

# FOR A PLACE TO TRAIN TO BECOME AN OLYMPIAN?

## The OTC is an option!

The U.S. Olympic Training Center in Colorado Springs, Colo., is home to a men's gymnastics training center and resident program. What began in 1990 as a joint venture between USA Gymnastics and the U.S. Olympic Committee, has achieved its goals of international success in our sport.

The program has always been intended as a valuable resource for the men's gymnastics community and the resident team program is structured in a manner which allows the flexibility to help a wide variety of athletes with different training needs. The program has been host to resident athletes of junior age, post NCAA athletes and athletes looking for alternative training programs while attending college. The program also serves as a resource by providing short term training opportunities for non-resident national team athletes with special needs. In addition, the OTC program has assisted in the integration of sports science technology into the overall men's national program.

The focus of the men's gymnastics resident program is simple – international success



The OTC is a state of the art training and housing complex which is home to the U.S. Olympic Committee, several National Governing Bodies and resident team programs from many different sports. The OTC also hosts a myriad of national governing body events such as national team camps, development camps, selection competitions, international competitions, workshops and symposiums.

The focus of the men's gymnastics resident program is simple – international success. Everything about the program is geared toward maximizing the athlete's ability and performance in preparation for international competition. Training is done in a positive atmosphere using proven development and peak performance



training techniques. Realistic and positive goal setting is integrated into a progressive and individualized workout plan to produce superior competitive results.

The support that resident athletes at the Olympic Training Center receive while they pursue their Olympic dream is outstanding.

### Benefits include:

- Training in a modern and thoroughly equipped gymnastics facility.
- World Class Coaching from a professional and experienced staff.
  - Vitaly Marinitch** – Head Coach and World Championships medalist from the former USSR.
  - Dennis McIntyre** – Junior National Team coordinator and assistant coach. Also, former personal coach of Blaine Wilson at Columbus Gym. Academy.
  - Ron Brant** – Senior Team Coordinator, resource coach, and head coach at many international competitions.
- **Room and meals provided**– resident rooms are located in the Athlete Center which includes a dining hall, laundry facilities, study areas with high speed internet access and additional personal storage space.
- **Sports medicine support** which includes injury evaluation,

treatment and rehab services. In addition, athletes have access to sports psychology and nutritional counseling.

- **Sports science support** and monitoring which can lead to greater athletic achievement.
- **A world class weight training facility** with focused help from strength training specialists.
- **Athlete services and career counseling** – the OTC maintains an Athlete Services Center for studying, printing and other office and educational services located adjacent to the OTC library. In addition, help is available to athletes in a host of areas such as career counseling and resume writing.
- **Educational Support** – The USOC maintains a relationship with the Colorado Springs School Board to provide education to high school age resident athletes. In addition, the USOC maintains a scholarship program available to resident athletes for graduate and post graduate education. Colleges and Universities in the Colorado Springs area include: Colorado College: [coloradocollege.edu](http://coloradocollege.edu), Pikes Peak College: [ppcc.edu](http://ppcc.edu), University of Colorado – Colorado Springs: [uccs.edu](http://uccs.edu), and University of Phoenix: [phoenix.edu](http://phoenix.edu)

## Program Requirements

Resident athletes at the Olympic Training Center are required to train in accordance to the schedule and training plan set by the head team coach and guidelines set forth by the USOC. All individual training plans and goals are developed through interaction between the athlete and the coaching staff.

Annual goals for each resident athlete are submitted to USA Gymnastics and USOC and used as a basis for performance evaluation. All athletes are re-evaluated annually for continued participation in the resident program. The USOC requires 12 hours of community service annually from each resident athlete.



## How to Apply

Any athlete wishing to join the men's resident team training program at the Olympic Training Center must first submit three letters. The first is a letter of request from the athlete asking to be admitted to the program. Athletes should include their reasons for wishing to train as a resident athlete. The other two letters are support letters. One should come from the athlete's parents and the other letter should be a letter of support from the athlete's current gymnastics coach.

**Correspondence should be addressed to:**  
**Ron Galimore, Senior Director Men's Program**  
USA Gymnastics, Pan Am Plaza  
201 S. Capitol Ave. Suite 300  
Indianapolis, IN 46225

Athletes may be asked to submit a video tape demonstrating their skill level as part of the admission evaluation. All athletes approved to the resident team program are subject to an initial three month probation period at the Olympic Training Center.

For more information contact the Men's Program at USA Gymnastics by calling 317-237-5050.

USA Gymnastics spoke with some of the OTC athletes and here is what they have to say about the program.

### Jason Gatson – 2004 Olympic Medalist

**Q:** How do you think the OTC Resident Training Program has benefited you and/or helped you reach your goals.

**A:** For me it was an important turning point in my career. I moved to the OTC when I was 16 years old. At my gym in Arizona I was the only guy training at my level. I wanted to be with other gymnasts who had the same goal that I did – to train for the Olympics. It has been very beneficial for me. I've learned a lot. It was an important step in my gymnastics career! It will be nine years in June that I've lived here. I lived in a dorm for the first four years and then I bought a house. Now, I go to work at the training center and have life outside of the gym, too.

**Q:** What are the benefits of the Olympic Training Center outside of the gym that you have used the most to help you attain your goals.

**A:** College and funding is available here through the OTC. Plus, within the OTC there is sport science and sport psychology that have helped me with my gymnastics. Also, just to be around all the other athletes and sports has helped me grow as an athlete.

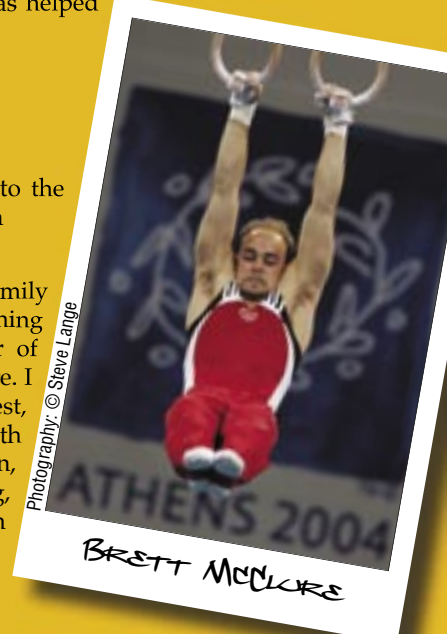
### Brett McClure – 2004 Olympic Medalist

**Q:** What attracted you move to the OTC Resident Training Program

**A:** I moved away from my family and into the Olympic Training Center because of the number of high level athletes that train here. I felt like to become one of the best, I should surround myself with the best. Guys like Blaine Wilson, John Macready, Chris Young, Jay Thornton, and Jason Gatson



Photography: © Steve Lange



Photography: © Steve Lange

were all training here at the time I moved in. It really put my motivation at a new level and made me even more determined to make an Olympic Team.

**Q:** How do you think the OTC Resident Training Program has benefited you and/or helped you reach your goals.

**A:** The Olympic Training Center helped me reach my goals by providing the best sports medicine and training facility in the world. Anything I ever needed as far as nutrition, to injury prevention, or just relaxation, and sports psychology, they have specialists in every aspect of competing in any sport.

**Q:** What advice would you give to an athlete considering the USOTC program?

**A:** The best advice I can give anybody who is interested in moving to the OTC is realize how lucky you are to have all these great people devoting all of their efforts into making the best athletes possible, and in return give all of your efforts into becoming the best that you can be. Never stop trying to overcome your goals and realize everybody in this facility is behind you 100 percent.

**Steve McGain -  
2000 Olympian and 2004 Olympic Alternate**

**Q:** You came to the OTC from UCLA after they dropped the men's program at UCLA, was that a good move for you?

**A:** It was a great move for me. It was really hard to train at UCLA after they dropped the program. There was no funding so anything I needed I had to go out and make happen by finding sponsorships or whatever. After a while it felt like a losing battle. I was concentrating more on making opportunities than doing gymnastics. Here at the OTC we have everything taken care of for us. We have the best medical facilities, food, equipment, coaches, housing, everything has been great. I felt like if I couldn't make it here, then I couldn't make it anywhere. It turned out to be a great thing for me. I took advantage of everything offered to me here and I was able to make progress by leaps and bounds in gymnastics. I went from not even being a contender to being a dominant contender in 2000.

**Q:** I understand that there is a USOC scholarship program. Could you tell me how this program has benefited you and made



it possible for you to continue your education while pursuing your gymnastics goals?

**A:** One of the things so unfortunate about leaving UCLA was that I wanted to get a degree from UCLA. I came to Colorado and learned they had a scholarship program here at University of Colorado and the Colorado Springs campus is just right down the street. I wanted a business degree and there is a very reputable business program right here. So, now I'm getting my finance degree and I have a 3.997 grade point average. If you can come to the USOTC and get all these great gymnastics benefits and an education for free, it is a no-brainer! It has definitely been a good decision for me.

**Q:** What advice would you give to an athlete considering the OTC program?

**A:** If you feel that you're ready to make a big commitment toward becoming the best gymnast you can possibly be, then the training center is a great option. It allows you to not worry about anything but gymnastics. If you want to see how good you can become then come to the training center to see what you're made of. There are so many resources like sport psychologists, weight training, sports sciences, that you don't have access to elsewhere.

**David Durante -  
2005 Winter Cup Champion**

**Q:** You just arrived at the Olympic Training Center, are you excited about being in the program? What are the training and living conditions like?

**A:** The OTC has been great so far. They have had some amazing success over the past few years and I am excited to be a part of it. I'm living in the dorms right now with Yewki (Tomita). It feels a little like college again, but it is so convenient. Everything you need is just a few feet away.

**Q:** You graduated from Stanford before coming to the OTC, but you are going to continue your education. Are you using any of the USOC programs to accomplish this?

**A:** The training center has scholarship programs for athletes who want to continue their education. I haven't taken advantage of this yet, but I am going to in the near future. I will probably take some classes over the summer in a bunch of different areas. The resources are amazing for all the athletes here.

