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CENTER *of* EXCELLENCE  
*for* SPORT SCIENCE  
*and* COACH EDUCATION

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EAST TENNESSEE STATE UNIVERSITY

## Fall Activities

We want you to know about us .....

Meg Stone, Center and Site Director

Our Site Designation includes U.S.A. Weightlifting, Bobsled & Skeleton, and Canoe/Kayak & White Water Slalom

2014



**U.S. OLYMPIC  
TRAINING SITE**  
EAST TENNESSEE STATE UNIVERSITY



**U.S. Canoe/Kayak athletes enjoying a meal at the home of our event coordinator, Emily Brockelman. All are non-resident athletes that came in for testing/strength and conditioning at ETSU Training Site in December.**

## **Center of Excellence for Sport Science and Coach Education (CESSCE)**

### **The Olympic Training Site (OTS)**

#### **July**

The **Center of Excellence** hosted the International Society for Biomechanics in Sport (ISBS). This event was organized by Dr. Kimi Sato, a board member of the ISBS, faculty member of the Dept of Exercise and Sport Science, and adjunct faculty member of both CESSCE and the OTS. There were 284 attendees from 28 countries.

All summer we hosted **three interns**; Emily Brockelman from Texas A&M, Eric Magrum from Bowling Green State University, and Duy Duong from Florida Atlantic.

On the 18<sup>th</sup> of July we lost Liz Schoen, our long time Executive Aide, and Emily Brockelman was hired to take her place and is doing a superior job.

On July 22<sup>nd</sup> **Coalition for Kids** participated in a workshop showcasing sports science which was a practical and theory experience for the kids.

July 29 – 31, Meg attended the **Olympic Training Site Managers Meeting** in Colorado Springs, a chance to interact with all of the other 17 site-managers and exchange ideas.

**ETSU Women's Basketball** Testing and Pre-Season began lead by Chris Bellon, head Strength and Conditioning Coach

## August

Testing of the **Intercollegiate Sports** began – Volleyball, Men's and Women's Soccer, Men's and Women's Tennis, Men's Golf, and Softball.

August 12<sup>th</sup> Rachel Balkovec from the minor league **Cardinals organization** in Johnson City visited the Center of Excellence to meet with the faculty and share thoughts on the baseball training programs used by the Cardinals organization.

Jeff Hsu, CEO of **Integration Sports** in Taiwan, a big supporter of our program, employing three of our former students, communicates with us monthly. He is also a major sponsor of our Coaches College held in December.

We also hosted a professional strength and conditioning coach from Taiwan to take part in an **intensive strength and conditioning course**. This was a pilot program in hopes to host three more professional S&C coaches from Taiwan next Fall.

**U.S.A. Canoe/Kayak** athletes came in twice for a three-day testing and update of their strength and conditioning program, organized by Dr. Brad DeWeese, one of our faculty members.

16 students and coaches from the **Chinese Culture University** in Taiwan participated in a week-long strength and conditioning course led by Catherine Chan and Dr. Andy Ho. All of our faculty were involved in giving lectures, as were many of our graduate students.

The **Scholarship Weightlifters** at the Olympic Training Site returned to campus during in August. (See attached brochure detailing all resident and non-resident OTS athletes.)

**Milligan Men's Basketball** did testing during August, and we continued to support them with strength and conditioning programs. One of our master's students works with them on a daily basis and travels with the team throughout the season. Milligan is currently leading their conference.

**Seven undergraduate interns** who have shown interest in sport coaching or strength and conditioning received mentoring from our graduate students in head S&C positions in our athletic weight-room.

**Paralympic Sports** - Derek Wilcox, World Record Holder in Powerlifting and currently working on his master's in our program has agreed to coach an undergraduate student with disabilities in Paralympic Powerlifting. As a result, we are in the process of beginning a Paralympic Team.

## September

September 3 - **USOC quarterly conference call** with all 17 Olympic Training Sites, as the USOC refers to us as the “Team behind the Team”

Faculty member, Dr. Sato, spent time in Japan at the **World Golf Championships** and visited sites for the 2020 Olympic Games to be held in Tokyo, Japan.

Andy Chen, our intern from Taiwan flew to Shanghai, China and presented a overview of our sport science program to the **Hong Kong Institute of Sport** – He was a guest speaker at the Institute’s annual meeting.

**The Olympic Assembly** takes place every September and every sports association in the USA is present at this conference. This event gives cities an opportunity to interact with National Governing Bodies (NGB) of sport with an opportunity to present a bid to host national sporting events. ETSU, through the USOC, has a presence every year at this event.

## October

High Performance Director for **US Rowing**, Curtis Jordan, has shown an interest in a relationship with the OTS to deliver their sport science. They invited one of our PhD students, Conrad Rapp, to visit the Princeton Boathouse to assess the possibilities. We will have a meeting with them at ETSU in early 2015 about a structured relationship for the 2016/2020 **Olympics**.

**U.S.A. Bobsled and Skeleton** was added to the OTS, and we will be adding two Bobsled athletes to our resident program in August 2015. Two of our PhD students, Alex Harrison and Michelle Howe, have been selected for the US National Bobsled Men’s and Women’s Teams. Alex is now pushing the USA-1 sled for gold-medalist, Steve Holcomb. They are currently preparing for the **World Cup** series.

The staff of the OTS paid a visit to the Olympic Training Site for U.S.A. Canoe/Kayak, the **U.S. National Whitewater Center** in Charlotte, NC. The visit was very informative as we discussed fundraising and community relations.

Dr. and Mrs. Stone presented at the **American Colleges of Sports Medicine (ACSM)** Central States meeting in Lawrence, Kansas.

The OTS had a small **Meet and Greet** function to say thank you to the people who have supported our site throughout the 2015 year.

## **November**

The first event of November was the **Stoneage Invitational Weightlifting Meet**, which was held in the Dome with 60 competitors from surrounding states, and a **live-feed to 7 different countries**. As a result of this kind of activity we have had several international students go through our program.

Former master's student, Geoffrey Fryer, who is now training in Colorado Springs with **U.S. Cycling**, sent an email to keep us updated with his progress. "Just wanted to let you know I've solidified my spot as the alternate for the World Cup season." Geoffrey is young and new to the track cycling world but is progressing nicely toward his goal of competing in the Olympic Games.

**The Board of the OTS** has had several very productive meetings to discuss fundraising and future activities of the OTS.

**The contract between the USOC and ETSU** has been negotiated and signed, and we are waiting the return for the fully executed document sometime in December. This contract will take the Site through the end of 2016.

**The 9<sup>th</sup> Annual Coaching and Sport Science College** had 110 attendees. (See attached brochure with schedule and speaker info). Many thanks to our sponsors, Integration Sports, Perform Better, Power Lift, GoMore, Totten Training Systems, and Catapult, all of whom have committed to coming back next year for the 10<sup>TH</sup> anniversary of the Coaches College.

### **Thanks to our Coaches College guest speakers**

- Alicia McConnell, Director of all Olympic Training Sites
- Jon Carlock, Director of Strength and Conditioning for the Special Forces in Fort Campbell
- Chris Carmichael, Carmichael Trainings Systems
- Clive Brewer, Independent Consultant for Strength and Conditioning in the U.K.

**All of us at the Olympic Training Site and Center of Excellence look forward to a productive 2015 Spring for the next report.**

**Steve Holcomb** attended a press conference to add Bobsled & Skeleton to the ETSU Olympic Training Site. He is the driver for USA-1, Gold-medalist in 2010, double Bronze-medalist in 2014.

Non-Resident Athlete - ETSU



Megan Poole, 2013/ 2014 University National Champion

Resident Athlete – ETSU



Thanks goes to all our training site staff - Dr. Mike Stone, Dr. Mike Ramsey, Dr. Brad DeWeese, Dr. Satoshi Mizuguchi, Dr. Kimi Sato, Dr. Ashley Kavanaugh, Mark South, Emily Brockelman and all our Master's and Doctoral Students. We cannot do it without you!