



OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

NOVEMBER 16 - 30, 2011

INTERGENERATIONAL GAMES

Encouraging older adults & kids to live healthy and active lifestyles

The County of San Diego's Aging & Independence Services Agency hosted its 10th Intergenerational Games at the Olympic Training Center in Chula Vista on Wednesday, November 9.

Following an opening ceremony with comments from resident athlete Crystal Manning, third grade students from within Chula Vista Elementary School District were paired up with older adults. The teams headed down to the track and throwing field to participate in a variety of fun games and activities to promote healthy eating and exercise.



The event was supported by the South Bay Family YMCA, the City of Chula Vista, the San Diego Senior Olympics, the San Diego Community Action Network and the South County Action Network.



ANNOUNCEMENTS:

- **Athlete Check-In Holiday Hours for Thanksgiving Weekend:**
 - Wednesday 11/23: 8:00 am - 2:00 pm
 - Thursday 11/24: 10:00 am - 6:00 pm
 - Friday 11/25: closed
- **Dining Hall Holiday Hours:** Thanksgiving Day (Thursday, November 24)
 - 8:00 am: Continental Breakfast
 - 11:00 am: Light Lunch
 - 4:00 - 7:00 pm: Thanksgiving Dinner
- The San Diego Ballet is setting aside 40 tickets to each of their 2011/2012 shows in order to offer FREE tickets to resident athletes. Shows are The Nutcracker on December 17 & 18 and a mixed evening of Romance performances on February 10, 11 & 12. See the flyer on the bulletin board upstairs from the dining hall for more information on how to reserve tickets
- We have discount coupons to Six Flags Magic Mountain for athletes (\$25 off). Stop by ACI to pick one up. Valid through March 18, 2012



PARAPAN AM GAMES - AFTER DAY 3



guadalajara 2011
PARAPAN AMERICAN GAMES

By the end of Day 3, Team USA has racked up 45 medals

The Parapan American Games opened on Saturday, November 12 and after three days of competition, Team USA has racked up 45 medals, including gold for Chula Vista athlete David Prince (right) in the 400m sprint and silver for Blake Leeper (left) in the 100m sprint.



By the end of day three (Tuesday, November 15), Brazil leads the total medal count with Mexico in second and Team USA in third. The current total medal rankings are as follows:

	Nation	Gold	Silver	Bronze	Total
1	Brazil	32	24	24	80
2	Mexico	16	27	18	61
3	USA	18	17	10	45
4	Argentina	11	7	20	38
5	Canada	5	10	13	28

Competition continues through Sunday, November 20, until all 275 medal events have been completed. The next issue of the Olympic Voice will have a full re-cap of the 2011 Parapan American Games.

Photos: Getty Images

WENDY BORLABI GIVES OLYMPIANS A 'HEAD' START

espnW recently profiled USOC Sport Psychologist Dr. Wendy Borlabi as a "Power Player." Here's a portion of what they had to say:

Wendy Borlabi is an integral part of the USOC's preparations for the London Games and the latest subject in our Power Play series, which highlights women in the sports business.

espnW: *As a certified sport psychology consultant for the U.S. Olympic Committee, tell us a little bit about your interactions with Olympic athletes. Do you meet with the Olympians regularly, or only when a problem arises?*

Wendy Borlabi: The way that it works at the USOC is that each sport psychologist at has a portfolio [of teams and athletes]. We each have between nine and 11 teams that we work with in our portfolio. I personally work with sailing, rowing, canoe/kayak, BMX, sprint cycling, mountain cycling, road cycling, squash, badminton, table tennis, tennis, modern pentathlon and triathlon. We offer ongoing consultations with athletes and coaches, but if something does arise, and they want a one-time consultation, we offer that service as well. However, the majority of my work since I started at the USOC has been mostly ongoing communication with athletes and coaches.

espnW: *What's the most exciting part of working with Olympians?*

WB: Getting the privilege of being part of their journey. These Olympians are striving to accomplish something that most people will never be able to achieve. They have invited me to be a part of this process as they strive for their goals. For me, that is very exciting. One of the most rewarding parts of my job is to be working with an athlete on something, and then to hear them in conversation later on, either with me or to someone else, repeating what we have worked on. When they have put it into their words and owned it -- when they get it -- those are the moments where I think, this is why I am in this field.



For the full article, go to <http://espn.go.com/espnw/more-sports/7238390/power-players-wendy-borlabi-gives-olympians-head-start>



NUTRITION, SPORT, FOOD... WITH OPINION

// By Andrea Braakhuis, Nutritionist

Probiotics or live bacterium does not sound like something we should be encouraged to consume. However, probiotics have shown to be helpful against common stomach ailments (e.g. diarrhea) and stomach distress (irritable bowel syndrome). Good examples of probiotics are yogurts that contain Acidophilus or Lactobacillus strains of bacteria.

Everyone has bacteria lining their gastrointestinal tract. Many of these bacteria are helpful to the body, while some are harmful. Keeping a balance between the good and bad bacteria is important for athletes and the general population.

When might probiotics be helpful?

Anyone, including athletes, who have suffered from stomach distress when travelling, knows the importance of keeping the gut healthy. Given travelling is common in athletes, this can be a cause for concern. A Cochrane Library review of 63 studies found that probiotics can shorten the time a person has acute diarrhea — with no negative side effects. On average, using probiotics reduced a bout of diarrhea by more than a day, and reduced the risk of a prolonged diarrhea episode — four days or more — by 59 percent.

Antibiotics are used to kill an unwanted bacterial infection, but can kill useful bacteria in the process. Probiotics may assist in returning the useful bacteria.

Best sources

Yogurt naturally contains live bacteria; however in many commercial products the useful bacteria are either not present or dead. Personally, I like Kefir Probiotic drinking yogurt, Yoplait Yoplus or Activia. There are capsule forms of probiotics that don't require refrigeration, but it's difficult to tell how many of these products still contain live bacteria when consumed.

RECENT RESULTS & UPDATES:

PAN AMERICAN GAMES MEDALS

Rowing - Mike Gennaro and Ty Otto won Gold in the Men's Pair. Gennaro and Otto were joined by Matthew Wheeler and Marcus McElhenney (coxswain) in winning Gold in the Men's Eight during the Pan American Games in Guadalajara. Their accomplishment should have been listed in the previous Olympic Voice and we apologize for the accidental omission.



The Women's Field Hockey team was selected as the United States Olympic Committee Team of the Month following their Gold medal performance at the Pan American Games. They'll be back practicing in Chula Vista in the coming weeks to prepare for London 2012.



Mike Gennaro of US Rowing was selected as the United States Olympic Committee Male Athlete of the Month following his double Gold performance at the Pan American Games last month.



ATHLETES IN TRAINING:

Resident Programs:

- Archery
- BMX
- Canoe/Kayak
- Field Hockey
- Rowing
- Track & Field

Short-Term Programs:

- November 10 - 23**
Rugby 7s - Men's National Team Dubai Prep
- November 13 - 20**
Archery - Junior Dream Team Training Camp
- November 15 - December 16**
Canoe/Kayak - Czech Republic National Team Camp
- November 18 - 26**
Rugby 7s - Women's National Team Dubai Prep
- November 22 - 29**
Soccer - Boys Under-14 National Team Training Camp
- November 26 - December 4**
Soccer - Paralympic Soccer Camp



USROWING 2011 FALL WEST COAST SPEED ORDER



USRowing held two fall speed orders in the early part of November at the Olympic Training Center in Chula Vista and at the USRowing Training Center in Princeton, New Jersey, to start the selection process for the team that will represent the United States at the 2012 Olympic Games in London.

Speed orders have traditionally been held to establish ranking among athletes currently training with the national team and identify potential athletes. For the men's side this year, the event results will help determine who will be invited to the selection camps where the crews that will compete in the eight, four and quadruple sculls will be chosen.

The top four finishers in the men's single and top three men's pairs at the Chula Vista event and the top two men's singles and top two men's pairs in Princeton will earn automatic qualification to the camps.

Thirty-one crews were in action in Chula Vista, competing in the men's single sculls and men's pair. From the Chula Vista resident athlete program:



Men's Single Sculls

- Elliot Hovey
- William Miller
- Wes Piermarini
- Sam Stitt
- Warren Anderson

Men's Pair

- Scott Gault & Charles Cole
- Tyler Winklevoss & Cameron Winklevoss
- Nareg Guregian & Hans Struzyna
- James Koven & Silas Stafford
- Josh Inman & Glenn Ochal

- Alex Osborne & Steven Coppola
- Jake Cornelius & Henrik Rummel
- Giuseppe Lanzone & Brett Newlin
- Grant James & Ross James
- Ty Otto & Michael Gennaro
- David Banks & Daniel Walsh

In Chula Vista, Will Miller (Duxbury, Mass.) clocked the fastest time of the men's single sculls, completing the six-kilometer course in 22:48.75. Rounding out the top four finishers were Warren Anderson (Paso Robles, Calif.) in 22:50.07, Sam Stitt (McLean, Va.) in 22:50.72 and Tom Paradiso (Blue Bell, Pa.) in 23:04.11.

In the men's pair event, USRowing's 2011 Male Athlete of the Year Charlie Cole (New Canaan, Conn.) and Scott Gault (Piedmont, Calif.) won in 21:37.907. They were followed by Silas Stafford (Santa Rosa, Calif.) and two-time Olympian Jamie Koven (Green Village, N.J.) in a 21:44.378. 2011 Pan American Games gold medalists Mike Gennaro (Havertown, Pa.) and Ty Otto (Seattle, Wash.) rounded out the top three with a time of 21:46.460.

Source: www.usrowing.org

UPCOMING EVENTS IN THE COMMUNITY - Athlete Appearance Opportunities:

Shop with a Jock Tuesday, December 6 from 6:00 - 9:00 pm

The Junior Seau Foundation teams with Target, corporate sponsors and individual donors to take 250 children from local Boys and Girls Clubs shopping. Each child will be given a \$100 gift certificate to shop for gifts for their loved ones. Following a festive dinner, games and activities, the children are paired with an athlete who accompanies them while they shop at Target.

Athletes, if you would like to be involved at the above event, please stop by the ACI building or contact Emily Cox at emily.cox@usoc.org or 619-482-6148.

UPCOMING EVENTS AT THE CHULA VISTA OTC:

US Youth Soccer ODP Boys Fall Interregional November 25 - 28..... www.usyouthsoccer.org

Top national talent will converge on the Olympic Training Center in Chula Vista, Calif., for the US Youth Soccer Olympic Development Program (US Youth Soccer ODP) Boys Fall Interregional. Teams from US Youth Soccer's four regions will compete November 25 - 28, 2011. In addition to the 1997 and 1998 US Youth Soccer ODP Boys regional teams, the event will also feature the Under-14 U.S. National Team Blue and Red squads. Continuing its tradition of elite competition and player development, youth from the nation's top player identification program, US Youth Soccer ODP, will train and compete in front of national staff and collegiate coaches to maximize their exposure for selection to the next level of play. US Youth Soccer ODP is known as the premier identification and development program for the nation's youth seeking the opportunity to compete at the national, professional and collegiate levels of play.

