



OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

ATHLETE SPOTLIGHT. LEX GILLETTE - TRACK & FIELD

April 23 was a cold, rainy day but that did not stop Lex Gillette from breaking the long jump world record. Gillette previously held the long jump record for totally blind athletes with a 6.73m mark, however, his jump at the Chula Vista Olympic Training Center's High Performance meet established a new record.

Gillette started his long jump season at the high performance meet and his very first jump was 6.80m. This would have been the new world record, however, it was wind-aided and therefore did not count. Gillette's second jump was 6.77m. This jump was wind-legal and secured Gillette a new world record for the F11 Paralympic classification.

Earlier this month Gillette competed in the 100m Paralympic dash at the Mt. SAC Relays. He finished in fourth place with a time of 11.83. Gillette did not compete in the 100m in 2014 due to injuries, but decided to make a return in 2015.

At the age of eight, Gillette's vision slowly began to fade due to recurrent retina detachments. Gillette went through numerous eye surgeries to try to regain his sight but after 13 surgeries it became apparent that Gillette would never see again.

Soon after the loss of his sight, Gillette started participating in track and field. The North Carolina native went on to participate in track and field in high school and in college. He attended East Carolina University where he graduated with a Bachelor's degree in Recreation Management.

At the 2004 Paralympic Games in Athens, Gillette won his first silver Paralympic medal in the long jump. He was just 19 years old. Gillette has gone on to win silver medals in the long jump at both the 2008 Beijing and 2012 London Paralympic Games. Gillette is currently working towards making it to the 2016 Rio Paralympic Games and hopes to get the gold this time.

Gillette is able to compete with the help of a guide. His current guide is Wesley Williams. Williams acts as a guide runner for Gillette when he competes in the 100m and during jumping events, Williams stands at the end of the runway and claps his hands while yelling "fly" over and over. This helps Gillette know where the end of the runway is and keeps him running in a straight line. Williams will adjust where he stands on the runway depending on the wind so Gillette has the greatest potential to run in a straight line. Gillette counts his paces and takes flight ahead of the foul line.

Besides being a track and field athlete, Gillette is a motivational speaker. He travels throughout the United States speaking to people about his drive to become a Paralympian. Gillette is also a talented musician who plays the piano and is a singer/songwriter.

Gillette's slogan is "No need for sight when you have a vision." Although Gillette has never seen track and field, he has a vision for what he wants to achieve in the sport and he is only getting closer to accomplishing those goals.



Lex Gillette jumps to a silver medal at the 2012 Olympic Games in London
Photo credit: Getty Images

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!

UPCOMING EVENT. CHULA VISTA FUN RUN

SATURDAY, MAY 16

Registration for the 7th Annual Chula Vista Community Fun Run is now open! The Fun Run will take place at the Chula Vista Olympic Training Center on Saturday, May 16. The gates will open at 6:30 AM and the race will officially start at 8:00 AM.

The 5K course will weave around the CVOTC's 150-acre complex. Runners and walkers will see various venues including archery, cycling, field hockey, BMX, soccer, tennis, and track and field. Participants will also have great views of Lower Otay Lake and the surrounding mountains.

Runners, walkers, dogs, families and strollers are welcome on the Fun Run course. Registration is \$20 and can only be done in-person. Children aged 3 and under can participate for free. All registrations include a shirt. Proceeds from the Fun Run will help support free afterschool health and wellness youth programs in Chula Vista. For more information, visit www.chulavistaca.gov/goto/funrun



UPCOMING EVENT. CVOTC 20TH ANNIVERSARY CELEBRATION

SUNDAY, JUNE 7

The Chula Vista Olympic Training Center will celebrate its 20th anniversary in June and invites the community to take part in the celebration on Sunday, June 7 from 10:00 am – 5:00 pm.

The free celebration is open to the public with an abundance of activities. Throughout the day, guests will have the opportunity to give different Olympic and Paralympic sports a try – ride a BMX bike, shoot archery, aim for a field hockey goal, pass a rugby ball, spike a beach volleyball, kick around the soccer ball, play wheelchair tennis or experience running with a blindfold and guide runner like some of the CVOTC's visually impaired athletes. Participants will need to wear closed-toe shoes for certain sports and sign a waiver.

For those more interested in spectating, Olympic and Paralympic sport demonstrations by CVOTC resident athletes and special guests will kick off at 11:00 am with an archery demonstration and carry on throughout the day on a staggered timeline so that event attendees can see everything.

Along with sports activities there will be music, food and fun. Local bands will be performing live music and an assortment of local food trucks will be on-site with food for purchase. The community expo will have a variety of local organizations represented with information and activities. Photo opportunities will abound with a real Olympic torch and numerous Olympians, Paralympians and CVOTC resident athletes in attendance. The Team USA shop will be open and stocked with gear available for purchase.

Sunday, June 7 will be a day filled with once-in-a-lifetime experiences. The Chula Vista Olympic Training Center is located at 2800 Olympic Parkway, Chula Vista 91915. General parking will be available in the Visitor Center Parking lot at no charge and overflow parking will be directed through the south gate off Wueste Road. Updated schedules and information can be found online at www.teamusa.org/cvotc20.

VIP BREAKFAST

In addition to the public celebration, there will be a VIP breakfast at 8:30 am. Tickets are \$100 each and include breakfast, VIP parking and an exciting program with Olympians and Paralympians there to tell their stories and talk with attendees. Tickets can be purchased online at www.cvotc20.bpt.me. Space is limited and the VIP Breakfast will sell out early!

DEMONSTRATION SCHEDULE

Archery – featuring National Team athletes.....	11:00 am
Rugby.....	11:30 am
Archery – featuring National Team athletes.....	12:00 pm
Rugby.....	12:30 pm
BMX Supercross – featuring Olympians & National Team athletes.....	1:00 pm
meet & greet to follow	
Track & Field – javelin – featuring Olympians Cyrus Hostetler and Craig Kinsley.....	2:00 pm
Track & Field – shot put – featuring Olympic hopeful Eric Werskey.....	2:15 pm
Track & Field – long jump – featuring 5x World Champion and Olympic gold medalist Brittney Reese.....	2:30 pm
Track & Field – blind running – featuring Paralympians and World Record Holders Lex Gillette and David Brown.....	2:45 pm
Wheelchair Tennis – featuring 3-time Paralympic gold medalist David Wagner joined by Greg Hasterok.....	3:00 pm
Beach Volleyball – featuring Will Montgomery, AVP Professional Volleyball Player and other guests.....	3:30 pm

*Demonstration schedule and athlete participants are subject to change, start times are approximate and each demo will be approximately 15 minutes

For more information and the most up-to-date schedules, visit teamusa.org/CVOTC20

WISH GRANTED. CVOTC HOSTS MAKE-A-WISH REVEAL

By Sally Walker, CVOTC Athlete & Community Relations Intern

On a windy and warm Monday afternoon at the Chula Vista Olympic Training Center, the Make-A-Wish San Diego Chapter revealed the granting of a 13-year-old girl's wish to attend the 2016 Summer Olympic in Rio de Janeiro.

Jonna, a native of Ramona, California, came to the CVOTC with her softball team for what seemed like a normal tour. The team watched the Olympic highlight video and took a group picture in front of the CVOTC torch. Jerome Avery, a resident athlete and tour guide, led the group down the Olympic Path filling them with facts about the facility and athletes.

As the tour was headed back towards the Visitor Center, Avery told the group that since they were with him, he would take them down to the track to get a closer look at what he calls his "office." The softball players were challenging Avery to a race on the walk down but little did they know that one of them would be getting their wish granted.



The softball team was approaching the track when a group of resident athletes jumped out from behind the track building yelling surprise and holding signs saying "See you in Rio" and "Rio 2016." The tour stopped in its tracks, a little confused as to what was happening.

Two Make-A-Wish representatives explained to the group that Jonna would be receiving her wish to attend the 2016 Summer Olympics. Through tear-filled eyes, Jonna accepted her ticket to the Olympic Games and thanked Make-A-Wish for making her wish come true.

Jonna was diagnosed with Lymphoma in August 2014 after going to see the doctor for a sore throat. She received three months of chemo treatments before recently finding out she is in remission. Her goal was to make it back on the softball field in time for the start of the season and Jonna has achieved this goal.

Throughout her time at the hospital, Jonna was notified that she was eligible to receive a wish through the Make-A-Wish program. Jonna knew she wanted to go somewhere she would probably never get the chance to go again and she wanted to bring her mom, dad and twin brother. After much deliberation and as a huge sports fan, Jonna wished to attend the 2016 Summer Olympics in Rio de Janeiro.

Although softball is her favorite sport, Jonna is excited to watch other sports at the 2016 Olympic Games and cheer on Team USA.



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. BREAKING THE FAST

BREAKFAST: A SMART START TO THE DAY

By Nicole Miller, RD, USAV Sport Nutrition Intern & Jacque Scaramella, MS, RD, USOC Sport Nutrition Consultant

WHY IS IT IMPORTANT TO “BREAK THE FAST”?

You often hear that breakfast is the most important meal of the day. Ever wonder why? After a night of sleep, your body has long digested and absorbed dinner. This is referred to as a semi-fasted state because your body is now using stored nutrients (carbohydrates, protein, fat) as fuel. Your gas tank, which is equivalent to the carbohydrates stored in your liver, is running low and it is time for a meal. Breakfast is an opportunity to refill your gas tank, get your engine running and start the day off right!

Research shows that those who eat a nutritious breakfast receive many performance-related benefits such as sustained energy levels, better weight management, decreased cravings and eating breakfast also contributes to a more nutritionally complete diet if chosen appropriately. For an athlete this means another opportunity to meet daily vitamin, mineral, antioxidant and macronutrient requirements – vital nutrients for performance and recovery. Perhaps most desirable to athletes, consuming breakfast has been shown to increase concentration, mood, motivation to train, and the ability to learn new skills and perform at higher intensities for longer durations.

When we skip breakfast or don't eat enough, we enter the day in a semi-depleted state and are likely to overeat later in the day. Early intake of carbohydrate and protein is critical to an athlete's success. Not only are carbohydrates the body's primary source of fuel during moderate to high intensity exercise, but unlike fat, the body can only store them in limited amounts (muscle and liver glycogen). As carbohydrate stores deplete, the body looks to muscle (protein) and fat stores as an energy source. Make sure to eat breakfast in order to top off your glycogen stores, preserve muscle mass and maintain energy throughout the day.

HOW SHOULD I ADJUST THE SIZE OF BREAKFAST IF TRAINING IS EARLIER IN THE MORNING?

If you only have 1-2 hours before training or competition, choose a small breakfast (see examples below) with easy-to-digest carbohydrate, lean protein and low fat foods to avoid any gastrointestinal discomfort. Be sure to include 1-2 cups of water with breakfast to optimize hydration status before training.

If you have more time (2-4 hours) before your first training session, eat a medium size breakfast (see examples below) and be sure to include protein and healthy fat sources to help sustain energy for a longer period of time. This may also be appropriate for a second breakfast if training is early and your first breakfast is smaller.

OTHER CONSIDERATIONS WHEN CHOOSING HOW MUCH TO EAT AT BREAKFAST:

- *Body weight* – smaller athletes tend to need smaller meals and fewer calories
- *Type and goal of training session* – easier workouts, choose a smaller meal
- *Number of training sessions that day* – more training sessions, choose a larger breakfast to ensure adequate fuel before training begins
- *Prior meal or snack* – if dinner the previous night was early or light, choose a larger breakfast to restore nutrients prior to training

Breakfast Ideas		
Small (200-300 kcal)	Medium (300-500 kcal)	Large (500-700 kcal)
1 cup Kashi Go Lean ½ cup non-fat milk 1 medium pear	1 ½ cups Kashi cereal 1 cup 1 % milk 1 medium orange 1 hard-boiled egg	1 ½ cups Kashi cereal 1 cup 1 % milk 1 banana 8 fl oz orange juice 8 oz non-fat, fruit yogurt
Smoothie 1 ½ cups non-fat milk 1 medium banana 1 cup frozen strawberries	Smoothie 1 ½ cups non-fat milk 1 medium banana 1 cup frozen strawberries 1 slice whole wheat toast 1 Tbsp. honey	Smoothie 1 ½ cups non-fat milk 1 medium banana 1 cup frozen strawberries 1 slice whole wheat toast ½ Tbsp. honey and 1 Tbsp. nut butter 8 oz non-fat fruit yogurt
1 slice whole wheat toast ½ Tbsp. nut butter 1 cup diced cantaloupe 1 hard-boiled egg	1 slice whole wheat toast 1 Tbsp. nut butter 1 cup diced cantaloupe 1 hard-boiled egg 8 oz non-fat milk	1 slice whole wheat bread 1 Tbsp. nut butter 1 cup diced cantaloupe 2 hard-boiled eggs 8 oz non-fat milk
¼ cup low-fat granola 6 oz non-fat fruit yogurt ¼ cup blueberries	½ cup low-fat granola 8 oz low-fat fruit yogurt ½ cup blueberries	1 cup low-fat granola 8 oz low-fat fruit yogurt 1 cup blueberries 1 large banana
½ Sport Bar (8-10 g protein) 1 cup non-fat milk 1 medium apple	½ 1 Sport Bar (8-10 g protein) 1 ½ cups non-fat milk 1 medium apple	1 Sport Bar (8-10 g protein) 1 ½ cups non-fat milk 1 medium apple 1 Tbsp. peanut butter 1 packet oatmeal
1 pack oatmeal ¼ cup milk or kefir ½ cup berries	1 pack oatmeal 1 cup non-fat milk (or ½ cup kefir) ½ cup berries 1 hard-boiled egg 1 cup juice	2 packs oatmeal 1 ½ cups milk (or 1 cup kefir) 1 cup berries 2 hard-boiled eggs 1 cup juice

EVENT. INTERGENERATIONAL GAMES

By Sally Walker, CVOTC Athlete & Community Relations Intern

The Chula Vista Olympic Training Center hosted the 13th Annual Intergenerational Games on Thursday, April 9. This year's Intergenerational Games paired 98 active older adults with 102 third grade students from Wolf Canyon Elementary School. The pairs competed together in various activities and each participant was awarded a medal.

The Opening Ceremony included words from CVOTC Director Tracy Lamb, followed by Aging & Independent Services Director Ellen Schmeding, County Supervisor Greg Cox and CVESD Superintendent Dr. Escobedo. Joaquim Cruz, 1984 Olympic Gold Medalist, Brazilian record-holder for the 800m and current CVOTC track & field coach, was this year's special guest speaker. He spoke about his track and field history as well as the importance of staying active as a person grows older and always having fun.

This year's activities included baseball, basketball, field hockey, soccer shoot, volleyball and many others. All participants were also invited to partake in a Zumba class. Along with physical activities, there were nutrition stations set up where participants could try healthy foods.



The Intergenerational Games focuses on physical activity and healthy eating. The Games' main goals are to create an environment that will bring young and old together while promoting healthy, active lifestyles; develop a strong sense of community and find positive role models for a healthy, productive and brighter future for all; and increase health awareness and education related to nutrition and wellness for all ages.

This year's Intergenerational Games were made possible with help from the Aging & Independence Services through the County of San Diego HHSA, the City of Chula Vista Recreation Department, the Chula Vista Elementary School District, the South Bay Family YMCA and the South County Action Network for Older Adults and Adults with Disabilities.



ATHLETE APPEARANCE. RADY'S CHILDREN'S HOSPITAL



A group of CVOTC resident athletes spent time at Rady's Children's Hospital visiting with patients. Women's Rugby Team members Abby Gustaitis, Ida Bernstein and Phaidra Knight as well as Paralympic track residents Erik Hightower and Kym Crosby all visited patient rooms on the hematology/oncology floor.

The athletes gave stuffed bears, baseball caps and dog tag necklaces to the patients. While some of the kids were shy, others were eager to chat. The athletes enjoyed their time at Rady's Children's Hospital and are looking forward to the next opportunity to return.

SPONSOR EVENT. NBC UNIVERSAL

NBC Universal recently visited the Chula Vista Olympic Training Center to participate in an Olympic experience. The NBC Universal executives learned about three Olympic sports and had the opportunity to try each of the three sports. Lex Gillette kicked off the morning by speaking to the group about the CVOTC and about what they could expect to experience the rest of the day. Three groups then rotated through BMX, rugby and track & field activities.

Tyler Brown gave a brief BMX history as well as a demonstration on the ABA track. Each participant then had the opportunity to hop on a bike and learn how to ride a BMX track. Alev Kelter, Hannah Lopez, Kelly Griffin and Lorrie Clifford from the USA Rugby Women's National Team taught the groups various rugby fundamentals. Participants then used those fundamentals to compete in rugby-style throwing relays as well as tackling relays. Lex Gillette and guide runner Wesley Williams instructed the participants about what it feels like to run with a visual impairment. Each participant had the opportunity to run while blindfolded and trade off to serve as a guide to a blindfolded runner. Throughout the morning participants were able to meet CVOTC athletes and try sports that most of them had never tried before.



COMPETITION. HIGH PERFORMANCE TRACK MEET

The Chula Vista Olympic Training Center hosted a high performance track and field meet on April 23. Many resident track and field athletes competed in the USATF sanctioned meet as well as numerous other domestic and international competitors.

Throwing events included the javelin, the shot put, the discus and the hammer throw. Resident athlete Eric Werskey won the men's shot put event with a best throw of 19.63m. Tia Brooks threw a best mark of 18.69m to finish in second for the women's shot put event. Britney Henry won the women's hammer throw with a best mark of 69.23m. Kristin Smith finished behind Henry in second with a best mark of 66.19m. In the elite men's discus competition, Jared Schuurmans finished in second with a best throw of 64.02m while Andrew Evans finished in eighth with a best throw of 60.20m. Whitney Ashley won the women's elite discus competition with a best throw of 61.73m. Liz Podominick threw a best mark of 58.16m to finish in fifth.



The running events started with the 100m dash. Jeff Henderson won the men's 100m with a time of 10.37. Resident men's rugby player, Carlin Isles, finished close behind Jeff Henderson with time of 10.41. Ahkeel Whitehead finished in fourth with a time of 12.53. Resident women's rugby player, Ida Bernstein, competed in the women's 200m where she finished in third with a time of 29.02. Michael Murray won the men's 400m with a time of 52.52.

Lex Gillette jumped a wind legal 6.77m to break his own previous world record long jump. Markeith Price had a best jump of 6.28m while Ahkeel Whitehead jumped a best mark of 5.56m. Brittney Reese won the women's long jump event with a best jump of 6.79m. Whitney Gipson finished in third with a best jump of 6.42m followed by Alitta Boyd in fifth with a 6.19m mark, Toni Smith in sixth with a 6.18m jump, April Sinkler in ninth with a 5.88m mark and Kiani Profit in 10th with a 5.66m mark. April Sinkler won the women's triple jump with a best mark of 13.61m. Alitta Boyd finished in second with a 13.49m mark and Toni Smith finished in fourth with a 13.29m mark. This is the first of two high performance meets scheduled to take place at the CVOTC. The next meet will take place May 22-23 and will include heptathlon and decathlon events.

ATHLETES IN COMPETITION. RESULTS

MEN'S RUGBY – Tokyo Sevens..... April 4-5
Tokyo, Japan

The Men's Rugby team won the Tokyo Sevens Bowl and gained eight points in the HSBC Sevens World Series Standings. The Eagles started the tournament with a 5-27 loss against Kenya but bounced back to defeat Canada 22-14. South Africa handed the U.S. team a 24-15 loss in the final game of pool play. In the Bowl Quarterfinals, they faced Portugal and shut them out 39-0. The Eagles beat Samoa in the semifinal 22-5. The final match pitted the U.S. against Australia and the tough match resulted in a 17-12 win and the bowl. Carlin Isles was named to the tournament's Dream Team.

BMX – European Cup Stage 1 April 4-5
Zolder, Belgium

On day one, Connor Fields won the men's elite race followed by Corben Sharrah in eighth. On the women's side, Felicia Stancil won the women's elite division followed by Brooke Crain in fourth and Alise Post in eighth. The second day ended with Alise Post on the medal stand in second place. She was followed by Felicia Stancil who ended the day in eighth.

TRACK AND FIELD – UCLA Rafer Johnson/Jackie Joyner-Kersey Invitational.....April 10-12
Los Angeles, California

Joe Kovacs won the men's shot put event and threw a new personal best with a 22.35m mark. In the women's shot put, Tia Brooks threw her best opener ever while winning the event with an 18.49m throw. Britney Henry won the hammer throw with a 67.28m throw followed by Kristin Smith in second with a 65.44m throw. In the women's discus, Whitney Ashley threw 61.57m to finish in second while Liz Podominick threw 59.06 for third. Jared Schuurmans competed in the men's discus and finished second with a 60.90m throw. Brandon Johnson ran the 1500m in 3:51.34 and the 400m in 49.41 seconds.

WHEELCHAIR TENNIS – ACSA Gauteng Open.....April 8-12
Johannesburg, South Africa

David Wagner beat Lucas Sithole to win the quad singles tournament 6-3, 6-1. Wagner also won the quad doubles tournament with partner Antony Cotterill. Greg Hasterok lost to Wagner in the semifinals in the quad singles tournament. Hasterok and doubles partner Anders Hard lost to Itay Erenlib and partner Ymanitu Silva in the semifinals of the quad doubles tournament.

ATHLETES IN COMPETITION. RESULTS - CONTINUED

TRACK & FIELD – Bryan Clay Invitational.....April 17
Azusa, California

Mason Rhodes ran the 400m in 48.88. Michael Murray finished the 400m in 51.25 and Ahkeel Whitehead finished in 59.34. Whitehead also ran the 200m in 25.87. Ivonne Mosquera-Schmidt ran 1500m in 5:39.16. Austin Handley ran 1500m in 4:32.87.

TRACK & FIELD – Mt. SAC Relays.....April 17-18
Walnut, California

Erik Hightower won the men's wheelchair 100m in 14.42 and 400m in 51.46. Austin Pruitt finished fifth in the wheelchair 100m 17.14 and 400m 56.48. In the ambulatory men's 200m, Blake Leeper finished second in 22.98 followed by Rob Brown in fourth with 24.57. Rob Brown also finished fourth in 100m with 11.88. David Brown won the 200m visually impaired dash in 23.02. Markeith Price was in third in 23.27. Brown also won the 100m in 11.13 and Price in second with a time of 11.51, followed by Lex Gillette in fourth with 11.83. Kym Crosby won the women's Paralympic 100m dash with a time of 12.51 and 200m in 25.61. Brandon Johnson finished second in the 800m in 1:46.90. Heptathlete Kiani Profit finished the 800m in 2:12.56 and completed the 100m hurdles in 14.42. Jeff Henderson won men's long jump with 8.50m. He also ran 10.19 in the 100m dash for sixth. Whitney Gipson jumped 6.11m to finish the women's long jump in seventh. Ricky Robertson cleared 2.23m in men's high jump, finishing third. Troy Doris finished fifth in men's triple jump with 16.02m. Britney Henry took third in the hammer with a 71.08m throw, followed by Kristin Smith in fifth with 67.99m. Craig Kinsley threw the javelin 77.85m to finish second. Eric Werskey threw the shot 19.49m to finish second.

BMX – UCI BMX Supercross World Cup #1.....April 18-19
Manchester, England

Alise post finished the elite women's supercross final in second. Brooke Crain finished behind Post in eighth. In the elite men's supercross final, Nic Long finished third. In the elite women's time trials, Felicia Stancil finished in third followed by Crain in fourth. Connor Fields finished in second in the men's time trials. He was followed by Corben Sharrah in fifth and Barry Nobles in 15th.

WOMEN'S RUGBY – Canada Women's Sevens.....April 18-19
British Columbia, Canada

The Women's Rugby Sevens team won the Plate Final and earned 12 points in the overall World Series standings. The tournament started off with a 40-5 win over South Africa and a 17-14 win over Russia. The Eagles suffered their first loss of the tournament to Canada 15-19. France beat the USA 17-0 in the Cup Quarterfinals. The Eagles then faced Australia in the Plate Semifinal and won 29-10. The Plate Final set up a USA vs. Canada rematch. The USA claimed the 19-12 win to take home the Canada Sevens Plate.

TRACK & FIELD – Drake Relays.....April 22-25
Des Moines, Iowa

Will Claye won the men's triple jump with a best mark of 16.94m. David Brown finished the 200m in 23.06 to come in third.

TRACK & FIELD – Triton Invitational.....April 24-25
San Diego, California

Joe Kovacs won the men's shot put with a throw of 22.06m. Eric Werskey finished fifth with a best throw of 19.34m. Tia Brooks won the women's shot put with 18.72m. Jared Schuurmans finished in fourth in the discus with a 62.82m throw followed by Andrew Evans in ninth with 59.89m. Whitney Ashley threw the discus 62.91m to win. Liz Podominick finished second with a throw of 61.41m. Kristin Smith won the women's hammer throw with a 65.42m throw. Kiani Profit threw the javelin 38.95m. Ahkeel Whitehead finished the 200m dash in 25.76 and Michael Murray competed in the 400m run where he finished with a time of 50.64.

ARCHERY – Gator Cup.....April 24-27
Newberry, Florida

Brady Ellison won the men's recurve event and Sean McLaughlin finished in third. Matt Requa, Collin Klimitchek and Zach Garrett all finished in the top eight while Ryan Fortenberry, Daniel McLaughlin and Nathan Yamaguchi all finished in the top 16. Caleb Miller finished in the top 32. LaNola Pritchard won the women's recurve event followed by Khatuna Lorig in third. Lauren Clamon, Ariel Gibilaro and Mackenzie Brown all finished in the top 16. Pritchard, Lorig and Gibilaro placed in the top three for the team trials competition and will go to World Championships. Ellison, Garrett and Klimitchek all qualified for World Championships on the men's side.

ATHLETES IN TRAINING. UPCOMING CAMPS

Track & Field – Sweden Jumpers Camp	Apr. 29 - May 27
Track & Field – Saudi Arabia Jumpers Training Camp.....	May 2 - June 28
Soccer – U-17 Women's National Team Pool Camp	May 9 - 16
Beach Volleyball – Beach Coaching Accreditation.....	May 15 - 17
Soccer – U-19 Women's Training Camp	May 16 - 23
Field Hockey – Men's Pan American Games Prep Training Camp	May 17 - July 5
Cycling – New Zealand BMX Training Camp	May 21 - 28
Archery – Junior Dream Team Camp 2	May 23 - 28
Soccer – Paralympic Soccer Training Camp	May 28 - June 5
Beach Volleyball – High Performance Tryout	May 30