



# OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

## ATHLETE SPOTLIGHT. MADISON HUGHES - MEN'S RUGBY

The U.S. Rugby Sevens Men's National Team had success during February as did Team Captain Madison Hughes. The Eagles traveled to the Wellington Sevens the first weekend in February and then went directly to the USA Sevens tournament as part of the HSBC Sevens World Series. Hughes scored a total of two tries and 11 conversions at the Wellington tournament. During the USA Sevens tournament, he scored three tries and six conversions and was named to the tournament's Dream Team.

This was Hughes first time being selected to a Dream Team. Hughes' performance throughout the season has him leading the U.S. team in tackles and points scored and he also is in the top ten worldwide for both categories at the halfway point of the 2014-2015 season.

A native of London, England, Hughes was introduced to rugby at the age of seven. He excelled in the sport and eventually began playing for the Dartmouth rugby team upon starting college there. Hughes was a member of both the Dartmouth 15s and 7s rugby teams. As a junior, Hughes was named captain of the Dartmouth rugby team, the youngest person in the school's history to be named rugby captain.



*Madison Hughes runs through the South African defense at the Las Vegas Sevens tournament.  
Photo Credit: Michael Lee - KLC fotos*

Hughes began his career with USA Rugby as a member of the AIG Men's Junior All-American team. He helped the team win the 2012 IRB Junior World Rugby Trophy. In the 2013-2014 season, Hughes was selected to play with the U.S. National Team on four stops of the IRB HSBC Sevens World Series. Hughes remained a part of the USA Eagles and he was named captain of the Eagles Sevens squad by Head Coach Mike Friday in September 2014. Hughes was 21 years old at the time and the youngest player on the team. He is now 22 years old, still the youngest player on the team, but leading the team to success in the IRB HSBC Sevens World Series.

The recent Wellington Sevens started off with wins against Japan and France in pool play. Hughes scored five conversions in the 40-0 win against Japan and in the match up against France, he scored his first try of the tournament as well as four conversions in the 38-7 win. The Eagles then faced South Africa in the final pool play match and lost 14-26, but Hughes scored four of those 14 points with two conversions. During the quarterfinal against Scotland, Hughes scored the match's first try to give the Eagles an early lead, but Scotland would stage a comeback to win 19-15. The tournament ended with a 12-10 loss against Fiji in the Plate semifinals.

Hughes and the Eagles then traveled to Las Vegas to compete in the USA Sevens tournament which began with Hughes scoring one try and two conversions in a 52-12 stomping of Japan. Hughes then scored two conversions in a 19-7 win against Portugal and one conversion in a 19-19 draw with South Africa to end pool play. The Eagles went on to beat Canada 20-0 in the Cup quarterfinals. The Cup semifinal match was the U.S. versus New Zealand's All Blacks Sevens. The match ended in a 12-26 loss for the U.S., but Hughes scored all of the Eagles points with two tries and one conversion. After a 31-0 loss against South Africa, the Eagles ended the tournament in fourth, their highest series finish since 2010.

Although Hughes is spending time with the Eagles at the CVOTC, he is still committed to his education. He took the winter session off to focus on rugby and travel to tournaments, but is expected to graduate from Dartmouth in the spring with a Bachelor's degree in history.

## 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.



## CAMP. ROWING ON OTAY RESERVOIR FOR THE WINTER

By Sally Walker, CVOTC Athlete & Community Relations Intern

As winter hits the east coast, the U.S. Rowing teams migrate to the Chula Vista Olympic Training Center in California. The U.S. men's and women's heavyweight teams are typically based in Princeton, New Jersey and the men's lightweight team is based in Oklahoma City, but all three teams spend the winter months in Chula Vista to train in the sun for the upcoming rowing season. The teams arrived in January and will stay through the end of March.

The U.S. women's team has 26 athletes at the training camp and the men have 29 athletes, including eight in the men's lightweight camp, along with coaches and support staff. Boats seat one, two, four or eight rowers and the training camp athletes are each vying for a spot in a boat for major upcoming competitions.

All teams practice six days a week. Their training regimen includes several hours a day on the Lower Otay Lake Reservoir to work on their rowing and there is additional time dedicated to strength and conditioning. Athletes emphasize developing their skills and increasing their overall fitness during their winter training camp. While at the CVOTC, the athletes are able to focus on rowing with little distraction.



When not practicing, the rowers like to spend time relaxing and having fun. The U.S. women's rowing team recently made a YouTube video to Jessie J's hit song "Burnin' Up." The men's team can be found playing beach volleyball or ultimate Frisbee and watching Monster Truck Jam in the dining hall to unwind from their hectic training schedules.

The past three Summer Olympic Games have resulted in at least one gold medal for U.S. Rowing. At the 2004 Olympic Games, the U.S. men's eight team won gold while the U.S. women's eight team followed suit to win the gold medal at both the 2008 and 2012 Games.

U.S. Rowing has continued to have success at the international level. In 2014, at the World Rowing Championships, the U.S. women's eight won gold extending their streak to nine consecutive world or Olympic titles. Also medaling at the 2014 World Rowing Championships were the women's pair and four teams who both won silver, while the women's quadruple sculls came home with a bronze. The men also competed well at the 2014 Championships with a fourth place finish in men's eight, a silver in men's four and a sixth place finish in men's pairs. The lightweight men's eight came in fifth. All men's and women's teams are looking to continue their success at the 2015 World Rowing Championships in France at Lake Aiguebelette.

As the rowing teams are now preparing for the 2016 Rio Olympic Games, they keep in mind the U.S. Rowing slogan, "Row to Rio." The rowers training at CVOTC exhibit the needed dedication, perseverance and determination on their "Row to Rio" journey.



# NUTRITION. FOOD SAFETY

## SAFE FOOD HANDLING AND SPORT PERFORMANCE

By Alison Hadavi, Nutrition Intern, Chula Vista Olympic Training Center

We've all either heard of or encountered a dreaded episode of "Montezuma's Revenge." While enduring 24-48 hours of misery, one might question "What did I eat that could have caused this reaction?" Food borne illness can have considerable effects on sport performance that athletes can't afford especially before a competition. Vomiting, diarrhea, belly pain and dehydration are some consequences that can occur, resulting in poor nutrition, inability to train or ineffective training as well as a compromised immune system. The best way to avoid a food borne illness is to take preventive measures beginning with safe food handling and good hygiene habits. By following some simple tips including frequent hand washing, avoiding foods held at the wrong temperature and not sharing utensils or water bottles, you can potentially avoid sickness from consuming contaminated foods.

### FOOD NEEDS TO BE HANDLED IN A SAFE MANNER

OTC Dining Hall staff ensures proper food handling procedures are followed. It's your job to do the same anywhere you eat. In addition to frequent hand washing (especially prior to preparing or eating food), use separate cutting boards and knives to prevent cross contamination of foods. This is important to keep in mind for those with food allergies such as gluten intolerance. Check the previous Olympic Voice article "Dining Out Gluten-Free: Tips to simplify the process" for more information on food allergies and safe food handling. While eating at buffets and cafeterias, ensure hot food is hot and, where possible, a lid is covering it. The cold food should be cold and refrigerated or on ice. There should be separate serving utensils in each serving dish, bowl or tray and a sneeze guard to protect buffet foods. Free apps are available to download to your smartphone and use while traveling and eating out. Examples include IsMyFoodSafe?, True Food Shoppers Guide, and Food Safety Information. The table below highlights key aspects of safe food handling.

### HIGH RISK FOODS

Certain foods present a higher risk than others. Unpasteurized dairy products, raw fruits and vegetables without a peel, uncooked meats, poultry, or fish, buffet foods, improperly stored eggs, leftover foods sitting at room temperature (i.e. to-go boxes on counters), ice left out in large open bins, and tap water (in some countries) all present risk of food borne illness. Dining at cafeterias or from street vendors in particular pose added risk, as foods are likely to be exposed to time and temperature abuse issues. This occurs when foods have not been cooked to proper internal temperatures, improperly reheated or cooled, or not held at the proper temperatures.

### TRAVELING

Traveling introduces challenges to athletes when it comes to safe food preparation and storage. Furthermore, athletes are constantly in close contact with others, which creates a breeding ground of germs easily transferable by touching common items and touching your face. While in higher risk locations like Asia, Central and South America, the Middle East, and Eastern Europe, be cautious as food-handling procedures are less stringent than in the U.S. Avoid fresh produce without a peel, drink only bottled water, avoid ice and tap water (even to brush your teeth), and avoid eating at street vendors. Pack instant hand sanitizers / wipes and use them often, especially when entering dining areas and touching public serving utensils. It is best to be prepared and pack non-perishable foods that you are familiar with to support training efforts while traveling abroad. Following simple hygiene tips can help avoid unnecessary setbacks and keep you on top of your training and recovery.

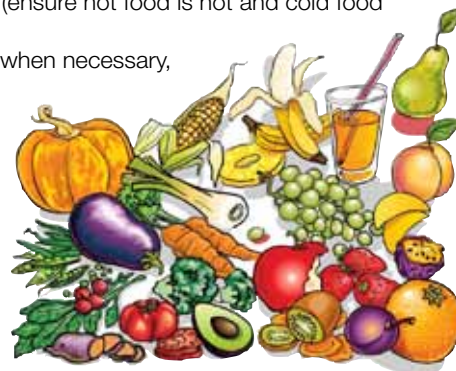
### FOOD HANDLING AND PREPARATION TIPS:

#### EATING AT HOME

- Wash hands with soap and water before touching or eating any food especially after using the restroom
- Never share water bottles or utensils
- No double dipping
- Always cover your mouth if you cough to prevent spreading germs
- Tie hair back and out of face while preparing meals
- Wear clean clothes while cooking
- Use clean cutting boards, dishes and utensils when preparing food
- Defrost foods in the refrigerator
- Cook all foods to proper temperatures. Cook all meats such as beef thoroughly to an internal temperature of at least 160° F and grill chicken to an internal temperature of 170° F. If the outside temperature is 90° F, cooked foods are only safe to eat for 1 hour. When re-heating leftovers, heat to an internal temperature of 165° F
- Do not consume food past the expiration date or if it smells or looks bad
- Always store cooked foods above uncooked foods (e.g. raw chicken should be kept on the bottom shelf and out of the way of fresh produce)
- NEVER eat chicken that is pink or undercooked and fish that is not flaky or is shiny/glistens

#### EATING OUT, FOOD STORAGE, & TRAVELING

- When buying fresh food, eat it immediately if you don't have access to proper storage
- Discard perishables left at room temperature for longer than two hours
- Discard refrigerated leftovers after 1-2 days
- Maintain refrigerator temperature at 40° F or below
- Refrigerate all perishable foods
- Avoid eating at street vendors and use caution when eating at buffets or cafeterias (ensure hot food is hot and cold food is cold)
- Use hand sanitizers when necessary, however, it should not replace hand washing. Wash hands as often as possible, then re-apply sanitizer
- When taking food to-go, re-heat to proper internal cooking temperatures





## VENUE IMPROVEMENT. **BMX TRACK & TRAILS**

### **LONDON BMX TRACK MODIFICATION AND INSTALLATION OF NEW TRAILS**

By Sally Walker, CVOTC Athlete & Community Relations Intern

It's time for a change at one of the Chula Vista Olympic Training Center's BMX tracks. Components of the London BMX track are being removed because they do not meet new Union Cycliste Internationale (UCI) BMX track guidelines and the remodeling is taking place in two major ways in order to comply with the new guidelines. One significant change is where the men's course currently crosses over the women's course. Originally, this was a crossover jump, but it will turn into a berm jump, similar to the Beijing course where both the men's and the women's second straight will run parallel to each other until the second turn. The radius of the transition at the base of the start ramp will also be modified to be consistent with UCI's standards. Both of these changes will bring the course up to UCI standards and follow all regulations. Certain areas of track will also now reflect features of the Rio Olympic BMX track.

Along with an updated London track, the CVOTC is getting new BMX trails to help improve various aspects of the athletes' riding. The trails will sit on previously empty land next to the London track overlooking the lake. Trails encourage athletes to focus on reaching greater heights on their bikes and increasing control.



According to USA Cycling BMX Coach Jamie Staff, trails help riders improve their technical skills. Full BMX tracks like the London, Beijing and development courses at the CVOTC allow athletes to work more on speed; however, trails help with how a rider handles his or her bike.

Staff says it makes a noticeable difference when a rider has used trails because they have strong technical abilities and he wants this to be the case for his athletes. Staff wants to use the trails to create a challenging playground where all skill levels can advance their riding.

People have been using trails to train for BMX for as long as people have been riding. Males generally utilize trails more often because they build their own. However, the set of trails that USA Cycling is building at the OTC will help both male and female riders. Both projects will give athletes time to practice their skills before the USA Cycling Elite BMX National Championships.

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## 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

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## 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

## ATHLETES IN COMPETITION. RESULTS

### MEN'S RUGBY – Wellington Sevens ..... February 6-7 Wellington, New Zealand

The Men's Eagles Sevens team started the tournament with two impressive wins against Japan and France. They then faced South Africa and ultimately lost 26-14. The Eagles faced Scotland in the Cup quarterfinals and quickly took a 15-0 lead, but Scotland scored 19 unanswered points to defeat the U.S. The tournament ended for the Eagles in the Plate semifinals with a 12-10 loss to Fiji. Maka Unufe was selected to the tournament Dream Team.

### ARCHERY – Indoor Archery World Cup 2015 – Stage 4 ..... February 6-8 Las Vegas, NV

Khatuna Lorig ended the recurve female championships in third followed by LaNola Pritchard in 12th place and Mackenzie Brown in 17th place. Ariel Gibilaro finished in eighth in the recurve flights. On the men's side, Brady Ellison led the Americans with a fifth place finish in the recurve male championships. Daniel McLaughlin finished in seventh followed by Sean McLaughlin in ninth, Nathan Yamaguchi in 23rd, Zachary Garrett in 26th, Matt Requa in 36th and Jeremiah Cusick in 43rd.

### WOMEN'S RUGBY – São Paulo Sevens ..... February 7-8 São Paulo, Brazil

The tournament started with losses to both New Zealand and France but then a win over Spain. The Eagles faced New Zealand for a second time in the Cup quarterfinals and were defeated 28-17. In the Plate semifinals, the U.S. team handed Brazil a 19-0 loss. The Eagles lost to England in the Plate final 14-5, but gained 10 points in the overall standings.

### MEN'S RUGBY – USA Sevens ..... February 13-15 Las Vegas, Nevada

The USA Men's Eagles Rugby team finished in fourth place in the tournament, their best finish since 2010. Day one of the tournament started off with wins over Japan and Portugal. Maka Unufe's two tries helped the Eagles tie with South Africa 19-19 in the final pool play match. In the quarterfinal match, four Eagles scored in a 20-0 shutout against Canada. The Eagles then faced a tough New Zealand team, ultimately losing 26-12. The team ended up in the 3rd place match where they faced South Africa for the second time. The Eagles would lose 31-0 giving them the fourth place finish and 15 points in the HSBC Sevens World Series standings. Danny Barrett, Madison Hughes and Zack Test all made the tournament's Dream Team.

### TRACK & FIELD – Millrose Games ..... February 14 New York City, New York

Will Claye finished second in the men's long jump with an 8.02m jump. Chris Benard jumped 7.62m putting him in fourth with Tyron Stewart behind him in sixth with a jump of 7.56m. In the men's high jump, Ricky Robertson came in fourth with a 2.2m jump.

### TRACK & FIELD – USA Indoor National Track and Field Championships ..... February 27-March 1 Boston, Massachusetts

Jeremy Taiwo came home with the national champion title in the men's decathlon with a total of 6,273 point. He finished first in six out of the seven events. The women's pentathlon ended with Kiani Profit in sixth with a total of 4,110 points. Amanda Smock won the women's triple jump with best mark of 13.28m and on the men's side Chris Benard finished in second place with a best mark of 16.57m followed by Troy Doris in fifth with a 16.02m jump. In the men's long jump, Will Claye took first place with a 7.93m jump followed by Chris Benard in third with a best jump of 7.48m. The men's high jump concluded with Ricky Robertson in second place with a 2.31m jump.

## ATHLETES IN TRAINING. UPCOMING CAMPS

Cycling – BMX Talent ID Camp .....	Mar. 1 - 15
Rowing – U.S. National Team Men's March Camp .....	Mar. 1 - 29
Cycling – Australia National Team BMX Training Camp .....	Mar. 2 - 16
Cycling – Latvia National Team BMX Training Camp .....	Mar. 2 - 26
Track & Field – Brazil National Team Track & Field Camp .....	Mar. 3 - May 5
Rugby – Men's 7s March High Performance Camp .....	Mar. 7 - 14
Cycling – Brazilian BMX Training Camp .....	Mar. 9 - 30
Beach Volleyball – Beach Collegiate Challenge .....	Mar. 13 - 15
Archery – Women's Excellence Training / World Cup Prep 2 .....	Mar. 16 - 21
Track & Field – Jumps and Throws Sport Performance Workshop .....	Mar. 20 - 23
Rugby – San Diego Youth Rugby Championships .....	Mar. 21
Rugby – Women's 7s Pre-Canada Camp .....	Mar. 22 - 27
Track & Field – Paralympic Track & Field Amputee Sport Science .....	Mar. 22 - 28
Cycling – BMX Supercross Prep Camp .....	Mar. 22 - 29
Track & Field – Paralympic Throws Camp .....	Mar. 30 - April 6
Soccer – Paralympic Soccer Training Camp .....	Mar. 30 - April 7