



OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

DECEMBER 16 - 31, 2011

A TOAST TO THE NEW SPORTS MEDICINE

The re-opening of Sports Medicine was celebrated with a champagne toast on Tuesday, December 13. CVOTC Director Tracy Lamb and CVOTC Sports Medicine Director Richard Quincy unveiled the newly remodeled facility to a crowd of athletes, coaches, staff and guests, including Chief of Sport Operations Mike English and Facility Management Director Bill Kennedy.



The AT&T Athlete Connections Center is in the process of being put back together and is currently open for athletes to enjoy the facility. We anticipate that all of the previous amenities will be fully available again next week.

Thanks to everyone for their patience in the remodeling process and we look forward to providing an even better athletic environment for our athletes.



ANNOUNCEMENTS:

- **Athlete Check-In December Holiday Hours:**
 - Friday, 12/23: 8:00 am - 12:00 pm
 - Saturday, 12/24 - Monday, 12/26: CLOSED
 - Tuesday, 12/27 - Saturday, 12/31: 8:00 am - 4:00 pm
 - Sunday, 1/1: CLOSED
- **Weight Room December Holiday Hours:**
 - Thursday, 12/22 - 9:00 am - 12:00 pm
 - Friday, 12/23 - Monday, 12/26: CLOSED
 - Tuesday, 12/27: 10:00 am - 3:00 pm
 - Friday, 12/30 - Monday, 1/2 - CLOSED
- The San Diego Ballet is setting aside 40 tickets to each of their 2012 shows in order to offer FREE tickets to resident athletes. Shows are a mixed evening of Romance performances on February 10, 11 & 12. See the flyer on the bulletin board upstairs from the dining hall for more information on how to reserve tickets
- We have discount coupons to Six Flags Magic Mountain for athletes (\$25 off). Stop by ACI to pick one up. Valid through March 18, 2012
- **Dining Hall December Holiday Hours:**
 - Thursday, 12/22: closing after dinner
 - Friday, 12/23 - Monday, 12/26: CLOSED
 - Tuesday, 12/27: re-opening with cold breakfast; regular lunch & dinner
- **Sports Medicine December Holiday Hours:**
 - Friday, 12/23 - Monday, 12/26: CLOSED
 - Tuesday, 12/27 - Friday, 12/30: 10:00 am - 12:00 pm
 - Saturday, 12/31 - Monday, 1/2 - CLOSED

SHOP WITH A JOCK 2011

Junior Seau Foundation's 17th annual event

On Tuesday, December 6, the Junior Seau Foundation hosted its 17th Annual Shop With A Jock event, which paired 250 local children with collegiate and professional athletes, including over a dozen athletes from the Chula Vista Olympic Training Center.

The children were selected from the Boys & Girls Clubs of San Diego County, Barrio Logan College Institute, San Diego Center for Children, The Monarch School, Mental Health Systems and the College Avenue Baptist Church. The kids each received a \$100 gift certificate to Target from the Junior Seau Foundation to shop for gifts for their loved ones.

The evening started off with a dance party for the kids, which was also enjoyed by Paralympic Track & Field guide runner Jerome Avery, and a visit from Santa before the kids and athletes were paired up to start shopping.



Special thanks to the following athletes who participated this year: Melinda Owen, Reindell Cole, Jerome Avery, Yvette Lewis, Crystal Manning, Akiba McKinney, Shana Woods, Lex Gillette, Wes Williams and Jamie Nieto (Track & Field); Michelle Kasold and Jackie Kintzer (Field Hockey); Chris Luman (Archery) and Alise Post (BMX Cycling).

In photos: Michelle Kasold and her partner shopped for pet food to donate to the animal shelter in addition to gifts; Melinda Owen & Crystal Manning talk with an excited shopper; Jamie Nieto and his partner walk into Target; Reindell Cole and his partner check out with their gifts; Wes Williams gives his advice on pants; and most of the group catches up with Santa



UPCOMING EVENTS AT THE CHULA VISTA OTC:

Women's Field Hockey vs. Great Britain.....**Open to the Public (FREE)**

Saturday, December 17 at 11:00 am and Sunday, December 18 at 11:00 am

The U.S. Women's Field Hockey team will take on the number 4 ranked team from Great Britain in a series of test matches beginning December 11 and running through December 18. The United States Women's Field Hockey team qualified for the 2012 Olympics during the Pan American Games. As the host nation, the British team has also qualified for the Olympics and a repeat of one of these matches is likely next summer.



Jamie Nieto's 2012 Track & Field Camp**Open to the Public (\$75-100 pp)**

2004 Olympian and three-time national champion Jamie Nieto will hold a one-day track camp for athletes of all ages and coaches with assistance from Miki and Lisa Barber, Dominique Arnold, Akiba McKinney and Jarred Rome. The camp will include warm-up, training, Q&A and an autograph session. Camp cost is \$75-100 per person and more information can be found at www.jamienieto.com

RECENT RESULTS:

Archery - *THOUSAND ARROW CHALLENGE / CHULA VISTA, CA - DECEMBER 2011*

Each year, before the holidays, the Resident Athletes at the United States Olympic Training Center in Chula Vista hold the Thousand Arrow Challenge, shooting 1,000 arrows in one day. It takes hours upon hours to complete and this year they did it in the pouring rain on Tuesday, 12/13.

The Resident Athletes are shooting their Thousand Arrow Challenge to benefit "Waves of Appreciation," a program of the United Service Organizations (USO). Waves of Appreciation is a program to ensure that active troops traveling through the San Diego Airport during the holidays have food and beverages available to them. Volunteers with Waves of Appreciation will gather to supply, pack and distribute bags with snacks, water and other items that make the soldiers' journeys more comfortable.

The Resident Athletes will be joined in their challenge this year by members of the Roadrunner Archery Club, who will host a Shoot-A-Thon for their members, who are encouraged to shoot up to 300 arrows each. The Roadrunner Archery Club members will shoot on Saturday, 12/17.

All archers raised money for Waves of Appreciation by gathering pledges to sponsor the athletes while they complete their respective challenges. One hundred percent of all donations collected this year will go to the USO to support Waves of Appreciation.

Pledges and donations can still be made at <https://roadrunnerarchery.wufoo.com/forms/dedicated-donation/>

ATHLETES IN TRAINING:

Resident Programs:

Archery
BMX
Canoe/Kayak
Field Hockey
Rowing
Track & Field

Short-Term Programs:

December 1 - February 8

Cycling - Paralympic World Championship Prep

December 5 - 18

Field Hockey - Great Britain Women's National Team Camp & Scrimmages

December 12 - 18

Soccer - Women's Under-17 National Team Training

December 16 - 21

Field Hockey - Men's U-21 National Team Training vs. Canada; Men's U-15 Dev. Team Training

December 20 - 23

Beach Volleyball - Men & Women's Youth Holiday Camp

December 26 - 31

Rowing - Univ. of Wash. Women's Rowing Training

December 27 - 31

Beach Volleyball - Men & Women's Select & Future Select Holiday Camp

SPORTS BRAS FOR A CAUSE

CVOTC athletes decorate sports bras to support fight against breast cancer

In July 2011, professional soccer player McCall Zerboni, with the help of friends, put on an eBay auction of sports bras autographed by fellow soccer players.

They sold all 84 bras that they collected and raised \$4400 for breast cancer awareness in the process.

This was such a huge success that they've decided to do it again, and will now include women from all sports. CVOTC athletes joined together earlier this month to decorate sports bras to donate for the next auction.

You can read more about the initial effort here: <http://www.ajc.com/lifestyle/powder-springs-family-collects-991043.html>

Thanks to Melinda Owen for bringing up the idea to help this cause and to the wonderful women who turned out to participate in this event and/or donated signed sports bras: Becky Christensen, Akiba McKinney, Yvette Lewis, Brianna Glenn, Kara Patterson, Alice Schmidt and Crystal Manning (track & Field), Alise Post and Arielle Martin (BMX), and Michelle Kasold, Maren Ford, Rachel Dawson, Katie Evans and Katie O'Donnell (Field Hockey).

