

# USOC PERFORMANCE SERVICES CENTERS

The USOC Sport Performance Division will operate two Performance Service Centers (PSCs), one in Vancouver and one in Whistler, during the 2010 Vancouver Olympic Winter Games. These PSCs exist to support Team USA athletes and coaches and provide a continuation of long-term sport science and sports medicine services that were started earlier in the quadrennium. Our goal is to continue these services through the Games for the express purpose of optimizing sport performance. Performing at your best in Olympic competition requires the integration of physical, technical, tactical and mental preparation as well as effective coaching. The PSCs are one way in which we've partnered with the sport National Governing Bodies (NGBs) to allow Team USA athletes to be as prepared as they can be when they step to the starting line in Vancouver. Below we present a short summary of the services offered at the PSCs.

## Performance Technology Services

Each Performance Services Center will provide a variety of video and technical assistance to athletes and coaches during the 2010 Vancouver Games.

- The PSCs will receive direct video feeds from each of the competition venues. USOC staff will record competitions footage, using Dartfish TeamPro software, for performance analysis or scouting, based on the request provided by each NGB. Coaches and athletes will be able to access video in a number of ways, ranging from DVD recording to download via wireless internet.
- Coaching review stations have been set up where coaches can review video with an individual athlete or team.
- Slingboxes are being used to 'broadcast' video to computers or video enabled phones used by coaches in the competition venue. This allows coaches to review footage with athletes between runs.
- Sport specific technology services are provided to NGBs (e.g. a dry fire range is set up in Whistler for the US Biathlon Team).



## Sport Psychology Services

Three USOC staff psychologists and four others on the ground working with Team USA athletes in Vancouver and Whistler. They will work 'behind the scenes' to provide:

- A continuation of sport psychology services started earlier in the quadrennium,
- Individual athlete consultations and address game-time sport psychology needs, and
- Intervene and respond should any crisis situation arise.

### **Sports Medicine Services**

The Olympic Games Sports Medicine staff will work out of the PSC to provide medical support to athletes, coaches and other USOC staff. The PSC provides an extension of services offered to athletes in the Village by providing a convenient location for athletes to meet personal coaches, athletic trainers, or other medical support staff who may not be credentialed to enter the Village.



### **Nutritional Services**

USOC nutritionists have been instrumental in helping Team USA athletes prepare to deliver their best performances during the Games. They have:

- Worked with VANOC to establish the dining hall menus that are being used during the Games.
- Developed a chef training programs for NGBs like skiing and speed skating to provide the best in nutritional support for athletes while they are living outside the village.
- Worked extensively with athletes and NGBs to develop appropriate fueling and recovery strategies.
- They will be on the ground in Vancouver and Whistler during the Games to help athletes implement these nutritional strategies while also providing individual consultations with athletes and/or teams if the need arises.

### **Exercise Physiology**

USOC staff are available to perform pulmonary function tests prior to, and during the Games. They are also working closely with USADA and USOC Sports Medicine to ensure all athletes comply with anti-doping rules and regulations.