



OLYMPIC VOICE

U.S. OLYMPIC TRAINING CENTER, CHULA VISTA

ATHLETE SPOTLIGHT. JILLION POTTER, WOMEN'S RUGBY

Jillion Potter is a key contributor on the USA Rugby Women's Sevens National Team throughout preparation for the Olympic debut of women's rugby and the overall return of rugby to the Olympic program after a 92 year absence. Coaching changes, injuries and a host of international competition have provided challenges and opportunities for the women's squad over the last two years. However, it's been said that great leaders emerge from adversity and it's safe to say that Potter faced quite a few personal obstacles of her own.

"Rugby has taught me about mental toughness, discipline, hard work and integrity. All of those things played a role in how I beat cancer," she said in a *Rio2016.com* interview.

A native of Austin, Texas, Potter was introduced to rugby in college while attending the University of New Mexico. Six months after taking up rugby, she was named to USA Rugby's Women's Junior All-Americans selection team. Potter continued moving up through USA Rugby's developmental system, officially joining the Women's Rugby Senior player pool in 2007. She started playing in international matches in the rugby 15s game, but was invited to join the Sevens squad in 2012 when the Rugby Sevens National Teams established a centralized, full-time training program at the Chula Vista Olympic Training Center. Potter made the 2013 Rugby World Cup Sevens team and the 2014 Women's Rugby World Cup team in 15s – the tournament that would change her life forever.

Throughout the Women's Rugby World Cup in 2014, Potter noticed a large lump in her jaw that continued to swell and cause pain. Although she said it made breathing difficult, she played throughout the four-week tournament to help lead her team to sixth place overall. Directly following the tournament, Potter had surgery to remove the swelling, which turned out to be malignant.

After being diagnosed with stage III synovial sarcoma, Potter began a grueling regiment of chemotherapy at the University of Colorado Hospital – a series of six four-day cycles, every 21 days. While receiving treatment in Aurora, CO, Potter would take 3-mile walks around the medical campus with her IV pole or rode a stationary bike, determined to stay in shape any way she could.

She finished chemo in January 2015, completed radiation in March of that year, and got back to training almost immediately. Throughout it all, Potter stayed determined to continue playing rugby, and most importantly, pursue her dream to represent Team USA at the 2016 Olympic Games in Rio de Janeiro.

"Throughout the whole ordeal I thought about rugby and how I wanted to come back, and the entire rugby community around the world really offered support and encouragement and just belief and that really helped me," she told *WorldRugby.org*. Players from around the world joined together to create a support video on YouTube to help Potter's spirits throughout treatment.

Potter began running, lifting and doing speed and agility drills soon after completing her cancer treatments. She rejoined the women's program at the CVOTC later in 2015. Fourteen months after her diagnosis, Potter played in her first tournament back – the opening round of the World Rugby Women's Sevens Series in Dubai last December.

Potter captained Team USA for the Dubai tournament and the most recent series stop in São Paulo, where she was nominated to the tournament's Dream Team – a collection of the top seven players from across all nations participating in the tournament. There are three remaining Sevens World Series stops on the agenda, The Atlanta stop will be played April 8-9 and immediately followed by the Langford, Canada, tournament the next weekend. The Women's Sevens World Series will wrap up with the final stop in Clermont-Ferrand, France, in May. The final 12-woman roster that will travel to the Olympic Games in August will be named in July.

"If I make the Olympics, emotionally it would be quite overwhelming and an amazing accomplishment," Potter said in an interview with the *Denver Post*. "I hope it can show people that they can still pursue their dreams when the worst has happened to them."



Photo Credit: Getty Images

COMPETITION. NATIONAL SELECTION REGATTA

By Amy Halligan, CVOTC Athlete & Community Relations Intern

The stakes were high at the 2016 National Selection Regatta I (NSR I), held March 21-25 on the Lower Otay Lake, adjacent to the Chula Vista Olympic Training Center. Winners of the Women's Pair (W2-), the Men's Pair (M2-) and the Lightweight Men's Pair (LM2-) were extended the opportunity to compete in those races at the World Rowing Cup II in Lucerne, Switzerland, from May 27-29. A top-four finish at that regatta amounts to an invitation to race in the pair in the 2016 Olympic Games.

Grace Luczak (Ann Arbor, MI) and Felice Mueller (Cleveland, OH) won the women's event in 7:02.14; Rob Munn (Redmond, WA) and Michael DiSanto (Boston, MA) took the victory in the men's race with a time of 6:33.16; and London Olympian Robin Prendes (Miami, FL) and Edward "Mix" King (Ironton, MO) crossed first with a 6:44.45 in the Lightweight Men's race.

"As a team, we work so hard all the time, and definitely so over these past few days," said Mueller. "Grace and I, and hopefully the whole team, had so much fun getting to race and getting to execute. So to have this race go the way we had hoped it would go is just like icing on top of the cake."



All six rowers spent the winter training at the CVOTC in preparation for NSR I. The three winning pairs must decide if they will accept their bids to row in the Pair at the World Cup II in May, or decline in hopes of securing a seat in one of the larger boats (Women's Eight, Women's Quad, Men's Quad, Men's Four, Men's Eight, or the Lightweight Men's Four). Because the Women's National Team were able to qualify all boats for the Olympic Games at the 2015 World Rowing Championships, Luczak and Mueller will be asked to accept their bid to compete at the World Cup in May, ahead of the event. However, Munn and DiSanto will have to make that decision sooner.

The Men's National Team failed to qualify their Eight boat for the Olympic Regatta at the 2015 World Championship, therefore an American boat must compete and place in the top two at the Final Olympic Qualification Regatta in Lucerne from May 22-25. The Final Qualification Regatta will be held four days before the World Cup II, creating a difficult decision for Munn and DiSanto: accept the pair bid and row in the World Cup II to qualify for the Olympic Games, or decline the pair bid and potentially row in the Men's Eight boat in the Final Qualification Regatta.

"Right now we have a big decision to make," said Munn. "We have the chance to potentially represent the United States as the pair and go to the World Cup and earn our spot. Or, we can go back to the Eights group and earn our spot there."

Since the Lightweight Men's Pair is not contested at the Olympics, Prendes and King are expected to accept the opportunity to row in the Lightweight Pair at the World Cup II, and will also be considered for the Lightweight Men's Four boat.

"The race was tough," said Prendes. "We've been racing these guys all year. It's always been close, and we knew today was going to be the same. We're happy to have won. It's a great moment, especially in this Olympic year."

All of the pairs who finish in the top six in the M2- and the W2- earned a spot in US Rowing's "Big Boat" selection camps which will be held in Chula Vista in June. Joining Mueller and Luczak with eligibility for the women's Big Boat camp are Eleanor Logan and Meghan Musnicki, Tessa Gobbo and Amanda Elmore, Megan Kalmoe and Kerry Simmonds, Kara Kohler and Emily Huelskamp, and Sara Hendershot and Sarah Zelenka McIllduff. On the men's side, DiSanto and Munn will join fellow NSR I top-six finishers Matt Miller and Charlie Cole, Alex Karkowski and Austin Hack, Hans Struzyna and Sam Dommer, Henrik Rummel and Seth Weil, and Tom Peszek and Yohann Rigogne. King and Prendes, Anthony Fahden and Tyler Nase, Tom Swartz and Will Daly, and Peter Gibson and Brendan Harrington are all in consideration for the Lightweight Men's Four.

Looking ahead to Rio, US Rowing aims to build upon their successes at the 2012 Olympics in London, which included a gold medal in the Women's Eight, a bronze in the Men's Four, and a bronze in the Women's Quad.

For more information about the U.S. Olympic Team selection process, the Final Olympic Qualification Regatta, the World Rowing Cup II and US Rowing National Team bios and results, visit www.usrowing.org.



CAMP. PARALYMPIC TRIATHLON NATIONAL TEAM

By Amy Halligan, CVOTC Athlete & Community Relations Intern



Ahead of Paratriathlon's official debut in the 2016 Paralympic Games in Rio de Janeiro, members of the USA Paratriathlon National Team visited Chula Vista for a training camp in late February. As the team continues to attempt to qualify athletes for the Paralympic roster, athletes spent time in the perfect Southern California weather working on running, biking and outdoor swimming. Here at the CVOTC, the team biked around Otay Lake and on the cycling criterium, held running workouts on the track and practiced yoga for recovery. The team swam at the Loma Verde community pool and completed an open water session in La Jolla during the camp.

The Rio 2016 Paralympic triathlon event will be held at Fort Copacabana and will include a 750m open water swim, 20km cycle and 5km run. The International Triathlon Union (ITU) and the Rio 2016 Organizing Committee held a test event at the course last summer, which allowed invited athletes to familiarize themselves with the Rio 2016 course and provided the first opportunity to provisionally qualify for the 2016 Paralympic Games.

Paratriathlon will award medals in four different classifications, with three classifications for each gender:

- **PT1 (wheelchair)** – men only; athletes with comparable mobility limitations complete the swimming portion, use a recumbent hand bike for the cycling portion of the race and use a racing wheelchair for the run segment.
- **PT2 (severe impairment)** – men and women; impairments include limb deficiency, hypertonia, ataxia, athetosis and or impaired muscle power, and may use prostheses or support devices for the bike and run segments.
- **PT4 (mild impairment)** men and women; more mild degrees of activity limitation, including hypertonia, ataxia and or athetosis, and or impaired muscle power, and may also use prostheses or devices during the bike and run portions.
- **PT5 (visual impairment)** women only; varying visual impairments within the International Paralympic Committee's B1, B2 and B3 sub-classes. Athletes must race with a guide of the same nationality and gender throughout the race, and use a tandem bike in the biking segment.

Among the Team USA participants in the CVOTC camp were paratriathletes who have provisionally qualified their spots on the Paralympic roster: Krige Shabort (PT1), Haley Danisewicz (PT2), Chris Hammer (PT4) and Grace Norman (PT4), Allysa Seely (PT2) and Mark Barr (PT2). Danisewicz is the only athlete who has officially been nominated to the 2016 U.S. Paralympic Triathlon Team, by winning the Rio de Janeiro ITU World Paratriathlon test event last August.

Since 2010, when paratriathlon was announced that it would be included in the 2016 Paralympic Games, the sport has been steadily growing and attracting top-tier Paralympic athletes from other sports. Shabort competed in three Paralympic Games (1992, 2000, 2012) as a marathon runner, winning a silver and a bronze medal. The former corporal in the South African Army lost his legs in a bombing nearly 30 years ago and has been competing at an elite level in swimming, wheelchair racing and triathlon since his recovery. London 2012 Paralympian and former track and field athlete Hammer transitioned into paratriathlon, as did two-time Paralympic swimmer Barr (2004, 2008).

According to USA Triathlon guidelines, additional provisional spots for the U.S. Paralympic Team were determined at the CAMTRI Paratriathlon American Championships on March 13 in Sarasota, Florida. The remaining provisional spots will go to the highest-finishing American who has not already qualified, provided they finish within the top one-third of race starters in each sport class and within five percent of the winner's time.

Final remaining provisional Paralympic roster spots will be determined by the World Paratriathlon rankings as of June 30, 2016. The U.S. Paratriathlon Team will officially be named shortly thereafter, with a maximum of two athletes per classification, per gender.

For more information about Team USA Paratriathlon, visit www.usatriathlon.org. For more information about the Paratriathlon event at the 2016 Paralympic Games, visit www.rio2016.com/en/paralympics/triathlon.



CAMP. US SOCCER PARALYMPIC NATIONAL TEAM

By Amy Halligan, Athlete & Community Relations Intern

The U.S. Soccer Men's Paralympic National Team (PNT) held a week-long camp at the Chula Vista Olympic Training Center to continue their preparation for the 2016 Paralympic Games in Rio de Janeiro. This was the team's second training camp of 2016, with 18 participants looking to secure spots on the National Team roster and working towards earning a spot on the U.S. Paralympic Team for the 7-a-side tournament in Rio. PNT veterans like U.S. Soccer's 2015 Disabled Player of the Year Kevin Hensley and goalkeeper Keith Johnson joined newcomers Steven Bohlemann and Gregory Brigman for the first of three camps to be held at the CVOTC.



"I am delighted with the way things are progressing this year, and we have really stepped up from our performances at the 2015 World Championships," says PNT head coach Stuart Sharp. "The squad has also recently received a boost after seeing some of our players with long-term injuries returning to full training. Taking this into account, the addition of some new faces and our current rate of progress, we are certainly on track to where we should be at this point on the build up to Rio 2016."

Sharp and his staff took the opportunity to use this camp to evaluate current players' conditioning, integrate new players and assess returning players. Although the final Rio roster will not be chosen until June, the monthly camps at the CVOTC will be part of the selection process for the PNT. The team will also play in a 2016 pre-Paralympics tournament in Spain at the end of April in final preparation for the Paralympic Games.

The 2016 Paralympic Games program features two versions of soccer (football): 7-a-side and 5-a-side. The 7-a-side game is an adapted version for athletes with cerebral palsy and other neurological disorders that affect muscle function, muscle tone, balance, coordination and other motor functions. Football 5-a-side is an adapted version for visually impaired athletes, in which field players wear blindfolds and the ball makes a sound that players can follow.

The CVOTC camp was for 7-a-side PNT athletes. To be eligible for Football 7-a-side, all players must be able to walk and run without the assistance of walking aids and includes athletes within four classifications: FT5, FT6, FT7 and FT8.

- **FT5** – Players may have difficulty in running, turning and stopping because of hypertonia or spasticity in both lower limbs and to some degree in both upper limbs. FT5 players typically play goalkeeper due to limited kicking ability in many cases
- **FT6** – Players have difficulty in dribbling the ball when running, accelerating and stopping because of coordination and balance problems in all four limbs and trunk
- **FT7** – One side of the player's body is affected, causing a limp. The condition may affect balance, which may cause instability in some movements
- **FT8** – Minimum eligible level of impairment, may not be visible. But players experience involuntary muscle contractions and hesitation before explosive movements

Each team must have one athlete of the FT5 or FT6 classification on the pitch at all times, and is not allowed to have more than one player of the FT8 classification on the field during the game.

Football 7-a-side is nearly the same game as able-bodied soccer with a few modifications: matches are played on a smaller pitch and although 7-a-side follows most FIFA guidelines, the offside rule does not exist in Paralympic soccer.

The 7-a-side game made its official debut in the 1984 Paralympic Games in New York, and Team USA qualified their first team for the 1992 Paralympic Games in Barcelona. Team USA punched their ticket to Rio last June, when the squad captured seventh place in the 2015 Cerebral Palsy Football World Championships held in Chicago. After defeating Argentina for the first time in the program's history, the team became one of eight teams qualified to play in the Paralympic tournament this summer.

NGB TRAINING PROGRAMS. NATIONAL TEAMS

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

NUTRITION. DO SUPPLEMENTS GIVE THE EXTRA BOOST?

By Cheyenne Williams, Dietetic Intern

An athlete's sports performance is the result of a combination of genetics, training and diet. The use of dietary supplements to enhance sports performance should always be considered the "icing on the cake," something that is undertaken when all other aspects of improving performance are complete. Many athletes use supplements as part of their routine without fully understanding how the supplement works, what type of training it affects and without weighing the potential benefits or risks associated with their use. Some supplements can be beneficial to certain athletes in specific circumstances, but it should always be completely individualized. A recommendation for one athlete does not equate to a recommendation for all athletes!

A dietary supplement is defined as a pill, capsule, tablet, powder, liquid or other food form intended to supplement a whole food diet by providing any combination of vitamins, minerals, amino acids, herbs and botanicals. Dietary supplements may help improve nutrient deficiencies, increase intake of essential nutrients and may offer nutrients when food sources are limited. Although nothing can replace the benefits of real food, some dietary supplements can be used in addition to a healthy diet to either manage a known nutritional deficiency or provide ergogenic ("performance-enhancing") benefits, such as increasing nutrient intake, lean mass, energy levels or recovery.

Although some supplements can provide safe and legal ergogenic benefits, it is critical for athletes to recognize that dietary supplements are not regulated by the Federal Drug Administration (FDA), creating concerns about purity, safety and efficacy of certain supplements. Some supplements may contain banned substances, even if they are not listed on the label. Supplements to avoid include ones that claim fat burning/weight loss benefits and pre-workout mixtures, because they are more likely to be contaminated with anabolic steroids, stimulants and other contaminants. All athletes should chose food first and select supplements with a Third Party Testing certification to prevent a positive drug test that can leave them ineligible for competition.

The most prominent organizations that offer third-party certification are NSF International, Informed-Choice, United States Pharmacopeia (USP), ConsumerLab, and Banned Substances Control Group (BSCG). NSF's Certified for Sport® and Informed Choice are programs that test every single batch of product for substances which are banned on the WADA list. NSF's Certified for Sport® also conduct safety reviews to verify that the combination of ingredients is not harmful and certifies that what is on the label is actually in the bottle. Once each batch of the product has been certified, a certification/seal is provided to appear on the label of the product. There is always a level of risk associated with supplement use, but choosing ones produced by a reputable company and third party batch-tested are less likely to be associated with inadvertent drug tests. If there are any questions or concerns about choosing a safe supplement, consult with a Sport Dietitian who is familiar with the WADA Prohibited List before taking any supplements. If you are interested in understanding more about safe and legal ergogenic aids which may be relevant to you and your sport, seek the advice of your Sport Dietitian. The internet or other athletes are NOT a reliable source of information! As a very well-known sport scientist states, "if it works, it's probably banned. If it isn't banned, it probably doesn't work!"

Even with the use of dietary supplements, the most important aspect of training comes down to the sheer discipline of what an athlete puts into their body. Food is the fuel that provides the ability to go the extra distance, to train the extra hour and to give your best effort. As an elite athlete, you need to be aware of the fuel going into your body, because it can make or break your performance. Without properly fueling your body and providing what it needs, your performance will suffer. Adequate fueling and recovery from food provides the ultimate ergogenic benefit.

Third Party groups have varying levels of detection and numbers of substances that they test for in each product. The table below displays the most prominent Third Party Testing organizations and their measures.

Measures					
Random GMP Audits	✓	✓		✓	✓
ISO 17025 Certified Lab		✓		✓	✓
# of Screened WADA Banned Substances			60+	146	165+
Toxicology Assessment	✓	✓			✓
Testing of Raw Materials	✓	✓	✓	✓	✓
Label Verification	✓	✓	✓	✓	✓

ATHLETES IN COMPETITION. RESULTS

ARCHERY – Indoor World Archery Championships

March 1-6..... Ankara, Turkey
 Brady Ellison collected his third straight World Archery Indoor Championship bronze medal at the 2016 competition, defeating Massimiliano Mandia of Italy 6-4. Ellison fell to Ukrainian Makarevych Sergii in the semifinal round after dropping an eight in the third round of the match. Fellow Team USA archer Caleb Miller finished 17th overall at the tournament.

WOMEN’S RUGBY – Las Vegas Invitational

March 3-4 Las Vegas, Nevada
 After breezing through pool play defeating Brazil, Stars Rugby 2 and South Africa Select, Team USA moved on to defeat Stars Rugby 1 in the Cup Quarterfinal. The USA Falcons Women’s squad surrendered their only loss in the Las Vegas Invitational tournament to France Select in the Cup Semifinal, falling 24-5. Kate Zackary scored the only American try in the match during the second half.

MEN’S RUGBY – Las Vegas Invitational

March 3-4 Las Vegas, Nevada
 The Men’s USA Falcons went undefeated to win the American Cup after a close 17-12 victory over the French squad Froggies Midol. The Froggies tied the score 12-12 in the ninth minute, but USA Falcons Captain Peter Tiberio scored the final try, securing the American victory. The Falcons went 6-0 in the tournament, winning their first ever LVI hardware.

MEN’S RUGBY – Las Vegas Sevens World Series

March 5-6 Las Vegas, Nevada
 The USA Rugby Sevens Men’s National Team won against Wales, notched a draw against Canada and lost to South Africa in pool play. The Eagles made their way into the Cup Quarterfinal where they beat the Kenyan team, but went on to lose against Fiji in the Cup Semifinal. Ultimately, Team USA took fourth place, falling to South Africa in the third-place match 21-10. The fourth place finish elevated the Eagles from seventh place to fifth in the 2015-16 Rugby Sevens World Series standings. Wing Perry Baker was named to the Dream Team after scoring five tries throughout the tournament, while Captain Madison Hughes kicked 10 conversions over the weekend.

WHEELCHAIR TENNIS – Pensacola Open

March 9-13..... Pensacola, Florida
 David Wagner came away with a doubles win with fellow American Nicholas Taylor. Wagner/Taylor met fellow resident athlete Greg Hasterok who was paired with David Jordan in the semifinal, with the former winning 6-0, 6-4. The Wagner/Taylor duo moved on to meet British pair Jamie Burdekin/Andy Lapthorne, beating them in straight sets 6-4, 6-4. Hasterok met Australian Dyland Alcott in the quarterfinal of the singles tournament, falling 7-5, 6-1. Wagner and Alcott faced off in the final match, where Alcott took the win 7-5, 7-6.

TRACK & FIELD – USA Indoor Track & Field National Championships

March 11-12Portland, Oregon
 CVOTC resident athletes made a strong showing at Indoor Nationals with 12 athletes competing in finals.

Brittney Reese won her third Indoor National Championship title in the long jump with a 6.89m jump, followed by Toni Smith who secured ninth place with a 6.04m jump.

In the women’s triple jump, April Sinkler took fifth, Alitta Boyd took ninth and Toni Smith took 10th place with best jumps of 13.36m, 13.14m and 13.05m, respectively.

Shannon Leinert finished sixth in the 800m with a time of 2:08.59.

Ronald Brookins took seventh in the 60m hurdles in 7.89 seconds and eighth in the long jump with a leap of 7.48m.

Jeff Henderson finished second with an 8.05m jump in the long jump.

In the men’s high jump, Bryan McBride took second clearing 2.26m, followed by Ricky Robertson in fourth with a 2.18m jump.

Chris Benard took third in the triple jump with 16.93m, while David Wilson took 10th with 15.68m.

Men’s Rugby Sevens National Team member Carlin Isles took a break from the Rugby Sevens World Series to run the 60m race, finishing fifth overall with a time of 6.67 seconds.

MEN’S RUGBY – Vancouver Sevens World Series

March 12-13 Vancouver, BC, Canada
 The Men’s National Team won back-to-back games in pool play, with a dominant victory over France in the opening match 42-14, followed by a close 17-12 win over England. The Eagles moved on to the Cup Quarterfinal where they led for most of the match, but ultimately fell to Fiji 31-26 in a sudden-death heartbreaker. After a convincing win over Wales in the Plate Semifinal, the Eagles were defeated by Samoa in the Plate Final 31-19. Team USA holds on to fifth place in the 2015-16 World Series rankings with four legs remaining. Martin Iosefo was named to the tournament’s Dream Team.



ATHLETES IN COMPETITION. RESULTS - CONTINUED

WHEELCHAIR TENNIS – Cajun Classic

March 16-20..... Baton Rouge, Louisiana
 David Wagner won both the Quad Wheelchair Open Singles and Doubles tournaments. Wagner defeated Andy Laphorne of England in three sets, 6-2; 2-6; 6-4. Wagner and his doubles partner Nick Taylor were victorious over pair Antony Cotterill of England and Itay Erenlib of Israel in straight sets, 6-4; 6-0.

TRACK & FIELD – World Indoor Championships

March 17-20.....Portland, Oregon
 Four CVOTC resident athletes earned spots to compete in the IAAF World Indoor Championships, held two weeks after USATF Indoor Nationals. Brittney Reese claimed another Indoor World Champion title in the long jump with a come-from-behind final jump of 7.22m. Ricky Robertson claimed 12th place in the high jump, clearing 2.20m. Jeff Henderson narrowly missed the podium in the long jump, hitting the 8.19m mark for fourth place and Chris Benard notched 16.15m in the triple jump for 11th place.

BMX – UCI BMX Supercross World Cup

March 25-26.....Santiago del Estero, Argentina
 Corben Sharrah and Connor Fields took the top two podium spots in the Men’s Elite race and fellow Team USA member Nic Long took seventh place. On the Women’s Elite side, Alise Post and Brooke Crain finished in sixth and seventh in the main event; however, Post took third place in the Time Trial Superfinal that was contested the first day of competition.

TRACK & FIELD – Aztec Invitational

March 25-26.....San Diego, California
 Several CVOTC resident athletes and frequent visitors opened their outdoor seasons at the Aztec Invitational at San Diego State University. With no specific Paralympic events aside from wheelchair races, all events were combined with able-bodied athletes. David Brown placed 18th overall in both the 200m and 400m, finishing in 22.78 and 54.28, respectively. Hagan Landry placed 27th overall in the shot put, reaching 10.05m. Landry went on to break his own IPC Americas Record (F41) in the javelin with a distance of 35.04m, good for 18th place. Erik Hightower swept both the 100m and 200m wheelchair races, finishing in 14.70 and 25.68 seconds, respectively. Fellow resident wheelchair racer Austin Pruitt took third in both races, with times of 17.33 and 28.8 seconds. Kym Crosby finished 29th in the 200m with a time of 25.88 seconds and 19th in the 400m with a time of 59.17 seconds. Ahkeel Whitehead took 24th and 22nd, respectively, in the 100m and 200m dashes with times of 12.27 and 25.64 seconds. Decathlete Miller Moss took part in a few events as a tune up and placed seventh in the 400m with a time of 49.21 seconds and third in the 110m hurdles with a time of 14.69 seconds. Mason Rhodes ran for 10th place in the 200m with a time of 21.92 seconds. Derick Hinch and Joey Uhle tied for third in the pole vault, clearing 5.28m each. Kourtney Ross and Kristen Brown went 1-2 in the women’s pole vault, clearing 4.28m and 4.18m, respectively.

Frequent visitor Hunter Woodhall finished in 21st in the 200m with a time of 23.52 seconds and 13th in the 400m with a time of 51.28 seconds. Mark Braun took second place in both the 100m and 200m wheelchair races, finishing in 15.86 and 26.47 seconds, while Arturo Torres finished fourth in both races with times of 17.69 and 29.21 seconds. Aubrey Headon placed 30th in the 100m in 17.57 seconds and 37th in the 200m in 37.57 seconds.

ATHLETES IN TRAINING. UPCOMING CAMPS

- Rowing – Senior Lightweight Men Winter Training Campthrough April 3
- Archery – Finland National Team Training Campthrough April 3
- Archery – Paralympic Archery National Team/Fast Track Camp 2.....through April 4
- Canoe – Czech National Team Canoe Training Campthrough April 5
- Track & Field – Poland National Team Training Campthrough April 20
- Track & Field – Brazil Throwers Camp.....through May 9
- Cycling – BMX International Sessions through July 31
- Triathlon – Paralympic Triathlon Cycling Skills CampApril 2 – 9
- Track & Field – Pomona & Mt. SAC Paralympic Prep Camp.....April 4 – 16
- Beach Volleyball – High Performance TryoutApril 8 – 9
- Track & Field – Sweden & Great Britain Global Throwing Group Camp..... April 11 – May 8
- Soccer – U-15 Girls Training Camp.....April 16 – 23
- Soccer – U-18 Men’s National Team CampApril 23 – 30
- Rugby – Men’s 7s April High Performance Camp.....April 24 – 29
- Beach Volleyball – High Performance TryoutApril 29 – 30
- Beach Volleyball – U-21 World Championships Training Camp April 29 – May 1