



OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

FEBRUARY 1 - 15, 2012

FEBRUARY 2012 ATHLETE OF THE MONTH:

AMY HASTINGS

Track & Field - Marathon

For some athletes, their debut in their sport is a progressive effort spanned over many years. Amy Hastings, however, hit the marathon scene by storm last year by increasing her distance and placing second in her first-ever marathon – the Honda LA Marathon in March 2011. Her time of 2:27:03 marked the third-fastest debut by an American woman.

While finishing fourth in the Olympic marathon trials was initially disappointing to Hastings, she acknowledges that she gave her best effort, and she is extremely proud of her teammates.

This optimistic attitude and perseverance is characteristic of Hastings. When training for races, she strategically prepares for every possible scenario – leading or letting others dictate the pace – while also encouraging her other teammates. Hastings is known for her spunk and ability to change pace. Running to the front instills her with a kick of adrenaline, which makes her a fierce competitor. In a sport where even finishing the event is questionable, this ability to change gears is a risky move. Mammoth Track Club coach Terrence Mahon claims that it is Hastings' fearlessness that makes her unique; yet, her desire to run hard is comparable to Deena Kastor (Olympic medalist and American record holder), as she is sometimes called "Little Deena."



Hastings joined the Mammoth Track Club when she was training at Flagstaff, then moved to Arizona State University (ASU), where she made her mark as ASU's most decorated female distance runner. Hastings credits her success to her college and Mammoth Track Club coaches. Between receiving great coaching and gaining experience, Hastings has certainly put herself on the map as one of the top marathon contenders.

Hastings is noted for placing second in the 2011 USA Outdoor Championships. She was a member of the 2010 IAAF bronze medal World XC team. In addition, Hastings was a ten-time All-American in Cross Country and Track while at Arizona State. Meanwhile, she took the titles of NCAA Indoor National Champion and USA Junior Champion for the 5000-meter race.

After such an impressive year and a build-up of experience, Hastings will serve as the alternate for the 2012 Olympic Games in London.

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

US PARALYMPIC SOCCER LOOKS TOWARD LONDON WITH TEST MATCHES AGAINST GREAT BRITAIN AT THE CVOTC

Paralympic soccer debuted at the 1984 Paralympic Games and Team USA made its first appearance in the 1992 Barcelona Games.

Last summer, Team USA qualified for the 2012 Paralympic Games in London with a 3-2 win against Ireland in the third and final Group D match at the 2011 CPISRA Football 7-a-Side World Championships.

U.S. forward Josh McKinney put the team ahead 1-0 in the first half and then doubled the score in the second half by finishing a penalty kick after Marthell Vazquez was fouled. The U.S. went ahead 3-0, with Adam Ballou scoring what would eventually be the game winner.

However, Ireland made it interesting, scoring twice late in the game. The Irish almost tied but goalkeeper Keith Johnson came up with a huge save in the final seconds to secure the victory.

The U.S. continued the tournament with a 1-10 loss to Russia in the quarterfinals and a pair of defeats to Scotland (2-3) and Argentina (2-7). The team finished in eighth place in the tournament with a 2-4-0 record.

There are a few differences between the fields of play for Olympic and Paralympic soccer – for one, soccer is played on a 75 x 55m field with a 5 x 2m goal. Generally, standard FIFA rules apply for seven-a-side soccer, but there is no off-side rule and there are two 30-minute halves. Under-arm throw-ins are permitted if a player is physically unable to execute a throw-in according to FIFA rules. Paralympic soccer competition is open to male athletes affected by cerebral palsy, brain injury and stroke.

Currently, the team is carrying 25 players who will compete to fill the 12 spots for the Paralympic Games roster, which will be finalized in July. The Paralympic Games will begin on August 29 and until the Games, the team will participate in multiple camps



– they'll be back at the CVOTC in late February and again in March, they'll have two international tournaments in May and then return for another camp here in June. Some team members have even moved to Virginia Beach to train with their coach full-time.

The January Paralympic Soccer camp at the CVOTC included test matches against Great Britain. Both games provided valuable game-like practice time, but ended in tough losses for Team USA with a 4-1 loss on Monday, January 30 and a 4-0 loss on Wednesday, February 1.

(Sources: www.TeamUSA.org, www.ussoccer.org)



MEET THE SPRING INTERNS



Carolyn Badillo

Hometown: San Francisco

College: San Jose State

Major: Kinesiology

Why you wanted to intern here: It is an opportunity to gain experience in a clinic and to better understand athletic training as a career field. I absolutely love the Olympics and an opportunity to play a small part towards the success of Team USA made me want to intern here above all else.

Look forward to most: I am excited for the opportunity to work with world-class athletes.

Favorite sport(s) to play: I love to swim and snowboard.

Favorite sport(s) to watch: I love to watch soccer, snowboarding and most all Olympic sports.

Hobbies: Knitting, playing with my dog, baking, and playing lawn games



Kaitlyn Cranshaw

Hometown: Ormond Beach, Florida

College: Clemson University

Major: Communication

Why you wanted to intern here: I knew that an internship for the USOC would be a once-in-a-lifetime experience. Surrounding myself with the top athletes in the world is such a neat and inspirational opportunity; it makes for an incredible work atmosphere.

Look forward to most: Meeting new people and hearing their stories

Favorite sport(s) to play: Basketball, flag football, and golf

Favorite sport(s) to watch: College basketball and Clemson football

Hobbies: I enjoy competing in almost any sport and reading.



Ally Hoover

Hometown: Fishers, Indiana

College: UNC, Chapel Hill

Major: Political Science and Peace, War, & Defense

Why you wanted to intern here: I got involved in sports at UNC and loved it, so I wanted to explore the field more. The internship program fit perfectly for what I was looking for and seemed like a fun, challenging experience.

Look forward to most: Meeting all the staff and athletes that come through here. I'm looking forward to all the cool events too, especially those leading up to the Olympics.

Favorite sport(s) to play: I'm up for whatever friends suggest we go do.

Favorite sport(s) to watch: Women's soccer, football, and anything UNC

Hobbies: Soccer, rock climbing, reading, movies



Kate Incerto

Hometown: Houston, TX

College: Univ. of TX, Austin

Major: Sport Management

Why you wanted to intern here: With London just around the corner, it is definitely an exciting time to be involved with the Olympic Committee. I am thrilled I was given the opportunity to work with such an incredible organization. Plus, who wouldn't want to live near San Diego!?

Look forward to most: I really enjoy the "hands on" aspect of my internship and I am excited to be involved in some of our upcoming events and competitions!

Favorite sport(s) to play: Soccer!

Favorite sport(s) to watch: College football, soccer, and gymnastics

Hobbies: Adventures, playing board games, rollerblading, live music and drinking coffee



Jared Seigmund

Hometown: Shiocton, WI

Grad School: Univ. of MN

Major: Kinesiology

Why you wanted to intern here: I wanted to gain more experience in coaching and build on my training theories and periodization methods in conditioning.

Look forward to most: The people. Since coming into the USOC community the athlete, co-workers and everyone involved in the process has been extremely supportive and outgoing. Coaching the athletes in the weight room has been a privilege; I can see why they are the best at what they do in the world.

Favorite sport(s) to play: Football

Favorite sport(s) to watch: Football

Hobbies: Lifting, playing sports, pickup games with friends, and reading

BRANDON PELLETIER AT CASILLAS ELEMENTARY SCHOOL

On Monday, January 23, Paralympic sprinter Brandon Pelletier visited Casillas Elementary School as a guest speaker for their Health and Wellness Week assembly.

While the children sat in awe, Brandon explained the trials and tribulations of the life of an athlete. After describing the obstacles that he has encountered, Pelletier informed the kids about the importance of exercise and proper nutrition (be sure to eat all those vegetables!). He encouraged the children to wake up with a good stretch and to incorporate any kind of activity into their everyday agendas, ranging from dance to football.

All in all, the children were left with some valuable lessons and a little motivation after seeing Brandon's impressive medals.



OLYMPIC TRIALS AT THE CHULA VISTA OTC:

April 9-12 – Rowing – Olympic Trials for Non-Qualified Small Boats (W1x, M2x, W2x, LM2x). 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

April 23 – 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 final round will be held in Colorado Springs on June 1, 2012

April 25 – Paralympic Archery – similarly, Paralympic Archery will hold a trials event here

June 16 – BMX – in addition to selecting Olympians based off of a points ranking system, the CVOTC will host an Olympic Trials event for BMX to determine one male BMX athlete who will become an Olympian

RECENT RESULTS:

Field Hockey - *TEST MATCHES VS. AUSTRALIA / CHULA VISTA, CA - JANUARY 14-18, 2012*

The four-game match-up against number seven ranked Australia ended with two draws and two losses

Track & Field - *CHERRY & SILVER INVITATIONAL / ALBUQUERQUE, NM - JANUARY 20-21, 2012*

Funmi Jimoh and Brianna Glenn went 1-2 in the Long Jump. Funmi jumped 6.45m (21 feet, 2.00 inches) and Brianna jumped 6.26m (20 feet, 6.50 inches). CVOTC high jump athletes cleaned up at the Cherry & Silver Invitations as well – Jamie Nieto took home the top spot with a jump of 2.24m (7 feet, 4.25 inches) and Becky Christensen took the women's top spot with a jump of 1.87m (6 feet, 1.50 inches). In triple jump, Crystal Manning won with a jump of 13.81m (45 feet, 3.75 inches) and Yvette Lewis took second with a jump of 12.90m (42 feet, 4.00 inches) in the finals. For the men's triple jump, Josh Como took first with his jump of 15.84m (51 feet, 11.75 inches)

Track & Field - *NATIONAL POLE VAULT SUMMIT / RENO, NV - JANUARY 20-21, 2012*

Brad Walker had an incredible early season showing at the Pole Vault Summit when he cleared 5.8m (19 feet) and took first place. Becky Holliday also took the top spot for the elite women in the competition by clearing 4.42m (14 feet, 6 inches)

Track & Field - *US OPEN AT MADISON SQUARE GARDEN, NEW YORK CITY, NY - JANUARY 28, 2012*

Becky Holliday also took third place in pole vault and Jamie Nieto took third place in high jump

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 26 - February 5

Paralympic Soccer
January Training Camp

January 29 - February 6

Rugby
Women's National Team Vegas Prep Camp

February 6 - March 31

Track & Field
Poland Throws Camp

February 13 - 26

BMX
Elite Supercross Training Camp