



OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

ATHLETE SPOTLIGHT. **BRADY ELLISON - ARCHERY**

Brady Ellison added another accomplishment to his already stellar list of accomplishments earlier this month in Lausanne, Switzerland, when he became the first archer in history to win the World Cup Final three times (2010, 2011, 2014). Ellison defeated Brazil's Marcus Dalmeida, the youngest ever athlete to qualify for the Archery World Cup Final, to claim the title. Second-seeded Dalmeida shot first, scoring a nine. Ellison shot next, also tallying nine; however, Ellison's shot was closer, crowning him the champion.

"I wanted to remind everyone that I'm still around and I'm still a threat," Ellison said. "It's been too long since I won a tournament."

Ellison defeated the defending 2013 World Cup Champion Oh Jin Hyek of South Korea in the first round in a match that went to a rare shootoff. In the semifinal, Ellison knocked off Rick van der Ven of the Netherlands in five sets to reach the final.

Ellison started shooting early in his life due to the fact that his dad hunted. In 2005, he switched from a compound bow, having already won a world championship, to a recurve bow – the only type of bow allowed in the Olympic Games. After he made the switch at the USA Archery training camp, Brady became a resident athlete at the Chula Vista Olympic Training Center and has since reached the top world ranking for the recurve bow. He represented the United States at the 2008 Olympics in Beijing and won a silver medal in the Men's Team competition at the 2012 Olympic Games in London.



Brady Ellison became the first archer in history to win the World Cup Final three times (2010, 2011, 2014)

When Ellison first moved to the CVOTC, he acquired a nickname of "Pup" from older members of the team because he was the youngest member of the team by at least three or four years. Once Ellison became one of the older members of the team, the nickname went away.

The two-time U.S. Olympian and native of Glendale, Ariz., holds the record for the longest continuous period as the world number-one-ranked men's recurve archer, from August 2011 to April 2013.

Some of Ellison's career highlights include a gold medal at the 2011 Pan American Games, gold medals at 2010, 2011 and 2012 Archery World Cups and a gold medal at the 2007 Pan American Games, among many other trophies and accolades.

Ellison still has a couple of events to compete in throughout the rest of this year, but the biggest competitions are now out of the way. Ellison sees the 2014 World Cup Final as a great buffer heading into 2015 – a year that will include the Pan American Games and the World Championships and can bring momentum into the race to make the team for the 2016 Olympic Games in Rio de Janeiro.

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!

TAX SEMINAR FOR ATHLETES

There will be a tax seminar for athletes on Monday, October 20 in the back of the dining hall beginning at 4:00 pm. Learn about how to file your taxes, ask questions and find out information particularly relevant to athletes in training.

PSYCHOPHYSIOLOGY. MIND-BODY CONNECTION

SECTION ONE IN A THREE-PART SERIES OF PSYCHOPHYSIOLOGY TRAINING

By Lindsay Thornton, USOC Sport Psychologist, Psychophysiology

The Olympic Training Center in Colorado Springs is in the final stages of designing its forthcoming psychophysiology training space in the Ted Stevens Sport Science Center, expected to open in November 2014. The training space will be equipped to monitor athlete brain and body responses at rest and under competitive simulation and provide feedback to the athletes so they can self-regulate. The majority of the work in the training space will be guided by the Psychophysiological Principal, which 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."

In other words, this means that the mind and the body are connected, or what happens above the neck affects what happens below, and vice versa.

The goal in working with athletes is to help them build awareness of processes in their minds and bodies that impact their performance, and provide opportunities for them to gain greater control over these processes. In closed skill sports like shooting, running, jumping or throwing, where there is a clear beginning and end to skill execution, self-regulation of the mind-body state is crucial. There are sport scientists – and likely many athletes and coaches – who believe that what happens in the mind and body in the time immediately preceding your performance is almost as important, if not as important as, the execution itself. In sports where your competitors' actions can influence your performance, or your game is more of give and take, like in cycling or team sports, self-regulation of your mind-body state is important and includes an aspect of being ready to respond to your changing environment.

We haven't been sitting and waiting for the psychophysiology training space to be up and running for us to get to work. Psychophysiology training is available to athletes at the Chula Vista and Colorado Springs OTCs even without a high tech lab. Athletes are working on the mental side of their game and training their awareness and self-regulation skills daily.

You don't need to be at one of the OTCs to do psychophysiology training. There are a few simple ideas that you can incorporate in your mental training. This segment of the sport psychophysiology article will cover the concept of attention and forthcoming segments in future newsletters will cover muscle activity and breathing.

ATTENTION

You can learn to monitor when you are paying attention, and to eventually control the intensity and duration of your attentional states. One way of doing this is putting brain wave sensors on your head, and getting information about how fast the neurons in certain areas of your cortex are firing.

Another way of doing this is to start paying attention to the way your brain attends to things. One example of this is being mindful, and purposefully paying attention to the present. When doing this, you'll likely notice your mind wander. If you'd like feedback on just how your mind wanders, you can incorporate a cognitive task, for example you can play a few free brain training games on lumosity.com each day (or pay the equivalent of a couple overpriced cups of coffee each month and play more). By the way, there are a number of online programs out there. Lumosity and Posit Science seem to be two more well-researched options. You should know that no company has published data that indicates that playing computerized cognitive games leads to athletic gains, never mind boosts elite athletic performance. Caveats aside, if you do play these games, you will have immediate feedback regarding your attention. Look for patterns. How does your performance vary? According to time of day, sleep quality the night before, number of cups of coffee, number of things you have on your mind, with your score expectations? Do you notice similar patterns in the way you train and compete in your sport?

Practice using visual and physical cues to anchor your attention prior to the games starting and throughout when you notice your attention wandering. That means that you can focus on how your lungs feel as they fill with air with the objective of slowing your thought processes down or absorbing yourself in a physical sensation. The same can be done with noticing how your fingers feel on the keyboard, or details in the images on the screen. You might draw from a pre-performance routine that you already have established in your sport, or you might find an attention regulation strategy at the computer transfers to the mental side of your sport performance. You'll likely find that your goal becomes to beat your score, and see how focusing on that goal might benefit or hinder your performance. Does the focus on improving your score increase your motivation? Does it at all interfere with your ability to stay focused during the game? You should use the games to practice noticing what your attentional patterns are and how you can most effectively regulate your attentional states to produce repeatable, optimal, mental performance.

A few minutes of practice each day can build your awareness and self-regulation skills in attention. As your skills develop, you will refine your ability to notice what is happening in your mind and body and will have improved regulation skills to create a consistent pre-performance state.

CVOTC EVENT. BMX SUPERCROSS WORLD CUP

HOME TURF ADVANTAGE

The final round of the 2014 BMX Supercross World Cup series returned to the Chula Vista Olympic Training Center for a sixth time and featured 154 elite BMX athletes from 23 different countries. Taking full advantage of the fact that they were racing on home soil, Team USA made quite a showing as Connor Fields, Jared Garcia and Corben Sharrah swept the men's time trial podium. Felicia Stancil raced her way to the silver medal in the women's time trial.

"The key to time trials is just running a smooth lap and minimizing mistakes," Fields said after his win. "On a big gnarly track like this one, it's just about who can handle it. And it's about mental preparation."

Fields clocked a time of 38.142 seconds to take the top step of the podium ahead of Garcia and Sharrah who posted times of 38.266 and 38.386 seconds, respectively.



The first day of racing also served as the qualification round for the main event. The pool of 107 men was narrowed down to the top 64 and the pool of 37 women was narrowed to the top 32 who continued to the second day of competition.

The second day of racing proved to be exciting with Team USA earning a medal in both the men's race and in the women's race. In each heat, the top four finishers went on to the next round until the top eight met for the finals.

With two of the USA's top female riders, Stancil and Brooke Crain, eliminated in their semifinal rounds, two American women made it to the main event. Alise Post claimed the bronze medal after finishing behind first and second-place riders Mariana Pajon of Colombia and Australian Caroline Buchanan. Also representing Team USA in the final was Dani George, who placed sixth.

A big upset left Fields eliminated from the finals after he placed a heart-breaking fifth in his semifinal round. Team USA was still heavily represented in the final with five of the eight men being Americans. After a hard-fought battle, Nic Long was the first American to cross the line, finishing second to winner Sam Willoughby of Australia and ahead of third place finisher Carlos Alberto Ramirez Yepes of Colombia.

"After last night, I couldn't be more happy with my consistent laps today. Proving to myself that I own my mind and nothing gets me down," Long posted on his Twitter account after the event.

Sharrah finished fifth in the main event, followed by Justin Posey, David Herman and Jared Garcia.

At the end of the second and final competition day, Corben Sharrah ended the season as the highest-ranked American male in the World Cup standings, finishing fourth overall after placing fifth in Chula Vista on Saturday night. Connor Fields finished fifth overall in the standings while Liam Phillips of Great Britain, Anthony Dean of Australia and Twan van Gendt of the Netherlands occupied the top three 2014 overall spots.

The top American female at the end of the day was Brooke Crain. Ranked fifth overall in the World Cup standings, she finished the season just ahead of fellow American Felicia Stancil in sixth and Alise Post who finished eighth. Australian Caroline Buchanan was the overall women's winner as she edged out 2012 Olympic gold medalist Mariana Pajon of Colombia who finished the season in second place overall.



CVOTC EVENT. NORCECA BEACH TOUR

The CVOTC was the host venue for the NORCECA Beach Tour from October 3 - 5, 2014. U.S. beach volleyball teams took on teams from the NORCECA zone (North America, Central America and the Caribbean).

U.S. men's and women's teams each took home medals. Heather Hughes and Emily Day captured the silver medal after being narrowly edged by Mexico's Martha Revuelta and Bibiana Candelas in the gold medal match. Lane Carico and Kim DiCello defeated fellow Americans Amanda Dowdy and Day to earn the bronze medal. The men's team of Derek Olson and Avery Drost took home the bronze medal after defeating Puerto Rico's Roberto Rodriguez and Erik Haddock.



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

ARCHERY – Texas Shootout.....September 26-28
College Station, Texas

CVOTC resident athlete Zachary Garrett won the gold medal after a back-and-forth match with Olympic medalist Butch Johnson. Collin Klimitchek defeated fellow resident athlete Daniel McLaughlin in the bronze medal match. Mackenzie Brown took home the bronze in the recurve after she defeated fellow Chula Vista training LaNola Pritchard. Khatuna Lorig nabbed second place. In the team competitions, resident athletes Mackenzie Brown, Ariel Gibilaro and LaNola Pritchard joined together to form Aca-Awesome, the silver medal-winning women's team. A Victorious Secret (Zachary Garrett, Matthew Requa and Nathan Yamaguchi) took second place in the men's team competition behind the Space Tigers (Jacob Wukie, Joseph Fanchin and Nick Kale).

PARALYMPIC SOCCER – 2014 America Cup September 19-26
Toronto, Canada

The U.S. Paralympic National Team scored three first-half goals and defeated host Canada 3-0 to capture third place at the 2014 America Cup. The U.S. Paralympic National Team fell a little short against Argentina in the semifinals, dropping a 2-1 decision. Argentina went on to take second place in the final against eventual America Cup Champion Brazil.

ATHLETES IN TRAINING. UPCOMING CAMPS

Rugby – Women's 7s Dare-to-Dream Camp	Oct. 6 – 12
Cycling – Men's Road Talent ID Camp	Oct. 8 - 12
Soccer – U-20 Women's National Team	Oct. 12 - 19
Cycling – BMX Junior Development Camp #4.....	Oct. 19 - 26
Triathlon – Paralympic Triathlon National Team Camp	Oct. 19 - 26
Cycling – Paralympic Cycling Talent ID Camp #4	Oct. 19 - 27
Field Hockey – U-21 Men's Combined National Camp.....	Oct. 29 - Nov. 2
Soccer – Paralympic Soccer October Camp.....	Oct. 30 - Nov. 5