



# OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

## ATHLETE SPOTLIGHT. JEREMY TAIWO - TRACK & FIELD

Jeremy Taiwo won his first indoor heptathlon national championship title earlier this month at the USA Indoor National Track and Field Championships in Boston. Taiwo scored a total of 6,237 points in the heptathlon, more than 700 points in front of the second place finisher. Not only did Taiwo's 6,237 points make him a national champion but it also set a meet heptathlon record.

The first day of the USA Indoor National Track and Field Championships held four of the seven heptathlon events. The 60m dash was the first event. Taiwo finished third with a time of 7.09 seconds. He then went on to finish first in the long jump with a 7.39m jump. Next Taiwo launched a best distance of 14.5m in the shot put to come in first, gaining 759 points. The last event of the day was the high jump where Taiwo once again came in first by clearing a 2.16m jump. Taiwo ended the day with a total of 3,492 points and the lead.

Day two consisted of three events, all of which Taiwo finished in first place. The first event was the 60m hurdles, which Taiwo ran in 7.87 seconds. Next up was the pole vault where Taiwo cleared 4.8m to finish the event in first. The final event of the meet was the 1000m. Taiwo won that event with a time of 2:34.26 to solidify the overall win. In Taiwo's eyes winning USA Indoor Nationals is seen as a stepping stone to USA Outdoor Nationals. He has his goals in mind and is ready to execute them.

Taiwo started participating in track and field at a young age. As a sophomore in high school Taiwo won the 3A Washington State triple jump and high jump titles. During his junior year, Taiwo was plagued with a foot injury causing him to miss most of the season. However, Taiwo was able to try out discus and shot put during his recovery and he seemed to have a knack for both events. As a senior, he started to compete in the decathlon and won the boys decathlon at the Washington State Multi-Event Championships.

Success continued for Taiwo at the University of Washington where he competed in the decathlon and the heptathlon. "The University of Washington decided I needed a bigger shoe closet," Taiwo says in response to being a multi-event track and field athlete.

Taiwo's collegiate career started with an All-American title for his performance in the indoor heptathlon. He continued to improve his skills through the rest of his freshman season and into his sophomore season. During his junior year at the University of Washington, Taiwo captured the Pac-10 Championship in the decathlon despite having a torn elbow tendon and competing in the javelin with his non-dominant throwing arm. Taiwo took a year off to rehab his elbow injury as well as a hip injury but came back to eventually become the NCAA runner-up in the decathlon. He also earned a spot on Team USA for the 2013 IAAF World Championships.

Since finishing his collegiate career, Taiwo moved to the Chula Vista Olympic Training Center where he continues to work towards making the 2016 United States Olympic Team. Injuries once again affected Taiwo in 2014 and he was forced to take the season off. However, he has been able to fight back and 2015 is already looking bright.

Taiwo was destined to be an elite track and field athlete as he grew up. His father, Joseph Taiwo, was a two-time Olympic triple jumper for Nigeria. Therefore, Taiwo possesses the track and field gene as well as the Olympic gene.



*Taiwo clears a high jump in the heptathlon at the 2015 USA Indoor Track & Field National Championships.  
Photo credit: USA Track & Field*

## ANNOUNCEMENTS.

### TEAM USA SHOP DISCOUNTS

Resident athletes receive a 20% discount on merchandise at the Team USA Shop in the Visitor Center at the CVOTC. Stop by to pick up some great Team USA gear!

## COMPETITION. **FIELD HOCKEY WORLD LEAGUE 2**

By Sally Walker, CVOTC Athlete & Community Relations Intern

The International Hockey Federation (FIH) Men's World League Round 2 was held at the Chula Vista Olympic Training Center from February 28 to March 8. The U.S. Men's Field Hockey team hosted Austria, Canada, Chile, Ireland, Italy, Russia and Trinidad and Tobago during the tournament.

The U.S. Men's National Team faced Canada to kick off the tournament and scored the match's first point but ultimately lost 5-2. Team USA toppled Trinidad and Tobago in their second match. Four different U.S. players scored and Pat Harris had a hat trick to beat Trinidad and Tobago 7-1. In the final game of pool play, Team USA faced the Russian National Team. Russia scored first to go up 1-0. The U.S. attacked Russia's goal cage but could not get past the Russian goal keeper. The Russian squad scored three goals to end the second quarter and enter halftime with a 4-0 lead. The third quarter started with a goal for the USA by Tyler Sundeen to make it a 4-1 game. Alex Cunningham followed suit and scored a second goal to make it a two point game. The fourth quarter saw no goals making the final score 4-2 Russia.

The other games in pool B resulted in an undefeated Russian team which had wins over Canada and Trinidad and Tobago. After beating the USA, Canada also beat Trinidad and Tobago and finished the pool in second place.

In pool A, Ireland went undefeated with wins over Austria, Chile and Italy. Austria beat Italy and Chile. Italy won against Chile to take third in pool A.

As the third-ranked team from pool B, Team USA faced Austria, the second place team from pool A, in the quarterfinals. Both teams fired shots during the first quarter but neither team could find the back of the goal cage. The game remained scoreless until late in the second quarter when Austria scored to go up 1-0. The U.S. ended the third quarter with a goal by William Holt to tie the game 1-1. Austria scored a second goal late in the fourth quarter to take a 2-1 lead. Team USA pulled their goalie with a few minutes remaining on the clock in an attempt to tie the game, but was unsuccessful and the game ended as a 2-1 win for Austria.

Canada, Ireland and Russia won their quarterfinal games and moved on to the semifinals. Canada beat Italy 4-0 while Ireland beat Trinidad and Tobago 12-2. Russia and Chile were tied 2-2 at the end of regulation time, but Russia won the shootout 5-4 to advance to the semifinals.

On the second-to-last day of competition, Team USA's opponent was Chile. Both teams attacked the other team's goal cage but the game remained scoreless until late in the third quarter with a goal from Chile. Team USA responded with a goal by William Holt three minutes into the fourth quarter. However, Chile scored two goals in the final minutes of the match to win 3-1.

Austria, Ireland and Italy all had wins on Saturday, March 7. Italy beat Trinidad and Tobago 2-1 and advanced to play Chile in the fifth place. Austria beat Russia in a shootout 4-2 while Ireland beat Canada 2-0.

Team USA's final match of the tournament was against Trinidad and Tobago to determine seventh place. Tyler Sundeen and Christian Linney both scored for the USA during the first half to go up 2-0. During the third quarter, Trinidad and Tobago scored a goal to cut the lead in half. Team USA's captain, Pat Harris, slammed a goal past the Trinidad and Tobago goal keeper to make the score 3-1 going into the fourth quarter. Trinidad and Tobago scored their second goal during the fourth quarter but the U.S. quickly responded with another goal by Pat Harris to make the score 4-2. A corner was rewarded to Trinidad and Tobago who scored again to make it a one point game, but once again Pat Harris responded with a goal to close out the game as a 5-3 win for the USA. This was Harris's second hat trick of the tournament.

Ireland won the tournament after beating Austria in the championship match with a score of 2-1. Canada came in third after a 4-1 win over Russia. Chile and Italy were tied at the end of regulation but Chile would win 3-0 in the shootout and end the tournament in fifth place. Ireland, Austria and Canada all move on to World League Round 3 where they will compete to qualify for the 2016 Olympic Games. Team USA will have one more opportunity to qualify for the 2016 Olympic Games through this summer's Pan American Games in Toronto.



## REUNION. 1980 & 1984 OLYMPIC ROWING TEAMS

The 1980 and 1984 U.S. Olympic Rowing Teams reunited at the Chula Vista Olympic Training Center boathouse for a reception where members of the two Olympic teams were able to catch up and reminisce on their experience. There was also a 1980 Moscow Olympic boat on hand.

The 1980 rowing team was not able to compete in the Olympics in Moscow because of a U.S. led boycott. However, they qualified for the 1980 Games so the men's and women's teams trained leading up to the 1980 Olympics in hopes of the boycott being reversed.

Both the men's and women's teams competed in the 1984 Summer Olympics in Los Angeles and found success. The men's teams won one gold medal, three silver medals and one bronze medal while the women's team won one gold and two silver medals. The reunion was the perfect evening for the athletes to look back on their accomplishments and their Olympic days.

The 1980 teams get together every couple of years and this year they graciously invited the 1984 teams to join them. A few members of the current men's national rowing team joined the reunion attendees after finishing a practice session on the lake to enjoy some extra camaraderie with their fellow rowers.



## TEAM USA SHOP. NEW PRODUCTS IN STOCK

The Team USA Shop is stocked with new "Road to Rio" merchandise! Some of the new gear includes navy blue Road to Rio shirts that are selling for \$20.00 in women's and children's sizes and \$25.00 for men's sizes. The classic United States Olympic Committee adjustable cap is \$20.00 and shows your Team USA spirit while keeping the sun out of your eyes.

Popular non-clothing items include the Team USA Road to Rio collector pins which range from \$6.50 to \$8.50. Road to Rio coffee tumblers are great for on-the-go use for \$14.00, while the \$8.00 Road to Rio coffee mug is perfect for at-home use. Road to Rio pennants are available for \$6.00 and decals for \$10.00. A black Road to Rio padfolio keeps you organized for \$21.00 and the \$19.50 portable Team USA cellphone charger will help keep your phone fully charged.



All of these items are currently available at the Team USA Shop at the CVOTC, open Monday – Saturday from 9:00 am – 5:00 pm or shop online anytime at [www.TeamUSAshop.com](http://www.TeamUSAshop.com).



## UPCOMING EVENT. CHULA VISTA FUN RUN

### SATURDAY, MAY 16

The Chula Vista Olympic Training Center will host the 7th Annual Chula Vista Community Fun Run on May 16. The 5K course will weave through the Olympic Training Center's 150-acre complex. Runners and walkers will pass by various venues including archery, cycling, field hockey, BMX, soccer, tennis, and track and field.

The gates will open at 6:30 AM on Saturday, May 16 and the race will officially start at 8:00 AM. Registration is currently open and all running levels are welcome to participate in the event. The registration fee is currently \$15 if you register before May 14 and will increase to \$20 if you sign up on May 15 or May 16. Children aged 3 and under can participate for free. All participants will also receive a shirt with their registration. For more information and to register online, visit [www.chulavistaca.gov/goto/funrun](http://www.chulavistaca.gov/goto/funrun)



# NUTRITION. EATING TO OPTIMIZE BONE HEALTH

By Stephanie Nelson, Dietetic Intern

One of the most frustrating things that can happen to an athlete is suffering a serious injury that prevents them from training and competing. Optimizing bone density, which indicates the strength of the bones, is an important goal for all athletes in order to minimize their risk of bone-related injuries such as stress and complete fractures. Adolescent female athletes, especially those with a small body frame, are at a higher risk for bone injury, as are distance runners and athletes with a history of fractures (including stress fractures) and low bone density. Athletes competing in non-weight bearing sports, such as swimmers, cyclists, and spinal cord injured athletes also appear to have low bone density.

Bone growth occurs at the highest rate during adolescence, so it is important for athletes in this age range to optimize growth by eating adequate amounts of key nutrients that support bone health. Bones finish growing and reach their strongest between the ages of 24 and 30 years, which is called peak bone mass. After this stage, the goal is to prevent the natural decline in bone mass. Therefore, eating to optimize bone health and prevent bone injuries is important across a wide age range.

It is easy to make small dietary changes to improve bone strength, which will in turn decrease the risk for bone injuries and facilitate bone healing if a bone injury occurs. Most athletes are aware of the important roles vitamin D and calcium play in optimizing bone health and decreasing fractures. However, there are several other key nutrients such as vitamin K, magnesium, zinc, and boron that are important for building and maintaining bone strength.

## NUTRIENTS IMPORTANT TO BONE HEALTH

Nutrient DRI	Function	Food Sources
<b>Calcium</b> 1,000 mg	Main nutrient for building bone. When calcium is low in the blood, it is released from bones to normalize blood calcium, and the amount of calcium in bone decreases. Calcium is also used for muscle contraction, which increases the need for calcium in an athlete's diet to meet the demands in blood, bone, and muscle.	Dairy, calcium-fortified orange juice and soy milk, leafy greens, nuts
<b>Vitamin D</b> 600 IU	Required for the absorption of calcium. Vitamin D also signals the body to stop taking calcium from bone when blood calcium levels are adequate.	Vitamin D fortified dairy and orange juice, fish, sunlight
<b>Vitamin K</b> 120 mcg	Ensures efficient bone building by stimulating the production of a bone-building protein called osteocalcin. Vitamin K is required for calcium and vitamin D to do their job.	Leafy greens, peas, prunes
<b>Magnesium</b> Females: 310 mg Males: 400 mg	While the exact role of magnesium for bone health is not understood, a relationship exists between magnesium intake and bone health. Sixty percent of the body's magnesium is stored in bone, and when levels are optimal, individuals are at lower risk for fractures and having low bone mineral density.	Leafy greens, prunes, nuts
<b>Zinc</b> Females: 8 mg Males: 11 mg	Increases the production of hormones important to bone formation.	Nuts, beef, oysters
<b>Boron</b>	Helps with the absorption of magnesium and calcium	Prunes, apples, bananas

## FOODS RICH IN NUTRIENTS IMPORTANT TO BONE HEALTH

Food	Serving Size	Calcium	Vitamin D	Vitamin K	Magnesium	Zinc
Dairy	1 cup milk 1 cup yogurt 2 slices cheese 2 cups cottage cheese	300mg (30%)	100 IU (30%)	N/A	27mg (7%)	1mg (7%)
Calcium-Fortified Orange Juice	1 cup	500mg (50%)	140 IU (40%)	N/A	27 mg (7%)	N/A
Fortified Soy Milk	1 cup	300 mg (30%)	100 IU (30%)	7 mcg (9%)	36 mg (9%)	N/A
Leafy Greens*	1 cup uncooked	30 mg (3%)	N/A	145 mcg (181%)	24 mg (6%)	N/A
Nuts*	1/4 cup	95 mg (9%)	N/A	N/A	96 mg (24%)	1mg (7%)
Salmon**	4 ounces	N/A	360-900 IU (60-150%)	N/A	34 mg (9%)	N/A
Prunes***	5-6 prunes	N/A	N/A	29 mcg (35%)	20 mg (6%)	N/A

\*Greens and nuts contain oxalates and phytates which bind to calcium and decrease its absorption, so they should not be relied on as a main source of calcium.

\*\*Vitamin D content is higher in wild salmon than farmed salmon.

\*\*\*Dried plums, commonly known as prunes, are a very useful sources for bone-building nutrients. Prunes are also packed with antioxidants that have been shown to increase bone density by increasing the production of bone-building cells called osteoblasts. Keep in mind prunes are also a good source of insoluble fiber, which can have a laxative effect if eaten in larger doses (more than 6)!

The formation and upkeep of bones is a complex process that involves the interaction between many nutrients. The foods listed above are important components to any healthy diet and can help promote strong bones as well as contribute positively to athletes in other ways. It is also important to eat enough energy and protein to help support your bones and prevent injury. Athletes who are unsure if they are eating enough foods rich in bone building nutrients should consult a sport dietitian.

## COMPETITION. BEACH COLLEGIATE CHALLENGE

By Sally Walker, CVOTC Athlete & Community Relations Intern

The Chula Vista Olympic Training Center recently hosted the USA Volleyball Beach Collegiate Challenge. The tournament included California State University Bakersfield, Grand Canyon University, University of Hawaii, Pepperdine University and Texas Christian University's sand volleyball teams. Each team competed in two team duals to start off the challenge. All teams were then put into a 29-team competition bracket to win the Challenge.

The team duals started on Saturday morning with CSU Bakersfield sweeping TCU 5-0. The next dual was top-ranked Hawaii versus Grand Canyon University where Hawaii won 4-1. In their second dual, Hawaii swept TCU 5-0. Second-ranked Pepperdine faced CSU Bakersfield in their first dual and swept them 5-0. Pepperdine also swept Grand Canyon 5-0 for their second dual.



Following the duals, all pairs were ranked with Hawaii (Tiegs/Taylor), Pepperdine (Larsen/Woolever) and Grand Canyon (Phelps/Dugan) in the top three ranked pairs, receiving byes for the first round. After the end of the first round of bracket play, Pepperdine had five teams remaining, Hawaii had four, Grand Canyon had three and both CSU Bakersfield and TCU had two teams standing.

The round of 16 kicked off the second day of competition leaving Hawaii and Pepperdine both with three teams remaining while CSU Bakersfield and Grand Canyon each had one team remaining. TCU was eliminated from bracket play. All three Pepperdine pairs won their quarterfinal matches and advanced to the semifinals. Grand Canyon (Phelps/Dugan) and Hawaii (Urban/Spieler) battled for the fourth spot in the semifinals. Grand Canyon ultimately won the closely contested match 21-19, 28-26 to advance to the semifinal.



Grand Canyon (Phelps/Dugan) faced the number one ranked Pepperdine pair (Larsen/Woolever) in the semifinal match. Pepperdine won the match 21-14, 21-16 and advanced to the final. The other semifinal match consisted of the number two Pepperdine pair (Dykstra/Strehlow) and the number three Pepperdine pair (Cook/Knudsen). Dykstra/Strehlow edged out Cook/Knudsen 21-13, 21-17 to take the second spot in the final match.

The all Pepperdine final resulted in a 21-14 win for Larsen/Woolever in the first set. Dykstra/Strehlow attempted a comeback in the second set but Larsen/Woolever were victorious in a 21-18 win to take the match. This was Larsen/Woolever's second consecutive year winning the Beach Collegiate Challenge.

## NGB TRAINING PROGRAMS. NATIONAL TEAMS

The CVOTC currently hosts NGB resident athlete training programs for archery, BMX, field hockey (men), rugby 7s (men & women), track & field and Paralympic track & field in preparation for upcoming world cup and world championship events.

Archery --- BMX --- Field Hockey --- Rugby 7s --- Track & Field --- Paralympic Track & Field

## GET INVOLVED. COMMUNITY PROGRAMS

**BMX** --- Chula Vista BMX allows athletes of all ages to practice and compete at one of the best venues in the country. For more information go to [www.chulabmx.com](http://www.chulabmx.com)

**ARCHERY** --- Roadrunner Archery Club makes it possible to practice and learn the sport of archery from the nation's best. For more information go to [www.roadrunnerarchery.com](http://www.roadrunnerarchery.com) or call 760-215-3930



## SPORT SCIENCE. TRACK & FIELD WORKSHOP

By Sally Walker, CVOTC Athlete & Community Relations Intern

The Chula Vista Olympic Training Center recently hosted a week-long Paralympic sport science camp. Portions of the track and field facility were turned into a science center where above-the-knee and below-the-knee single amputee sprinters as well as double amputee sprinters could test different aspects of their running. The camp's focus was to make athletes faster and more consistent in their running patterns.

One of the tools that the camp used was the Opto-Jump. The Opto-Jump lies on the track forming a lane for the athletes to sprint through. The two sides of the lane are connected by little lasers that are one centimeter apart from each other. These lasers pick up information about the athletes steps as they run.

The information retrieved gives various details on the athletes' strides. The technology can tell athletes how far apart their strides are as well as the speed for each individual step. The data also tells the athlete how long their foot is on the ground for each step which is a time the sprinters want to be low. Athletes can use the information collected to identify how their legs differ when they run. The goal is for each leg to be as symmetrical as possible. Since this is somewhat difficult for leg amputee athletes to pinpoint between their prosthetic leg and sound leg, the Opto-Jump gives them the information they need to create consistent strides.



The camp also used force plates to help athletes better understand how they start their races. All athletes practiced block starts on top of three force plates. The force plates were able to give the athletes information about their magnitude in each step. This is important because the more force used in each step results in more possible acceleration.

The angle at which the force was expended was also measured. The closer the athlete's torso is to being parallel to the ground the more force they are using to propel them forward down the track. In the end, this should help them accelerate quickly and get to the finish line faster. The force plate activity was done in front of a camera so athletes could see their posture as they start

from the blocks. It is important for athletes' bodies to be in front of their feet as they come out of the blocks so their momentum can carry them forward. The video of their starts was also helpful for athletes to be able to visualize what the force plates tell them about the angle of their body and how their force is expended.

Athletes also utilized electromyography (EMG) testing to take a deeper look at their muscles. EMG testing is generally done on a treadmill where the sensors are hooked up to computers using wires. One drawback of that system is that it allows the treadmill to dictate the speed. Researchers at the camp were able to use sensors that do not need to be connected to wires, which allowed athletes to run at their own full speed.

The EMG uses sensors that distinguish which muscles are being used while an athlete is running. Athletes use their results to see if they are using all of their available muscles or if they need to engage other muscles. Since every athlete is built differently and thus runs differently, it is important that they use as many muscles as available to help them become faster.

This is the third year the CVOTC has hosted the sport science camp. Athletes who have attended the previous camps can compare this year's information to last year's while the new athletes can work towards increasing their numbers for next year.



## ATHLETES IN COMPETITION. RESULTS

### WOMEN'S RUGBY – Atlanta Sevens ..... March 14-15 Atlanta, Georgia

The USA Rugby Women's National Team finished the tournament in second place and gained 18 points in the 2014-2015 Women's Sevens World Series standings. The tournament started off with a 36-5 win against South Africa and a 19-12 win over Russia. The Eagles then lost to New Zealand 57-0, ending pool play with a 2-1 record. In the Cup Quarterfinal, Team USA faced Australia where they won 10-5. The Eagles then beat Russia 19-14 in the Cup Semifinal and advanced to the Cup Final against New Zealand. The New Zealand Women's National Team came out strong and the Eagles had a tough but exciting game that ultimately resulted in a 50-12 loss for second place in the tournament. Kathryn Johnson and Victoria Folayan were both named to the tournament dream team. With two tournaments remaining in the series, the U.S. Women's Team is just two points shy of an automatic and guaranteed spot in the 2016 Olympic Games.

### WHEELCHAIR TENNIS – Pensacola Open ..... March 18-22 Pensacola, Florida

David Wagner won the quad doubles tournament with partner Nicholas Taylor. The pair defeated British duo Jamie Burdekin and Andy Lapthorne in the final 6-4, 6-4. Greg Hasterok and partner David Jordan won their quarterfinal match but lost to Wagner and Taylor in the semifinals. In the quad singles tournament David Wagner won his quarterfinal and semifinal match but lost in the finals 7-5, 7-6(6) to Dylan Alcott. Greg Hasterok won his first round match but lost to Dylan Alcott in the quarterfinals.

### BMX – USA Cycling Elite BMX National Championship ..... March 20 Rock Hill, South Carolina

Alise Post won a fifth consecutive BMX National Champion title. Brooke Crain followed Post in second place while Felicia Stancil ended the day in third. Nic Long brought home the men's National Champion title followed by Justin Posey in second, Connor Fields in third, Corben Sharrah in fourth, Steven Cisar in fifth and Barry Nobles in eighth. Ryan Pettigrew won the men's junior National Champion title.

### BMX – UCI Continental Championship ..... March 22 Rock Hill, South Carolina

Connor Fields came home with a win in the men's elite event. He was followed by Justin Posey in second, Corben Sharrah in third, Barry Nobles in fifth, Jared Garcia in sixth and Sean Gaian in eighth. Alise Post won the women's elite event with Brooke Crain in second and Felicia Stancil in third. Ryan Pettigrew came in second in the men's junior event.

### PARALYMPIC TRACK & FIELD – 37th Annual Aztec Track and Field Invitational ..... March 26-28 San Diego, California

Ivonne Mosquera-Schmidt set a new American Record in the 1500m with a time of 5:24.15.

### MEN'S RUGBY – Hong Kong Sevens ..... March 27-29 Hong Kong

The USA Men's National Rugby Team kicked off pool play with a win over Kenya 21-14 and then beat Wales 40-12. The final pool play game ended in a 21-21 draw for the U.S. Men's National Team with England. In the Cup Quarterfinals, Team USA lost 16-25 to the Samoan team but would go on to win the Plate Semifinal 28-14 against Argentina. The Eagles faced the Australian National Team in the Plate Final and lost 17-21. The Eagles' performance at the tournament gained them 12 points in the overall standings and Zack Test earned a spot on the tournament's Dream Team.

## ATHLETES IN TRAINING. UPCOMING CAMPS

Soccer – U-17 Women's National Team Training Camp .....	April 6 - 13
Soccer – U-16 Women's National Team Training Camp .....	April 6 - 13
Track & Field – Paralympic Track & Field Ambulatory Camp .....	April 9 - 17
Beach Volleyball – Beach High Performance Tryout .....	April 11
Archery – Compound Junior Dream Team Camp .....	April 13 - 18
Cycling – Paralympic HC/Trike Talent Development Camp .....	April 13 - 18
Track & Field – Sweden Global Throws Camp .....	April 14 - May 6
Track & Field – United Kingdom Throws Camp .....	April 14 - May 6
Rugby – Men's 7s April High Performance Camp .....	April 15 - 25
Soccer – U-18 Women's National Team Training Camp .....	April 19 - 26
Bobsled – Coaches High Performance Planning Meetings .....	April 21 - 25
Beach Volleyball – Beach Junior Tour CV Open .....	April 25 - 26
Cycling – BMX Supercross Prep Camp .....	April 25 - May 3
Rugby – Women's 7s Pre-Amsterdam Camp .....	April 26 - May 1
Cycling – BMX Supercross Development Camp .....	April 26 - May 3