



COLORADO SPRINGS

OLYMPIC TRAINING CENTER

TeamUSA.org

ATHLETE NEWSLETTER

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WHAT'S HAPPENING AT THE CSOTC

200, 199, 198, 197, 196, 195, 194, 193, 192, 191, 190, 189...

And counting! Time is flying until the Opening Ceremonies for the 2012 Olympic Games in London, Great Britain. July 27th is just around the corner and everything is ramping up with great anticipation and excitement. Here at the Colorado Springs Training Center, CSOTC life has certainly picked up a notch—from coaches adding extra practices and intensifying workouts, athletes needing more naps to account for the hard work they are putting in, higher numbers of visiting teams spending time at the CSOTC training over the holiday break, recent qualifying competitions held on complex, and more!



For updates on what is going on with the numerous athletes we have training for the 2012 Olympic and Paralympic Games, check out our CSOTC blog The Alchemy Project at www.csotcathletelife.blogspot.com. You can also find us on Facebook at "USOC Athlete Services" and Twitter @OlympicCtrLife.



The CSOTC & USA Taekwondo hosted U.S. Olympic Trials this past weekend. Olympian silver medalists Mark Lopez and Nia Abdallah both advanced to Trials Finals, which will be held on March 10th & 11th here in Colorado Springs. The CSOTC also played host to Modern Pentathlon's second U.S. World Cup qualifier.

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Resolved for 2012

What are your goals for the new year? Check out what goals Sherry, Stacy, Sarah-Kate, and T have for 2012.

Sarah-Kate Masters:
Sleep less, eat more, and never live with my parents again.

Stacy Miller:
Learn to ride a unicycle and play the harmonica

Sherry VonRiesen:
Laugh daily and not take anything too seriously

Terris Tiller:
Read 15 books, try something new once a month, run a sub 35 minute 10k



ADECCO CAREER CORNER

By Angel Bovee

Did you know the Athlete Career Program, a unique partnership between the U.S. Olympic Committee and Adecco North America, offers qualified athletes one-on-one career counseling services including resume development, interview and networking skills, and help in creating a career game plan for both their competitive careers and their life after sport? Athletes are connected with a career coach that meets with them free of charge through telephone sessions to help them develop their career game plan.

The program also offers job placement services. The Team USA Career Program assists current national team members in finding flexible jobs with Olympic sponsor companies for \$14 an hour that will work around their travel and training schedules. We currently have athletes working at Adecco, GE, Hilton, PowerAde and TD Ameritrade. The Athlete Career Program helps both currently training and retired Olympic/Paralympic athletes find part-time and/or full-time careers through the network of hundreds of Adecco offices throughout the United States.



To learn more, call Angel Bovee at 719-866-4035 or email at Angelique.Bovee@adeccna.com and ask for an enrollment package today!

2012 YOUTH OLYMPIC GAMES

By Intern, Sarah-Kate Masters

January 13th marked the Opening Ceremonies for the first ever Youth Olympic Winter Games, held in Innsbruck, Austria. Innsbruck has also played host to the Olympic Winter Games in 1964 and 1976.



According to AroundTheRings.com, Innsbruck was chosen to host the YOG because of the vibrant adolescent culture that is present within the city. Seamlessly melding tradition and modernity, Innsbruck wholly represents the ideals of the modern Olympic Movement. The goal of the Youth Olympic Games is to unite the world's athletes through promotion of a peaceful, multicultural society. The emphasis, as a result, is placed more on friendship and global understanding.

Prince Albert II of Monaco, a long-time patron of the Peace-and-Sport Forum, captured the ideals of the YOG by stating, "Sports has a unique and irreplaceable capacity to unite people, going far beyond ethnic, religious or social differences. I am convinced that sport can be at the long-term service of peace."

Innsbruck is fostering this atmosphere through cultural events and multi-nation recreational sporting exhibitions. An estimated 1,060 athletes from over 65 countries are expected to participate in 15 different disciplines (seven winter sports). Team USA will field a contingent of 57 athletes. For more information on Innsbruck 2012 please visit their Facebook page or the following links: www.innsbruck.com; www.aroundtherings.com; www.olympic.org. You can also check out the USA Daily in the Athlete Service Center.

CSOTC ATHLETE OF THE YEAR

Allison Jones



Allison Jones simply owned 2011. The five-time Paralympian successfully defended her world titles, winning double-gold at the 2011 UCI Para-cycling Road World Championships in both the individual time-trial and road race (C2) in September. On the track, she was crowned world champion in the Individual Pursuit at the 2011 Para-cycling Track World Championships.

Outside of claiming three world titles, Jones racked up a number of podium finishes in 2011, including:

- Bronze medal, 2011 UCI Para-cycling Track Worlds, Individual Time-Trial (C2)
- Gold medal, 2011 Parapan American Games, 3km Pursuit (C1-3)
- Bronze medal, 2011 Parapan American Games, 500m Time Trial (C1-3)
- Bronze medal, 2011 Parapan American Games, Road Race (C1-3)
- Overall World Cup Title, 2011 UCI Para-cycling Road World Cup (C2)

This follows a 2010 season where Jones competed in the 2010 Paralympic Winter Games and won two Para-cycling road world titles. Simply put, that is consistency and success at the highest of levels. Congrats Allison Jones!!

Congrats to the following athletes who had outstanding competitions in December & January !!

Seth Kelsey (FEN)
Gold
NAC, Kansas City

Jason Pryor (FEN)
Third
NAC, Kansas City

Cody Mattern (FEN)
Gold
NAC, Portland

Jimmy Moody (FEN)
Fifth
NAC, Portland

Elizabeth Stone (SWI)
5 Golds
Am Record, 50m Fly
CanAms

Lance Lamback (SWI)
5 Golds
CanAms

Jessica Long (SWI)
5 Golds
CanAms

Cody Bureau (SWI)
6 podiums
CanAms

Anna Johannes (SWI)
Am Record, 200 Breast

Illeana Rodriguez (SWI)
Gold
Am Record, 200 Breast

Natalie Burgener (WGT)
Gold
American Open

Jackie Berube (WGT)
Gold
American Open

Charles Ssekayaaya (WGT)
Gold
American Open

Helen Maroulis (WRE)
Outstanding Wrestler
US Open

Clarissa Chun (WRE)
Gold
US Open, 48k

Megan Poole (WGT)
2nd
American Open

Elena Pirozhkova (WRE)
Gold
US Open, 63k

Chass Betts (WRE)
Gold
US Open
Greco, 84k

RC Johnson (WRE)
Gold
US Open
Greco, 96k

Joe Betterman (WRE)
Gold
US Open
Greco, 60k

Caroline White (ATH)
34th
U.S. Marathon Trials

Dennis Bowsher (MOD)
Gold
World Cup Qualifier 1&2

Margaux Isaksen (MOD)
Gold
World Cup Qualifier 1

Kelsey Campbell (WRE)
Gold
Mongolian Open, 59k