



COLORADO SPRINGS

OLYMPIC TRAINING CENTER

TeamUSA.org

ATHLETE NEWSLETTER



REACH THE PEAK

WHAT'S HAPPENING AT THE CSOTC?

Reach the Peak is a motivational workshop designed to help OTC resident athletes maximize their use of the training center environment, establish new relationships with staff and fellow athletes, and take their performances to the next level.

When? November 4th and 5th.

Sign up with Sherry Today!!!



Resident and visiting athletes and staff of the CSOTC are lending morale support to former Operations intern Anna Chappell and her husband, Patrick. Patrick serves in the 54th Platoon that was attacked on 9/11 of this year in Sayed Abad, Afghanistan. The attack left 77 U.S. troops injured (Patrick was unharmed). Athletes and staff banded together to send out toiletries, food items, care packages, and signed flags.

Below are some of the pictures sent to the troops as well.



Pictured from top, Women's Water Polo, Synchronized Swimming, Future Gymnastics Stars Camp, & Women's Field Hockey



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Upcoming Events

OTC Halloween Party
Friday, October 21st

Pikes Peak Derby Dames
Saturday, October 22nd

Public Speaking w/ Brandon Slay
Monday, October 24th, 2 pm
Silver Room

OTC Spooktacular for Kids
Tuesday, October 25th

Habitat for Humanity Build
October 28th, 1-5 PM
Sign up with Kate

Russian Class
Every Monday at 11 am
See Terris for more info

Art Class
Every Monday at 7 PM, Silver Room

Teen Court
Every Tuesday at 3:30 PM
See Sherry for more info

Reading at Memorial Hospital
Every Wednesday at 2 PM
See Sherry for more info

Reach the Peak
November 4th & 5th



COACH PROFILE

Q & A WITH PARALYMPIC SWIMMING COACH DAVE DENNISTON// BY KATE INCERTO

Where are you from?

Wright, Wyoming

How did you begin swimming?

I started swimming when I was 8 years old. It was kind of by fluke... My next door neighbors asked me to serve as the fourth swimmer in their relay competition. My love for swimming took off from there.



Where did you attend college?

Auburn University. I graduated in 2002 with a degree in communications and a minor in English.

How was your collegiate experience?

I had a great time swimming at Auburn. I loved my teammates. We all got along well together. Jimi Flowers was our assistant coach my first two years and I had a lot of respect for him as a coach and person. In 1999, we won the NCAA Championship and that same year I won the 200 meter breaststroke.

What's it like to go from swimming on the Paralympic team in Beijing to now being the head coach of the Paralympic Resident Program?

In one word? Awesome! The transition was fairly easy for me. Before Jimi passed away in the summer of 2009, I was already in limbo to become a coach. My first meet after Jimi's death, I swam horrible. That became a turning point for me. My teammates also began to lose hope and some were even on the verge of quitting, thinking they couldn't do it without Jimi. When I did become the coach, the athletes understood why I was doing it [to carry on Jimi's legacy], and were supportive of me taking over his role. Although I'm friendly guy, I wanted the swimmers to see me as their coach, and not their best friend. Some swimmers tested the boundaries at first. So initially, that part of the transition was a bit more difficult.

Most of the swimmers have told me you have some interesting workouts. Tell me a little bit about your coaching style?

Afternoon practices I like to get creative. My philosophy is this, if I don't want to watch it, they probably

don't want to do it. I have them using a number of different props including parachutes for resistance training, medicine balls, and wearing t-shirts and stocking caps (beanies). It keeps things fun!

I also heard a rumor that some workouts are determined by Auburn's Football success, is this true?

Yes, Monday's workout depends on the success of the Auburn football game the week before. Basically, the number of points Auburn scores in a game is the number of repeats we have in a practice.

What motivates you to get out of bed each morning?

It's easy for me, I love my job and I truly look forward to every team practice. I also drink a lot of coffee, that probably helps too!

Do you have a favorite memory from swimming?

During the opening ceremonies in Beijing, Jimi Flowers agreed to push me into stadium. I was trying to save my arms for the race I had the next day. Jimi had been my coach for years, so it was a very special moment.

What do you enjoy doing outside of the CSOTC?

I love being in the mountains! I also enjoy spending time with friends and making people laugh as well.

What's one talent you wish you had?

Wish I could play the banjo.

What is a motto or quote you live your life by?

There is a passage from the Bible that really speaks to me.... Romans 5:3

Favorite book(s)?

John Wooden: A Lifetime of Observations and Reflections On and Off the Court & The Alchemist.

In honor of Halloween....

What's been your best costume ever?

When I was a kid I was Papa Smurf! I painted my whole body blue and I got to wear my tights white. I thought it was awesome, until I had to clean it all off!

ATHLETE SPOTLIGHT

Q & A WITH WRESTLER CHASE PAMI//BY INTERN KATE INCERTO

Where are you from?

Las Vegas

Where did you get to school?

Cal-Poly. I have my degree in Communications Studies.



How did you first start getting into wrestling?

I did judo until I was 9 years old. I started wrestling because they were practicing after my judo practice. My mom really pushed me to give it a try. She told me I would have more opportunities down the line. She was right! She's always been so supportive of me and my athletics. By the time I was 10 years old, I was focusing solely on wrestling.

Which of your accolades has been the most memorable?

I have two...the first was a match my sophomore year in college against CP Schlatter. He was "the man" throughout high school and when I wrestled him my sophomore year, he was number one in the country. There was a huge crowd that night. I ended up beating him in the 5th overtime. I was on cloud nine for two days!

The second was making the national finals my senior year in college. It was pretty special for a number of reasons, but mainly because nobody from Nevada had ever accomplished that before me. The opportunity to wrestle at the national finals was an amazing feeling and something I had dreamed about for so long.

What's the best piece of advice anyone has ever given you?

"It's important to not only be the best, but it's also just as important to be a good role model and a good example even at that high level."

What do you love most about training her at the CSOTC?

I moved out here a little over a year ago and it's been great for me! Being around the national team coaches has been a blessing. The whole USA staff is based out of Colorado Springs so we are provided a great support system and structure.

How do you tame anxiety and nervousness before a big match?

Listen to music.

As an elite athlete, what's the hardest part about competing in another country?

The time change is always a difficult transition. A close second would be the food. Sometimes it can be very different that what I'm eating here in America to prepare my body.

What are three things you can't live without on a road trip?

My computer, dried fruit, & my pillow

Can you play any instruments?

I know how to play the drums, piano, and guitar.

What's your all-time favorite book?

Wild at Heart

If you could have any super power what would it be?

To be able to communicate with animals. I want to know what a shark is thinking before they attack a human being.

How do you spend your free time here at the OTC?

I really enjoy being outside. I like to go for long scenic drives or play music as well. I also love to go out to eat with friends and share a good meal.

What motivates you to get out of bed each morning?

Just the freedom I have in being a Christian. I know that there is a purpose for my life.

What's something you would continue buying, not matter how much the price increased?

Bed sheets!! It might seem a little weird but when I travel internationally, I always take my own bed sheets. I cannot stand sleeping in bed sheets that I know aren't clean or that aren't mine.

In honor of Halloween....

Favorite Halloween candy?

Snickers or sour patch kids.

Any big Halloween plans this year?

Some of the wrestlers might be the cast of NBC The Office. If that is the case, I will be Michael Scott!

What has been your best Halloween costume?

When I was in kindergarten I wore a homemade Teenage Mutant Ninja Turtle outfit!

Have a Twitter account?

Follow Chase Pami @chasepami



ATHLETE SPOTLIGHT

Q & A WITH PARALYMPIC JUDO PLAYER JORDAN MOUTON//BY KATE INCERTO

Where are you from?

Houston, Texas

Where did you go to college?

In the past I've taken a few classes at LoneStar College and Louisiana Tech University. However, in the future I'm hoping to get my bachelors degree in Nutrition from TCU or Texas A&M University.



When did you become blind?

I started losing my sight when I was 12. I lost my central vision first. My sight slowly deteriorated over the next few years. By the time I turned 19 years old, I had lost my sight entirely. I am diagnosed as having Rod Cone Dystrophy. It's a genetic disease and no one in family has it except for my brother and me.

How many brothers and sisters do you have?

I have one older brother. He is two years older than me and went blind at the age of nine.

What sports did you play growing up?

Before I became blind, my favorite sport to play was soccer.

What sports did you participate in after you began to lose your sight?

Initially I didn't want to do anything if I couldn't play soccer. A year after I started losing my sight I attended a USABA sports camp in Colorado. It introduced me to all the sports that were available to blind people. I attended the camp two years later, when I was 15 years old. They took us to the Olympic Training Center to teach us the basics of Judo. Professor Willy Cahill saw me and knew I had potential at Judo. And the rest is history!

Where have you spent most of your time training for Judo?

I bounced back and forth from Texas to California. In 2008, I spent about 10 months in California training at Stanford University and Willy Kahill's Judo academy.

You won the Paralympic Trials and went to Beijing in 2008. What was that like for you?

It was amazing! It was a great opportunity to grow as an athlete!

What is your most memorable Judo achievement?

Winning the Bronze medal in 2011 at Worlds in Turkey

What is your ultimate goal as an athlete?

I want to win Gold at Paralympics and win world championships.

What athlete(s) inspire you?

Drew Brees has been a huge inspiration to me. After reading his book, I got the sense that he is so strong and never let's anything bring him down.

Three things you can't live without on a road trip?

Music, gum, and a hair brush

What is your perfect day off?

Doing anything outside in the sun!

What is your favorite sport to watch?

NFL Football... My favorite teams are the Saints and the Texans.

If you had any superpower what would it be and why?

The ability to read people's minds, but I'd want to be able to turn that power on and off!

What is one food you can't live without?

The first thing that comes to my mind is Caesar salad and peanut butter. But not mixed together!

In honor of Halloween...

What is your favorite Halloween candy?

Candy corn

What's the best Halloween costume you've ever had?

Lady Luck



ADECCO ATHLETE CAREER PROGRAM & USADA UPDATE



Official Partner

On behalf of the CSOTC Staff and the USOC, we would like to welcome wrestler Marty Usman to our Athlete Facilities and Services team.

Marty Usman is the newest member of the CSOTC's Athlete Job Program. The Athlete Job Program is designed to provide athletes with job experience, career development training with Adecco, and extra income for training and competition expenses.

Marty, a resident in the freestyle wrestling program will be working a few days each week as a Tour Ambassador with the Visitor's Center for the fall. Welcome to the team, congrats on the new position.

Athletes, please be on the lookout for more job opportunities through the Athlete Job Program coming soon.

About the Athlete Career Program

Adecco is the USOC's official Career management Services Sponsor. The Athlete Career Program provides personal career assistance, job placement assistance and career management seminars to elite athletes who are still training and competing as well as Olympians and Paralympians who have retired from sport.

If interested in obtaining more information on the US Olympic Athlete Career Program please contact Angel Bovee, Athlete Liaison, at 719-866-4035 or Angeli-que.bovee@adeccona.com.

2012 Athlete's Advantage™ Tutorial

By LaDonna Reed,
Olympic Education Program Lead, USADA

As part of the USOC Anti-Doping Policies, athletes in



the USADA Registered Testing Pool are required to complete the Athlete's Advantage™ tutorial. The tutorial provides in-depth information about the Prohibited List, Sample Collection Process, Whereabouts and the Therapeutic Use Exemption process. Each lesson is comprised of a video and short quiz which must be passed with 100%.

As a reminder, before athletes complete their Quarter 1, 2012 Whereabouts Filing, the Athlete's Advantage™ tutorial must be completed first before submitting their whereabouts filing.

If you are an athlete in the RTP, don't wait to complete your tutorial.

The deadline to complete the tutorial and Whereabouts filing is December 31, 2011.

Start the process in November and you'll be ahead of the game. Contact USADA at 866-601-2632 if you have any questions.

USADA's Education Team will post at the CSOTC Dining Hall on Friday, October 28th from 11:30 AM to 2 PM. Stop by with any questions!



On September 23rd, resident wrestlers Jessica Medina, Leigh Jaynes, and Ben Provisor, along with intern Kate Incerto, participated in a local Habitat for Humanity build. Together, they helped post dry wall for the housing unit they worked on.



The next Habitat outing is scheduled for Friday, **October 28th**, from 1 to 5 pm. Sign up with Kate in the Athlete Service Center to participate!!!

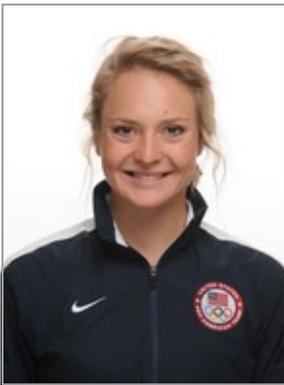


ATHLETE OF THE MONTH



Congrats to Sergeant First Class Keith Sanderson for winning bronze in Men's Rapid Fire at the ISSF World Cup Final in Wroclaw, Poland.

A member of the U.S. Army's World Class Athlete Program, the 2008 Olympian's world cup final podium is his second major international medal of the year. His bronze medal also earned USA Shooting a quota spot for the 2012 Olympic team. Keith looks to be returning to his 2009 form when he went 3-for-3 in world cup podium finishes (gold, silver and bronze). 2012 definitely looks bright. Congrats Keith!!



A special shout out goes to pentathletes Margaux Isaksen and Dennis Bowsher for finishing first and fourth, respectively, at the 2011 Pan American Games this weekend. Most importantly, the two finished high enough to earn themselves a "by-name" invitation to the 2012 Olympic Games. Congrats!



Congrats to the following athletes for great September performances!

<p>Greta Neimanas Para-Cycling Bronze Para-cycling Road Worlds</p>	<p>Allison Jones Para-Cycling 2 x Gold Para-cycling Road Worlds</p>	<p>Karissa Whitsell Para-Cycling Gold Para-cycling Road Worlds</p>
<p>Greg Billington Triathlon 2 x 4th place U-23 Worlds & US Nationals</p>	<p>Adeline Gray Women's Wrestling Bronze Wrestling Worlds, 67kg</p>	

