



OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

ATHLETE SPOTLIGHT. VICTORIA FOLAYAN - WOMEN'S RUGBY

Victoria Folayan had an incredible performance at the Dubai Rugby 7s tournament in December, which earned her selection to the Dream Team. Folayan helped the Eagles to a seventh place finish at the tournament and scored seven tries in the Eagles' first three matches of the tournament, including three tries against China in the Eagles' record-setting performance. The 61-0 victory over China was the largest margin of victory in tournament history.

Folayan, originally a native of Boston, Mass., was introduced to rugby at her orientation day at Stanford University. "At my welcome weekend at Stanford, there were a bunch of girls playing rugby in a field on campus and at the time I had no idea what the sport was," Folayan said. "I was like, 'what is this?' It was clear that I was interested, but I was too shy to actually say anything. They asked me if I wanted to play and then they threw me the ball and yelled, 'run!' I guess the rest is history."

Folayan has high praise for the rugby community and how welcoming they were to her when she first started playing the sport. "Even from the first time I played that weekend, they accepted me right then and there and after that admin weekend I really decided I wanted to play this sport," Folayan said. Folayan's sport background includes time playing basketball, cross country, football and tennis. She originally went to Stanford with aspirations to run track; however, when she wound up taking a year off from track, her eventual rugby teammates persuaded her to join the team at Stanford.

Folayan has dreamed of being an Olympian ever since she was a little kid. "I have always wanted to perform with the best and at the highest level," Folayan added. "Challenge is what makes me tick and the Olympics are the highest thing that I could accomplish. To be the first team ever to do it would be really cool."

Despite all of Folayan's athletic and personal accomplishments, she is extremely humble and even considers herself to be shy at times. Regardless of any shyness off the field, Folayan proved to be a key contributor on the U.S. team that took third place in the 2013 Women's Sevens World Cup. She was recognized by RugbyMag as the 2013 Women's 7s Player of the Year and she scored a total of 15 tries during the inaugural 2012-13 Women's World Series season, which left her ranked fifth of all try scorers in the world that year. Her success continued into the 2013-14 season, where she finished in the top 10 in the world and first among Americans with her 14 tries. Just one tournament into the six-stop 2014-15 season, Folayan is tied for second on the series tries list and she currently tied for fifth on the all-time tries list, just one try away from fourth.

Growing up in Boston and subsequently moving to Central Florida, Folayan didn't always have access to the beaches that San Diego has, which is part of the reason she loves living here. She also finds inspiration living and training at the Chula Vista Olympic Training Center. "If you just sit and talk to somebody in the dining hall, everyone has their own journeys and own stories but we're all here for one common goal and that's to all be Olympians."



*Victoria Folayan charges down the pitch en route to one of her two tries against New Zealand at the Dubai 7s tournament in December 2014.
Photo credit: Michael Lee / KLC Fotos*

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!

2014. YEAR IN REVIEW

SPORT-BY-SPORT BREAKDOWN OF MAJOR COMPETITION RESULTS THROUGHOUT THE YEAR

ARCHERY

Brady Ellison took home the bronze medal at the Indoor World Championships in Nîmes, France in February. The CVOTC hosted the SoCal Showdown in June with 12 resident athletes participating in the tournament. LaNola Pritchard placed first in the women's recurve division with a score of 630 and Sean McLaughlin was the top male shooter, placing second in the men's recurve with 660 points. Throughout the World Cup circuit, Ellison and Mackenzie Brown won the mixed team gold medal in Shanghai in April and then Ellison, Jeremiah Cusick and Jake Kaminski won the men's team bronze medal in Medellin, Colombia, in May. Ellison later became the first archer in history to win the Archery World Cup Final three times, adding to his two previous World Cup titles in 2010 and 2011.

BMX

The USA Cycling Elite BMX National Championships was held once again in Chula Vista in March on the Beijing replica track with Connor Fields taking the top men's spot, followed by Barry Nobles and Steven Cisar. In the elite women's race, Alise Post grabbed the top spot, followed by Felicia Stancil and Brooke Crain. The UCI North American Continental BMX Championships were held the next day and Americans occupied the top podium spots in both the men's and women's elite divisions. Fields took first place again, followed by fellow American Jared Garcia in second and Canadian Tory Nyhaug in third. Post grabbed first place for the women again with Crain and Stancil swapping their podium spots for second and third, respectively. The UCI Supercross World Cup series was off to a good start at the first stop in Manchester, England, with a second place finish for Brooke Crain. At the next stop in Papendal, Netherlands, Felicia Stancil fought her way to a second place finish. Though there were no Americans on the podium in Berlin, Alise Post worked her way onto the podium with a second place finish at the World Championships in Rotterdam. Back on the World Cup circuit in Santiago del Estero, Argentina, Post repeated with another second place finish. The final 2014 World Cup stop was held on the London-replica track in Chula Vista. Following an American men sweep of the podium in the Time Trials, Nic Long finished second in the men's final and Post took the top spot for American women, finishing third. In the overall 2014 World Cup standings, Corben Sharrah, Connor Fields and Jared Garcia were all ranked in the top 10 men. The women's side had Brooke Crain as the highest ranked American woman in fifth place, with Felicia Stancil and Dani George also ranked in the top 10.

FIELD HOCKEY

The U.S. Men's Field Hockey National Team played Mexico, Chile and Argentina in a series of international test matches at the Olympic Training Center over the summer. Team USA went undefeated in all matches against Mexico and Chile, with a total of nine wins and three ties. The men's team went on to face Argentina, a team ranked in the top 10 in the world. They gained valuable experience in the series and scored goals in each of the five matches against Argentina.

MEN'S RUGBY

The USA Rugby Men's Sevens team kicked off the 2013-2014 World Series in October 2013 with a win of the Gold Coast 7s Shield. After tournament stops in Dubai and South Africa, the men's team also claimed the USA Sevens Shield in Las Vegas and the Wellington Sevens Shield in New Zealand. Following less-than-favorable results in their next few 2014 tournament stops in Japan, Hong Kong and Scotland, the Eagles responded with a victory over Japan in the London Sevens Shield Final. The team concluded the 2013-2014 season with a ninth place ranking. In October of this year, the Eagles kicked off the 2014-2015 World Series season and the Olympic qualifying process with a win of the Gold Coast 7s Bowl. The men earned five points during the Dubai Sevens tournament stop and carried on to win the Plate at the South Africa Sevens.

WOMEN'S RUGBY

The USA Rugby Women's Sevens team started the 2013-2014 Women's World Series season at the Dubai Rugby Sevens in November 2013, placing seventh. The first 2014 competition was the Atlanta Sevens where the Women's Eagles won the Sevens Plate. Shortly after, the team traveled to Sao Paulo, Brazil, where they won the Bowl. After a tough stop in China, the team responded by winning the Amsterdam Sevens Plate to finish the 2013-2014 with a seventh place overall ranking. The team returned to the Dubai Sevens tournament in December to kick off the 2014-2015 World Series season where they finished in seventh place again.

PARALYMPIC TRACK AND FIELD

David Brown set a world record in the 100m at the Mt. S.A.C. Relays in 10.92 seconds. The 2014 IPC Athletics Grand Prix Desert Challenge Games in Mesa, Ari., saw David Brown finish first in the T-11 visually-impaired 100m with a time of 11.09. Brown also took first in the 200m with a time of 22.37. Josiah Jamison and Markeith Price ran in the T-12 and T-13 divisions finishing with times of 11.67 and 11.57, respectively. Lex Gillette tied his own world record in the F-11 long jump with a jump of 6.73m. Erik Hightower had a time of 51.09 in the 400m, 1:14.10 in the 800m and won the 100m in 14.32 seconds. Austin Pruitt picked up several victories as well in the 200m, 400m and 800m. Gillette also placed first in the Sainsbury's Birmingham Grand Prix with a final jump of 6.54m. At the U.S. Paralympics Track and Field National Championships in San Mateo, Calif., in June, Brown finished first in the T-11 100m in 11.37 seconds and took second in the 200m with a time of 23.12. Ahkeel Whitehead took first in the T-37 200m with a time of 26.27 and in the 100m with a time of 12.34. Gillette placed first in the T-11 long and triple jump with distances of 6.60m and 12.30m.

TRACK AND FIELD

At the USATF Indoor National Championships in Albuquerque in February, Tyrone Stewart placed first with a jump of 8.22m in the men's long jump and Chris Benard took second place with a jump of 8.08m. In the men's triple jump, Benard took second place with a jump of 16.99m and Troy Doris made it onto the podium in third place with a jump of 16.84m. In the men's shot put, Joe Kovacs took third with a throw of 21.46m. Jeff Henderson and Stewart both went on to compete in the men's long jump at the IAAF Indoor World Championships in Sopot, Poland, in March. In a year with no Olympics and no Outdoor World Championships, many resident athletes from Chula Vista competed in Diamond League meets around the globe. Will Claye was on the long jump podium in five Diamond League meets, earning second place in the Diamond League Standings. Kovacs placed in the top three in four meets, bringing him third place in the 2014 Diamond race. At the USATF Outdoor National Championships in Sacramento, Kovacs took the national championship title in the shot put with a throw of 22.03m and Tia Brooks took third in the women's shot put. Liz Podominick threw 59.96m to place second in the women's discus and Sean Furey claimed the national championship title in the javelin. Jessica Cosby also threw well in the hammer throw, finishing second. Claye continued his dominance of the triple jump winning the national title and Benard placed third. Brittney Reese captured another long jump national championship title and Henderson won the men's long jump competition with a jump of 8.52m while Mike Hartfield had a great series of jumps and placed third.

WHEELCHAIR TENNIS

David Wagner finished the year as the top ranked player in Quad Singles and along with partner Nick Taylor; they are the number one ranked team in Quad Doubles, based on International Tennis Federation rankings. Wagner and Taylor won their eighth Doubles Masters title since 2005. Wagner claimed his seventh NEC Wheelchair Tennis Masters Quad Singles title and became the first player to win the title in three successive years.

2015. A LOOK AT THE YEAR AHEAD

SPORT-BY-SPORT BREAKDOWN OF MAJOR COMPETITIONS IN THE UPCOMING YEAR

As we inch closer to an Olympic year, one of the highest profile events in 2015 will be the Pan American and Parapan American Games. The Pan American Games will be held in Toronto, Canada, from July 10-26 with approximately 6,000 athletes from 41 nations expected to participate in 36 sports. Many CVOTC resident athletes from BMX, men's field hockey, rugby, track & field and archery are likely to travel to Toronto to compete among the best from throughout North and South America. The Pan American Games can hold particular significance for select sports as a win in Toronto could secure quota spots for Team USA at the 2016 Olympic Games. The Parapan American Games will be held shortly thereafter from August 7-15 with over 1,500 athletes competing in 15 different sports. The 2011 Parapan American Games in Guadalajara, Mexico, had 1,300 athletes from 26 countries compete in 13 sports, so Toronto is poised to be the largest Parapan American Games ever. From the CVOTC, we can expect to see several of our Paralympic track and field resident athletes representing Team USA.

Beyond the Pan American and Parapan American Games, the individual resident sports and athletes at the CVOTC have much to look forward to and compete in during the coming year.

ARCHERY

USA Archery's 2015 season will have a similar look to 2014, but with a few significant additions. The indoor season kicked off in early November 2014 as the first two stops of the Indoor Archery World Cup brought archers to Marrakesh, Morocco; and Bangkok, Thailand. The third and fourth stages of the Indoor World Cup will be in Nîmes, France, in January and eventually back on American soil in Las Vegas, Nev., in February. Archers will have about three months to prepare for the outdoor season as the first stage of the World Cup begins in early May in Shanghai, China, and the second round being only three weeks later in Antalya, Turkey. The SoCal Showdown will return to Chula Vista in the summer of 2015 where Sean McLaughlin, the top male shooter from a year ago, will look for similar results. The World Archery Championships will be held in Copenhagen, Denmark, from July 26 – August 2, followed by stages three and four of the World Cup in Poland and Colombia. The Texas Shootout, to be held in College Station from September 4-8, will also serve as the first of three nomination shoots in the U.S. Olympic Team Trials ahead of the 2016 Olympic Games. The international outdoor competition season will conclude in late October with the World Cup Final in Mexico City.

BMX

The 2015 BMX Supercross season will kick off at the USA Cycling Elite BMX National Championships and the UCI North American Continental Championship in Rock Hill, South Carolina, in late March. Shortly after, the UCI BMX Supercross World Cup begins with this first stop in Manchester, Great Britain, in April. The second World Cup stop will be held in Papendal, Netherlands, in early May. The UCI BMX World Championships will be in Heusden-Zolder, Belgium, in July. World Cup stops three and four will be in Engelholm, Sweden, and then in Santiago Del Estero, Argentina, before the athletes will return to Rock Hill, South Carolina, to wrap up the season with the final World Cup stop.

MEN'S FIELD HOCKEY

Field Hockey World League Round 2 will be held at the CVOTC from February 28 – March 8. In addition to Team USA, the tournament will include teams from Austria, Canada, Chile, Ireland, Italy, Russia and Trinidad & Tobago as they face off for a chance to play in World League 3. A top-3 finish in World League 2 will advance the team to the World League Round 3, which serves as the semifinals for the Hockey World League. A top-4 finish at World League 3 advances the team to the World League final and a top-6 finish there qualifies the team to be one of 12 teams in the field hockey tournament at the 2016 Olympic Games.

WHEELCHAIR TENNIS

David Wagner's wheelchair tennis season will look very similar to last year as he'll compete in nearly 20 tournaments worldwide. Throughout 2015, some of the tournaments in which Wagner will compete are the Australian Open, U.S. Open, Atlanta Open, Japan Open, Swiss Open, British Open and Belgian Open as well as the NEC Single Masters and Doubles Masters.

MEN'S RUGBY

The U.S. Men's Rugby National Team began their pursuit of one of four Olympic Qualifying spots when they traveled to Gold Coast, Australia, in October 2014 to kick off the 2014-2015 Rugby Sevens World Series season. The team claimed the Gold Coast 7s Bowl in Australia with a victory over France. The Eagles then gained valuable experience at the tournament in Dubai and went on to win the South Africa 7s Plate in late 2014. The team returned to Chula Vista in preparation for the next World Series stop which will be held in Wellington, New Zealand, in February. Stop five of the World Series will bring the team back to the United States for a tournament in Las Vegas, Nev., just a week later. The team will make stops in Hong Kong, Tokyo, Glasgow and London to finish out the World Series. The top four teams in the overall World Series standings at the end of the season will automatically qualify for the 2016 Olympic Games in Rio de Janeiro, Brazil.

WOMEN'S RUGBY

The 2014-2015 Women's Rugby Sevens World Series season began in December 2014 with the U.S. Women's Rugby National Team placing seventh in the Dubai 7s tournament. The Eagles then returned home to Chula Vista where they began preparation for the rest of the World Series. The team will travel to Sao Paulo, Brazil, in February for the second World Series stop before competing on U.S. soil for the third stop when they travel to Atlanta, Georgia, in mid-March. Stops four, five and six will take to the team to Canada, England and the Netherlands to conclude their World Series season. Much like the men's team qualification process, the top four teams at the end of the World Series will qualify for the 2016 Olympic Games.

PARALYMPIC TRACK & FIELD

In addition to the regular competition season, Paralympic Track and Field will have a few larger major competitions throughout 2015. The 2015 IPC Athletics Grand Prix Desert Challenge Games will be held in Mesa, Ari., in mid-May. The US Paralympics Track & Field Nationals Championships will also serve as the Trials event for the 2015 IPC Athletics World Championships, to be held in Doha, Qatar, from October 22-31.

TRACK & FIELD

The first major competition of 2015 for resident track and field athletes will be the USA Indoor Track & Field Nationals Championships that will be held in Boston, Mass., from February 27 – March 1. Once the outdoor season begins, many resident athletes will travel throughout the country and the world for various competitions, including some Diamond League appearances. In June, resident athletes will travel to Eugene, Ore., for the USA Track & Field Nationals Championships, which holds even more weight this year as it will serve as the Trials event for the 2015 IAAF World Championships to be held in Beijing, China, from August 22-30.

NUTRITION. GLUTEN-FREE DINING OUT

TIPS TO SIMPLIFY THE PROCESS

By Alison Hadavi, Sport Nutrition Intern, Chula Vista

Eating foods that support your training needs while dining out can be a challenge for all athletes. It is even trickier for those with celiac disease or gluten intolerance. Celiac disease is an inflammatory disease of the small intestine caused by the ingestion of gliadin, a protein found in barley, wheat and rye and is present in a number of common processed foods. While options were limited a few years ago, many choices are available now. The restaurant industry, including fast food chains, responded to the growing demand for gluten-free options and many offer either a gluten-free menu or have allergen information along with ingredients lists on their websites. Although this gives gluten-free diners more choices when eating out, it is important for those with celiac disease or gluten intolerance to be cautious and make smart choices. Keep in mind that going gluten-free does not translate into a “healthy” diet and there is no advantage to following a gluten-free diet for someone who is not gluten-intolerant/celiac. Being a proactive and knowledgeable consumer is key, especially for an elite athlete with celiac disease or gluten intolerance.

WHAT IS THE DIFFERENCE BETWEEN CELIAC AND NON-CELIAC GLUTEN SENSITIVITY?

Despite the current general popularity for the gluten-free diet, only 10-15% of the population is truly gluten intolerant/celiac. Symptoms commonly seen in adults with celiac disease vary from abdominal pain, weight loss, bloating, diarrhea, fatigue, and can result in reduced bone density, anemia due to iron and/or folate deficiency, and other long term health issues. Management requires complete elimination of gluten from the diet. While oats that have not been contaminated with wheat during farming (i.e. ‘gluten free’ oats) do not contain gliadin, they do contain another protein, avenin, which can cause a reaction in some with celiac disease. Non-celiac gluten sensitivity, a condition that involves similar symptoms but without the long term health consequences, is another reason why some might opt for a gluten-free diet. In either case, eliminating gluten helps an athlete to stay on top of their performance goals and avoid gastrointestinal symptoms.

WHAT TO EAT ON A GLUTEN-FREE DIET?

It may seem challenging to consume adequate carbohydrates when wheat, barley and rye are eliminated; however, there are a variety of carbohydrate options that are naturally gluten-free. Appropriate substitutions include corn and rice-based options, quinoa, amaranth, millet, farro and buckwheat. Vegetables, legumes such as beans, lentils, peas, fruit, potatoes, sweet potatoes, nuts, meat and dairy are all naturally gluten-free. There are also a range of gluten-free breads, pastas and oats. Hence athletes with celiac disease/gluten intolerance can continue to choose a nutritionally sound diet that supports their training and competition needs. Check out last month’s Olympic Voice article, “Diversify Your Grains,” for some recommendations.

EATING OUT ON A GLUTEN-FREE DIET

If you decide to dine out and are celiac/gluten intolerant, due diligence is necessary to avoid encountering undesirable side effects. Food safety is a primary concern. The appropriate precautions must be taken, as you don’t want to find yourself missing out on training or competitions as a result of consuming foods that were improperly handled. Risk of cross-contamination is always present when restaurants carry both gluten-free and gluten-containing foods. Food handlers may not understand the serious implications for those with celiac disease and may fail to follow stringent procedures such as changing gloves or using different counter spaces and utensils to prepare both foods containing gluten and those that are gluten-free. It is important to communicate needs with the staff in advance such as asking that the food handler change his or her gloves to avoid cross-contamination. Clarify that gluten will make you sick.

Whether you are eating at the Olympic Training Center dining hall or off-campus, be sure to let the staff know your individual needs. The sport dietitians are available to athletes for assistance to provide suggestions if there are questions and to make sure the appropriate food choices are available. When dining off-campus, do your homework by researching ahead of time and by visiting the restaurant website regularly (as menus are subject to change).

TIPS FOR DINING OUT

- Avoid the drive thru and go inside to order food
- Speak to staff in-person to communicate your needs
- Keep orders simple with explicit instructions
- Specialty restaurants may know more about ingredients for their foods if they are made from scratch, whereas chain restaurants may serve pre-marinated or pre-seasoned foods, which frequently contain gluten. Eating fast food or at a chain, however, can have an advantage as there tends to be a level of consistency of ingredients on their menus
- Focus on less processed food items, which are naturally gluten-free

DINING OUT: Local Restaurants

- CPK - Quinoa & Arugula Salad, Cedar Plank Salmon, Fire-Roasted Chile Relleno, Gluten-free Pizza
- Chick-Fil-A - Grilled Chicken, Chick-Fil-A Grilled Market Salad
- Chili’s - Mix & Match Fajitas, Corn Tortillas
- Islands Restaurant - Wiqui Waqui Salad, Kaanapali Kobb Salad
- Oggi’s Pizza - Individual Gluten-free Pizza
- PF Chang’s - Buddha’s Feast, Ginger Chicken with Broccoli
- Pick Up Stix - Sweet & Sour Steamed Chicken with Steamed Brown Rice
- Romano’s Macaroni Grill - Gluten-free pasta available
- Rubio’s - Grilled Atlantic Salmon Taco, Grilled Gourmet Taco with Chicken
- Subway - Oven Roasted Chicken or Turkey Wrap
- The Cheesecake Factory - honors requests to modify orders for health or dietary needs

EATING IN: OTC Options

- Quinoa
- Fresh fruit, mixed dried fruit
- Corn tortillas, corn chips
- Corn
- Gluten-free bread, Crispix cereal, granola
- Potatoes, sweet potatoes
- Brown or white rice
- Gluten-free pasta
- Black, garbanzo, & kidney beans
- Chobani yogurts, cottage cheese
- Nuts & seeds

** Gluten-free menus are provided by most of the restaurants listed, but many caution risk of cross-contamination.

** At the OTC, check menu cards for the gluten-free symbol - some marinades, dressings and spice mixes contain gluten. Gluten-free bread and pasta are available upon request.

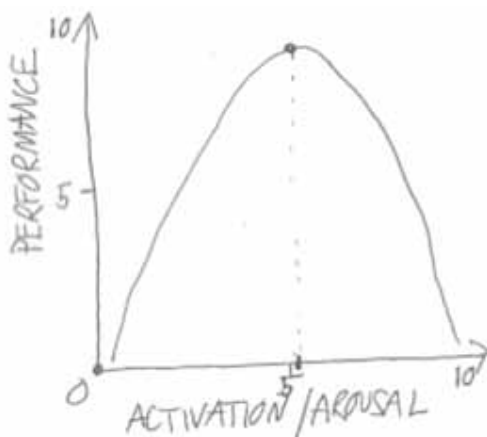
PSYCHOPHYSIOLOGY. THE INVERTED “U” OF OPTIMAL PERFORMANCE

SECTION ONE IN A TWO-PART SERIES OF PSYCHOPHYSIOLOGY TRAINING

By Lindsay Thornton, USOC Senior Sport Psychophysiology

The last few Olympic Voice pieces on sport psychology topics have emphasized creating an awareness of what happens in your body and mind when you are in a semi-autopilot mode, and then teaching skills to learn to gain greater regulation of these responses. As a reminder, one of the examples used was that we often hold our breath or use our shoulder muscles when sending a text or typing an email. There is really no need to do so – these responses don’t help us perform any better, and in the long run, can drain our physical resources – but they are very common. We can learn to gain greater self-regulation over our minds and bodies and ultimately boost performance where it counts. In the vein of performing when and where it counts, this article is devoted to getting you to think about your activation level around performance.

When I work with athletes one-on-one, we often try to see if there are patterns to their better and worse performances in competitions. I usually talk about a theory that can sometimes be a guide to understanding these patterns. That theory is the “Yerkes and Dodson Law,” after the two psychologists who first wrote about it. This law says that increasing your level of activation, or the amount of arousal in your nervous system, can help your performance, but only up until a certain point. In other words, when you are feeling like your mind or body isn’t awake and alert, your performance will improve as you become more awake and alert. There comes a point – this point varies according to the sport demands and the individual athlete – where becoming more activated doesn’t help. It has the opposite effect of bringing down performance.



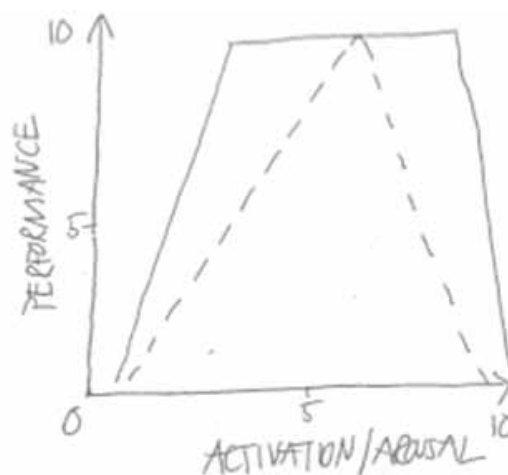
The picture looks like an upside down “U,” hence the nickname the inverted “U” of optimal performance. In this example, as the athlete moves from an activation level of 0 up to an activation level of 5, performance improves. If you look at the dotted line up from the 5, you see that performance is at the maximum level (in this case, let’s say that it’s a 10). Then the pattern changes, with more activation, performance goes down. This may not be true for you specifically, but the general idea is that increasing your activation level helps, up to a certain point.

Yerkes and Dodson wrote that there is a different curve for simple tasks, where there is no decrease in performance with increased arousal. Complex tasks have the downward part of the curve where performance decreases with ongoing increases in activation. Let’s take sprinting versus triple jumping as an example. For a sprinter, it may be true that the more activated they are, the faster they will go. The mechanics of sprinting have been so well learned that the sprinter might focus the majority of attention on creating a maximum effort to go fast. A triple

jumper might want to go fast, but also has to keep foot placement, jumping form, landing position and so forth in mind. It could be that a very high level of activation for the triple jumper could lead to minor errors that make the jump shorter.

In my experience, athletes have different shaped curves when we think about what is going on prior to and during their best competitive performances. As an example, the two curves in the figure to the right show an athlete who has a specific activation level associated with high performance (shown in the dotted line, with a peak at 6) and an athlete with a broader, table-top curve where high performance comes at a range of activation levels (shown in the solid line with a peak from 3 to 9). These examples are extremes, but they are shown to illustrate that the inverted “U” doesn’t always look like a “U” – there can be varieties.

The athlete with the dotted line curve would want to learn very efficient self-regulation strategies to make sure he could increase activation to get up to a 6 when needed, and decrease activation to get down to a 6 when needed. He would want to have skills to regulate his sympathetic nervous system, and be particularly good at coping with competitive pressure (or excitement, or stress, etc as these would increase activation levels).



In the next segment of this article about the Inverted “U” of Optimal Performance, we will tackle the possibility of there being two “U”s – one mental and one physical – as well as the occasional necessity of decreasing activation in order to draw yourself back to that optimal point if you have gone too far on the activation/arousal line.

ATHLETES IN THE COMMUNITY. SHOP WITH A JOCK

Chula Vista Olympic Training Center resident athletes took part in the 20th annual Shop With a Jock hosted by the Junior Seau Foundation on Tuesday, December 9. Over 200 kids from local Boys and Girls Clubs were paired with athletes from area universities, the San Diego Padres, San Diego Chargers and the CVOTC. Each child was also given a \$100 gift card to spend at Target to buy gifts for their families.

The event, emceed by Professional Football Hall-of-Famers Hank Bauer and Marshall Faulk, included a dinner and dance party for the kids before they were paired up with their athlete to tackle their Christmas shopping list. Once paired up and funneled through the doors, each kid had their picture taken with the athlete they were paired with. At the conclusion of shopping those pictures were framed and autographed by the athlete. Kids were also given the opportunity to take pictures and get autographs with other athletes.

CVOTC track and field athletes Tia Brooks, Brittney Reese, Ronald Taylor, Mike Hartfield, Jessica Flax, Kiani Profit, Shana Woods, Chris Benard, Ricky Robertson, Alitta Boyd, David Brown, Whitney Ashley and Donnell Love were joined by archers Nathan Yamaguchi and Mackenzie Brown as well as women's rugby players Jessica Javelot and Ida Bernstein in the evening of giving back to the community.



CAMP. U.S. PARALYMPIC SKI TEAM

The CVOTC hosted the U.S. Paralympic National Ski Team for a camp shortly before the thick of their competition season, which just started in early December. The team has been practicing on snow since August, but their time in Chula Vista was understandably focused primarily on warm weather training. U.S. Paralympic Ski team members Andrew Kurka, Brad Alire, Chris Young, Jonathan Lujan, Kevin Jardine, Laurie Stephens, Luke Byers, Patrick Borkowski, Ralph Green, Raymond Watkins, Stephanie Jallen, Stephen Lawler, Tony McAllister and Tyler Walker participated in the camp.

Members of the U.S. Paralympic Ski National Team travel to all major competition together and then compete against one another on a regular basis. That level of competition can begin to weigh on the camaraderie between members of the team, so part of the time spent in Chula Vista was dedicated to team-building activities such as various ropes courses.

In addition to working out in the CVOTC Strength & Conditioning Center, the team also spent time relaxing and doing activities with each other they otherwise wouldn't be able to do during competition season including a team surfing excursion in Ocean Beach. Activities such as these are nice competition buffers and were aimed to have a positive effect on both team performance and overall competition outcome.

The week-long camp was also focused on giving the team an opportunity to relax and unwind before heavy international travel begins in January and continues through February.



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

WOMEN'S RUGBY – Emirates Dubai Rugby SevensDecember 4-5
Dubai, United Arab Emirates

The USA Women's Rugby 7s team finished in seventh place and gained eight standings points. The Eagles defeated Russia twice in the tournament – once in pool play and in their final match to determine seventh and eighth place. The women also defeated China by a final score of 61-0 which was the largest margin of defeat in World Rugby Women's Sevens Series history. Victoria Folayan scored 35 total points during the tournament which ranked fourth among all players.

MEN'S RUGBY – Emirates Dubai Rugby SevensDecember 5-6
Dubai, United Arab Emirates

The USA Men's Rugby 7s team gained five points in the overall standings after falling to France in the Bowl Semifinal. The Eagles beat Japan in the Bowl Quarterfinal after going 2-1 in pool play with losses against England and Australia and a victory over Kenya.

ARCHERY – Indoor Archery World CupDecember 5-7
Bangkok, Thailand

Brady Ellison took home the bronze medal after defeating Jean-Charles Valladont of France by a score of 7-3. Khatuna Lorig shot in the gold medal final, but wasn't able to stop Sungeun Jeon of Korea, who shot four straight perfect 30s to clinch the gold medal, giving Lorig the silver. LaNola Pritchard, Matt Requa, SeanMcLaughlin and Daniel McLaughlin were all eliminated in the quarterfinals.

MEN'S RUGBY – Nelson Mandela Bay Sevens.....December 13-14
Port Elizabeth Bay, South Africa

The Men's Eagles 7s won the Plate at Nelson Mandela Bay Sevens Sunday with an incredible 21-14 win over Fiji – the previous first place team. The first day of competition saw the men's team take on the home team of South Africa in a 26-0 loss for the Eagles, but they rebounded in the second game of pool play with a 38-12 win over Wales. They kept that momentum going to beat Kenya 33-5 in their final pool play game, advancing them to the Cup Quarterfinal where they faced New Zealand. A 28-7 loss to New Zealand relegated them to Plate Semifinal against Scotland. Team USA gained the win over Scotland by a score of 26-19, which brought them to the Plate Final against Fiji. In a hotly contested match, Team USA pressed on to win the Plate by a score of 21-14. They gained 13 points in the overall standings with six tournaments remaining in the series.

ATHLETES IN TRAINING. UPCOMING CAMPS

Beach Volleyball – U-23 Girls High Performance Tryout Camp	Jan. 2 - 5
Rowing – U.S. National Team Lightweight Men's Camp	Jan. 3 - Mar. 15
Rugby – Canada Women's 7s Training Camp	Jan. 4 - 14
Cycling – BMX Elite Conditioning Camp.....	Jan. 4 - 18
Rowing – U.S. National Team Women's Camp.....	Jan. 5 - Mar. 22
Rowing – U.S. National Team Men's January Camp.....	Jan. 5 - 25
Rugby – Ireland Women's 7s Training Camp	Jan. 7 - 16
Rugby – Athlete Combine	Jan. 10 - 11
Rugby – Men's 7s January High Performance Camp	Jan. 17 - 24
Rugby – Women's 7s Pre-Brazil Camp	Jan. 18 - 23
Soccer – Paralympic Soccer Training Camp	Jan. 25 - Feb. 1
Soccer – Colorado Rapids Soccer Club Training.....	Jan. 29 - Feb. 5
Rugby – Men's 15s Forwards Skills Camp	Jan. 30 - Feb. 1