

# The Sport Psychology Club Visits The U.S. Olympic Training Center

Chula Vista, CA, April 8, 2011



A view is worth a million words.



International flags hang in the boathouse to keep athletes focused on their purpose and goals.



Sean and Andrew check out the athletes' computer center.



Self-talk is critical to best performance. At the U.S. Training Center, words of inspiration are posted everywhere.



A little grub at the Tin Fish, San Diego before heading back to Fresno



Dr. Flowers chats about sport nutrition and athletes bonding in the cafeteria.



The strength and conditioning tent houses state-of-the-art equipment and blasts from the past.



So this is what it's like to lounge like an Olympian.



Pretty – no. Effective – yes. The crew team's strength and conditioning area is loaded with the essentials for making Olympians.



From left to right: Dr. Ross Flowers, Andrew Herrera, Bryan Crutcher, Ryan Ingalls, Sean Chamberlain, Jeremy Richter, and Dr. Wendy Borlabi

April 8, 2011, five Sport Psychology graduate students and Dr. Dawn Lewis visited the U.S. Olympic Training Center in Chula Vista, CA. The day began with a presentation and discussion with Dr. Ross Flowers, Senior Sport Psychologist to the U.S. Olympic Team. Dr. Flowers described his road to the USOC, discussed the functions of the sport psychologist at the training center and answered questions from the students. Sport Psychologist, Dr. Wendy Borlabi also discussed the education and professional experiences necessary to be considered for positions with national governing bodies (NGB) like the USOC. Next, our hosts took us on a tour of the impressive facilities which rest on 155 acres along the Lower Otay Reservoir in San Diego County. The campus has facilities for the Olympic sports of Archery, Biathlon, BMX, Bobsled, Cycling, Canoe/Kayak, Field Hockey, Luge, Rowing, Rugby, Skeleton, Skiing/Snowboard, Soccer, Softball, Speed Skating, Swimming, Track & Field, Triathlon, Volleyball, Water Polo and various Paralympic and Pan American Sport. We were glad this was a driving tour.