



OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

ATHLETE SPOTLIGHT. LANOLA PRITCHARD - ARCHERY

LaNola Pritchard started 2015 on a high note. She had success at two tournaments, putting her on both the national and international archery stage. Pritchard won her first tournament of the year, the Lancaster Archery Classic, and showed great promise the following weekend at the third stage of the Indoor Archery World Cup.

The Lancaster Archery Classic started off with a bang when Pritchard scored highest in the qualification round. The 20-year-old then won the elimination round giving her the number-one seed and a bye to the championship. Pritchard watched the competition play out awaiting her final opponent to be named.

Ultimately, Pritchard met her teammate, Ariel Gibilaro, in the championship. The two train together at the Olympic Training Center and, after a competitive match, Pritchard was crowned the champion.



After her win in Pennsylvania, Pritchard traveled to Nimes, France, for the third stop of the 2014-15 Indoor Archery World Cup. After the qualification round, Pritchard was ranked 21st. She lost during the elimination round ending the tournament tied for 17th. Although Pritchard hoped to perform better overall, she tied for first among the American women.

Pritchard began practicing archery at the age of six. She started with a compound bow until she realized the Olympics only allow the recurve bow. She made the switch at the age of 12 and has never looked back. As a youth, Pritchard practiced for two to three hours a day, six days a week to improve her skills and to become the archer she is today. Her coach and father was always by her side helping her talents progress. In 2012, Pritchard qualified for the U.S. Archery Junior Dream Team and received an invitation to become a resident athlete at the Chula Vista Olympic Training Center.

Over the past several years, Pritchard has competed in many tournaments and performed well on the junior and senior stages. Some of her career highlights include three gold medals at the Indoor Archery Nationals, two in the junior division (2012 and 2013) and one in the senior division (2014), a gold medal in the junior World Team Trials, a bronze medal with the recurve team at the National Target Championships and many other wins along the way.

Pritchard began competing on the Archery World Cup circuit in 2014 and has already proven herself on the international stage. At the second World Indoor Archery Championships she competed in, Pritchard earned a team bronze medal. She also competed in the Pan American Championships where she once again earned a team bronze medal and helped the U.S. women's recurve team qualify for this summer's Pan American Games.

The year has just begun and Pritchard has many more opportunities to compete. 2015 will include the final stage of the Indoor Archery World Cup, the Pan American Games, the Archery World Championships and the first nomination shoot for the U.S. Olympic Team. Performing well at these events will help Pritchard stand out and bring her one step closer to her dream of representing Team USA at the 2016 Olympic Games.

ANNOUNCEMENTS.

FIELD HOCKEY WORLD LEAGUE 2 - FEBRUARY 28 - MARCH 8

This international tournament is a part of the Olympic Qualifying process and will be hosted at the CVOTC on our newly resurfaced pitch. USA Men's Field Hockey will participate, along with the national teams from Russia, Canada, Ireland, Austria, Chile, Italy and Trinidad & Tobago. Pool play will be held on Saturday, February 28; Sunday, March 1 and Tuesday, March 3. Quarterfinals will be on Thursday, March 5 with semifinals and the finals on Saturday, March 7 and Sunday, March 8.



CHULA
VISTA
OLYMPIC TRAINING
CENTER

RUGBY. NATIONAL TEAM RECRUITMENT CAMP

The Chula Vista Olympic Training Center recently hosted the USA Rugby National Team Olympic Recruitment Camp. The Recruitment Camp was designed to allow athletes who are 18 and older the opportunity to showcase their athletic abilities to Team USA Rugby coaches.

Approximately 55 athletes attended the one-day Recruitment Camp. These athletes came from all over the country to demonstrate their rugby potential, some travelling from as close as nearby San Diego with others coming from as far as Hawaii and Maryland.

The camp required athletes to pass mental as well as physical tests. A preliminary assessment for the Recruitment Camp was the online rugby law exam which all attendees were required to pass prior to the start of the camp. During the Recruitment Camp, athletes were then assessed on their physical attributes such as speed, agility and size. Coaches were looking for standout athletes who could be possible additions to the Eagles.



The day started with an introduction meeting and then it was time to hit the field. After warming up, athletes were put through various tests which included a press-ups/pull-ups test, a vertical jump evaluation, a 40 meter sprint and a yo-yo endurance test. A walk through of technical tests ended the morning session and the camp broke for lunch. The second half of the day consisted of two rounds of each of the following activities: an aerial jump competition, evasive running/track-tackle competition, a passing technique evaluation and a spatial recognition activity. The athletes also participated in a video review session.

Any athletes who were interested in playing rugby for Team USA were able to apply for the camp, even if their background is not in rugby. This made for a mix of athletes that have been playing rugby since high school as well as some who started playing after college. Many football athletes crossover to rugby and Ahman Green is a perfect example of this crossover. Green is the all-time leading rusher for the Green Bay Packers and attended the January 10th camp. "When I saw the announcement that rugby was going to be in the Olympics," Green told USA Rugby, "I said, 'That's the closest thing that we as American football players will have to football [in the Olympics].'"

Green is not the only rugby athlete to crossover from a different sport. Recent successful crossovers include Dan Lyle (football), Shaun Puga (football), David Hodges (football), Zack Test (football), Perry Baker (football), Carlin Isles (track) and Blaine Scully (water polo). Other athletes have crossed over from various sports including ice hockey, basketball, field hockey, bobsled, skiing, Olympic weightlifting, and wrestling.

Athletes that stood out to USA Rugby coaches will be contacted for one of four opportunities. The athletes with the highest rugby potential will be contacted by the national team or the USOC residency program at the CVOTC. Others may be promoted to a USA Rugby Olympic Development Academy Program where they will be able to improve their rugby skills. Some of the athletes may be connected with an overseas-based professional club or advised to join an affiliated club.

"There are a couple of guys that might come to the next Eagles camp, which starts this week," Alex Magleby told *This is American Rugby*. "There are a handful of guys that are fit for the academies."

This was the first Recruitment Camp for USA Rugby and the talent at the camp reveals a bright future for the program.



Source: <http://usarugby.org/usa-rugby-national-team-olympic-recruitment-camp>

ATHLETES. IN THE COMMUNITY

CVOTC ATHLETES PARTICIPATED IN A WIDE RANGE OF CHARITY EVENTS

By Sally Walker, CVOTC Athlete & Community Relations Intern

Chula Vista Olympic Training Center resident athletes have recently spent time giving back to the community. Athletes had the opportunity to volunteer with Make-A-Wish San Diego’s “Wishes in Flight” Telethon and the SWSWF 5th Annual Celebrity Bowling Bash. The BMX team spent a weekend building a house for a family in need across the Mexican border.



The Make-A-Wish Foundation San Diego hosted their annual Wishes in Flight Telethon on January 23 at the NBC San Diego news station. The public was encouraged to call in and donate their airline miles to the organization. The miles are then used to help make kids wishes come true.



All of the athletes that attended answered phones and took down information for the donated miles. Women’s rugby players Lorrie Clifford, Victoria Folyan, Phaidra Knight, Hannak Lockwood and Amelia Villines collected thousands of miles and Knight even donated some of her own frequent flyer miles. Paralympic track and field athlete Austin Handley and archer Matt Requa also kept busy by answering the constantly ringing phones. Overall, the event raised over three million miles and was a success for the Make-A-Wish Foundation San Diego.



The Southwest Sports Wellness Foundation hosted their 5th Annual Celebrity Bowling Bash and some resident athletes volunteered to participate in the January 24 celebration. The event raised funds to support and expand the community’s focused youth programs including their injury clinics and pre-participation sports screening assessments.

Athletes met community members while getting the chance to spend the night bowling. USA Women’s Rugby players Lauren Doyle, Jessica Javelet, Phaidra Knight and Dana Meschisi spoke with attendees while putting up good bowling scores. Paralympic track and field athletes David Brown and Lex Gillette joined archers Mackenzie Brown and Matt Requa in also attending the event and showed off their bowling skills. The night was full of cosmic bowling fun while supporting children’s sports and wellness.

While some athletes volunteered in the Chula Vista and San Diego area, 14 BMX athletes recently traveled to Rosarito, Mexico, to help build a house in just two days. The trip to the town located just 27 miles south of Chula Vista was organized with the help of More Than Sport, an organization that aims to make a change in the world through sport.

BMX Coach Jaime Staff wanted to do the trip after he heard about the U-23 road cycling program completing a similar project after a training camp in Chula Vista. Staff wants his athletes to be elite athletes and also remarkable adults. The experience was eye-opening for the team as well as a great team bonding trip.



NUTRITION. WARM BEVERAGES

THEY CAN BE PART OF YOUR NUTRITION PLAN

By Maki Ishizu & Stephanie Nelson, Sport Nutrition Interns

During the winter season, what is better than cozying up in a blanket with a warm beverage? While consuming a hot beverage during the winter can be comforting and fun, it can also be a beneficial tool to help reach your training goals. If you have high energy needs, adding a holiday-themed drink from your favorite coffee shop is a great way to pack in the extra calories while also getting some quality protein. If you are in need of a lower-calorie option, tea can be a good choice and may actually help with recovery. It's important to understand the nutrition behind your warm beverage, and how you can use it to improve your performance. The chart below compares the nutrition content of commonly consumed warm beverages.

	Steamed skim milk topped w/ cinnamon, 8oz	Non-fat latte, 12oz	Black coffee or tea, 8oz	Hot apple cider, 8oz	Hot cocoa made w/ water, 8oz	Pumpkin Spice Latte, 2% milk w/ whipped cream, 12oz	Peppermint Mocha, 2% milk w/ whipped cream, 12oz
Calories	90	100	0	80	115	300	350
Calories from Fat	0	0	0	0	10	100	110
Total Fat	0g	0g	0g	0g	1g	11g	13g
Saturated fat	0g	0g	0g	0g	1g	7g	8g
Carbohydrate	11g	15g			24g	40g	48g
Sugar	11g	15g	0g	20g	19g	38g	42g
Protein	8g	10g	0g	0g	2g	11g	10g

Milk-based drinks like steamed skim milk, non-fat latte, Pumpkin Spice Latte and Peppermint Mocha can be consumed to promote recovery. Milk is a good source of leucine, an amino acid that has been shown to support training adaptations and muscle building, especially post-exercise.

You can use these types of drinks to your benefit depending on your needs. If you are trying to gain weight or need extra calories, the higher-calorie flavored drinks are a reasonable choice. If you need a lower-calorie option, steamed milk with cinnamon or a small latte without whipped cream are better choices. If you are eating food and simply want a warm drink to go with it, coffee, tea or hot cocoa are good options. If you are looking for a warm treat, consider these following tips to help you enjoy your beverage without taking away from your training goals.

- Ask for non-fat milk: For every cup, non-fat milk provides about 8 grams (about 60 calories) less fat than whole milk. Whole milk is high in saturated fat, which should be limited to 5-6% of your daily calorie intake
- Order a small size: It's all about moderation. Enjoy your drink, but think of it as a liquid "treat" just like you would a candy bar!
- Hold the whipped cream: This topping provides empty calories. Ask for extra foam instead
- Add spices for flavor: Try sprinkling cinnamon, nutmeg or ginger for a little twist in your drink

Tea is a great choice as a warm beverage that provides health and training benefits. Antioxidants in tea have been shown to promote muscle recovery and decrease inflammation, while caffeine in moderate amounts might improve athletic performance. Below are different types of teas, along with potential benefits to training:

Green tea

- Speeds up muscle recovery
- Decreases inflammation
- Increases use of fat for energy
- Improves efficiency of carbohydrate uptake into cells

Black tea

- Improved blood pressure and blood flow
- Provides highest amount of caffeine of all teas, for potential increase in endurance (see October 2014 issue for more information)

Herbal tea*

- Decreases inflammation
- Decrease harmful bacteria in the body
- Provides caffeine-free warm beverage

*Anyone allergic to daisy plants should avoid herbal tea

To make your tea a little more interesting, you can add several ingredients including cinnamon, ginger, and honey, which have anti-inflammatory and anti-microbial properties. It is important to note that evidence to support these benefits has shown mixed results. However, the antioxidant potential of these substances suggest modest health benefits when you drink three or more cups per day.

WANT TO MAKE YOUR OWN SEASONAL DRINK?

Pumpkin Chai Latte

- 1 cup unsweetened vanilla milk
- 3 Tbsp. pumpkin puree
- 1 tsp. pumpkin pie spice
- 1 bag of black tea (e.g. Earl Grey)
- 1 Tbsp. maple syrup

In a saucepan, bring all the ingredients, except for the tea bag, to a boil over medium heat. Remove from heat and add tea bag. Let the tea steep for three minutes.

Calories: 111 Fat: 3g Saturated Fat: 1g Carbohydrate: 20g Protein: 2g

Salted Caramel Mocha

- ¾ cup coffee
- 1-2 Tbsp cocoa powder
- ½ cup low-fat milk
- 1 Tbsp maple syrup
- pinch of sea salt

Prepare coffee. Heat milk in microwave or on the stove. Place cocoa powder and salt in a mug. Add milk and coffee to mug. Stir and enjoy!

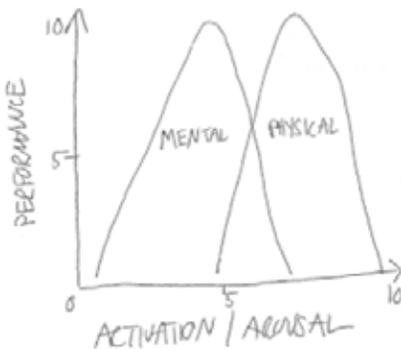
Calories: 128 Fat: 2g Saturated Fat: 2g Carbohydrate: 23g Protein: 6g

PSYCHOPHYSIOLOGY. THE INVERTED “U” OF OPTIMAL PERFORMANCE

SECTION TWO IN A TWO-PART SERIES OF PSYCHOPHYSIOLOGY TRAINING
 By Lindsay Thornton, USOC Senior Sport Psychophysiology

The last piece on the Inverted “U” of Optimal Performance covered the concept of paying attention to activation level and thinking about strategies that you currently have or might need to develop in order to keep yourself near the peak of your inverted “U” of performance. This segment will tackle the possibility of there being two “U”s – one mental and one physical – as well as the occasional necessity of decreasing activation in order to draw yourself back to that optimal point if you have gone too far on the activation/arousal line.

Sometimes athletes who don’t perform great in practice, but do well in competition are those who need a higher level of activation to get to their optimal performance level. At practice, the environment is familiar and activation is lower; however, at competition, the pressure and excitement increase activation levels and raise the level of performance (this simplifies a complex process – there are other reasons some athletes do better in competition, this is potentially one of them). Some athletes report competing well after a poor night sleep or when they are sick. Part of what could be going on is that fatigue and feeling ill reduce the activation level to where the athlete performs her best, and this is held in check against the natural increase in arousal that happens at competition. The two opposing forces keep the athlete at an ‘optimal’ activation level for that competition.



Some athletes like the idea of two curves to describe their physical and mental activation levels for optimal performance. In the figure to the left, the mental peak is about a 4 and the physical peak is at a 7. This could be interpreted as a calmer mind and a more energized body. A weightlifter or gymnast might report separate curves similar to the different “U”s for mind and body as shown. As a weightlifter prepares for her lift, she needs to be ready to exert nearly maximal physical effort, without trying too hard as she has to show control in her finishing position. She may prefer having a calm mind so she can clearly focus on the key parts of the mechanics of the lift and execute her form well. A higher mental activation could lead her to rushing or missing key technical aspects of her lift. A gymnast might prepare in a similar way for vault. As he stands at the end of the runway, his body has a higher level of activation than his mind in preparation for the physically demanding skill he is about to do. His mind is still sharp and focused, yet calmer so he can execute the correct hands/feet placements, body position, rotation and landing.

Athletes who prefer different mind and body curves can benefit from paying attention to what they do during successful practices. They likely have routines or rituals that help increase their body activation, while keeping their mind activation lower. Sometimes just paying attention to the fact that they create these two activation levels over and over again at practice reminds them that they have the ability to do regulate their mind-body state.

Most athletes have strategies to increase their activation level at practice and competition. They have (ideally) slept well, are hydrated and fueled appropriately with nutritious food. They take caffeine when appropriate to stimulate the Central Nervous System. They listen to music that pumps them up. They jump and shake their limbs as they prepare for their event or skills. What can be overlooked is how to reduce activation when needed. Given that competition typically increases activation levels – due to the new environment, the sight of competitors, the uncertainty of the outcome, the importance of the outcome, the crowds watching – athletes should develop reliable strategies to decrease activation levels when needed.

In the figure to the right, the athlete has a poor performance when at activation level 10, and an excellent performance when at activation level 8 (again, this is oversimplifying a complex process, and only considering one contribution to performance, but for the sake of illustration, we’ll use this example). The athlete could benefit from learning to reduce activation levels, through self-regulation skills – like using breathing to reduce sympathetic activation and decrease heart rate, reducing muscle tension with relaxation skills, decreasing the intensity of focus for a broader, rather than an overly narrow attentional window. Traditional mental skills can help in this situation as well, where using constructive self-talk to reduce activation, relaxing or calming imagery, concrete process goals to direct attention to the steps required to achieve the performance outcome rather than focusing on the outcome along, and so forth to help move the athlete down to an 8. As with sport skills, these skills need to be practiced and executed under simulated competitive stress to increase the athlete’s ability (and his belief in his ability) to successfully employ them at competition.



One last note: it is very common for athletes to become more and more successful and overshoot the mark when they are learning. In the last example, perhaps the athlete intended to reduce activation to an 8, but unintentionally got down to a 6. This is part of the learning process, and should be interpreted as such. As an athlete has more experience they will learn to become more refined in regulating activation levels.



RUGBY. WOMEN'S INTERNATIONAL SCRIMMAGES

USA RUGBY HOSTED CANADA AND IRELAND IN A SERIES OF COMPETITIVE TEST MATCHES

The U.S. Women's Rugby Sevens team recently hosted Ireland and Canada for a friendly practice tournament at the Chula Vista Olympic Training Center. The Canadian National Team arrived on January 4 for their training camp with Ireland's National Team following on January 7.

Each country split its squad into two teams making a total of six teams available for the tournament-style scrimmage. However, no two teams from the same country played each other. On Sunday, January 11, the teams enjoyed a rainy first day of the scrimmage with multiple 15-minute games, following the standard sevens tournament format of two seven-minute halves and a one minute half-time. The second day of scrimmage was played on Tuesday, January 13, and used a final match format where the stakes are raised and games consist of two 10-minute halves with a two minute half-time.

The Canadian and Irish teams gave the Eagles an opportunity to practice their skills against top competitors and they look forward to official matches in the next World Series stop in Brazil next month. Later in February, Team USA will welcome Brazil and Russia for training camps and scrimmages in Chula Vista.



VOLUNTEER SPOTLIGHT. DAVE & KATHY LONG

By Sally Walker, CVOTC Athlete & Community Relations Intern

Any visitor that comes to the Chula Vista Olympic Training Center on a Wednesday morning has the pleasure of receiving a tour from Dave and Kathy Long. Whether it's a walking tour or a cart tour, Dave and Kathy fill visitors with information about the CVOTC and they may even pick them an orange in the south courtyard.

Dave, an Iowa native, was a photographer in the U.S. Navy for 20 years. He then worked for the San Diego State University recreation department before returning to the Navy as the athletic and recreational director. Kathy, a native of Alabama, also worked in the Navy. She was a member of the civil service for 30 years where she specialized in international training.

The Longs started out as hospitality volunteers with the San Diego Sports Foundation – the foundation tasked with raising money to build the Olympic Training Center. Once Dave and Kathy found out about the CVOTC opening, they knew they wanted to volunteer at the training center. They started giving tours of the training center before it opened and on opening day, June 10, 1995, they were both very busy giving three tours each. Originally, Dave and Kathy gave tours on Saturday mornings but after Dave retired from the Navy in 1996 and Kathy in 2003 they switched to Wednesday mornings.



Due to being volunteers with the CVOTC for many years, the Longs tours are filled with interesting facts and stories. They learn most of their stories and information from athletes, coaches and staff members during their weekly Wednesday lunch in the cafeteria. "We work for food," Dave said. But what they learn at those meals are what set their tours apart.

"The tour lasts as long as the people are interested," Dave said. "Take the time to tell a story."

When asked why they have continued to be tour guide volunteers for the past 20+ years Dave simply said, "Because we like it." They both enjoy meeting the athletes as well as the people who come to visit the CVOTC. Kathy says they also enjoy the peacefulness of the CVOTC and that it allows them to get away from the normal world.

Dave and Kathy enjoy various activities besides giving tours. Dave is an avid race walker while Kathy enjoys cheering him on at the finish line. They are also art fans and attend musicals as well as the Pageant of the Masters where real people pose as famous paintings. Along with art, the Longs enjoy traveling. They are members of the Order of the Eastern Star which has enabled them to travel throughout California and the United States. When not participating in their various hobbies, Dave and Kathy like to spend time with their son, daughter and two grandchildren.

This summer marks an important milestone for the training center as well as for the Longs. "We are looking forward to our 20th anniversary on June 10," Kathy said. Fortunately, June 10 lands on a Wednesday this year.



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

ATHLETES IN COMPETITION. RESULTS

MEN'S RUGBY – Mar del Plata Sevens January 10-11
 Mar del Plata, Argentina

The USA Men's Falcons Rugby team came away with a fourth place finish at the first stop for the 2015 CONSUR South American Sevens Tour. The Falcons started the tournament off with a loss to Mar del Plata and Argentina but found a way to beat Uruguay. During the second day of competition, they beat Canada, but then lost to Litoral. The Falcons 2-3 record during regular competition put them in the playoff match to decide third and fourth place, where they ultimately lost to Mar del Plata.

ARCHERY – Lancaster Archery Classic January 16-18
 Lancaster, Pennsylvania

On the women's side, LaNola Pritchard came out as the champion. She scored highest in the qualification round and after a win in the elimination round she found herself as the number one seed. Her teammate, Ariel Gibilaro, also had success in the qualification and elimination rounds and found herself in the number two spot. The two would face off in the championship where Pritchard ultimately secured the win. On the men's side, Jeremiah Cusick was ranked sixth after the qualification round and beat his opponent in the first elimination round. He fell to his competitor in the second elimination round and ended the tournament in sixth place.

MEN'S RUGBY – Viña del Mar Sevens January 17-18
 Viña del Mar, Chile

The USA Falcons Men's Rugby team came away with a fifth place finish after the second stop on the 2015 CONSUR South American Sevens Tour. The tournament started off well with the team beating Argentina. The Falcons then lost to a tough Canadian team but ended the day with a win against the Invitational Sevens team. With a 2-1 record after pool play, the Falcons received the number two seed in the bracket. They faced Chile in the quarterfinals and ultimately lost. During the semifinals, the Falcons faced the Invitational Sevens who they ended up beating for a second time. This led to the Falcons playing Canada for fifth place where they were able to pull off a win.

ARCHERY – Indoor Archery World Cup 3 January 23-25
 Nimes, France

Brady Ellison finished as the highest ranked American in fourth place. Daniel McLaughlin was the next highest ranking American with a tie for ninth. Nathan Yamaguchi came in tied for 17th place and Sean McLaughlin finished in 46th place. Khatuna Lorig and LaNola Pritchard represented on the women's side. Pritchard finished the tournament tied in the 17th spot while Lorig finished in 36th place.

WHEELCHAIR TENNIS – Australian Open January 28 - 30
 Melbourne, Australia

David Wagner won his first match in straight sets against Lucas Sithole of South Africa 6-3, 6-1. In his second match, Wagner faced Dylan Alcott of Australia and lost in straight sets 6-4, 6-4. Wagner's third match against Andrew Lapthorne resulted in a 6-3, 7-5 loss giving him a 1-2 singles record in the round robin, but that still left him tied for second in the tournament standings. He will face Dylan Alcott again in the final. In the doubles tournament, Wagner paired with Andrew Lapthorne and beat Lucas Sithole and Dylan Alcott in three sets 6-0, 3-6, 6-2 to win the quad wheelchair doubles championship.

ATHLETES IN TRAINING. UPCOMING CAMPS

Cycling – BMX Elite Conditioning Camp Feb. 1 - 14
 Track & Field – Canada National Team Camp Feb. 1 - 15
 Field Hockey – Brazil Test Series and World League 2 Prep Feb. 1 - 20
 Rowing – U.S. National Team Men's February Camp Feb. 1 - 22
 Rowing – U-23 Talent Identification Camp Feb. 8
 Archery – Women's Excellence / World Cup Prep Camp Feb. 9 - 14
 Rowing – Women's U-23 Talent Identification Camp Feb. 15
 Rugby – Russia Women's 7s National Team Camp Feb. 18 - Mar. 10
 Cycling – BMX Combine 1 Feb. 20 - 22
 Triathlon – Paralympic Triathlon National Team Cycling Skills Camp Feb. 22 - 27
 Rugby – Women's 7s Pre-Atlanta Camp Feb. 22 - 27
 Beach Volleyball – Medical Summit 27 - Mar. 1