



# OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

FEBRUARY 16 - 29, 2012

## SPORTS FOR EXCEPTIONAL ATHLETES VALENTINE'S DINNER & DANCE

On Saturday, February 11, 2012, SPORTS for Exceptional Athletes hosted a Valentine's Dinner & Dance at the Chula Vista Elks Lodge where CVOTC resident athletes Rob Brown, Lex Gillette, Sabra Hawkes, and Brandon Pelletier spoke to the attendees and signed autographs.



*Participants gather with the CVOTC athletes for a huddle and U-S-A chant.*

SPORTS for Exceptional Athletes is a San Diego-based sports program serving athletes with developmental disabilities ages 5 through adult. This organization provides great opportunities for the athletes and their families to interact and form friendships through shared sports and recreational activities. Parents, coaches, volunteers, sponsors and contributors add to the enhanced communal experience.

The CVOTC athletes inspired the dinner & dance participants with the message that overcoming obstacles is a testament to great athletes. They also orchestrated a big U-S-A chant and showed off a few dance moves.



*CVOTC athletes explain their involvement with the Paralympic Movement.*



*CVOTC athletes sign autographs and interact with the exceptional athletes.*

## ANNOUNCEMENTS:

- 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
- The CVOTC will hold a drop-in writing lab on Wednesday, March 7 from 1:00 - 4:00 pm and again on Thursday, March 8 from 9:00-11:00 am in the AT&T Connections Center. Athletes can drop in and receive assistance with cover letters and resumes. Bring your laptop or use one of the computers available to receive feedback. We can also edit hard copies of resumes and cover letters.
- Athlete Check-In Presidents' Day Holiday Hours – Monday, February 20 – 8:00 am - 4:00 pm



# BMW SERIES 3 LAUNCHED AT THE CVOTC

USOC sponsor BMW launched their new 3 Series product at the U.S. Olympic Training Center in Chula Vista on a beautiful sunny day in early February. A total of 600 BMW dealers and principals came through the OTC for this event. By relating the attributes of the car to the athletes, BMW used demonstrations to illustrate how the mechanics of one carried over in another. "Achieving the Ultimate Performance" was cast as the designated theme for the event. Olympic and Paralympic athletes from archery, BMX, and track & field contributed to the success of the event by providing a break-down of their techniques and by showcasing their correlating attributes to the 3 Series automobile.



Nic Long explains how BMX only has one speed; whereas, the all-new 3 Series has eight to spread its power over a wide range of vehicle speeds for maximum acceleration and fuel efficiency.



Mike Hazle displays how the wider track and broader stance on the road relates to the correct athletic stance and balance for javelin throwing, specifically how weight distribution and stability relate to the 50:50 weight distribution and control of BMW models when driving.



The U.S. Archery team demonstrated how brake energy regeneration relates to the captured and stored energy in the bow. In addition, the BMW precision was linked to the precision elements involved in being an Olympic archery champion.



Lex Gillette and Wes Williams demonstrate how optimized aerodynamics in the 3 Series relates to achieving maximum distance in jumping. Additionally, they correlate the BMW design and engineering to the precision required to hit the mark on a consistent basis to win long jump competitions.



April Holmes and Connie Moore show participants how to create torque and acceleration off the starting block and for the kick, which goes hand-in-hand with the Twin-Power Turbo technology in the 3 Series. They also make the connection between the efficient dynamics of the 3 Series and the energy conservation required in long distance running and the reserve "kick" required to win the race.

# TEAM USA CAREER PROGRAM & ATHLETE CAREER PROGRAM

// By Angel Bovee, Adecco Athlete Liaison

The interest and participation in the Team USA Career Program and the Athlete Career Program continues to grow. In the last six months, 24 athletes have been placed in employment opportunities with five USOC partner companies, including Adecco, GE, Hilton, Powerade and TD Ameritrade.



The following athletes have recently been placed with Team USA Career Program employers in the San Diego area:

**Kayla Bashore - placed 2/27/12**

Sport: Field Hockey

Company/Title: GE Capital, HealthAhead Program Coordinator

Education: B.S. in Biology, Indiana University, Bloomington

Sport Experience: 2008 Olympian

Bio: <http://usafieldhockey.com/athletes/kayla-bashore>

**Lauren Crandall - placed 1/11/12**

Sport: Field Hockey

Company/Title: GE Appliance Building Sales

Education: B.A. in Communications, Wake Forest University,

Sport Experience: 2008 Olympian

Bio: <http://usafieldhockey.com/athletes/lauren-crandall>

**Jesse Gey - placed 1/4/12**

Sport: Field Hockey

Company/Title: Hilton, Front Desk Agent

Sport Experience: 2008 Olympian

Education: B.A. in Communication Studies, Univ. of North Carolina

Bio: <http://usafieldhockey.com/athletes/jesse-gey>

**Other athletes who are interested in the program can contact Angel Bovee or stop by the Athlete Lounge upstairs from the dining hall to see the information posted on the bulletin boards.**

## SAVE THE DATE: MAY 19, 2012 4<sup>TH</sup> ANNUAL CHULA VISTA COMMUNITY FUN RUN (5K)

The Chula Vista Community Fun Run (5K) is intended for all levels of runners, while allowing strollers and families to participate in a fun and engaging environment at the Chula Vista Olympic Training Center.



**Gates Open at 6:30 am • Race Starts at 8:00 am**

Proceeds for the Chula Vista Community Fun Run will be distributed to the following 501(c)3 non-profits:

Friends of the Chula Vista Library, Friends of the Chula Vista Nature Center,

Friends of Chula Vista Parks & Recreation and Friends of the Chula Vista Animal Shelter

The course is five kilometers spread out through the Olympic Training Center.

Runners, walkers, dogs, families and strollers will weave through the multiple sport venues at the training facility.

More information can be found online at <http://www.chulavistaca.gov/goto/funrun/>



## OLYMPIC TRIALS AT THE CHULA VISTA OTC:

**April 9-12 – Rowing** – Olympic Trials for Non-Qualified Small Boats (W1x, M2x, W2x, LM2x). Paralympic Trials for Qualified Small Boats will take place during the same time-frame. Olympic Trials for Rowing will also continue for additional boats at later dates in West Windsor, New Jersey

**April 23-28 – Archery** – the second round of the Olympic Trials will take the top 16 athletes down to the top 8 in the men's and women's recurve archery event. The final round will be held in Colorado Springs on June 1, 2012

**April 25-28 – Paralympic Archery** – similarly, Paralympic Archery will hold a trials event here

**June 16 – BMX** – in addition to selecting Olympians based off of a points ranking system, the CVOTC will host an Olympic Trials event for BMX to determine one male BMX athlete who will become an Olympian

## RECENT RESULTS:

### Archery - *WORLD ARCHERY INDOOR CHAMPIONSHIPS / LAS VEGAS, NV - FEBRUARY 5-9, 2012*

Team USA archers won seven individual medals, bringing the total medal count for the World Archery Indoor Championships to sixteen: seven gold medals, five silver and four bronze. Within the CVOTC resident athlete program, Jake Kaminski took home the silver medal in the individual men's recurve and Brady Ellison took home the bronze. Both men were also on the gold medal winning men's recurve team. CVOTC resident athlete Jeremiah Cusick was on the bronze medal winning junior men's recurve team.

### BMX - *GATOR NATIONALS / OLDSMAR, FL - FEBRUARY 9-12, 2012*

Elite BMX races were split over two days in Florida and CVOTC resident athletes Alise Post and Brooke Crain took home second and third place, respectively, in the Elite Women's category. CVOTC camper Connor Fields took third for the Elite Men. In day two of the races, Brooke Crain grabbed second place and CVOTC camper Barry Nobles took home third for the Elite Men's category.

### Rugby - *USA SEVENS TOURNAMENT - LAS VEGAS INVITATIONAL / LAS VEGAS, NV - FEBRUARY 9-12 2012*

The USA Eagles Women's 7s team took second place in the USA Sevens Tournament and the USA Stars & Stripes Women's 7s team took sixth place. A great showing for our newest resident athlete program.

## ATHLETES IN TRAINING:

### Resident Programs:

Archery  
BMX  
Field Hockey  
Rowing  
Rugby 7s  
Track & Field

### Short-Term Programs:

#### January 1 - March 19

Rowing  
Women's National Team Training

#### February 6 - March 31

Track & Field  
Poland Throws Camp

#### February 13 - 26

BMX  
Elite Supercross Training Camp

#### February 19 - 26

Paralympic Soccer  
February Training Camp