



OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

SEPTEMBER 16-30, 2011

BIG BMX WEEKEND IN CHULA VISTA

September 29 - October 2, 2011

The Olympic Training Center in Chula Vista will host a major BMX weekend beginning on Thursday night with the BMX Hall of Fame dinner ceremony and carrying through the U.S. Open Nationals and Supercross World Cup. U.S. Open Nationals will hold practice on Friday, September 30 and competition will occur on Saturday, October 1 beginning at 10:00 am. Competition will continue on Sunday, October 2 from 11:00 am – 2:00 pm. U.S. Open Nationals are open to the public and there is no admission charge. Parking fees are \$10 per day or \$30 for the weekend. Camper/RV space is available for \$60 for the weekend.

The final round of the Supercross World Cup will start with practice sessions on Thursday, September 29 and the time trials will be held on Friday, September 30 beginning at 1:30 pm. Competition continues on Saturday, October 1 from 2:30 pm to 6:00 pm.

Previous rounds of the Supercross World Cup were held in South Africa, the Netherlands and Britain (which also served as the test event for the London 2012 Supercross track).

Admission to the Supercross World Cup is \$25 per person and grants access to both the Friday Time Trials and the Saturday Supercross Event. Children age four & under are free. ABA members receive a \$5 discount for up to four tickets. Tickets can be purchased onsite.



Event Schedule for Supercross World Cup

Thursday, September 29

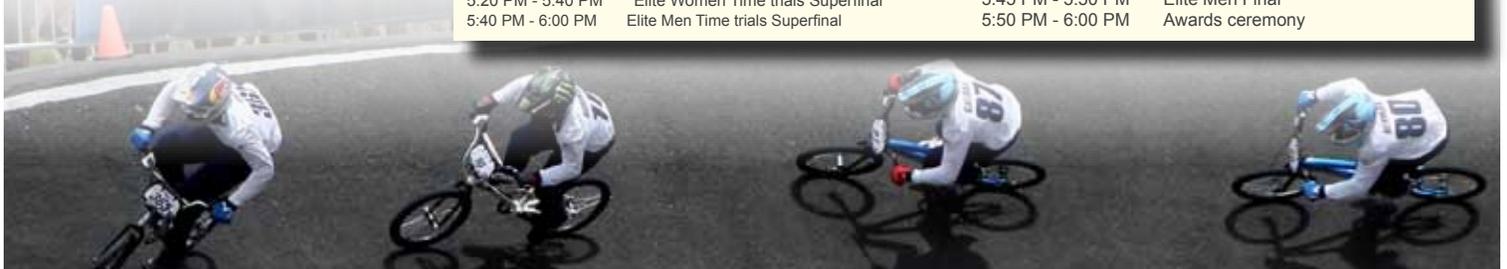
09:00 AM - 11:30 AM Registration & transponder handout
 11:45 AM - 11:55 AM Team Manager/Riders briefing
 1:30 PM - 2:55 PM Elite Men Practice - Group A
 3:00 PM - 4:25 PM Elite Men Practice - Group B
 4:30 PM - 5:55 PM Elite Women Practice - Group C

Friday, September 30

09:00 AM - 9:55 AM Elite Women Practice - Group C
 10:00 AM - 10:55 AM Elite Men Practice - Group B
 11:00 AM - 11:55 AM Elite Men Practice - Group A
 1:30 PM - 2:15 PM Elite Women Time trials qualification #1
 2:15 PM - 4:45 PM Elite Men Time trials qualification #1
 5:20 PM - 5:40 PM Elite Women Time trials Superfinal
 5:40 PM - 6:00 PM Elite Men Time trials Superfinal

Saturday, October 1

12:30 PM - 1:15 PM Autograph Session by Swatch & Leatt
 1:30 PM - 1:55 PM Warm up Elite Women
 2:00 PM - 2:25 PM Warm up Elite Men
 2:30 PM - 4:45 PM Elite Women Quarterfinal 1st round
 Elite Men 1/8 Finals 1st round
 Elite Women Quarterfinals 2nd round
 Elite Men 1/8 Finals 2nd round
 Elite Women Quarterfinals 3rd round
 Elite Men 1/8 3rd round
 5:00 PM - 5:30 PM Elite Men Quarterfinals
 Elite Women Semifinals
 Elite Men Semifinals
 5:40 PM - 5:45 PM Elite Women Final
 5:45 PM - 5:50 PM Elite Men Final
 5:50 PM - 6:00 PM Awards ceremony



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
- Announcements from the Chula Vista Olympic Training Center are now accessible through all on-complex televisions on channel 66
- Electronic Olympic and Paralympic Volunteer applications for London 2012 are now available. Please note that all volunteers are responsible for all costs associated with their stay in London. Applications are available through the following links:
 - London Olympics: <http://tinyurl.com/3nq2khg>
 - London Paralympics: <http://tinyurl.com/3kv82ud>





U.S. OLYMPIC AND PARALYMPIC CHAMPIONS ARE BRITAIN BOUND

Seven athletes will tour Olympic venues, visit iconic UK sites and share stories about their journeys through a web series available at TeamUSA.org/BritainBound

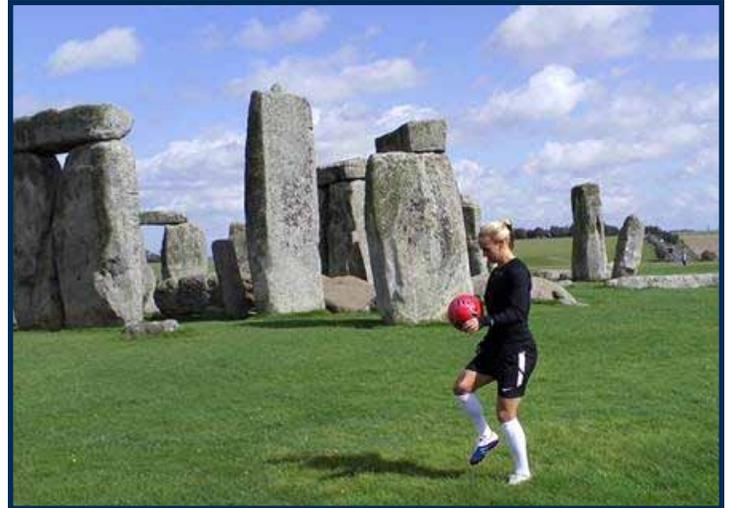
BRITAIN BOUND

Their bags are packed and seven U.S. Olympic and Paralympic champions are off on the trip of a lifetime, touring Great Britain's Olympic venues and iconic destinations as they get

to know the host country of the London 2012 Olympic and Paralympic Games. Team USA: Britain Bound will bring fans along for the ride, with all of the action featured on the program's interactive website, TeamUSA.org/BritainBound. The site will share athlete social media feeds, stunning photos, personal anecdotes, and the 20-episode web series "Team USA: Britain Bound," which launches October 10.

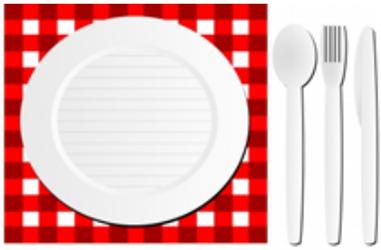
Here's what you can look forward to hearing about:

- **Heather Mitts** (2008 and 2004 Olympic soccer champion) recently completed her trip where she juggled a soccer ball (called playing "keepy-uppy" in Britain) in the shadows of Stonehenge, experienced a thermal spa in the ancient Roman spa city of Bath and played tennis on the same court as King Henry VIII at Hampton Court Palace – also home to the London 2012 cycling time trials
- **Henry Cejudo** (2008 Olympic wrestling champion) just finished his tour of Old Trafford, Manchester United's stadium and 2012 Olympic soccer venue, visited iconic Beatles attractions in Liverpool and wrestled local characters in the ancient city of York
- **Nastia Liukin** (2008 Olympic gymnastics champion) is in the midst of her visit, featuring a personal tour of Buckingham Palace (seeing Duchess Catherine's wedding gown up close and personal), a Cockney rhyming slang lesson in a London black cab and she'll conduct a gymnastics clinic with local school children
- **Allison Jones** (2008 Paralympic cycling silver medalist and 2006 Paralympic skiing champion) has enjoyed a guided tour around the Tower of London by the Chief Yeoman Warder, seen the behind the scenes tour of Parliament from a British MP, went punting in Cambridge and tested her acting skills at the iconic Royal Shakespeare Theatre in Stratford-Upon-Avon
- **Rebecca Soni** (2008 Olympic swimming champion) just started her trip and is learning about the charms of Wales by trying coasteering – a combination of canyoning, adventure swimming and cliff jumping. She'll also take a whale watching tour, go on a coastal hike and receive a rugby lesson from burly Welsh athletes
- **Bryan Clay** (2008 Olympic decathlon champion) will test his status as the world's greatest athlete by trying his hand at the caber toss and stone put at the traditional Highland Games. He'll learn the history of the world-famous kilt, enjoy British afternoon tea aboard the Royal Yacht Britannia, and enjoy one of his favorite hobbies – trout fishing – in Inverness
- **Jeremy Campbell** (2008 Paralympic discus and pentathlon champion) set out yesterday for his tour of Edinburgh Castle and bagpipe lesson. He'll then search for the elusive Loch Ness Monster during a visit to the scenic Highlands, get sparring tips at the Edinburgh Boxing Academy and try out his golf swing on the grounds of Skibo Castle – one of the most exclusive clubs in all of Scotland



Team USA: Britain Bound is a first-of-its kind interactive program, and the product of a collaboration between the U.S. Olympic Committee and VisitBritain, the national tourism board for Great Britain. With VisitBritain acting as host and tour guide, Team USA athletes will visit locations in England, Scotland and Wales, getting to know the host country and its people ahead of Games time. They'll pay homage to the proud sporting tradition, unique history and diverse culture of Great Britain while celebrating the upcoming London 2012 Olympic and Paralympic Games.





NUTRITION, SPORT, FOOD... WITH OPINION

// By Andrea Braakhuis, Nutritionist

Before I launch into a sermon related to the virtues of cleaning hands before eating, I will ask you to think about the last time you washed your hands before eating a meal. If you're an athlete, have you gone into the dining hall straight after training to eat? Most of us are guilty at some point in time. Unfortunately, our hands are good at picking up germs which can end up in your food.

There was a news report earlier this month that stated only half of all Americans say they always wash their hands before eating lunch. In order to reduce the risk of foodborne illness, athletes and staff should wash their hands before and after handling food, or using the hand sanitizer found near the dining hall entry, for those times you can't get to the sink.

For all those staff members who eat at their desks, it gets worse. A study updated in 2007 by the University of Arizona found the average desktop has 100 times more bacteria than a kitchen table and 400 times more than the average toilet seat.

We should all get into the habit of washing our hands before eating, and having hand sanitizer for times when hand washing is problematic (common when travelling).

RECENT RESULTS:

Archery - 2011 WORLD ARCHERY CUP SHANGHAI, CHINA, SEPTEMBER 5 - 10

Team USA archers had an excellent showing at the fourth and final stage of the 2011 Archery World Cup in Shanghai. In the Men's Individual Recurve, Joe Fanchin won his first-ever World Cup individual gold medal, following on the heels of his individual bronze medal win last month in Ogden, UT. Jake Kaminski finished in 5th place.

Brady Ellison and Joe Fanchin hold the number one and two rankings from the 2011 World Cup series and will advance to the finals in Istanbul at the end of the month.

In the Men's Team Recurve, CVOTC resident athletes Brady Ellison, Joe Fanchin and Jake Kaminski claimed the top spot. In the Women's Team event, Heather Koehl, Khatuna Lorig and Holly Stover finished in 5th place. In Mixed Team Recurve, Brady Ellison and Khatuna Lorig brought home another gold medal for Team USA.

Rowing - WORLD CHAMPIONSHIPS BLLED, SLOVENIA, AUGUST 28 - SEPTEMBER 4

This regatta served as the first chance for nations to qualify boats for 2012 and Team USA has qualified the following Men's Rowing boats for the London 2012 Olympics: quadruple sculls, single sculls, four and pair. Congratulations to the quadruple sculls team of Glenn Ochal, Warren Anderson, Sam Stitt and William Miller; the men's four team of Charlie Cole, Scott Gault, Brett Newlin and Giuseppe Lanzone; and the men's pair of Tom Peszek and teammate Justin Stangel. The remaining boats will have another chance to qualify at the Olympic Qualification Regatta scheduled for May 20-23, 2012, in Lucerne, Switzerland.

Please email emily.cox@usoc.org with any additional recent results you would like to have published.

ATHLETES IN TRAINING:

Resident Programs:

Archery
BMX
Canoe/Kayak
Field Hockey
Rowing
Track & Field

Short-Term Programs:

September 11 - October 3

BMX - Elite Camp / Supercross Prep

September 16 - 18

Field Hockey - Men's National Team
Training against Australia Development

September 19 - 23

National Veterans Summer Sports Clinic

September 21 - 25

Rugby - Men's National Team Training
Pan American Games Prep

September 30 - October 8

Paralympic Military Sports Camp



