



OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

ATHLETE SPOTLIGHT. MEN'S RUGBY TEAM

The Men's USA Rugby Sevens National Team came together to win their first-ever HSBC Sevens World Series Cup trophy. The Eagles faced tough competition throughout the London Sevens tournament but ultimately were victorious in every match.

The Men's Eagles faced France, Portugal and South Africa in pool play. In the match against France, the Eagles scored three tries and a conversion to go up 17-0 in the first half. The U.S. team scored one more try and a conversion answering France's 19 points to win the match 24-19. The Eagles then faced Portugal. The game was tied 7-7 at halftime but the Eagles were able to pull away and win 28-12. Next, the USA took on South Africa. The Eagles found themselves down 0-12 at the end of the first half but scored 21 points to win 21-12. The Eagles finished the day with a perfect 3-0 record.

In the Cup Quarterfinal, the Eagles were up against Canada. Canada beat the USA 40-0 in the Glasgow Sevens tournament the weekend prior and the Eagles were looking for redemption. Madison Hughes scored early to help the Eagles up 7-0 but Canada responded with a try of their own. Perry Baker scored at the end of the first half to give the Eagles a larger lead. Maka Unufe, Garrett Bender and Carlin Isles all scored in the second half to assist in a 29-10 win for the Eagles.

After a 43-12 win against England in the Cup Semifinals, the Eagles faced Australia in the Cup Final. Australia scored a try in the first minute but the USA responded with Hughes' try and conversion to take a 7-5 lead.

Barrett scored two more tries, one of which was capped off with a conversion from Hughes, to go up 19-5. Australia scored one try but Maka Unufe came back with a try of his own followed by a conversion from Folau Niua. Baker started off the second half with a try. Australia scored 12 points, but they could not hold off the Eagles. Unufe and Thretton Palamo scored the Eagles final two tries to give the USA a 45-22 win.

Hughes and Barrett were named to the tournament Dream Team while Zack Test was named to the 2014-2015 World Rugby HSBC Sevens World Series Dream Team. Hughes also ended the season with the second most points in the 2014-2015 World Series with 296 points.

The Men's Eagles now turn their focus towards the 2015 NACRA Sevens Championships to be contested Saturday, June 13 - Sunday, June 14 in Cary, N.C. A win at the NACRA tournament will solidify qualification for the 2016 Olympic Games in Rio de Janeiro, Brazil.



*U.S. Men's Rugby National Team celebrates winning the Cup at the London Sevens World Series
Photo credit: Martin Seras Lima*

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!

CELEBRATION. CVOTC 20TH ANNIVERSARY

THE CVOTC CELEBRATED 20 YEARS WITH A PUBLIC EVENT ON SUNDAY, JUNE 7

The Chula Vista Olympic Training Center formally marked its 20th anniversary on June 10, 2015, but celebrated the historic event on Sunday, June 7 by opening all the doors to the public for an all-day open-house style sports festival.

The day started with a VIP breakfast that featured a panel of current and former CVOTC athletes answering questions and discussing both their Olympic/Paralympic experience and their CVOTC experience. From the current resident athlete roster, three-time Paralympic long jump silver medalist & world record holder Lex Gillette and six-time Paralympic medalist & world-ranked #1 wheelchair tennis player David Wagner along with 2012 Olympic gold medalist long jumper Brittney Reese all participated on the panel. They were joined by short term user and multiple Olympic medalist bobsledder Steve Holcomb and former resident athletes, including two-time rowing Olympic gold medalist Susan Francia and 2004 Olympic marathon silver medalist, Meb Keflezighi. Also in attendance were Paralympic guide runner Jerome Avery, 2012 BMX Olympian Alise Post, BMX Olympic hopeful Felicia Stancil, Archery Olympic hopefuls Nick Kale and Nathan Yamaguchi, Rugby Olympic hopefuls Victoria Folayan and Emily Azevedo, who also is a 2010 Bobsled Olympian. They were joined by 1984 Olympic triple jump gold medalist Al Joyner and 1984 Olympic 100m hurdles gold medalist Benita Fitzgerald Mosley.



During the main public celebration, visitors were welcomed with an opportunity to take a photo with a real Olympic torch in front of the CVOTC's very own lit cauldron. There was an expo featuring music provided by local radio station Z90.3 and numerous booths from other community partners and non-profits. From there, guests were free to wander throughout the facility to watch and participate in different Olympic and Paralympic sports. Throughout the day, CVOTC resident athletes were out and about interacting with the visitors as well as showing off their talents by giving demonstrations for attendees to enjoy.

Nearly 2,500 people came out to enjoy the day. First on the agenda for most attendees were BMX and Archery. It wasn't long

before the development BMX course was filled with newcomers testing out the tricky ups and downs while trying to keep their balance. BMX Olympians and National Team members gave a demonstration on the larger, Olympic-style London course for people to watch with awe as they took off from the 8m tall start ramp, hitting speeds of 35-40 miles per hour. Guests were also able to shoot archery alongside members of the U.S. Archery National Team. The elite athletes were put to the test with a target at a regulation Olympic competition distance of 70m. To demonstrate their skill and accuracy, the target was covered in balloons and athletes were told by spectators which balloons they should pierce.



CVOTC 20TH ANNIVERSARY - CONTINUED



From there, most people wandered down to play around on the soccer field or headed to the rugby field for one-on-one guidance from the Rugby 7s Men's and Women's National Teams. Guests had the opportunity to pass a rugby ball and practice their tackles with different equipment. Field Hockey was also a popular spot for people to aim for a goal.

The track & throwing field was busy with activity in all areas. Olympians Cyrus Hostetler and Craig Kinsley demonstrated the correct way to throw a javelin, along with instruction on how to make each throw go about five

extra yards if the throw is followed by a good loud yell.

Olympic hopeful Eric Werskey performed a couple of impressive shot put throws while Joe Kovacs narrated the process and introduced the crowd to the traditional track & field "slow clap."



Over on the other side of the track, five-time World Champion and Olympic gold medalist Brittney Reese demonstrated the long jump. Paralympians Lex Gillette and David Brown along with guide runners Wesley Williams and Jerome Avery demonstrated what it is like to run with a blindfold and guide runner. Most of the CVOTC track and field resident athletes participated in making it a memorable day for all participants, teaching kids and adults the basics of guide running, jumping and throwing – even if it wasn't their typical area of expertise.



Over on the tennis courts for the last demonstration of the day, David Wagner and Greg Hasterok answered questions, showed off their skills and helped visitors learn how to control a wheelchair and hit a tennis ball in one fluid motion. The San Diego Wheelchair Tennis Association provided extra chairs and instruction so that people could try it out first-hand.

The night came to an end with a Founders' Reception to recognize and acknowledge the San Diego National Sports Training Foundation and the people who put so much effort into the initial establishment of the Chula Vista Olympic Training Center. Overall, it was a fantastic day filled with sun, sports and smiles.

FEATURE. SOCCER & THE CVOTC

By Sally Walker, CVOTC Athlete & Community Relations Intern

The Chula Vista Olympic Training Center has a long history with U.S. Women's Soccer. In the facility's early days, the Women's Senior National team was a CVOTC resident sport. Since then, many U.S. Women's Soccer players have trained at the CVOTC while progressing through the youth-level national soccer teams.

The U-17 and U-18 Women's National Soccer teams each recently used the OTC for weeklong training camps and the U-19 team will be taking the field in the upcoming week for their team training. The various youth National Teams have trained at the CVOTC in years past leading up to their respective World Cups and other international tournaments.

Training camps allow for evaluation and preparation. Coaches are able to run players through various drills to determine starters and to prepare the team for game situations. Some teams host scrimmages to work on game readiness. Since most of the players live throughout the country, training camps also give them the opportunity to get to know their teammates and to bond as a team. Youth National Team training camps are helpful for U.S. Women's Soccer to keep developing elite women's soccer players.

"We have nine teams with 25 players per team that use the OTC as often as we're allowed," said April Heinrichs, former Women's National Team head coach and current Women's National Team Technical Director. "And, our staff certainly love coming to the CVOTC as it gives us an excellent opportunity to develop players and teams in such an amazing and inspiring Olympic setting."

The U.S. Women's Senior National team was a part of the CVOTC resident program prior to the 2000 Summer Olympic Games and they ultimately brought home a silver medal. In 2003, the WNT moved to a dedicated soccer training facility in Carson, California, but many of the notable names in women's soccer took to the fields at the CVOTC during their residency and training camps. Mia Hamm, Brandi Chastain and Julie Foudy among many others, all once called Chula Vista home.

Current 2015 Women's World Cup team members Abby Wambach, Christie Rampone, Heather O'Reilly and Shannon Boxx all trained at the CVOTC as well.

"The USOC's CVOTC has provided a great training ground for our Women's National Team program for nearly 20 years," Heinrichs continued. "All of our top players have trained, competed, slept, ate and received great treatment while on campus."

As the youth U.S. Women's Soccer National team training camps take place at the CVOTC, athletes work to improve their skills in hopes of moving to the next highest team. Ultimately, players aim to make it on the Women's Senior National team to compete at future Olympic Games and World Cup tournaments.



Current U-17 WNT athletes practice on Field #2 at the CVOTC



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

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 or call 760-215-3930

NUTRITION. VITAMIN C: FACT VS. FICTION

VITAMIN C FOR IMMUNITY AND ATHLETIC PERFORMANCE

By Alison Resnick, USOC Nutrition intern

Vitamin C, the most popular antioxidant, is purported to boost immunity and fight off the common cold. Many people purchase vitamin C supplements including Emergen C and Airborne when they are feeling the beginnings of a cold, for protection against germs while traveling or for general daily prevention. Although vitamin C is an important nutrient in the human body, are these popular supplements going to fight off illness? How much do we actually need? What are the best sources of vitamin C to maximize health benefits? The answers may surprise you!

WHAT IS VITAMIN C?

Vitamin C (also known as “ascorbic acid”) is an essential micronutrient, meaning that we are unable to synthesize it in our bodies and must acquire it from dietary sources. It is a water-soluble vitamin, which means that vitamin C intake beyond what the body needs will be excreted in urine. Vitamin C has multiple functions including important roles in wound healing and bone repair. Its primary function is to act as an antioxidant, reducing cell damage caused by things like intense exercise, environmental toxins, and aging. These factors increase the production of compounds called free radicals, which interfere with the ability of cells to function normally. In athletes, vitamin C aids in reducing free radicals and therefore reversing some of the cell damage caused by strenuous exercise.

Vitamin C's role in immunity has to do with its antioxidant properties; helping to keep immune cells healthy so they can eliminate bacteria and viruses. Inadequate intake of vitamin C can result in a compromised immune system, decreasing the body's ability to fight off infection and disease. Vitamin C deficiency (although rare) is called “scurvy.” Symptoms include bleeding gums and tiny bruises caused by bleeding under the skin. Due to its function in collagen formation, low vitamin C levels can also slow down wound healing and bone repair. Consuming about 10 mg/day, which is equivalent to about ½ tomato or 2 medium orange slices, is enough to counteract low vitamin C levels. Deficiencies are rarely seen in developed countries, and it is highly unlikely for athletes to have low vitamin C levels unless they follow a very restrictive diet with no citrus fruits, juices or vegetables.

HOW MUCH VITAMIN C DO ATHLETES NEED ON A DAILY BASIS?

The RDA for vitamin C for adults over the age of 19 is 75 mg/day for women and 90 mg/day for men; the recommendations for athletes are the same.

To date, there is no scientific evidence to support any positive effect of vitamin C supplementation on sport performance. Contrary to popular belief, taking high doses of vitamin C does NOT prevent you from getting a cold. Some evidence suggests supplementing with 500mg/day in the first 2-3 days following the onset of cold may decrease the symptoms, severity and length. However, “mega-dosing” or consuming large quantities (>2000mg/day) is not beneficial and can actually increase the risk of adverse effects such as gastrointestinal issues like diarrhea. Mega-doses of vitamin C weakens training adaptations, since some inflammation is necessary for growth and recovery; it also causes vitamin C to act as a pro-oxidant, damaging tissues and cells. For this reason, it is recommended that those who take vitamin C supplements should not exceed 2000 mg/day, and that supplements should never be taken “just in case” or to try to prevent illness.

WHERE CAN WE GET VITAMIN C?

Vitamin C can be found in a wide variety of fruits and vegetables, namely bell peppers (which are highest in vitamin C), strawberries, citrus fruits, cantaloupe, tomatoes, potatoes, kale and broccoli. Additional sources of vitamin C can be found in cereals and other foods and beverages fortified with vitamin C such as orange or tomato juice. Fruits and vegetables are better choices than fortified foods or supplements because the body absorbs vitamins from food more efficiently and food sources also contain other beneficial nutrients like fiber.

Athletes also need to be aware that many sports nutrition supplements have vitamin C added to them. Hence, their vitamin C may not just come from one single supplement, but from a combination of many smaller doses.

Food Sources of Vitamin C	Vitamin C Content
Strawberries (1 cup sliced)	98 mg
Citrus Fruits – Orange (1 medium)	70 mg
Cantaloupe (1 medium wedge)	25 mg
Green Peppers (1 cup chopped)	120 mg
Kale (1 cup chopped)	80 mg
Broccoli (1 cup chopped)	78 mg
Tomatoes (1 cup chopped or sliced)	23 mg
Potato (1 medium boiled, no fat added)	12 mg
Orange Juice	45 mg
Tomato Juice	84 mg

THE BOTTOM LINE

If your primary goal is to stay healthy and maximize your training, the best way to do that is to eat a well-balanced diet. Acquiring vitamin C from food sources promotes a healthy immune system, eliminates the risk of mega-dosing (and its negative side effects), and may even help counteract the lowered immune response that naturally occurs right after intense exercise. The best way to ensure you are getting just the right amount of vitamin C is to consume a wide variety of colorful fruits and vegetables in order to obtain different types of vitamins, minerals and antioxidants. As you can see from the table above, you can easily consume several hundred milligrams of vitamin C by eating at least five servings of fruit and vegetables daily. Also be sure to stay hydrated, get enough sleep, and practice good hygiene habits to help build and maintain a healthy immune system.

RECENT EVENT. CHULA VISTA FUN RUN

The Chula Vista Olympic Training Center recently hosted the 7th Annual Chula Vista Community Fun Run on Saturday, May 16. Runners, walkers, families and dogs all came out to take part in the Fun Run and to support the youth and recreation activities in City of Chula Vista.

Resident archer Khatuna Lorig fired the starting gun to get the race moving. Jerome Avery, a resident guide runner, drove the pace cart to guide runners through the course. Both athletes stayed to cheer on participants as they crossed the finish line. Almost 1,100 participants made their way through 5K course that wove around the CVOTC complex. Along with individual participants, there were 10 teams including Team Mini Mermaids, Team Library, DaVinci Charter School, Team HR, Team Veterans Elementary School, Team Albion SC, Team Republic Services, RVC Youth Group, PAC Team and Chula Vixens.



The Chula Vista Community Fun Run raised nearly \$11,000 to go towards the City of Chula Vista's Recreation Department. In previous years, proceeds for the Fun Run provided Friday Teen Nights at Veterans Park, supplies for the free afterschool program at Heritage Park and therapeutics programs, a free cooking program for underprivileged youth at Parkway Community Center, free Kid's Fests at Loma Verda Recreation Center in collaboration with Family Resource Centers to promote health and wellness programs and lap swim and water aerobics at Parkway Pool.

RECENT EVENT. HIGH PERFORMANCE TRACK & FIELD MEET

The Chula Vista Olympic Training Center hosted its second high performance track and field meet of the 2015 season on Friday, May 22 and Saturday, May 23. The high performance meet included decathlon and heptathlon events as well as sprinting events including the 100m, 200m and high jump, long jump and triple jump and pole vault. CVOTC resident athletes as well as numerous domestic and international athletes competed in the event. From the CVOTC resident athlete program, there were a few notable finishes, including a sixth place finish from rugby player Ida Bernstein who ran the 100m in 13.08 seconds.

In the long jump competition, Chris Benard finished first with a distance of 7.76m and Ronnie Taylor finished third with 7.67m, just .01m behind the second place finisher from Saudi Arabia. Lex Gillette jumped 6.85m, Ahkeel Whitehead jumped 5.26m and Markeith Price jumped 4.64m. On the women's side, Toni Smith finished third with a leap of 6.49m and Alitta Boyd finished fifth with a 6.13m leap. In the triple jump, Will Claye nabbed first place with a 17.50m jump. On the women's side, Amanda Smock took first with a 13.84m jump, April Sinkler followed in third with a 13.64m jump. Toni Smith jumped 13.5m for fourth place and Alitta Boyd jumped 13.09m for seventh place. Paralympic high jumper Jeff Skiba cleared 1.95m and Jeremy Taiwo competed in a few events of the men's decathlon, placing second in the discus throw with a distance of 43.06m and second in the pole vault event with a height of 4.55m.

ATHLETES IN COMPETITION. RESULTS

TRACK & FIELD – IAAF/BTC World Relays May 2-3
Nassau, Bahamas

Brandon Johnson won the distance medley relay with three other U.S. athletes in a time of 9:15.50, setting a new world record.

ARCHERY – World Cup 2015 – Stage 1 May 5-10
Shanghai, China

Khatuna Lorig, LaNola Pritchard and Ariel Gibilaro brought home a bronze medal in the women's recurve team event. Lorig finished the women's individual tournament in seventh followed by Pritchard tied in 17th, Gibilaro tied for 33rd and Mackenzie Brown tied for 57th. Brady Ellison finished the men's individual recurve tournament in seventh followed by Collin Klimitchek who finished tied for ninth. Residents Ellison and Klimitchek along with Jake Kaminski finished in fifth in the men's recurve team event.

BMX – UCI BMX Supercross #2 May 9-10
Papendal, Netherlands

Connor Fields won the men's time trial competition. His time of 37.919 set a track record. Nic Long finished behind Fields in 13th. Alise Post finished the women's time trial event in third place with a time of 38.442. She was followed by Brooke Crain in fifth for the time trial. In the main event, Felicia Stancil was the lone American on the podium as she finished second in the women's elite competition.

MEN'S RUGBY – Glasgow Sevens May 9-10
Glasgow, Scotland

The Men's Eagles Sevens started the tournament off with a surprising 40-0 loss to Canada, but the USA bounced back to beat Japan 38-7 and Argentina 21-14 to give them a 2-1 record after pool play. The Eagles faced Australia in the Cup Quarterfinal and won 14-5. In the Cup Semifinal, the Eagles lost to Fiji 19-5. That loss placed the USA in the third-place match against England. The Eagles fought hard but eventually lost 24-19 and ended the tournament in fourth place. Maka Unufe was selected to the tournament's Dream Team.

ATHLETES IN COMPETITION. RESULTS - CONTINUED

TRACK AND FIELD – Diamond League.....May 15
 Doha, Qatar

Joe Kovacs finished the men's shot put in fourth after a 20.86m throw. Brittney Reese jumped 6.76m for fifth in women's long jump.

WOMEN'S RUGBY – London Women's SevensMay 15-16
 London, England

The Women's Eagles started the tournament off with a 40-7 over China and a 24-19 win over Fiji. The USA faced Australia in the final pool play match which resulted in a 12-12 draw. In the Cup Quarterfinal, the Eagles beat France 19-12. The USA then faced Canada in the Cup Semifinals where they lost 17-14. The Cup Semifinal loss placed the Eagles in the third-place match against New Zealand. New Zealand ultimately beat the Eagles 24-19. Victoria Folley and Alev Kelter were named to the tournament's Dream Team.

TRACK AND FIELD – Diamond League.....May 17
 Shanghai, China

Jeff Henderson finished second with a 8.26m long jump. Tia Brooks finished in third in the women's shot put with 18.66m.

TRACK AND FIELD – 2015 IAAF World Challenge Beijing.....May 20
 Beijing, China

Mike Hartfield won the men's long jump with an 8.27m jump, a new personal record. Jeff Henderson finished the men's long jump in second with an 8.23m jump and Tyron Stewart finished in ninth with a 7.67m jump. Troy Doris finished the men's triple jump in tenth with a 15.59m jump. Hartfield also competed in the men's 100m where he finished in eighth place with a time of 10.59.

WOMEN'S RUGBY – World Series Amsterdam Sevens May 22-23
 Amsterdam, Netherlands

The USA Women's Sevens team started the tournament off with a perfect 3-0 record in pool play. The Eagles defeated South Africa 26-7, Fiji 36-14 and New Zealand 34-5. In the Cup Quarterfinal, the U.S. team dominated Spain 38-10, but lost to Canada 14-19 in the Cup Semifinal. The Women's Eagles faced England in the 3rd place math with a winner-take-all result for Olympic qualification. The tough-fought math did not end in Team USA's favor with a final score of 14-15 with England taking the win and the Olympic qualification. Lauren Doyle was selected to the tournament's Dream Team. Team USA finished the 2014-2015 World Series in 5th place with 76 points. The women have another chance to qualify for the 2016 Olympics at the NACRA tournament on June 13-14.

WHEELCHAIR TENNIS – PNB Paribas World Team Cup May 25-31
 Antalya, Turkey

David Wagner, along with longtime playing partner Nick Taylor, won the World Team Cup title over Japan. This marks the ninth quad title for the U.S. Greg Hasterok also competed, paired with Bryan Barten.

Archery – Archery World Cup Stage 2 May 27-31
 Antalya, Turkey

Collin Klimitchek battled Brady Ellison for a place on the podium and came away with the bronze medal, leaving Ellison in fourth place. Khatuna Lorig took eighth place while Mackenzie Brown and La Nola Pritchard were tied for 17th. Klimitchek and Ellison along with Zach Garrett took fourth in the Men's Team Finals. Klimitchek and Khatuna placed fifth in the Mixed Team Finals.

TRACK AND FIELD – Diamond League Prefontaine..... May 29-30
 Eugene, Oregon

Joe Kovacs placed first in the men's shot put finals with a throw of 22.12m. Jared Schuurmans took seventh in the men's discus competition with a throw of 59.92m. Brittney Reese placed fifth in the women's long jump with a jump of 6.69m. Amanda Smock took seventh in the women's triple jump with a jump of 13.59m.

ATHLETES IN TRAINING. UPCOMING CAMPS

Track & Field – Saudi Arabia Jumpers Training Camp.....May 2 - June 28
 Field Hockey – Men's Pan American Games Prep Training Camp May 17 - July 5
 Rugby – Pre-NACRA Olympic Qualifier Camp..... June 1 - 10
 Triathlon – Pan American Games, Rio and Chicago World Cup Prep Camp..... June 2 - July 4
 Cycling – BMX Development Training Camp 2 June 7 - 13
 Speedskating – Short Track Summer Camp June 10 - 13
 Cycling – Ecuador BMX Training Camp..... June 10 - 29
 Archery – Women's Excellence/World Cup Prep 3 June 14 - 19
 Track & Field – Kersee Training Group..... June 14 - 19
 Kayak – Women's Junior World Championship Prep Camp June 18 - July 1
 Cycling – BMX World Championship Prep Camp..... June 25 - July 14
 Track & Field – Emerging Elite Coaches Camp..... June 28 - July 2
 Rugby – Men's 7s Pan American Games Prep Camp June 29 - July 7
 Archery – Chile Archery Training Camp June 30 - July 9