



OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

JANUARY 1 - 15, 2012

JANUARY 2012 ATHLETE OF THE MONTH:

NICK KALE

Archery

Nick Kale spent much of early December working on a project to benefit a worthy cause while also presenting a rite of passage for CVOTC archery athletes. The 1,000 Arrow Challenge is an annual event that generally occurs on one of the final days of fall training. Resident archers must complete the challenge at least three times in their CVOTC career and many of those archers who already completed their three challenges in previous years stuck around to help with fundraising and organizing.

Fall training involves a lot of repetition and work on archers' form, so it is fitting that the season culminates in 1,000 arrows shot in just one day, usually taking between 6 – 11 hours with just a short break for lunch or a visit to Sports Med. Athletes collect pledges for each arrow shot and Nick was heavily involved in selecting this year's charity recipient – the USO of San Diego.



Nick wanted to do something to honor the troops and contacted the USO's San Diego office after Thanksgiving. Wanting to keep the impact local, they identified Waves of Appreciation as the ideal partner for the 2011 1,000 Arrow Challenge. Waves of Appreciation is a care package program to ensure that active troops traveling through the San Diego Airport during the holidays have food and beverages available to them.

This year's event raised nearly \$2,400 from donations pledged to the resident athletes and about 10 young archers from the Roadrunner Archery Club who also did a 300 arrow shoot-a-thon.

Nick is originally from Duxbury, Massachusetts, so when he went home for a few days over Christmas break, he was happy to see the Waves of

Appreciation program in action as he saw active duty troops stopping to pick up their care packages. He's back in Chula Vista now, where he has been a resident athlete since September 2009.

Nick started his archery career by practicing target shooting and participating in local Massachusetts tournaments. He then joined one of the Junior Olympic Archery Development programs and participated in archery at James Madison University in Harrisonburg, Virginia, where he majored in Sport Management and minored in Business. After graduation, he packed up to move west.

So far, one of his most memorable tournaments was last year when he participated in the Nimes Indoor European Championship in France and the Las Vegas Indoor World Archery Festival is always a fun event. He participated in the first round of the Olympic Trials in September, but unfortunately missed making it to the second round by six points. Nick said that the first round of Olympic Trials was a great learning experience even though it wasn't the outcome that he had hoped for. Meanwhile, he has been learning a lot and will be ready for whatever comes next.

In the coming months, Nick will head back to JMU for the Indoor Nationals tournament, where he'll also say farewell to his collegiate coach who will retire from coaching at the end of the year, marking an end of an era for JMU archery.



RUGBY ADDED TO CVOTC RESIDENT PROGRAMS

Effective January 1, 2012, twenty-three USA Rugby athletes will become a part of the resident athlete program at the U.S. Olympic Training Center in Chula Vista.

The partnership between USA Rugby and the U.S. Olympic Committee will allow USA Rugby to provide 15 men and eight women with full-time training contracts, which will provide monthly stipends for off-site housing with on-site meals and access to the world-class training facilities and high-performance support services at the OTC. This marks a crucial step on rugby's journey to the 2016 Olympic Games in Rio de Janeiro.

In October 2009, the International Olympic Committee announced that Rugby Sevens would be included in the 2016 and 2020 Olympic Games. In 2010, USA Rugby became an official Olympic Sport Member of the United States Olympic Committee and USA Rugby is also a member of the International Rugby Board, the sport's international governing body.

"As we prepare as a nation for Rio 2016, making our Men's and Women's Sevens teams full-time is a crucial step for our sport," said USA Rugby CEO Nigel Melville.

"There are so many advantages to living and training in a high-performance environment year round – full-time coaches, trainers, dietitians, sports psychologists and so on – it really is necessary if the USA are to be on the rugby podium in 2016."

The USA Men's and Women's Sevens teams will also take part in more international competitions as part of the USOC and USA Rugby partnership, allowing the USA to more regularly engage the best teams in the world.

In the 2011-2012 season, the Men's Eagle Sevens team will play in 11 tournaments. The team has already claimed a bronze medal for Team USA at the 2011 Pan American Games in October. Their remaining fixtures include the nine-tournament HSBC Sevens World Series and the North America Caribbean Rugby Association (NACRA) Sevens. After the first three rounds of the HSBC Sevens World Series, Eagles are in 11th place with the next round being held in early February in New Zealand. The NACRA Sevens, to be held in the fall of 2012, will serve as a Rugby World Cup Sevens 2013 qualifier for the men's team.

The Women's Eagle Sevens team will compete in five tournaments in the 2011-2012 Season as part of the IRB Women's Sevens Challenge Cup and the Women's NACRA Sevens. Because of their success at the 2009 Women's Rugby World Cup Sevens (the USA made it to the Cup Semifinals), the team has automatically qualified for the 2013 tournament. The squad will also compete in the 2015 Pan American Games in Toronto, where Women's Rugby will make its Team USA debut.



"The USOC is a fantastic partner to have on our journey to 2016. They have been very supportive of our national teams and are also invested in developing American rugby athletes for 2016 and beyond," Melville added.

The sport of rugby has grown drastically in the United States over the last six years. In 2005, USA Rugby had about 62,000 members and it recently tallied over 98,000 in 2011. The inclusion of Rugby Sevens in the Olympics has provided momentum for the sport at all levels.

(Source: www.usarugby.org; Photos: Men's Eagles following their bronze medal win at the 2011 Pan American Games, credit: Getty Images; The USA Women's Eagle Sevens team in training before their season opener in Dubai. Pictured from left to right: Corey Fredericks, Katie Dowty, and Emilie Bydwell., credit: USA Rugby)

UPCOMING EVENTS AT THE CHULA VISTA OTC:

Jamie Nieto's 2012 Track & Field Camp **Open to the Public (\$75-100 pp)**

2004 Olympian and three-time national champion Jamie Nieto will hold a one-day track camp for athletes of all ages and coaches with assistance from Miki and Lisa Barber, Dominique Arnold, Akiba McKinney and Jarred Rome. The camp will include warm-up, training, Q&A and an autograph session. Camp cost is \$75-100 per person and more information can be found at www.jamienieto.com

Women's Field Hockey vs. Australia **Open to the Public (FREE)**

The U.S. Women's Field Hockey team will take on the number 7 ranked team from Australia in a series of test matches beginning in the middle of January. More details will be available soon.

ANNOUNCEMENTS:

- **Athlete Check-In Holiday Hours:**
 - Sunday, 1/1: CLOSED
- **Weight Room and Sports Medicine Holiday Hours:**
 - Sunday, 1/1 - Monday, 1/2: CLOSED
- The San Diego Ballet is setting aside 40 tickets to each of their 2012 shows in order to offer FREE tickets to resident athletes. Shows are 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

RECENT RESULTS:

Field Hockey - **TEST MATCHES VS. GREAT BRITAIN / CHULA VISTA, CA - DECEMBER 2011**

Despite a scoreless first half, Great Britain took charge in the second half to defeat USA, 4-0 in the final match of a five game series on December 18 at the Olympic Training Center in Chula Vista, CA. The series concludes with Team USA winless against the number 4 world ranked team.

"The series was fantastic for us," said Head Coach Lee Bodimeade. "Great Britain is in a very good spot right now in their preparation. We have to get back up after the successful Pan Am prep. We've had lot of our players out with injury which has provided an opportunity for other players the experience to play against the No. 4 team in the world."

Although not the results Team USA was looking for, it was an excellent opportunity to continue developing in areas identified to ultimately bring success in London.

ATHLETES IN TRAINING:

Resident Programs:

Archery
BMX
Field Hockey
Rowing
Rugby 7s
Track & Field

Short-Term Programs:

January 1 - March 19

Rowing - Women's National Team Training

January 1 - 4

Track & Field - Throws Training Camp

January 3 - 6

Beach Volleyball - Jr. National & Under-26 Camp

January 5 - 19

Soccer - Women's Under-20 National Team

January 5 - 25

Track & Field - Jumps Training Camp (Italy)

January 7 - 15

Soccer - Women's Under-18 National Team Camp

January 7 - 18

BMX - Elite Training Camp

January 7 - 19

Soccer - Shanghai Women's Soccer Team

January 11 - 22

Field Hockey - Australian National Team

AT&T CONNECTIONS CENTER RE-OPENS

The AT&T Connections Center is back up and running following a few months as the temporary home of Sports Medicine. All of the lounge chairs and games are back in the appropriate places and are ready for athletes to use. Stop by to check out what is available and we hope that our athletes continue to enjoy this area as a space to rest, relax, get some computer work done and have some fun.

Amenities include:

- Wireless and wired internet
- Computers with printers
- Big screen TVs with movies, games and numerous channels
- Pool table
- Foosball table
- Ping-pong table
- Lounge chairs and comfy couches



THE ROAD TO LONDON

Crossing into 2012 means that the London Olympic Games are within reach – athletes and coaches will have to quickly get used to saying “this year” instead of “next year.”

Team USA will be ready for London and it is clear that London will be ready for all of the teams as construction of all the new main venues and infrastructure for the London 2012 Games is now complete.

Finished construction projects include the Olympic Stadium, the Basketball Arena, the Handball Arena, the Velodrome and BMX track, the Aquatics Centre and the Lee Valley White Water Centre.

On July 27, 2012, the London 2012 Olympic Games will commence with the Opening Ceremony of the XXX Olympiad, and extend through August 12, followed by the London 2012 Paralympic Games from August 29 - September 9. London will become the first city to host three Olympic Games, though this will mark the city's first Paralympics. The last time London played host to the Games, in 1948, 4,104 athletes from 59 nations competed in 17 sports. This time, 10,500 athletes from 204 nations will compete in 26 sports, while 4,200 Paralympic athletes will compete in 20 sports.

Team USA athletes have spent countless hours, days, months and years training in hopes of earning a spot on the U.S. Olympic and Paralympic teams. Olympic Trials, competitions used by many sports to name athletes to the London 2012 team, began in the fall of 2010 and will continue through July 2012. Visit TeamUSA.org often to meet your team as they earn highly coveted spots on the roster along the Road to London. Various videos from Team USA hopefuls are also available from the following link:

http://www.TeamUSA.org/Road_to_London

Photo depicts an aerial view of some of the London 2012 venues; credit: Getty Images

