



OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

ATHLETE SPOTLIGHT. DAVID WAGNER - WHEELCHAIR TENNIS

David Wagner is currently the worldwide top-ranked player in Quad Singles and along with his longtime doubles partner Nick Taylor, they are the number one ranked team in Quad Doubles, based on the International Tennis Federation (ITF) rankings.

Wagner has had quite a busy year in 2014. In addition to Grand Slam tournaments, Wagner traveled around the United States and around the world competing in tournaments including the Fab-U-Life SW Desert Classic, Cajun Classic, Pensacola Open, Airports Company Gauteng Open, South African Open, Atlanta Open, Japan Open, World Team Cup, BNP Paribas, Swiss Open, British Open, Belgian Open, Wheelchair US Open Championship, Doubles Masters, Nottingham Indoors, Australian Open and the NEC Singles Masters. He has never dropped below third place in the world rankings since 2002 and was also a back-to-back champion at the U.S. Open from 2010-2011.



Wagner most recently claimed his seventh NEC Wheelchair Tennis Masters Quad Singles title in London, England, by defeating Australia's Dylan Alcott and becoming the first player to win the Quad title at the NEC Masters in three successive years. Wagner and Taylor also earned the Quad Doubles title at the UNIQLO Wheelchair Doubles Masters in Mission Viejo, Calif., in November by defeating Jamie Burdekin and Andy Lapthorne by a final score of 6-4, 4-6, 6-3. With their win in the final match, the duo claimed their eighth Doubles Masters title since 2005. The duo has high hopes of competing in Rio de Janeiro in 2016; however, both players know a lot has to happen before then.

Wagner and Taylor have hundreds of wins together as a doubles pairing. They seem to know each other's game inside and out which is why they play so well together as a doubles pairing. Their estimated 78 matches against each other are just shy of Chris Evert and Martina Navratilova's 80-match head-to-head mark, an Open Era record in the sport.

Wagner is very humble and appreciative of his accomplishments. "It has to do with the way I was raised, and not to take anything for granted," said Wagner. "Work hard for everything, just because you're successful now doesn't mean you'll be successful forever. You've got to make the most of what you can."

The sport of wheelchair tennis has grown so much over the last 10 years and has given Wagner a chance to compete on center stage. "I think the sport of wheelchair tennis has evolved a lot," Wagner said in an interview with TeamUSA.org. "The advances in technology of the chairs have helped the sport move forward. It's not easy by any means, but it's easier to maneuver our chairs than it was 15 or 20 years ago."

Wagner has never let his disability get him down as he lives a very active and fulfilling lifestyle. The three-time Paralympic gold medalist, is a native of California, however, Wagner was raised in Walla Walla, Washington. A die-hard Seattle Seahawks fan, Wagner never misses an opportunity to cheer on his team, even while living and training at the CVOTC full-time.

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!

ATHLETE ACTIVITY. SEAWORLD WITH A GOLDEN GIRL

By Max Lerner, CVOTC Athlete & Community Relations Intern

On Friday, October 31, Paralympic sprinter David Brown attended a community event at the Border View YMCA in San Diego, Calif. Animal enthusiast and entertainer Jack Hanna also performed at the event, showing different animals to children and parents who were there for his speech and the following Halloween carnival. At the end of Hanna's performance, an announcement was made that David Brown, the world record holder in the 100 meters and 200 meters, was in attendance for the event and would be happy to sign autographs. This inspired Hanna to come over to the table at which David was signing and personally introduce himself.

David explained to Jack Hanna that he is nearly completely blind and runs with a guide runner, Jerome Avery, to navigate the track in competition and training. Hanna was so impressed with Brown's accomplishments, but more importantly, what he's had to overcome to become so successful, that he invited Brown to a private event he was hosting at SeaWorld the next day.

Hanna also had another surprise for Brown. His other guest attending his event was animal lover, philanthropist, seven-time Emmy winner and legendary actress, Betty White. Hanna invited Brown to the event to meet White because she is a supporter to blind and Seeing Eye dog charities.

The next day, David, Jerome and Betty White were given a behind-the-scenes tour of SeaWorld by Jack and Suzi Hanna along with John Reilly, SeaWorld San Diego CEO.

The first stop was the beluga whale tank, where Brown, Avery and White were given the opportunity to interact first-hand with two beluga whales, touching the whales and feeding them fish when they performed behaviors.

Next stop was the Jack Hanna's performance where the group watched Hanna on stage as he brought out a kangaroo, porcupine, sloth, vulture, owl, beaver and a mini horse. Hanna also brought David Brown and Jerome Avery on stage to introduce them to the entire crowd. Shortly after the performance, the group had a chance to interact with the animals he brought out on stage.

After the stage show, Hanna brought the group to the SeaWorld penguin exhibit where David, Jerome and Betty White had the rare opportunity to go inside the penguin habitat.

The last stop on the VIP tour was a trip to the dolphin rescue exhibit where the dolphins performed behaviors for the group and were rewarded with treats from White, Brown and Avery.



SeaWorld, Jack Hanna and his family were so gracious to David and Jerome, making the event an unforgettable experience while Betty White was also exceptionally kind and made them feel special.



FACILITIES. CVOTC VENUE IMPROVEMENTS

By Max Lerner, CVOTC Athlete & Community Relations Intern

Over the last month, the Chula Vista Olympic Training Center has seen quite a few venue improvements. To start off the series of projects, the Strength and Conditioning Center and the AT&T Athlete Connections Center were both re-tented with new covers. The new tents allow for better air flow and more light to come into the facilities. The new tents will keep the structures operational, where the old ones were beginning to tear and fail. Athletes were glad to have both buildings re-done, as both facilities are an integral part of athlete life at the CVOTC.

In addition to the Strength and Conditioning Center and the AT&T Athlete Connections Center being renovated, the track was resurfaced and will be painted just in time for the bulk of training for many track and field athletes that live and train at the CVOTC.



The 400-meter, eight-lane, polyurethane running track with a 12-lane, 100-meter straightaway and an infield area for jumping events, is ready for athlete use. Painting of the track has already started and the athletes, eager to get on the new track surface, are currently training around the painters.

The surface of the track was replaced by a Rekortan M99 surface that consists of a 3mm base layer consisting of SBR rubber and Qualiper 5050 and a 4mm top layer consisting of Qualiper 5050 and EPDM rubber granules. Rekortan surfaces have been used across the globe, including Berlin and Munich, Germany as well as the Olympic Games held in Los Angeles.

The field hockey turf is undergoing a complete replacement which should be done and ready for play in mid-December, just in time for the U.S. Men's National Team to resume training at the start of 2015. Field hockey was the first on-site venue built at the CVOTC, so it was due for resurfacing. The new field will have the same watering system designed to meet international standards.



No time will be wasted in hosting an international tournament as the CVOTC prepares to host the Field Hockey Men's World League 2 from February 25 – March 8, 2015. The men's field hockey team aspires to qualify for the 2016 Olympic tournament and a new field to practice on should aid them in that goal.

The tennis courts will be improved with the playing surface replaced and repainted with a target completion date in mid-December. Lights were added to the tennis courts, giving athletes the ability to train early in the morning or later at night. CVOTC athlete David Wagner gave his input on the resurfacing project to be sure it is a training venue that takes into account the specifications needed for wheelchair tennis athletes. Resident athletes from other sports can access the tennis court surfaces to perform specialized activities like agility running and plyometric training.

Progress continues to be made on the construction of the new state-of-the-art Easton Archery Complex which includes a 40,000 square foot field house and additional housing. The opening of this venue is targeted for the spring of 2015.



NUTRITION. DIVERSIFY YOUR GRAINS

By John Boesch, USOC Sport Nutrition Intern and Alicia Kendig, USOC Sport Dietitian

Whole grains have developed a bad reputation in the past few years. This is an alarming concern for many nutrition and food science experts, as whole grains can be classified as one of the most diverse and nutritious food groups in the world. The negative attitudes towards whole grains may be due to their naturally high carbohydrate content (whole grains are predominantly carbohydrates), or can be attributed to an increased awareness of celiac disease, an autoimmune disease activated by an ingredient found in some whole grains, or possibly even the prevalence of fad diets that suggest an elimination of all grains. Eliminating them not only removes a large source of nutrients from the diet, but can also make it difficult for high performing athletes to meet their nutrition and energy needs as part of a high performance diet. So what is classified as a whole grain?

WHOLE GRAINS 101: To be classified as a whole grain, the grain must contain the entire kernel which consists of the bran, endosperm, and germ. Each of these parts contains vital nutrients.

- The bran is the outer layer and the protection for the kernel. This is the part that makes whole grain breads fibrous and tough. It is nutritious and contains iron, zinc, magnesium, and B-vitamins
- The germ is the embryo, or seed, of the kernel and contains B-vitamins, Vitamin E, phytonutrients and unsaturated fats
- The endosperm is the food supply of the grain and where most of the carbohydrates and proteins are found

All of these parts of the whole grain contain essential nutrients for an athlete. By processing the kernel and removing parts, such as in white bread, some pastas and crackers, the nutrient value of the whole grain is significantly decreased leaving behind the carbohydrates (or calories). Next time you're at the grocery store remember to read the label. The first ingredient listed should be "Whole-wheat flour." Many foods labeled as "multi-grain," "stone-ground," or "100% wheat" may contain little to no whole wheat. Or better yet, purchase the whole grains, and prepare them yourself (see chart below).

For athletes with high energy needs (endurance athletes or hard training athletes), consuming a mixture of ½ whole grain and ½ refined grains may actually be recommended. Due to the nature of their sport they require higher energy foods with a shorter digestion period. Carbohydrates are a great source for that energy, but whole grains can have a high fiber content which can be difficult to digest while training or competing. To avoid getting too much fiber, which may upset the GI system, a combination of whole and refined grains is recommended. For weight conscious athletes, or athletes in a lower intensity training cycle, whole grains can be the best source of carbohydrates due to their high nutrient content per serving and dietary fiber load which acts as a bulking agent to fill you up faster.

GLUTEN OR NO GLUTEN: With the increased popularity of the Paleo Diet and other "low carb" diets amongst the general population, diet enthusiasts are led to believe that gluten (a protein), is found in all whole grains, which is not true. The following grains *and more* are gluten-free.

Amaranth | Brown rice | Oats (when specifically labeled gluten-free)** | Sorghum | Quinoa | Millet | Buckwheat

Whether you are following a gluten-free diet or not, consuming a diet containing a range of whole grains increases variety, provides varying nutrient profiles of B-vitamins, iron, proteins, and heart healthy essential fats, and provides different tastes to your carbohydrate-containing performance based meals. Get creative, and expand your horizons beyond just corn and wheat.

COOKING WHOLE GRAINS: Grains are very simple to cook and are often just a variation of cooking rice or oatmeal, two commonly eaten grains. Although the cooking times vary by grain and the amount being cooked it generally involves just boiling and then simmering the grain. This can be done with water, chicken or vegetable broth to add some flavor, or milk to add protein and extra calories. This table describes how to cook different types of grains and some nutrition facts on each one.

Grain (1 Cup)	Amount of water or broth	Cooking Time <i>Bring to a boil then simmer</i>	Calories <i>1 cup cooked</i>	Fat (g)	Carbs (g)	Protein (g)	Fiber (g)
1 c. Steel Cut Oats, gluten free	4 cups	30 minutes	170	3	29	7	5
1 c. Brown Rice	2 ½ cups	25-45 minutes	216	2	45	5	4
1 c. Wild Rice	3 cups	45-55 minutes	166	1	35	7	3
1 c. Amaranth	2 cups	15-20 minutes	251	4	46	9	5
1 c. Quinoa	2 cups	12-15 minutes	222	4	39	8	5
1 c. Millet	2 ½ cups	25-35 minutes	207	2	41	6	2
1 c. Teff	3 cups	20 minutes	255	2	50	10	3

*this time varies if not cooking one full cup

Sources: www.wholegrainscouncil.org; <http://www.eufic.org/article/en/expid/Whole-grain-Fact-Sheet/>; http://www.csaceliacs.org/gluten_free_whole_grains_health_fact_sheet.jsp

**Oats can be contaminated with wheat due to cross-contamination during farming. Note some individuals with celiac disease do not tolerate oats, even if they are uncontaminated.

PSYCHOPHYSIOLOGY. MIND-BODY CONNECTION

SECTION THREE IN A THREE-PART SERIES OF PSYCHOPHYSIOLOGY TRAINING

By Lindsay Thornton, USOC Sport Psychologist, Psychophysiology

As covered in the last month's issue, the Psychophysiological Principal states:

"every change in the physiological state is accompanied by an appropriate change in the mental or emotional state, conscious or unconscious, and conversely, every change in the mental or emotional state, conscious or unconscious, is accompanied by an appropriate change in the physiological state."

There are a few simple ideas that can be incorporated in your mental training to make sure that your mind and your body can work cooperatively. **Attention** and **muscle activity** were previously covered, so now we will focus on **breathing**.

BREATHING

Just as with building awareness of your attention and muscle patterns at rest and during tasks, take note of your breathing. In shooting sports, breathing cues are a common part of a shot routine for shooters. Shooters may breathe at different points during their shot cycle, however they aim to breathe consistently across all shots.

As an example, when using a respiration belt to get a rough measure of breathing patterns, we've noticed that some shooters have very stable breathing patterns through the early and middle part of a string/pass, but as they move to the last shot, they tend to hold their breath more. We often hold our breath as we intensely concentrate on things, but in shooting this introduces a variable that can affect your outcome. Beyond confirming that breathing is consistent, we do not address what breathing is like in the shot process, as this is your coach's job.

Holding your breath isn't always a bad thing, but it should be done purposefully. In order to have a fast reaction time off start blocks or on the BMX gate, athletes hold their breath to make their heart rate slow down. This allows your reaction to be faster than if your heart rate was accelerating. When athletes aren't aware they are holding their breath, this can cause changes in O₂/CO₂ balances and sound alarm bells in the brain.

You can practice building your awareness and regulation of your breathing. Next time you play a cognitive game or send a text or an email, notice what your attention is doing, what your muscles are doing and what your breathing is like. Are you holding your breath when you are trying hard or actively thinking?



Outside of sport demands, we teach athletes to engage in diaphragmatic, or belly, breathing. We guide them to inhale through the nose, feeling the stomach rise as the lungs fill with air, and exhale through the mouth, feeling the stomach fall as the air flows from the lungs. Ensure that the shoulders are not being used to assist in breathing – they are not needed. You might breathe this way when you've been exerting maximal effort, but this type of mechanics is inefficient when breathing at rest. Keeping the upper body (specifically shoulders and upper ribs) as still as possible, direct your attention to the sensation of the airflow in your nose and out of your mouth, and the gentle rising and falling of the belly.

You can make note of your breathing patterns and habits outside of sport demands and train your breathing self-regulation skills. Consider transferring this awareness and refined regulation to your pre-performance routines to create consistency in your approach and to avoid breath-holding when not appropriate.

This is the end of the three part series on psychophysiology training. Look for next month's article on using breathing to regulate heart rate, and the underlying activity in your autonomic nervous system (both in the sympathetic - the "fight or flight" response and parasympathetic - the "rest and digest" or "relax and recover" response systems).

Breathing can be used as a tool to regulate your activation level and help you reduce it when necessary; for example, when you might want to transition from an intense training session or when you want to dial down your activation level before competing (assuming you are over-activated and don't perform well in this state).

GET INVOLVED. COMMUNITY PROGRAMS

BMX --- Chula Vista BMX allows athletes of all ages to practice and compete at one of the best venues in the country. For more information go to www.chulabmx.com

ARCHERY --- Roadrunner Archery Club makes it possible to practice and learn the sport of archery from the nation's best. For more information go to www.roadrunnerarchery.com or call 760-215-3930

NGB TRAINING PROGRAMS. NATIONAL TEAMS & ATHLETES

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

ATHLETES IN COMPETITION. RESULTS

WHEELCHAIR TENNIS – UNIQLO Wheelchair Doubles MastersNovember 5-9
Mission Viejo, California

David Wagner and doubles partner Nick Taylor claimed the quad doubles title at the UNIQLO Wheelchair Doubles Masters. Taylor and Wagner were matched up against the British pairing of Jamie Burdekin and Andy Lapthorne in the doubles final. Taylor and Wagner wrapped up a 6-4, 4-6, 6-3 victory for their eighth Doubles Masters title since 2005.

ARCHERY – Indoor Archery World CupNovember 8-9
Marrakesh, Morocco

Nathan Yamaguchi placed seventh in the men's recurve with a final score of 577-11, which was the best score for an American male. Matt Requa tied for ninth with a score of 572-17 and Jeremiah Cusick tied for 17th place with a final score of 549-31. In the women's recurve, Ariel Gibilaro finished in fourth place with a final score of 556-4, which was the top score for an American woman.

ARCHERY – The Kin Balam Invitational.....November 8-9
Merida, Mexico

Team USA closed out their outdoor archery season by winning three silver medals. Chula Vista resident athlete Colin Klimitchek clinched the silver medal in the men's recurve after beating Mexico's Juan Rene Serrano in a one arrow shoot-off.

Rugby – Coral Coast SevensNovember 13-15, 2014
Coral Coast, Fiji

The Serevi Selects, which included members of the Women's U.S. National Team, finished first in their pool and second overall in the Fiji Coral Coast Sevens tournament. In the Cup Quarterfinal, the Serevi Selects defeated PNG 38-14. Villines and Folyan each had two tries while Melissa Fowler and Doyle each had one. In the Cup Semifinal, the Serevi Selects defeated Fijiana 12-0. Folyan and Fowler each added a try to power the team to the win. In the Cup Final, the Serevi Selects came up just short as they were narrowly edged by the Aussie Pearls 19-7. Doyle scored the lone try for the Serevi Selects in the match.

WHEELCHAIR TENNIS – NEC Singles Masters.....November 24-30
London, England

David Wagner won his seventh NEC Wheelchair Tennis Masters Quad Singles title by defeating Australia's Dylan Alcott 6-4 and 7-5. Wagner became the first player to win the Quad title at the NEC Masters in three successive years. Both Wagner and Alcott won silver medals in London in 2012; Wagner in tennis and Alcott in wheelchair basketball.

ATHLETES IN TRAINING. UPCOMING CAMPS

Track & Field – France Jump Events Training CampNov. 22 - Dec. 14
Soccer – U-18 Women's National Team December CampDec. 7 - 14
Soccer – Women's Youth National Team Goalkeeper CampDec. 14 - 17
Skiing – Paralympic Skiing National Alpine Camp.....Dec. 14 - 20
Beach Volleyball – Boys High Performance Holiday CampDec. 20 - 23
Beach Volleyball – Girls High Performance Holiday CampDec. 27 - 30
Rowing – University of Washington Team CampDec. 27 – Jan. 3
Rowing – Stanford University Women's Team CampDec. 28 – Jan. 3