

**GOING FOR THE GOLD IN SAN DIEGO  
Tour of the USA Olympic Training Center**

**By**

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**Visitor's Center**

Our July General Meeting took the form of a tour to the Olympic Training Center (OTC) in Chula Vista, south and east of the City of San Diego. The tour was a special after-hours affair arranged by one of our members who has contacts at the OTC.



**Tour Group**

Our group of 13 was led by two guides using two golf carts to view most of the venues at the Center. Venues included: the Boathouse; archery range; track and field complex; field hockey, soccer, and soft ball fields; strength and conditioning complex; athletes' village; athletes housing and visitor center.



**Track and Field Complex**

One of the highlights of the tour was the chance to eat dinner at the Athlete Dining Hall. The food was excellent and there was quite a variety available. We felt privileged in that eating in the dining hall was an opportunity that most visitors to the center do not have. Of note is the fact that athlete's diets range from 2,500 to 7,000 calories per day.

The Center serves to train athletes from 21 sports including: track and field (also known as athletics), canoe/kayaking, soccer, field hockey, softball, archery, race walking and others. In addition, paralympic athletes also train at the facility.

The Center has extensive programs for the athletes that are chosen to attend. Besides world class practice facilities, there is a sports medicine complex and a sports science center each with state-of-the-art equipment and qualified personnel ready to aid the athletes at the camp. As an example, an athlete who is feeling lethargic can have a three-day diet review in which they log everything they eat, put the information into a computer and have an analysis which determines nutritional deficiencies. Another example is the use of biomechanics specialists who help athletes identify portions of their technique that are less than optimal, and what to do to improve these areas. These and other available programs provide athletes with opportunities to add value to their training.

We have planned a pro-bono Value Engineering study for the next expansion of the OTC. We are looking forward to this effort and another opportunity to visit this wonderful facility.