April saw the completion of a number of facility upgrades at the Colorado Springs Olympic Training Center.

The new sport science wing of the Ted Stevens Sport Performance Center is now fully operational and equipped with a multidisciplinary team who supports Team USA through key science disciplines.

The teaching kitchen enables dietitians to work directly with the athletes on the skills necessary for them to maintain their training and competition diet. The dietitians provide tips on eating while traveling internationally as well as shopping and cooking at home and abroad.

Performance technology delivers sport-specific technology solutions to improve athlete, team, and coaching performance. Sport technology assists athletes with technique development and evaluation tools such as technique assessment, detailed video analysis, comparisons and feedback tools.

The high altitude training center allows athletes to train at different elevation, temperature and humidity levels to help athletes train in the most optimal conditions for competition. The athlete performance center enables physiologists to work with athletes and coaches to identify strengths and weaknesses through various testing capabilities.

The USOC psychologists offer individual, small group and team meetings with athletes and coaches to address topical discussions, problem solving, education, practicing skills and team building. One of the newest techniques incorporates psychophysiology, whereby athletes learn how to moderate their physiological responses -- particularly heart rate and blood pressure-- to training and competitive environments.

USOC sponsors USG and Highmark visited with staff and the CSOTC in April, taking part in a variety of fun experiences at the CSOTC.

USG hosted a fantasy day at the CSOTC from April 14-15. The group started their program with a ceremonial torch lighting and reception in the Hall of Fame Rotunda. The rest of the program included sport demonstrations with our weightlifters, fencing athletes and sitting volleyball staff. The group had a phenomenal time being immersed in the Olympic and Paralympic Movements.
The CSOTC, in cooperation with the Colorado Springs Sports Corp, hosted the Salute to the Olympic Family luncheon on April 16. More than 300 professionals from the local sports industry joined to celebrate the USOC’s 37th year in Colorado Springs. Alan Ashley, USOC chief of sport performance, led a distinguished group of panelists including USA Wrestling Executive Director Rich Bender, USA Cycling CEO Steve Johnson, USA Swimming Executive Director Chuck Wielgus, and USA Hockey Executive Director and USOC board member Dave Ogrean, on a discussion over the challenges and processes in preparing Team USA for an Olympic Games that often go unnoticed by the general public.

**TEAM TRAINING. CALENDAR**

USA Boxing held a women’s elite team camp April 4-18, led by Olympic medalists and 2014 world champions Clarissa Shields and Marlen Esparza.

Several international teams visited the CSOTC for team training in April – including wrestling teams from the Bahamas, Peru and Germany; shooting athletes from Mexico; and middle-distance runners from Italy and France.

USA Shooting held their annual National Junior Olympic Shooting Championships for more than 500 youth sharpshooters, ages 10 to 20, from April 19-May 5.

USA Gymnastics hosted the 2015 Elite Challenge for over 400 trampoline and tumbling athletes, April 23-26. The event served as a Pan American Games and national team qualifier for senior division gymnasts.

Mark your calendar for the annual Jimi Flowers Swim Classic, which will be held at the CSOTC Aquatics Center on June 6 and 7. The swim meet will feature several of Team USA’s top Paralympic swimmers.

**FUN AT THE OTC. JAMMING**

CSOTC residents and visiting athletes, along with USOC and NGB staff, are joining forces in the new Athlete Center Lounge space for bi-weekly jam sessions. Led by CSOTC Operations staff member Justin O’Connell, athletes and staff get the chance to learn/practice different instruments and sing their favorite songs.

**STAY IN TOUCH. USA SOCIAL**

Go behind the scenes to catch up with CSOTC athletes and events by using the #InsideTheOTC tag on social media platforms. @TeamUSA ~ Instagram • TeamUSA ~ Snapchat @TeamUSA ~ Twitter • Team USA ~ Facebook