



OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

JANUARY 16 - 31, 2012

CVOTC, WOMEN AND SPORT

Chula Vista Olympic Training Center Operations Manager Dana Schoenwetter Selected to Represent the USOC at the International Olympic Committee's 5th World Conference on Women and Sport



Dana Schoenwetter was selected this week to be one of the USOC delegates to the International Olympic Committee's 5th World Conference on Women and Sport. Dana has been working as the Chula Vista Olympic Training Center's Operations Manager for the past two years.

The IOC World Conference on will be held in Los Angeles from February 16-18, 2012. The World Conference on Women and Sport happens once every four years with the objective of analyzing the progress made within the Olympic Movement and identifying ways to improve and increase the participation of women in the world of sport.

Approximately 600 participants from more than 130 countries are expected to participate. This year's conference is organized jointly by the IOC, the USOC and the Southern California Committee for the Olympic Games. The theme is "Together Stronger: the Future of Sport" and the conference will feature participants and high-level speakers from within the sports community as well as representatives from the United Nations system, specialized organizations, governments, the business world and media.

Discussion topics will cover a variety of subjects associated with the efforts to strengthen women's representation in sport leadership positions. Speakers at the 5th World Conference on Women and Sport include:

- Jacques Rogge – President, International Olympic Committee
- IOC Members and IOC Women and Sport Commission Members
- Lord Sebastian Coe – Chairman, London Organising Committee of the Olympic Games and Paralympic Games
- Geena Davis – Academy Award-winning actress; Founder of the Geena Davis Institute on Gender in Media
- H.E. Marjon V. Kamara – Chair, UN Commission on Status of Women
- H.E. Aloysia Inyumba – Rwandan Minister of Gender and Family Promotion
- Alan Abrahamson – Olympic journalist
- Raija Mattila, Co-chair 2010-2014 International Working Group on Women and Sport
- Nancy Hogshead-Makar – Olympic medalist; expert on Title IX
- Dr. Richard Lapchick – Director, Institute for Diversity and Ethics in Sports
- Youth Olympic Games Young Ambassadors and Young Reporters

More information on the conference can be found at www.womenandsport2012.com or www.olympic.org/losangeles2012

ANNOUNCEMENTS:

- Ocean Bike Shop in Chula Vista is offering a discount to CVOTC athletes. See the flyer on the bulletin board upstairs from the dining hall for more information on the shop's location
- 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





NUTRITION, SPORT, FOOD... WITH OPINION

// By Andrea Braakhuis, Nutritionist

SUPPLEMENTS OR FOOD

nutritional value of a supplemented form of vegetables.

As an example, cruciferous vegetables are widely considered to be healthy, as they are high in vitamin C and soluble fiber and contain multiple nutrients with potential anti-cancer properties: diindolylmethane, sulforaphane and selenium. Broccoli is often the most valued of the cruciferous vegetable family and has been studied the most. The key process in broccoli is that in its natural form, it contains an enzyme called myrosinase that is necessary to break down the plant nutrient glucosinolate into sulforaphane and erucin. Most supplements do not contain this enzyme.

And not only do you need to eat the whole foods including broccoli, cauliflower, cabbage and kale, but you also have to go easy on cooking them for the optimum benefits. This is not always the case for every nutrient though – folic acid in supplement form is actually better absorbed than the form found in foods. Additionally, some fat-soluble vitamins are better absorbed when foods are cooked rather than in the raw form.

But in the case of broccoli, the answer is that the whole foods themselves are the best bet. Without this enzyme found in the whole food, a study found that the body actually absorbs five times less of one important compound and eight times less of another. When broccoli is cooked at high temperatures, the same effects occur – its health values decrease considerably. The new study was published in the Journal of Agricultural and Food Chemistry and was supported by the National Institute of Health.

OLYMPIC TRIALS IN PROGRESS

Olympic Trials are in full swing – and really feel like it – now that we are officially in the Olympic year! A few Olympic sports have already determined which athletes will gain the title of “Olympian,” but many sports and events are still in progress.

The most recent athletes to secure their own personal spots in London are former CVOTC resident and Olympic Trials champion Meb Keflezighi, Ryan Hall and Abdi Abdirahman. For the women, Shalane Flanagan, Desiree Davila and Kara Goucher will also represent Team USA.

Locally, and in the near future, the Olympic Trials for Race Walking will be held in Santee, California on Sunday, January 22.

The Chula Vista Olympic Training Center will host Olympic Trials for the following sports and events:

- Archery – the second round of the Olympic Trials will take the top 16 athletes down to the top 8 in the men’s and women’s recurve archery event. The Easton Archery Range will be busy on Monday, April 23. The final round will be held in Colorado Springs on June 1, 2012
- Paralympic Archery – similarly, Paralympic Archery will hold a trials event at the Easton Archery Range on Wednesday, April 25
- BMX – in addition to selecting Olympians based off of a points ranking system, the CVOTC will host an Olympic Trials event for BMX on Saturday, June 16, to determine one male BMX athlete who will become an Olympian
- Rowing – Olympic Trials for Non-Qualified Small Boats (W1x, M2x, W2x, LM2x) will be held on-site from April 9-12. Paralympic Trials for Qualified Small Boats will take place during the same time-frame. Olympic Trials for Rowing will also continue for additional boats at later dates in West Windsor, New Jersey

Outside of Olympic Trials happening on-site, we’ll also be keeping a close eye on the Track & Field Olympic Trials to root for all of our resident track & field athletes. The Track & Field Olympic Trials (for events outside of the marathon and race walk) will be held during the last week of June in Eugene, Oregon. Paralympic Track & Field will also hold a trials event in Indianapolis, Indiana.



UPCOMING EVENTS AT THE CHULA VISTA OTC:

Women's Field Hockey vs. Australia **Open to the Public (FREE)**
The U.S. Women's Field Hockey team will take on the number seven ranked team from Australia. Games are scheduled for Tuesday, January 17 and Wednesday, January 18 at 1:00 pm.

Youth Rugby Tournament..... **Open to the Public (FREE)**
Various youth rugby teams will compete in a tournament on the Olympic Training Center campus. Food vendors will be available throughout the day.

Paralympic Soccer vs. Great Britain..... **Open to the Public (FREE)**
The U.S. Paralympic Soccer team will scrimmage against Great Britain. Games are scheduled for Monday, January 30 and Wednesday, February 1 at 3:00 pm.

RECENT RESULTS:

Archery - *WORLD INDOOR TEAM TRIALS / KING OF PRUSSIA, PA - JANUARY 2012*

The team that will represent the United States in the upcoming World Archery Indoor Championships has been selected during the trials earlier this month.

For the recurve men, first and second place was a battle between two CVOTC resident athletes. Jake Kaminski took the lead from Brady Ellison for part of the day, but was unable to edge out the Olympian for first place. In third was Victor Wunderle, three time Olympian and two time Olympic medalist. Together, the team will seek to defend the World Championship title won by Ellison, Wunderle and Staten Holmes in 2009.

CVOTC Resident Athlete Jeremiah Cusick claimed a spot on the junior men's recurve team. The World Archery Indoor Championships will kick off in Las Vegas, Nevada on February 5 with official practice, and competition beginning February 6. The event, co-hosted by USA Archery and the National Field Archery Association at the Southpoint Hotel and Casino, is expected to draw over 350 of the world's best archers.

Field Hockey - *TEST MATCHES VS. AUSTRALIA / CHULA VISTA, CA - JANUARY 2012*

The first two games in a four game match-up against number seven ranked Australia were played over the weekend. On Saturday, January 14, Team USA battled Australia to a draw ending the game in a 2-2 tie. Sunday's game resulted in a 1-0 win for Australia. The next two games will be contested on Tuesday and Wednesday. After this series, the U.S. women will remain in Chula Vista, until late February, when the team will depart for a Four Nations tournament in Spain.

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 7 - 18

BMX - Elite Training Camp

January 7 - 19

Soccer - Shanghai Women's Soccer Team

January 16 - 22

BMX - Under-23 Training Camp

January 17 - 22

Archery - Women's Excellence Program

January 19 - 21

Softball - Pitchers & Catchers Training Camp

January 19 - 22

Field Hockey - Women's U-19 & U-21 Junior National Team Training Camp

January 21 - 28

Rugby - Men's National Team New Zealand Prep Camp

January 26 - February 5

Paralympic Soccer - January Training Camp

January 29 - February 6

Rugby - Women's National Team Vegas Prep Camp

GOALS REACHED ON CVOTC SOCCER FIELDS

// By Kaitlyn Cranshaw, Intern

UNDER-18 AND UNDER-20 WOMEN'S SOCCER TRAINING CAMPS

The U.S. Under-18 Women's Soccer team held their training camp at the Chula Vista Olympic Training Center from January 7- 15. Many of the dates of their camp coincided with the U-20 Women's Soccer Camp and a Shanghai soccer team camp. Both the U-20 and U-18 teams enjoyed opportunities to hold friendly scrimmages against the Shanghai team and increase their level of competitive play.



Members of the U-18 camp watch as the U-20 camp takes on the team from Shanghai

Since the commencement of the camp, the athletes have rigorously competed in an effort to improve their skills, but more importantly, to showcase their abilities to seal their position for the next camp.

U-18 Program Coordinator Kerry Bradley explained the challenging process of making the final roster. The athletes are contacted on a camp-by-camp basis, relying on their previous performance to ensure their spot for the opportunity to reach their next goal: qualifying for the U-20 Women's World Cup.

Not only are these girls preparing for their shot at making the team for the World Cup in 2014, but they also have the chance to exhibit their skills in this camp in hopes that the current U-20 National Team coaches invite them to join their team that will compete in this year's U-20 World Cup.

Under-18 players Ashley Meier and Stephanie Amack shared their perspectives on the competitive process of reaching their goals. Both girls have been part of the U.S. Women's National program since age 13. Meier noted that while it is difficult to take time away from school to participate in these camps, training with the best players in the country in her age group allows her to progress towards her ultimate goals.

Amack used the analogy of climbing a ladder to illustrate the process of advancing in her sport. You take one step at a time, achieving each challenge to eventually reach the top of the ladder – making the U.S. Women's National Team.

The girls described their visit to the Home Depot Center to see the U.S. Women's National Team as jaw-dropping experience. They were in awe of their role models, which inspired them to stay focused and increased their determination to continue climbing the ladder.

After listening to the motivational speech by U.S. National player Abby Wambach, both girls were instilled with the desire to work as hard as they could in the hopes that someday, they would be in Wambach's position.

Meier and Amack know that they definitely have more steps to climb, but they are enjoying each stage of the process. Although it may appear challenging for players from all over the country to periodically join as a team to compete in camps, Meier and Amack said that it does not take too long for the girls to synchronize on and off the field. Some of the players, having been through the program year after year, have already formed strong friendships, and this team chemistry is evident in their performance on the field. Meanwhile, Amack added that typically toward the end of the camps, the former camp participants and newer additions adapt to each other's style of play and work well together.

The two players concurred that being provided the opportunity to train at the U.S. Olympic Training Center has been instrumental in their journey towards the top. Training with the top tier players in the country and maintaining an accelerated speed of play empowers them to progress to each step.