



# OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

## ATHLETE SPOTLIGHT. **MACKENZIE BROWN, ARCHERY**

As a fiercely competitive outdoor season comes to a close, Chula Vista Olympic Training Center resident archer Mackenzie Brown was one to watch at the recent World Cup Final in Mexico City from October 24-25, where she was the lone American woman to break into the top eight World Cup archers and gain an invitation to the ultimate annual archery competition.

Brown began to turn heads this season with two historic wins at the third stage of the 2015 Archery World Cup in Wroclaw, Poland in mid-August. Brown was an essential part of the women's recurve team as the trio claimed the United States' first-ever Recurve Women's Team World Cup title. Building on the team win, Brown made strides in her personal game during the Women's Individual Recurve competition when she shot a personal best and fifth among the competition field during qualifications.

After progressing through the matches, Brown landed herself in the final round, which later turned into a shoot-off with Japanese competitor Kato Ayano. Brown kept her composure in the final to win the tiebreaker and claim her first individual World Cup gold medal.



Brown's next big finish was at the first round of U.S. Olympic Team Trials in September. She finished first among the competition field with 25.75 points and 13 match wins. Just days after the Team Trials, Brown headed to Medellin, Colombia, for the fourth stage of the 2015 Archery World Cup where the Women's Recurve Team took home a bronze medal. Another highlight from Brown's successful season was her individual silver medal in the Recurve Junior Women division at the 2015 World Archery Youth Championships in Yankton, South Dakota.

Her most recent accomplishments include a fourth place finish at the World Cup Final and a third place finish at the 2015 Aquece Rio tournament, also known as the Olympic test event, which was held in Rio de Janeiro in mid-September. This competition gave Brown and her fellow test event teammates a close simulation of what to expect at the Rio 2016 Olympic Games as the tournament was held in the actual Olympic venue, Rio's famed Sambódromo.

A Texas native, making it to the Olympic Games was always something on Mackenzie Brown's mind. Before trying her hand at archery, swimming was the sport that fostered Mackenzie's first Olympic dreams and competitive spirit. It wasn't until after she tried archery at a middle school program that the sport landed on her radar and her Olympic dreams shifted sports.

In her first competition in 2005, the sport came naturally to the Olympic hopeful as Mackenzie took first place in her division age group. By 2008, at the age of 13, she tried out for and was invited to join USA Archery's Junior Dream Team, a development training program for promising young archers.

At the young age of 16, Mackenzie made her first run at the U.S. Olympic Team for the 2012 Olympic Games. During the Team Trials, she finished within the top 16 female competitors, but didn't make the final cut for London. Shortly after, Brown became a resident athlete at the Chula Vista Olympic Training Center in 2012. Since then, Brown has strengthened her archery skills and become an even more competitive archer for both individual and team competitions on national and international levels. Before setting her foot on the Rio 2016 Sambódromo archery field again, Brown will need to make it through the second and third rounds of U.S. Olympic Team Trials in 2016.

## ANNOUNCEMENTS.

### TEAM USA SHOP DISCOUNTS

Resident athletes receive a 20% discount on merchandise at the Team USA Shop in the Visitor Center at the CVOTC. Stop by to pick up some great Team USA gear!



# GRAND OPENING. EASTON ARCHERY CENTER

By Jamie Apgar, Athlete & Community Relations Intern

Thursday, October 22 marked a monumental day for the archery community as the Easton Archery Center of Excellence at the Chula Vista Olympic Training Center held its official grand opening. The 42,000 square foot facility was filled with Olympic and Paralympic archers, community leaders and United States Olympic Committee representatives for a full overview of the state-of-the-art complex.

Invited guests at the Easton Foundations' grand opening luncheon were treated to tours of the facility by current resident archery athletes, meet-and-greets with Olympic archers and even the opportunity to try their hand at shooting a bow and arrow.

The tours provided at the grand opening touched upon all areas of the two-story archery center including the 70-meter indoor range, two 90-meter outdoor shooting fields, fitness room, athlete lounge, offices, classrooms and conference rooms. Along each stop, resident archers, who will now call the Center of Excellence their new training home, explained not only the different facility areas but the state of the art technology like ultra-high speed video, 3D imaging systems and other high tech tools complimenting it. The Easton Archery Center also features an adjacent new housing complex for athletes to live in close proximity to the archery facility. All of these amenities will provide a premiere training location to perfect archers' skills and aid in the development of archery programs and exposure.



The 70-meter indoor shooting range was transformed into the luncheon venue where large round tables with decorative arrow center pieces filled the grand space. As guests enjoyed their food, they heard words from the current President of the Easton Foundations, Greg Easton and Chula Vista Mayor Mary Casillas Salas. USOC Chief of Organizational Excellence Benita Fitzgerald Mosley and CVOTC Director Tracy Lamb also spoke about what the Easton Foundations and Center of Excellence building mean to the CVOTC and the USOC.

Following the luncheon, there was a shooting match between USA Archery Olympian Khatuna Lorig and Olympic medalist Aida Roman from Mexico. The final piece of the grand opening was the much anticipated "ribbon shooting" where world-renowned archers shot in unison to cut a red ribbon that symbolized the Easton Archery Center of Excellence's official opening.

The Easton Archery Center of Excellence is the fifth and largest training center established by the Easton Foundations. The Easton Foundations was founded by Jim Easton, CEO of Jas. D. Easton Inc., in 1984 with a mission to continually grow the sport of archery on all levels of local, regional and national competition and to provide a source of development for future elite archers.





## EVENT. USA BMX SUPERCROSS SERIES - CVOTC STOP

A buzz of activity filled the Chula Vista Olympic Training Center during the weekend of October 9-11 for three big BMX events: the 2015 North American BMX Supercross Series Stop 3, the National BMX Hall of Fame Induction Ceremony and the Gold Cup West Championship Finals.

The 2015 North American BMX Supercross Series is a four-stop racing series hosted by USA BMX across the country from March to mid-October. Each race is held in conjunction with a national series race on an amateur track, while the Supercross track features an eight meter tall start ramp. The competition series started in Rock Hill, South Carolina, for the Carolina Nationals race on March 20-21 and followed with the second stop in Grand Junction, Colorado, for the Mile High Nationals on August 21-22. Riders, coaches and fans stopped next at the CVOTC for the Gold Cup West Championship Finals and third leg of the North American BMX Supercross Series.



The Supercross event was held on the Olympic Training Center's Beijing replica BMX track and each day consisted of races in four different divisions – Supercross Open (for younger athletes newer to the Olympic-size start ramp), A-Pro, Elite Men and Elite Women.

On day one, 16 athletes raced in both the Supercross Open and A-Pro divisions. On the elite side, 41 men and 11 women came out to compete, including Olympians, Olympic medalists and World Champions. When it came down to the main event, Sean Gaian took the top spot in the A-Pro division. Alise Post and Brooke Crain got tangled up in a crash at the first jump, clearing the way for Australia's Caroline Buchanan and Melinda McLeod to go 1-2 in the Elite Women final with Felicia Stancil racing into third place. On the Elite Men side, Connor Fields sailed into first place with Australian Sam Willoughby in second and Joris Daudet for France in third.

On day two, 14 riders took to the track in the Supercross Open division and 17 riders lined up for the A-Pro division, which was eventually won by Jordan



Miranda. Caroline Buchanan and Felicia Stancil repeated their performances to take first and third place, respectively, in the Elite Women race. Alise recovered from the crash the day before to take second place while former resident athlete/current Junior Development camp coach Arielle Martin came out of retirement for just one day to race on her favorite track once again. In the main event for the Elite Men, Connor suffered an unfortunate crash in the first turn, taking him out of contention for a repeat win and instead Joris Daudet moved up to the top spot on the podium for the second day of racing with Corben Sharrah in second and Anthony Dean in third.

Each podium finish came with corresponding prize money and glory. The final stop of the inaugural USA BMX North American Supercross series was October 16-17 in Oldsmar, Florida.

The National BMX Hall of Fame Induction Ceremony took place in the Visitor Center courtyard on Saturday, October 11. Frank Post, Ron Mackler, Brian Blyther, Bob Tedesco, Christophe Leveque and Kathy Schachel were inducted into the Hall of Fame.

The Gold Cup West Championship Finals were held on the development BMX track ([www.chulaBMX.com](http://www.chulaBMX.com)) and brought top competitors of all ages from across the Western region. Winners of first, second and third place overall at the Gold Cup West Championships had a podium presentation immediately following the main events.

For more information, visit [www.usabmx.com](http://www.usabmx.com).



## CAMP. ARCHERY JUNIOR DREAM TEAM

By Jamie Apgar, CVOTC Athlete & Community Relations Intern

Approximately 25 young archers traveled to the CVOTC from October 5-9 for USA Archery's fourth Junior Dream Team Camp of the year. The Junior Dream Team is the pipeline development program for future Olympic and World Cup archery teams with athletes ranging in age from 12-18 years old.

Many of the current CVOTC resident archers are alumni of the Junior Dream Team program, including 2016 Olympic hopefuls Daniel McLaughlin, Sean McLaughlin, Collin Klimitchek, Nathan Yamaguchi, Zach Garrett, Mackenzie Brown and LaNola Pritchard.

Each camp is an intensive week-long session designed to give promising young archers from across the country an opportunity to train with elite coaches and build upon important skills. In addition to the four camps held throughout the year, a selection camp for the Junior Dream Team is held in late fall, typically around November or December, to fill newly opened team slots.



To be selected for the Junior Dream Team, archers need to meet a minimum qualifying score, complete an application process and attend the selection camp. When the archers aren't at camp, the JDT will use videos or video conferencing to stay in contact. The next selection camp for the 2016 Junior Dream Team will be held at the CVOTC in November. More information on the JDT and all USA Archery programs can be found online at [www.usarchery.org](http://www.usarchery.org)

## CAMP. PARALYMPIC SWIMMING NATIONAL TEAM

By Jamie Apgar, CVOTC Athlete & Community Relations Intern

The Paralympic National Swimming Team made their way to the CVOTC for a training camp from October 9-12. In attendance were 22 athletes with a wide range of impairment classifications as well as seven coaching staff members. During the training camp, athletes and coaches headed off-site to Loma Verde pool in Chula Vista for drills and team building activities.

Paralympic swimmers are grouped into 13 different classifications ranging from physical, visual and cognitive impairment levels. Physical classifications vary from S1-S10 with lower classification numbers having a higher level of impairment. Visual impairments are classified from S11-S13. S11 swimmers have the least amount of sight and use the assistance of a "tapper" who will tap a swimmer with a pole when they need to turn at the end of a lap or finish the race. At the 2012 Paralympic Games in London, a new classification for learning disabilities was introduced as S14.

To accommodate a swimmer's disability, there are a variety of different starting methods they may use. A swimmer may start standing, diving or sitting from the starting block or start in the water. It is also required that no prostheses or assistance devices be worn in races to ensure a fair competition field for all athletes. Swimmers compete in an eight-lane 50m pool in butterfly, backstroke, breaststroke, freestyle and medley events.

Swimming has been included in the Paralympic program since the first Paralympic Games in 1960 in Rome, Italy. Leading into the 15th edition of the Paralympic Games in Rio de Janeiro, Brazil, swimming will be one of the most popular sports. Swimmers will compete at the Olympic Aquatics Centre in the Barra region in 152 medal events.

Before heading to Rio, the U.S. Paralympic National Team will compete at a number of meets as well as the U.S. Paralympic Team Trials to be held from June 30 - July 2 in Charlotte, North Carolina.

## NGB TRAINING PROGRAMS. NATIONAL TEAMS

The CVOTC currently hosts NGB resident athlete training programs for archery, BMX, field hockey (men), rugby 7s (men & women), track & field and Paralympic track & field in preparation for upcoming world cup and world championship events.

Archery --- BMX --- Field Hockey --- Rugby 7s --- Track & Field --- Paralympic Track & Field



# NUTRITION. INGREDIENT SUBSTITUTION

By Michelle Zitt, RD, Nutrition intern

New recipes are a great way to diversify your diet, but they may include ingredients that aren't usually in your pantry. Between training, travel and competitions, it can be hard to find time to go to the grocery store, especially to pick up just a couple of ingredients for a new recipe. As a home cook, learning to substitute ingredients can save time and money, and allows for the flexibility to switch up familiar recipes. Besides making it easier to try new recipes, ingredient substitution can also improve the nutritional quality of a recipe or eliminate ingredients that cause sensitivity or allergies.

When changing the ingredients in a dish, you can expect changes in the cooking or baking time, consistency, flavor profile, texture and color. The best substitutes are similar to the original ingredient in terms of cooking time, texture and flavor (sweet, savory or neutral). If you select an ingredient that is very different from the original ingredient, pay close attention during preparation and cooking and adjust the proportions of other ingredients (such as starch, liquid or seasoning) as necessary to achieve the desired flavor and consistency. When in doubt, refer to the package directions, a cookbook or the internet for ingredient cooking times and considerations.

By applying these tips and principles, you can experiment with new recipes or alter standard meals using the ingredients that you have on hand. Experimentation during cooking and baking can make food preparation fun and increase your confidence in the kitchen. Be patient with your efforts and with the outcomes of your culinary adventures, and know that you can try a recipe more than once to achieve the results that you desire. Even if a recipe does not turn out perfectly, it is still delivering nutrition to your body and there will be plenty of chances to get it right!

## FLAVORS AND CONDIMENTS

- Fragrant: thyme, rosemary, basil, oregano, marjoram, coriander, cumin, cilantro
- Salty: soy sauce, tamari, iodized salt, himalayan or sea salt, seaweed granules
- Hot: cayenne, chipotle, ancho, Japanese pepper, Sriracha, jalapeno
- Sweet: honey, maple syrup, molasses, agave nectar, palm syrup, sugar
- Bitter: ground white/black/pink pepper, steak seasoning, lemon pepper
- Zesty: creole blend, seafood seasoning, poultry seasoning, bouillon
- Creamy: butter, sour cream, mayonnaise, greek yogurt, silken tofu
- Savory: barbecue sauce, Worcestershire sauce, ketchup
- Aromatic: garlic, onion, mustard, ginger, paprika

## LIQUIDS

- Neutral: water
- Savory: stock, broth
- Complex: wine, cooking wine
- Creamy: milk, cream, yogurt, soy milk, coconut milk, nut milk, oat milk

*Tip: Dairy milk, often used in cream sauces, may curdle if boiled. Curdled milk is safe to eat, but is an unappetizing texture. To avoid this, add the milk at the end of the recipe, and don't allow it to boil*

## BAKED GOODS

Baking chemistry is sensitive and requires specific ratios of ingredients to produce optimal texture and volume. Because of this, not all ingredients can be substituted at a one-to-one ratio, and more or less of an ingredient may be necessary to achieve the desired recipe results. Use the information below as a guide, and pay special attention to the amount needed as a replacement.

## FLOUR REPLACEMENTS

- Whole wheat flour: 7/8 cup replaces 1 cup white flour
- Nut flours: Do not substitute 100% - try substituting just 1/4 or 1/2 cup of the flour
- Coconut flour: Do not substitute 100% - try substituting just 1/4 to 1/3 cup of the flour and add more liquid, if needed
- Gluten-free flour mixes: Substitution ratios vary by product; check package directions. Anticipate that the final product may be less chewy or may have less volume
- Black beans: 1 cup puree (rinsed and drained) replaces 1 cup of flour in brownie recipes

## EGG REPLACEMENTS

- Ground flax or chia: 1 Tbsp ground flax or chia mixed with 3 Tbsp water (allow to stand until thickened) replaces one egg in baked goods
- Tofu: 1/4 cup pureed soft tofu replaces one egg in quiche or custard dishes

## GRAINS

- White rice: 1 part rice / 2 parts water; simmer for ~15 min
- Brown rice: 1 cup rice / 2.5 cups water; simmer for ~45 min
- Quinoa: 1 cup quinoa / 2 cups water; simmer for ~15 min
- Couscous: 1 cup couscous / 1.5 cups water; simmer for ~10 min
- Amaranth: 1 cup amaranth / 2.5 cups water; simmer for ~25 min
- Steel cut oats: 1 cup oats / 3 cups water; simmer for ~40 min
- Buckwheat: 1 cup buckwheat / 2 cups water; simmer for ~25 min

## VEGETABLES

- Sweet: corn, peas, bell pepper, cucumber, carrots
- Aromatic: onion, garlic, celery, bell pepper, carrots, tomatoes
- Dark leafy greens: spinach, kale, mustard greens, collard greens
- Fibrous: broccoli, cauliflower, cabbage, asparagus, brussel sprouts, green beans, okra
- Starchy: potatoes, sweet potatoes, turnips, parsnips, beets, jicama, zucchini, squash, pumpkin, eggplant



## SUGAR REPLACEMENTS

- Honey or maple syrup: 1:1 ratio, up to 1 cup.
  - Greater than 1 cup, reduce to 2/3 cup honey or syrup to replace 1 cup of sugar
  - Reduce baking temperature by 25 °F, because honey and syrup cause faster browning
  - Reduce liquids in recipe by 1/4 per 1 cup of honey or syrup
  - Add 1/4 tsp baking soda to reduce acidity
- Pureed fruit: 1:1 ratio, but decrease liquid in recipe by 1/4 cup
- Vanilla or cinnamon: Do not substitute 100% - try replacing 2 Tbsp of sugar with 1/2 tsp vanilla or cinnamon

## FAT REPLACEMENTS

- Pureed fruit (avocado, applesauce, prunes, banana): Replacing 100% can result in sub-optimal taste and texture, but is possible - try substituting just 1/2 of the amount of oil or butter, to start
- Chia seeds: Do not substitute 100%. Try subbing half the fat. Mix 1 Tbsp chia w/ 9 Tbsp water; allow to sit for 15 min until a gel forms
- Greek yogurt: Use in place of sour cream or mayonnaise



CHULA  
VISTA  
OLYMPIC TRAINING  
CENTER

## COMPETITION. IPC ATHLETICS WORLD CHAMPS

### PARA TRACK & FIELD PREP CAMPS HELD IN CHULA VISTA AHEAD OF THE 2015 WORLD CHAMPIONSHIPS IN DOHA, QATAR

By Jamie Apgar, CVOTC Athlete & Community Relations Intern

Earlier this month, many of the Chula Vista OTC Paralympic Track & Field resident athletes joined the rest of their Team USA teammates as they headed to the Middle East for the 2015 International Paralympic Committee (IPC) Athletics World Championships in Doha, Qatar. Delegations arrived to the Qatari capital city in mid-October and had a few days for training and classifications. The event started on October 21 with an Opening Ceremony and will finish with the Closing Ceremony on October 31.

Throughout the 11-day competition, there are currently 1,300 athletes from 94 countries who are competing in 214 medal events - 121 in the men's category and 93 in the women's category. Events contested at the 2015 IPC World Championships include the 100m, 200m, 400m, 800m, 1500m, 5000m, marathon, 4x100m relay, 4x400m relay, long jump, triple jump, high jump, shot put, discus, javelin and club throws. To fill these events, each National Paralympic Committee (NPC) is given 48 male qualification slots and 32 female qualification slots. If a country is unable to fill all of the slots in a particular gender, they are given to other NPCs to use. This year's U.S. Paralympic Track & Field National team has a total of 80 athletes, four guide runners and nine coaches, making it the largest ever U.S. team at an IPC Athletics World Championship.

In preparation for the World Championships, two training camps were held in Chula Vista during the first and last week of September.

"This camp gives athletes the opportunity to have a higher level of training since there are no more international meets before World Championships," said Paralympic Track & Field High Performance Director Cathy Sellers. "Camp helps to build team camaraderie as athletes and coaches will have more time to interact and work together leading into the competition."



With the training camp behind them, the athletes headed over to the 12,000-seat capacity Suheim Bin Hamad Stadium in the Al Khuwair district of central Doha. The Suheim Bin Hamad Stadium is resident home to the Qatar Sports Club and has held international competitions such as the 2011 Asian Football Confederation Asian Cup and the International Association of Athletics Federations (IAAF) Diamond League track & field meet series. The stadium is scheduled to be a venue for the 2022 FIFA World Cup.

This year's IPC Athletics World Championships is the seventh edition of the event since its start in Berlin, Germany in 1994. It will be both the first IPC World Championships held in Doha and largest para-sporting event in the Middle East.

Qatar, which is slightly smaller than the state of Connecticut in geographic size, is a peninsula that borders Saudi Arabia and the Persian Gulf with a population of just over two million. Doha is found on the eastern coast of the Peninsula and is the most populous and urbanized part of the country. The area experiences a desert climate with scarce rainfall, extremely hot and humid summers with average high temperatures surpassing 100 degrees. However, with the recent heat wave in Southern California, training camp participants may find the fall weather in Doha to be similar to what they have experienced in Chula Vista.

At the last World Championships in 2013 in Lyon, France, the Russian team topped the medal chart with 53 medals in total, 26 of them being gold. The United States took second overall in the medal count, missing out on the top spot by one medal and Brazil placed third. The World Championships are held every other year and the 2017 World Championships will be held in London, England, with the 2016 Paralympic Games happening between now and then.



# ATHLETES IN COMPETITION. RESULTS

## WHEELCHAIR TENNIS – Grand Slam U.S. Open

September 10-13 ..... New York City, New York

In the Quad Doubles, the pair of Dylan Alcott from Australia and Andrew Lapthorne of Great Britain took an early lead winning the first set 4-6 over Americans David Wagner and Nicholas Taylor. Wagner and Taylor came back strong in the second set winning 6-2 to tie up the match. In the third set, Wagner and Taylor came out on top 10-7 to take the Quad Double title. In the Quad Singles, David Wagner matched up against Alcott in the final round. Alcott took the first set 6-1 while Wagner won the second set 4-6. In the third set, Alcott won 7-5 to win the title with Wagner taking second.

## ARCHERY – Aquece Rio (Olympic Test Event)

September 15-22 ..... Rio de Janeiro, Brazil

The Sambodromo sporting facility in Rio de Janeiro held 120 athletes from approximately 30 countries for the Rio Olympic Games archery test event. Team USA women had an impressive showing on the archery range. Mackenzie Brown was the standout competitor with a third place overall finish in the women’s individual competition as well as a strong contributor to the women’s team overall fourth place finish alongside teammates Khatuna Lorig and LaNola Pritchard.

## BMX – UCI BMX Supercross World Cup 5

September 25-26 ..... Rock Hill, South Carolina

Riders from across the globe came to Rock Hill, South Carolina, for the fifth and final stop of the 2015 UCI BMX Supercross World Cup Series. During the semifinals of the men’s elite, Connor Fields finished third in his heat and sixth overall with a time of 34.727 seconds, qualifying him for the final round. In the final, Fields made advancements on the track from gate eight to finish in third place overall with a time of 34.817.

Team USA’s elite women were highly successful in the semi-finals with three team members qualifying for the final. Alise Post and Brooke Crain qualified in the first heat finishing second and third with times of 34.634 and 34.980, respectively. Dani George was the last team member to qualify for the final coming in third during the second heat with a time of 35.778. In the final, Post led the pack into the first turn but shortly after got bumped around and crashed, taking her out of the lead and finishing in eighth. Crain came in fifth with a time of 36.657 and George finished in seventh in 41.489. Alise Post made it on to the season-long podium, finishing the 2015 UCI BMX Supercross World Cup season in third place. Felicia Stancil finished the season in fifth place overall, with Dani George and Brooke Crain close behind in seventh and eighth place, respectively. On the men’s side, Connor Fields finished the 2015 UCI BMX Supercross World Cup season in fourth place overall.

## BMX – Aquece Rio (Olympic Test Event)

October 4 ..... Rio de Janeiro, Brazil

Elite BMX riders traveled to the Deodoro region of Rio de Janeiro for the BMX Olympic test event. The two-day competition was scheduled to occur on both Saturday, October 3 and Sunday, October 4, however, when competitors arrived on day one, the men’s course was deemed to have jumps and turns that would have made for unsafe racing. Modifications to the track are underway to address concerns, but competition was still held in order to test the operations of elements outside of racing, such as ticketing and security. Both the men’s and women’s competition were held on the women’s course; however, heavy rain washed out the rest of the competition and medals were decided based upon results up to the quarterfinals. Nic Long took fourth in the men’s elite while Brooke Crain took third and Alise Post claimed fifth in the women’s elite.

## ARCHERY – World Cup Final

October 24 - 25 ..... Mexico City, Mexico

Three Americans took to the elite final competition field. In the men’s recurve division, Brady Ellison finished seventh after teammate Collin Klimitchek eliminated the archery veteran in the quarterfinal. Collin went on to finish in fourth place overall. On the women’s recurve side, American Mackenzie Brown progressed throughout the rounds to finish fourth with a loss in the bronze medal match against Taiwanese archer Le Chien-Ying.

## PARALYMPIC TRACK & FIELD – IPC World Championships

October 22 – 31 ..... Doha, Qatar

David Brown and guide runner Jerome Avery claimed gold in the men’s 100m (T11) race with a time of 11.03 seconds. The men’s long jump (T11) was another successful event for Team USA as Lex Gillette took gold with a jump of 6.38m, guided by Wes Williams. Other notable performances from the men’s competition were Markeith Price with two seventh place finishes in both the men’s 100m (T13) and men’s 400m (T13), eighth place for Erik Hightower for the men’s 100m (T54) and two seventh place finishes for Austin Pruitt in the men’s 400m (T34) and 800m (T34) races. Austin also broke his own American record in the 800m (T34) race.

On the women’s side, at her first international competition, Kym Crosby won a silver medal in the women’s 200m (T13) with a time of 25.93 and fourth in the women’s 400m (T13) in 1:00.24. Ivonne Mosquera-Schmidt clocked in at 5:00.31 to take fourth place in the women’s 1500m (T11), guided by Andrew Tollefson.

CVOTC resident athletes in events still to be contested between October 29-31 include David Brown in men’s 200m (T11), Ahkeel Whitehead in both the men’s long jump (T37) and 100m (T37), Austin Pruitt in the men’s 200m (T34) and Kym Crosby in the women’s 100m (T13).



# CAMP. PARATRIATHLON WOMEN’S TEAM MEMBERS

By Jamie Apgar, CVOTC Athlete & Community Relations Intern

During the week of October 18-24, members of the USA Paratriathlon team traveled to the Chula Vista Olympic Training Center for a week-long training camp. In attendance were six female athletes and three coaching staff members from across the country. While Paratriathlon officially has five sport classes, athletes at this training camp came from two sport class categories - leg amputee and visual impairment.

The purpose of the team’s visit was to provide athletes with an off-season testing camp to review the 2015 season and plan for the upcoming 2016 season, which takes place from March to September. This camp was also important because it gave athletes an opportunity to focus specifically on Paratriathlon training since many of them have full time jobs, kids and families back at home.

While at camp, the athletes practiced each of the three sports that comprise Paratriathlon (swimming, cycling and running) every day. This made for long training days that included two main practice sessions and a variety of activities in between including coaching debriefs, recovery, yoga and strength training. In total, the athletes and coaches trained close to 12 hours per day.

Practicing each of the three sports of Paratriathlon on a daily basis allows the athletes to equally prepare for the sprint distances of a 750m swim, 20km bike and 5km run that they’ll compete in during the upcoming 2016 season and Paralympic Games in Rio de Janeiro. The sprint distances of the Paratriathlon are half the distances of the Olympic triathlon event.

Since there are no swimming facilities at the CVOTC, the team took their practices off-site. The two main locations the paratriathletes used to practice their stroke were the Loma Verde community pool and the open ocean in La Jolla. Having the opportunity to practice in the ocean was a great benefit for the athletes since the majority of their races, and the swimming portion for the 2016 Paralympic Games in Rio de Janeiro, will take place in ocean water. The paratriathletes also used this practice time to work on important skills such as starts, sighting and drafting.

To train for the cycling portion, the triathletes took advantage of the nine-tenths of a mile cycling criterium at the south end of the OTC. Different from Olympic triathletes, Paralympic triathletes have the option of using a hand cycle, tandem bicycle or traditional bicycle to complete the 20km leg of the race.

The paratriathletes also took advantage of the 400m track at the CVOTC to practice their running. During one practice, athletes used the track for a warm-up jog and drills, stretching and callisthenic exercises.

This is also an exciting time for the sport of Paratriathlon as the 2016 Paralympic Games in Rio de Janeiro will mark the first time in history that Paratriathlon is contested in the Paralympic Games. In total there will be a combined total of 60 male and female athletes from around the world competing in Paratriathlon’s inaugural appearance in the Paralympic program. Across the sport, there will be five sport class categories that divide the athletes into competition groups based on their different impairments.

The venue for Paratriathlon will be at the beachfront location of Fort Copacabana. During the first leg of the race, swimming will take place in the open ocean while the cycling and running portions will stretch along the Copacabana waterfront.

Looking forward into the 2016 racing season, the first World Paratriathlon event takes place in Buffalo City, South Africa from March 19-20.



## ATHLETES IN TRAINING. UPCOMING CAMPS

Rowing – University of San Diego Rowing Fall Training.....	October 23 - December 11
Field Hockey – U-18 and U-21 Men’s National Team Training Camp.....	October 30 - November 2
Canoe – Czech Canoe Training Camp.....	October 31- December 4
Archery – Level 4 NTS Coaching Seminar.....	November 1-7
Rowing – Lightweight Men’s Training Camp.....	November 1-25
Rowing – SDSU & UCLA Training Camp.....	November 7-8
Rugby – Men’s 7s November High Performance Camp.....	November 15-21
Rugby – Women’s 7s Elite Camp.....	November 15-21
Archery – Junior Dream Team Recurve Selection Camp.....	November 17-21
Soccer – Paralympic Soccer Men’s Training Camp.....	November 28 - December 5
Rowing – Lightweight Men’s Training Camp.....	November 29 - December 19