



# COLORADO SPRINGS TRAINING CENTER

support.teamusa.org

## CSOTC Life Skills Programs

*CSOTC Life Skills Programs seek to provide athletes with performance lifestyle management skills; helping athletes develop into well-rounded individuals better prepared for life on and off the playing field.*

**Life Skills programming covers two general areas for course content:**

**OTC Management  
Performance Lifestyle Management**

OTC Management workshops focus on familiarizing athletes with CSOTC resources.

Performance Lifestyle Management programs seek to assist athletes with making intelligent decisions off the field of play with regards to their personal lives and social situations. By making solid choices in life, athletes are better prepared to manage themselves in and out of sport.

**Examples of workshops offered:**

### OTC 101: New Athlete Orientation

All new residents of the CSOTC are encouraged to take a new athlete orientation where they learn the variety of resources available to them, as what to expect from dorm life. Moreover, athletes get a chance to meet key USOC staff members, along with being introduced to the Adecco Career Services Liaison and USADA Education staff.

### Language Classes

Partnering with a community foreign language center, the CSOTC brings in foreign language teachers to help provide athletes with the basic understanding of various languages and cultures throughout the world. Classes are geared towards practical utilization of language use and cultural norms when traveling abroad.

### Athlete Marketing Workshop

Working with various USOC staff from Marketing, Development, Communications, and Athlete Services, the workshop focuses on helping athletes understand how to create a brand image and “sell” themselves to the public. The seminar provides the tools to enable athletes to create sponsor packages, apply for grants, utilize social media, and more.



### “How to...” Series

The “How to...” Series provides a variety of workshops to help athletes attain valuable skills that help enhance their sport profile. Moreover, this program provides athletes with tools that will serve them well once they transition out of sport. Workshop topics include public speaking, financial literacy, tax preparation, utilizing social media, networking, and more.

### Psyched @ Series

The “Psyched @ Series” is a seminar for athletes that brings in Olympians and Paralympians, past CSOTC residents, and USOC staff to speak about traversing the road to achieving one’s Olympic/Paralympic dreams. Presentations focus on goal setting, overcoming adversity, maintaining perspective and focus, and more. The program reminds athletes why they are pursuing the Olympic Dream.



## 2011 Life Skill Numbers\*

### OTC 101

5 Orientations/15 athletes

### Language Classes

3 languages

28 classes, 32 participants

### “How To...” Series

3 workshops, 29 athletes

### Adecco Career Services

2 workshops, 11 athletes

### Networking on the

### Golf Course

16 outings, 3 coaches, 7

staff, 24 athletes

### Psyched @ Series

3 workshops, 38 athletes

### Athlete Job Program

7 athletes hired,

over 800 hours worked

\* Numbers reflect programs completed before October 1, 2011

### Adecco Career Services

Athletes have the opportunity to work with the Adecco Career Services. In group workshops, athletes can gain a better understanding of where their interests lay outside of sport, identify transferable skills they currently possess, learn networking skills, interviewing tips, resume instruction, and more.

### CSOTC Athlete Job Program

The CSOTC Athlete Job Program is designed to provide athletes with job experience, career development training with Adecco, and extra income for training and competition expenses. Athletes are limited to no more than 15 hours of work per week. The CSOTC creates positions for athletes accommodating their training/competition schedules.

**1996 Olympic Gold Medalist Dan O’Brien speaks to CSOTC athletes about motivation & goal setting. Above, 4-time multi-sport Olympian Sheila Taormina speaks about maintaining focus.**



For more information, please contact lead coordinator of the Life Skills Program,  
Terris Tiller.

719.866.4629 or email at  
Terris.Tiller@USOC.org