cool events – I went to the University of Calgary and played football there. I was part of the Dinos team that won a conference championship every year. I played in three national championships – unfortunately we lost but it was still a great experience. I played on a few different all-star teams in the United States and in Canada as well.

### **What was the transition from University football to the CFL like?**

Whenever you go up a level in football, everybody's bigger, stronger, and faster. You have to adjust quickly. A lot of it is mental rather than physical. Everybody's here to play football, and you got here on your own merit; it gives you the confidence to play with the other guys.

### **What are your goals for the upcoming season?**

I want to be able to step on the field and contribute a whole lot more to help our offense be productive, and win some games, and do well in the playoffs!

### **Do you have any words of advice for up-and-coming athletes?**

Persevere and work hard. There's no substitute for that. As you move up levels, you'll see the guys that work hard, and the ones that don't, and the ones that don't are the ones that get let go real quick. Nothing good comes without hard work and sacrifice.