

# **THE CHULA VISTA OLYMPIC TRAINING CENTER**

**Performance  
and Sports Science**

**Al Joyner  
Olympic Gold Medalist  
Sprints & Jumps Coach  
USOC/ USATF  
Olympic & Paralympic**

# Overview

1. Facets of sport performance centers
2. Training Centers Support Team
3. The development of Elite Athletes at Olympic Training Centers
4. The Risk
5. Service delivery

# *The Facets of Performance*

Psychology

Physiology

Nutrition /  
Supplementation

Strength and Power

Biomechanics /  
Equipment /  
Technique / Tactics



Health

*General Health*

*Psycho-Emotional Health*

*Training Center*

The X-Factor

*Those events and  
occurrences that are  
often beyond control  
and dramatically  
affect performance*

*If all facets of Olympic training centers are properly managed,  
the probability of a successful performance increases...*

# ***Realizations of Olympic Training Center***

- Each facet of athlete performance demonstrates strong *inter-dependence* (e.g. psychology / physiology / health / biomechanics / nutrition)
- Coaches and athletes require the *support of trusted training centers* especially during periods of high expectation ( National Championship , World Championship , Olympic Trials & Olympic Games)
- Sport science progresses quickly and without warning
- Continual advancement in application of sport science knowledge
- Sport science experts required to *source and interpret* relevant information

# *Primary Objective of Chula Vista Olympic Training Center*

*(THE CVOTC TEAM)*



*“To provide world leading expertise to coaches in order to have a healthy, training environment ,optimal fit athlete with a solid psychological platform, on the starting line”*

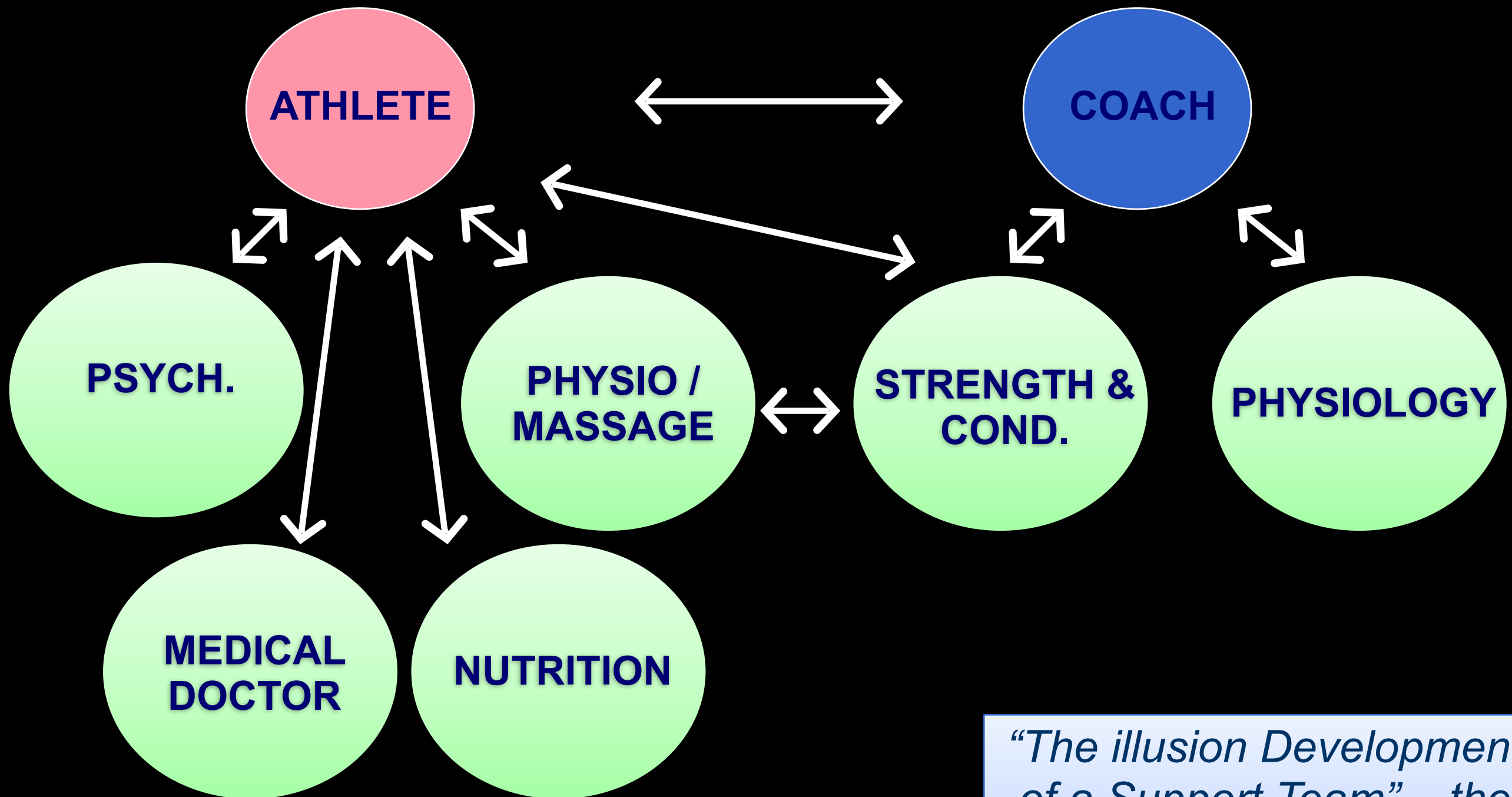
# **The Development of CVOTC**

## *Track and Field*

# *The Recent History of Olympic Training Center*

- Resurgence of the training sport system in the mid 90's (*American are competitive, not competitors*)
- Organic growth of an integrated team of experts to support sport performance
- Growth of the training center team
- Convincing results for those teams adopting this approach

# *The Model – Version 1.0 (mid 90's)*

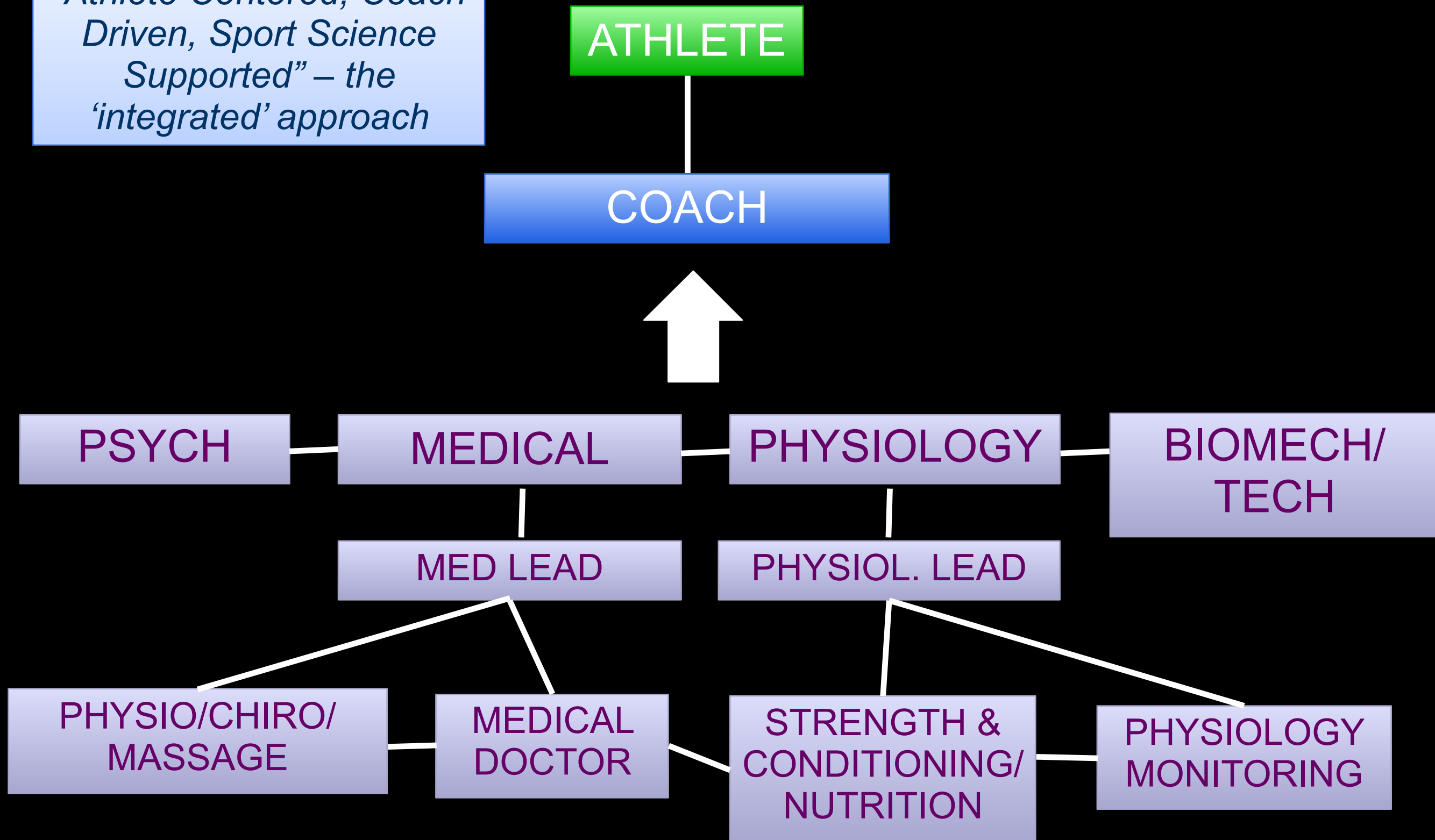


*"The illusion Development of a Support Team" – the "Cell" approach*

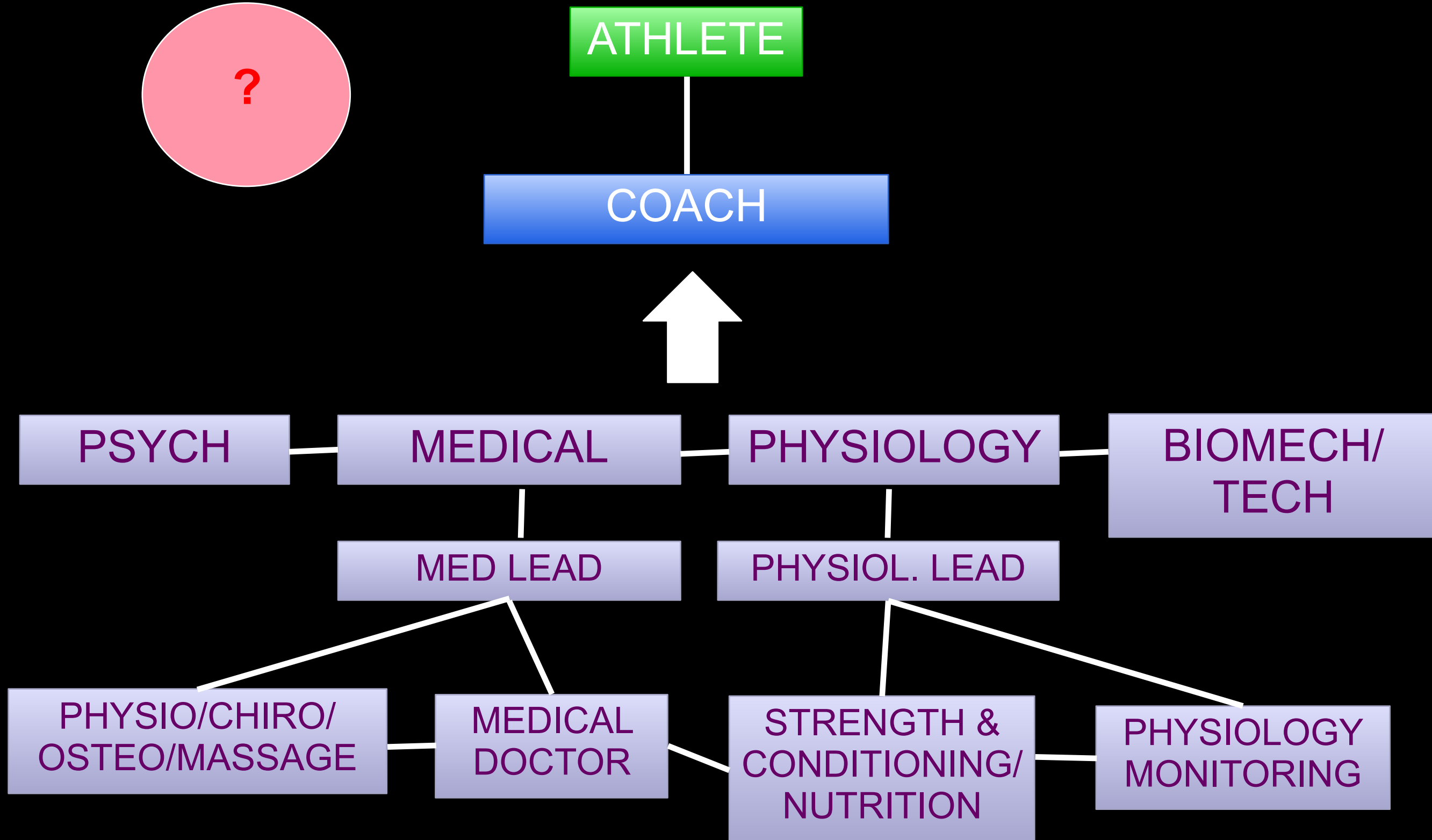
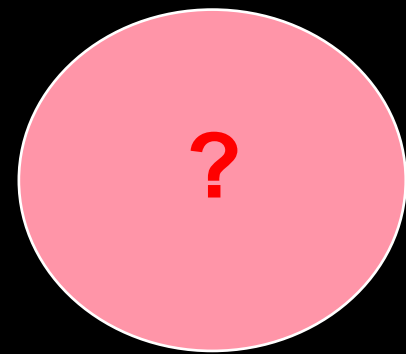


# *The Model – Version 1.1 (2000-2008)*

*“Athlete Centered, Coach Driven, Sport Science Supported” – the ‘integrated’ approach*



# *The Model – Version 1.2 (2009-2020 )*

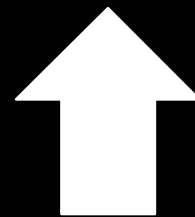


PERFORMANCE

ATHLETE

COACH

*“Performance Centered,  
Coach Driven, Sport  
Science Supported” –  
OTC ‘integrated  
performance focused  
approach’*



PSYCH

MEDICAL

PHYSIOLOGY

BIOMECH/  
TECH

MED LEAD

PHYSIOL. LEAD

PHYSIO/CHIRO/  
MASSAGE

MEDICAL  
DOCTOR

STRENGTH &  
CONDITIONING/  
NUTRITION

PHYSIOLOGY  
MONITORING

# *Ingredients for a Successful OTC*

- Communication – *formal meetings; informal meetings*
- Develop positive relationships – *professionally and socially*
- Emphasis on health for optimal sport performance
- Monitor performance – *collect data objectively and match with subjective observations*
- Be comfortable with being uncomfortable – *create a stable environment then challenge the individual and convention*

# *Key Ingredients for a Successful Olympic Training Center*

- Loyalty – *to each other and the organization*
- Stay in the shadows of performance – *especially at major competitions*
- Choose happy people – *create an environment for learning and encourage continual professional development*
- Identify the brains, leaders, and the work horses – *not all members can be in the same role*
- Insist on integrity in all situations – *the values of the Olympic Training Center team leaders guide decision making*

# Developing an OTC

# *Needs Analysis for the Organization*

- Performance history – *training, minor competitions and major competitions*
- – *what are other successful nations doing?*
- Collaboration – *what are other successful sports in your country doing?*
- Who is in the system – *who are the athletes currently using for support, who are the local experts?*
- Who is available outside of the system – *do you have to recruit experts from other nations?*

- Interact closely w/ coaching staff, athletes, medical team
- Provide biomechanical analysis, video support, equipment support
- Attend training sessions regularly – *track side support*
- Potential for extensive Research & Development

Tech Support

Nutrition Support

Psychological Support

Physiological / Planning Support

Medical Team / Health for Performance



- Interact closely w/ coaching staff, athletes, medical team, physiology staff
- Provided w/ regular anthropometric data and engage at regular intervals
- Provide support for day to day nutrition, performance nutrition, supplementation, and eating disorders
- *Focus on athlete education and understanding of nutritional value*

Nutrition Support

Psychological Support

Physiological / Planning Support

Medical Team / Health for Performance

- Interact closely w/ all members of the team – *provide confidential support to athletes*
- Engage athletes and staff on a regular basis
- Influence program philosophy, provide individual counseling, and shape team dynamics
- Attend training camps, provide track side support, and competition support

Psychological Support

Physiological / Planning Support

Medical Team / Health for Performance

- Interact closely with coaching staff and administrative staff to shape program direction and drive athlete development
- *Close interaction w/ medical team*
- Develop physiological monitoring strategies
- Lead physiologist supports coaches in decision making
- Strength coach delivers program to athletes, engages coaching staff, and attends training sessions regularly

Physiological / Planning Support

Medical Team / Health for Performance

- *A healthy athlete is key!*
- Med Team: physiotherapist, medical doctor, massage therapist, chiropractor, etc..
- Establish medical lead to coordinate services and disseminate information to coaches and OTC
- Physio / massage therapist – *daily, track side support for movement optimization*
- Medical doctor– *engages at regular intervals, ensures general health needs are met (e.g. vaccination, exemption forms)*
- Strong lines of communication with strength and conditioning coach / physiology team
- Open mindedness and consolidation of service providers key for managing stubborn health issues

Medical Team / Health for Performance

# *Summary*

- OTC key feature of most successful sports / sport nations
- OTC provides expertise in several areas that affect sport performance
- Organization of OTC key to success

## Questions / Comments

THANK YOU

Al Joyner  
USOC/USATF  
2800 Olympic Parkway  
Chula Vista, California 91915  
[aljoy84@ me.com](mailto:aljoy84@me.com)  
[ajoyner@aljoynerinternational.com](mailto:ajoyner@aljoynerinternational.com)  
[al.Joyner@usatf.org](mailto:al.Joyner@usatf.org)