

THE OLYMPIC TRAINING CENTER



The 400-meter track and artificial turf infield are used by athletes from all sports in their training at the Olympic Training Center.

About the U.S. Olympic Training Center

An almost pure athletic environment is nestled at the base of Pike's Peak in Colorado Springs and Lake Placid. There is a spirit to excel, to push harder than the day before, propels athletes from across the country in their quest to become Olympic contenders.

Sprinters, swimmers, gymnasts, wrestlers — athletes in more than 30 different sports — now have a chance to receive some of the best training of their athletic careers. For many, the United States Olympic Training Center represents a dream finally fulfilled: an excellent set of training facilities in the country for amateur athletes.

The training center approach provides the best possible training for international-class athletes as well as those at other levels of ability. The concept emerged following the 1976 Olympics, when it became apparent that new advances were needed if U.S. athletes were to remain competitive with athletes from other nations. Simply, its purpose is to provide the most modern concepts in athletic training and development for any athlete who has the drive, ambition and ability to strive for an Olympic gold medal. This approach also helps identify athletes with the potential to become world-class performers.

Athletes are sent to train at the excellent but spartan OTC facilities after being selected by their National Governing Bodies (NGBs) on a basis of potential performance. Training programs range from developmental to elite. Each athlete can be examined, monitored, and evaluated to determine peak levels of performance.

Hard work, determination and natural ability designate how far an athlete will go. Less than 10 percent of 20,000 athletes who will train annually at the Olympic Training Centers will be considered world-class competitors. What is important is that all the athletes will have been recognized and given access to the nation's top coaches and training facilities to test their full abilities.



Bob Mathais, past Olympic Decathlon winner who now directs the Olympic Training Center, gave Coach Greg Shepard the Grand Tour.

Bob Mathais states "The OTC here in Colorado Springs has 620 beds on-site. As many as 1,000 athletes have been registered at a single time using other housing facilities during peak summer months." He further explained, "It costs an average of \$15.50 per day to house and feed one athlete."

The training center in Colorado Springs opened in 1977 at the site of the former Ent Air Force Base and has since been expanded. At the present time, the 34-acre Olympic Complex has 20 buildings, most of which are named after the sites of former Olympic Games. The Olympic Training Center includes six dormitories, one dining hall, recreation center and several meeting rooms. The athletic facilities include a 400-meter track, the Melbourne Training Building, Berlin Gymnasium, Munich Sports Medicine Building and the well-appointed Sports Center.

The Olympic Track

The 400-meter synthetic all-weather Chevron track meets the specifications of the International Amateur Athletic Federation necessary to validate world record performances.

Although designed for soccer and field hockey, the "Super Turf" synthetic, all-weather infield is used by all athletes. Athletes from all sports use both the track and infield for running, stretching and calisthenics.

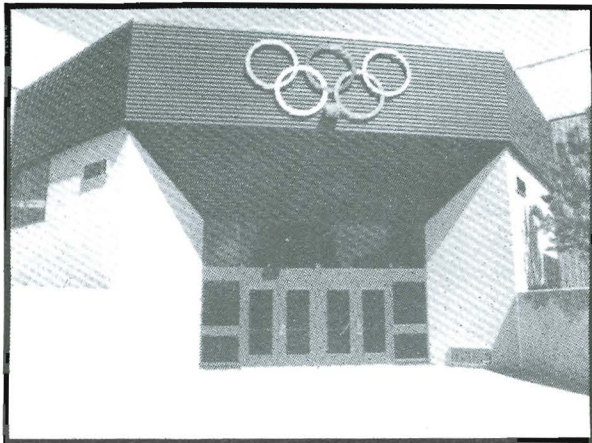
The track area also has special facilities for long jumpers, high jumpers, triple jumpers, and vaulters. Runways for the three jumping events are constructed for both eastward and westward approaches to counterbalance the prevailing wind conditions.

Additional Facilities in Colorado Springs

The community of Colorado Springs has several excellent facilities that also are used by athletes from the Olympic Training Center.

These facilities are located at the United States Air Force Academy, Fort Carson (a major U.S. Army installation), five local high schools, the well-established areas set aside by the community's Department of Parks and Recreation, and the Country Club of Colorado.

THE SPORTS CENTER



The \$4 million Sports Center contains six separate gyms.

Sports Center

The U.S. Olympic Committee opened its \$4 million Sports Center in July 1982. It contains six separate gymnasiums and is designed to accommodate the 12 sports on the programs of the Olympic and Pan American Games.

The 59,000 square-foot building is designed for quick change to accommodate a wide variety of sports simultaneously. The main hall, which seats 2,700 spectators, is used for special events and competitions at the Olympic Training Center.

It consists of three gymnasiums which have 118-by-58-foot maple floors and can be separated by curtains to provide practice areas.

The other three gymnasiums have resilient material floors and vary in size. One is 100 by 58 feet, a second measures 100 by 42 feet and the third is 120 by 45 feet.

For international volleyball competitions, the exhibition court ceiling in one gymnasium is 41 feet, meeting the international requirements.

The main floor of the Sports Center has two locker rooms, two athletic trainers' rooms, a first-aid room, a control room, as well as a conference room.

The Sports Center has been designed to provide training/competitive facilities meeting all requirements for the following sports: archery, basketball, boxing, fencing, gymnastics, judo, table tennis, team handball, volleyball, weightlifting and wrestling.

Prepoured concrete panels were used in the construction of the building. The foundation consists of 75 individual caissons sunk to depths of 30 to 45 feet and spanned by poured concrete grade beams.

The facility has "natural lighting" provided by 55 skylights.

OTC DIRECTOR BOB MATHAIS



Director Bob Mathais in a pensive mood contemplating all the things that should be done to help athletes.

Director — Bob Mathais

Bob Mathais, the only two-time Olympic decathlon gold medalist, was appointed director of the U.S. Olympic Training Center in 1977.

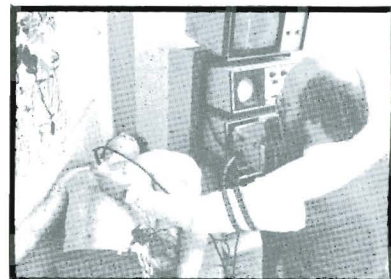
In 1948, at the age of 17, Mathais gained worldwide acclaim by winning the Olympic decathlon gold medal in London. He repeated his victory in 1952 in Helsinki, Finland, establishing a yet unbeaten record as the world's only two-time Olympic decathlon champion.

Mathais was elected to the U.S. Congress in 1966 as a representative from California and served until 1975. While a U.S. Representative, Mathais was a member of the Agriculture Committee and the Foreign Affairs Committee (now the International Relations Committee). He also served as a delegate to the House NATO Conferences.

As a representative of the Amateur Athletic Union (AAU) and on five trips abroad for the U.S. State Department, Mathais organized and encouraged sports and youth programs in America, Europe, Asia, Africa and Latin America.

Mathais was elected to the National Track and Field Hall of Fame in 1974 and was recently elected to the San Francisco Bay Area Hall of Fame. He received the AAU's Sullivan Award as the Outstanding Amateur Athlete of the Year in 1948 and was named as one of America's 10 most outstanding young men by the U.S. Junior Chamber of Commerce.

Mathais graduated from Stanford in 1953 with a B.A. degree in Education.



A sports physiologist measures the heart rate of an athlete.