

# 行政院及所屬各機關出國報告

〔出國類別：考察〕

## 美國奧會 ARCO 訓練中心考察報告

服務機關：行政院體育委員會

出國人職稱：處長

姓名：李高祥

服務機關：行政院

出國人職稱：參議

姓名：田湖月

出國地區：美國

出國期間：91年11月12日至

91年11月21日

報告日期：92年07月20日

C8/  
C09200452

系統識別號:C09200452

公 務 出 國 報 告 提 要

頁數: 51 含附件: 是

報告名稱:

美國奧會ARCO訓練中心考察報告

主辦機關:

行政院體育委員會

聯絡人/電話:

林敏鈺/87711834

出國人員:

李高祥 行政院體育委員會 運動設施處 處長  
田湖月 行政院 六組 參議

出國類別: 考察

出國地區: 美國

出國期間: 民國 91 年 11 月 12 日 - 民國 91 年 11 月 21 日

報告日期: 民國 92 年 07 月 20 日

分類號/目: C8/體育 C8/體育

關鍵詞: 運動場館, 棒球

內容摘要: 運動場館為提升運動水準及發展全民運動之先決條件，有符合國際標準之運動場館，才能爭取主辦各種國際正式之運動賽會，提升我國運動水準。由於美國體育運動發達，全民體育推展之普及化，一向為世人所推崇，尤其各項體育建設及運動設施，更為我國學習觀摩及提升我國現階段運動場館發展之需要，本次拜訪美國考察奧會ARCO訓練中心，並拜道參訪大型棒球場等舉辦世界級重大賽會之運動場館設施，透過實地訪視，瞭解該國運動設施之規劃設計、營運管理，並作為我國體育建設施政之參考，以提升國內運動訓練場館之經營管理及設施服務品質水準。

本文電子檔已上傳至出國報告資訊網

## 摘要

運動場館為提升運動水準及發展全民運動之先決條件，有符合國際標準之運動場館，才能爭取主辦各種國際正式之運動賽會，提升我國運動水準。由於美國體育運動發達，全民體育推展之普及化，一向為世人所推崇，尤其各項體育建設及運動設施，更為我國學習觀摩及提升我國現階段運動場館發展之需要，本次拜訪美國考察奧會 ARCO 訓練中心，並順道參訪大型棒球場等舉辦世界級重大賽會之運動場館設施，透過實地訪視，瞭解該國運動設施之規劃設計、營運管理，並作為我國體育建設施政之參考，以提升國內運動訓練場館之經營管理及設施服務品質水準。

## 目次

壹、考察目的.....	1
貳、考察行程.....	2
參、考察心得.....	4
一、ARCO 運動訓練中心.....	4
二、休士頓巨蛋棒球場.....	7
三、紐約洋基棒球場.....	11
肆、考察建議.....	15
伍、附錄.....	24

## 壹、考察目的

根據行政院主計處在民國八十二年的調查發現，國民期待優先辦理的文化建設項目中，以增建公共休憩場所排名第一，加強體育活動的舉辦與運動設施的增建排名第三。因此，運動場館為提升運動水準及發展全民運動之先決條件，有符合國際標準之運動場館，才能爭取主辦各種國際正式之運動賽會，提升我國運動水準，而政府相關機構積極從事開發運動場地設施的計畫與方案，已成為刻不容緩的課題。

本次考察行程原擬赴美國、日本就體育運動園區及高爾夫球場經營管理等作業進行考察，惟因考量本會現正辦理國家運動訓練中心設置計畫相關先期規劃作業，而美國又是全世界競技運動的超級強國，尤其各項體育建設及運動設施，更為我國學習觀摩及提升我國現階段運動場館發展之需要，基於我國運動現階段政策發展需要及因應未來趨勢與潮流，特調整計畫內容前往拜訪美國考察奧會訓練中心，並順道參訪大型棒球場等舉辦世界級重大賽會之運動場館設施，俾蒐集相關運動設施及體育政策之最新資訊，作為本會未來規劃各項運動設施之施政參考，以提升國內運動場館之經營管理及設施服務品質水準。

## 貳、考察行程：

本次考察行程考量考察日數、交通便利性、場館代表性等條件，選定主要考察對象包括：ARCO/U.S. Olympic Training Center、Houston Enron Field、Yankees Stadium 等重要大型體育場館運動設施，考察行程如表一。

表一 考察行程表

天數	日期	行程	地點
一	十一月十二日 (星期二)	搭機飛往美國舊金山，轉機至聖地牙哥	台北—舊金山—聖地牙哥
二	十月十三日 (星期三)	拜訪美國奧會 ARCO 訓練中心 (ARCO Training Center)	聖地牙哥
三	十月十四日 (星期四)	搭機飛往休士頓	聖地牙哥—休士頓
四	十月十五日 (星期五)	參觀休士頓巨蛋棒球場 (Houston Enron Field) 搭機前往紐約	休士頓 休士頓—紐約
五	十月十六日 (星期六)	參觀美國紐約洋基棒球場 (Yankees Stadium)	紐約
六	十月十七日 (星期日)	參觀美國紐約洋基棒球場 (Yankees Stadium)	紐約
七	十月十八日 (星期一)	蒐集運動設施資料	紐約
八	十月十九日 (星期二)	搭機返回台北	紐約—台北
九	十月二十日 (星期三)		機上
十	十月二十一日 (星期四)	抵達台北	台北

本次主要考察對象—美國奧會 ARCO 訓練中心，係就其人員組織、場館、政策等項目進行瞭解，其當日考察行程如表二。

表二 考察行程表

時間	行程
十一月十二日（星期二） PM07:35	抵達聖地牙哥，美國奧會 ARCO 訓練中心 人員代表接機
十月十三日（星期三） AM08:30	於下榻旅館前往美國奧會 ARCO 訓練中心
十月十三日（星期三） AM09:00-09:30	該中心主任 Patrice Milkovich 介紹與回顧中心之成立過程。
十月十三日（星期三） AM09:30-10:00	執行處經理 Dave Stow 介紹奧林匹克訓練中心的地點／服務事項
十月十三日（星期三） AM10:00-11:00	與該中心主任 Patrice Milkovich 一同實地參觀中心一圈
十月十三日（星期三） AM11:00-11:30	與重力訓練組協議長 Zach Weatherford 及選手訓練員、運動藥物的助理 Gina Maggio 會談有關提供物理性藥物
十月十三日（星期三） AM11:00-12:00	由運動科學與技術部門的經理（Michael Shannon）談論生理學與生物機制
十月十三日（星期三） AM12:00-13:00	與該中心協理 Faith Triggs 餐敘
十月十三日（星期三） AM13:00-13:30	至該中心專賣店
十月十三日（星期三） AM13:30-14:00	離開該中心

## 參、考察心得

### 一、ARCO 運動訓練中心

該中心於一九九五年六月十日啟用，規模 155 英畝，是美國第一個奧林匹克委員會訓練設施場館，主在致力於美國奧運選手的發展。美國奧會雖在柯羅拉多泉(柯羅拉多州)、寧靜湖(紐約州)都有訓練中心，然而在聖地牙哥這裡(Chula Vista)則是唯一一個具溫暖氣候、終年營運、多元運動種類的訓練環境。

#### (一) 運動訓練設施種類舉重

箭術、大雪橇、獨木舟、自行車、殘障運動、陸上曲棍球、仰臥滑行小雪橇、划船、英式橄欖球、滑雪／滑雪板、足球、壘球、桌球、三項(游泳、單車、賽路)全能、排球。

#### (二) 訓練場地

1. 船屋：船屋有 15,000 平方英尺寬，包括七個港灣，為美國划船與獨木舟選手所使用，其建築物包括更衣室與淋浴間。

2. 射箭館：五十條複合式射箭道為北美地區最大的室外射箭館，有移動式箭靶，可訓練 30、50、60、70、90 英尺的距離，其建築物裡面包括教練室、機械庫、選手休息室。



3. 複合式運動場：400 公尺的高級跑道，共計有 12 條跑道，並有適合跳躍比賽用的內場；其場地包括教練觀察台及支援性建物，另外，運動場內具羽翼跑者的雕像亦能激勵人心。

4. 複合式曲棍球場館：具灑水系統，符合國際標準規格。其投球發射台可再增加第二座，其場館內包括支援性建物及教練觀察台。

5. 複合式足球場：具有四座 115\*75 公尺的天然草皮足球場，是美國國家男、女足球隊受歡迎的場地，而且該中心對於附近社區參與運動者主動辦理相關運動競賽與門診。

6. 複合式網球場：除了提供四個硬式網球場外，並提供交互訓練與娛樂的機會。其場地空間足夠容納八個以上的球場。該場地包括支援性建物與教練觀察站。

7. 家庭式自行車標準場：長達一英里標準路線的自行車標準場，有十分之九是環繞在複合式場地邊緣外的，其以能看到足球場、射箭場、Lower Otay 湖與複合式壘球場等設施為特色。它提供自行車選手及三項全能選手一個訓練速度的設施場地；此外，該場亦開放鄉村道路俾連結到中心內部，為兼具景觀、訓練需求的場地。

8. 壘球場：該中心於 2000 年 7 月完成第一階段壘球場設置，包括主要的壘球運動場、練習場、打擊與投球所需練習用的活動擋球網以及設備儲藏室。這個場地設計是以美國國家男子壘球隊為使用對象；第二階段則將建設具 3000 個座位的壘球場，包括媒體包廂與媒體室、販賣部、休息室、衣物櫃、選手住處。此外，Chula Vista 城市亦提供 5 億美元過渡性貸款建設。

### （三）選手設施與使用情形

1. 選手村：包括選手報到處（註冊及行政單位）、運動藥物與科學中心、選手房間與餐廳，一天可提供 1000 份餐。

2. 選手房間：計有 34 個雙人房，2 套衛浴套房。

3. 居住式選手部分：計有超過 50 個選手定居該中心接受各項運動訓練，時間長達一年。

4. 當奧運選手並無使用這些場地時，另有上千個學生型選手與教練使用該中心的診所與競賽場地。

5. 使用者的數目：從 1995 年 4 月至 2002 年 10，該中心有超過 92,300 使用者使用 509,300 項場地設備；而有 95% 的使用者都是屬於短期性訓練方案。

### （四）其他相關設備與資訊

1. 參觀者中心：設有電影院（以奧林匹克文件、錄影帶為特色）、奧林匹克商店。觀光團來此可走參觀者路線來觀看主要內部場館設施。

2. 參觀者人數：自 1995 年開始，有近 195,000 人參觀。

3. 資金：美國奧會從聖地牙哥國家運動訓練基金會獲得該中心經營權，基金會團體成員包括熱心企業家、社區領導者及志工計捐 6 千 5 百萬美元來建立該中心。

4. 觀光團：為教育大眾支持奧運活動，該訓練中心提供內部設施導覽，每週一至週五早上十點到三點；週六從九點到下午四點；週日從十一點到下午三點。參觀者可看到描述奧林匹克歷史的錄影帶，並可至禮品店購買相關奧運商品。

5. 中心員工數：計有 55 位全職與計時員工。

6. 志工數：計有 150 位志工提供講解、招待、餐飲、廣播、駕駛與特殊協助。

7. 中心預算：每年平均為四百萬美元。

## 二、休士頓巨蛋棒球場

在二十世紀最後的十年裡，美國許多城市多以嶄新的棒球場來取代他們原有的運動場。常常這些新設計的球場期望對過去有種激勵作用。像是 Cincinnati, Milwaukee,

Dallas 及 San Francisco 等城市，他們的折衷方案則開始於藉由棒球場的建構，重新點燃對當地棒球隊的熱情，將熱愛棒球歷史帶入生活中。而巨蛋球場則是建構這股狂熱的結果，亦即在最具狄斯耐風格傳統上，量化、壓縮這些回憶並提供他們一種可獲利的方法。有些人長期抱怨這些球場並非為球迷而建造的，而是為了球隊主人，以幫助他們填滿錢包。

另個說法，大眾的回應及伴隨而來的好奇，增加了到場人數。許多建成圓頂 (domed) 或可縮回屋頂 (retractable roofs) 的球場，保持溫度的最小變化與獲利的最大數。但是以這個巨蛋球場為例，屋頂是必需的。如果它不是為了要獲得世界第一座圓頂棒球場的話，那麼休士頓這座巨蛋球場也不會有棒球隊。在 Bayou 城市整個夏天打戶外棒球是非常熱的。它可以持續一整個禮拜都維持在華氏 100 度以上，即使在晚上也不低於 90 度。因此，簡單地擁有屋頂是不夠的。西雅圖建造了一座具可縮回式屋頂的棒球場，但它主在隔離雨水。而在休士頓，球場屋頂不只是要移動，球場還需要空調，就像是個透明圓頂棒球場 (Astrodome)。這個屋頂重達 18,000,000 磅，涵蓋 6.5 英畝，每分鐘移到 0.356 英尺。這個巨蛋有許多改變使得它變得很特別。這個球場是建

在舊鐵路場裡。作為這個方案的一份子，聯合車站（密蘇里太平洋鐵路）建築物已改建且包括了球場的設計。它獲得了賣票部分的設施、餐廳及禮品店。從聯合車站的屋頂能看到這個球場來觀看球賽。甚至當屋頂關閉時，也可以從體育場 50,000 平方英尺的草牆看到比賽。另一方面，對於球場的鐵路經營歷史而言，延著球場的左方則有非常小型的鐵路。在左邊球場圍牆的頂端，實際上有 800 英尺長的鐵路。當巨人隊擊出全壘打時，長 57 英尺的火車頭在每小時 10 英里數裡就會從這頭到那頭吹出汽笛與軋軋聲。巨蛋球場可能是唯一本身擁有鐵路工程師來駕駛火車的球場。這個火車頭重達 48,000 磅，而且它實際上比一般火車大了 25%，以便觀眾更能容易的看清楚，而且它偶爾也會被全壘打給打中。

另一個主要的解釋是球場本身的形狀。在舉行少數球賽之後，這座棒球場已贏得“全壘打球場”之名。首先，短短幾個月競賽的客隊已樂於他們所打擊的全壘打數與舒適度。奇怪的是，巨人隊無法在他們自身的球場上複製這樣的功績。由於有許多奇怪的角度，則會有一些需要去計算全壘打中非常短的距離。事實上，總共有 17 個角度來形塑出這個球場。這還不包括”Tal 的斜坡”（由巨人隊經理 Tal

Smith 命名的)。它是巨蛋球場裡最奇怪的物體之一。在中央球場裡，它有 5 英尺高，90 英尺寬的斜坡。它被認為是個公正的領域，除了非故意地使球在某種奇怪方向上具有彈力外，當球員後退要去接球時，也使得他們都指向著這顆球。這個斜坡上插著旗竿。當球賽正進行時，如果球打到旗竿時，外野手仍然要去追球。再次這個理由使棒球場對於一般民眾而言，從無聊的國內休閒變得較為有趣。

而在球季期間，巨蛋球場在大聯盟裡被稱為有最大的計分板。這可能是真的，或者它可能是有點誇張的傾聽最早在巨蛋球場裡的計分板，而它的確是棒球場裡最大的，但是為了要容納最多的座位，最後仍然被拿下來了。巨蛋球場裡的計分板有 131 尺寬、35 尺高。透過眼睛可以看到計分板實際上是被分割成二份的，左半邊以單色顯示；右半邊以彩色顯示。有彩色的這邊可以用動畫表示，而且許多動畫都做的很好，可以在這裡找到應用已有的最高技術的動畫。吸引老球迷的是另一邊沒彩色的部分，它則為一套能描繪一頭牛或一個牛仔。但是當大型巨蛋計分板被拿開時，這個動畫也被拿下。該場有四個昂貴的計分板，一個是封閉的對須維修部分加以標題，一個是選擇性的展現比賽統計數字與股票行情

顯示器 (stock ticker)，第三個顯示的是其他地方正在舉行棒球比賽的實況，第四個是對打擊手提供統計數據。

在巨蛋棒球場還有其他設施，說明如下：

- 1 在 25 個婦女休息室裡有 308 間廁所。
- 2 在 24 個男士休息室裡有 297 間廁所。
- 3 移動式屋頂轉換系統是以 NASA

### 三、紐約洋基棒球場

#### (一) 基本使用資料

1. 承租人：紐約洋基隊 (AL)
2. 啟用時間：一九二三年四月十八日
3. 封閉時間：一九七三年九月三十日
4. 重新啟用時間：一九七六年四月十五日
5. 首場夜間比賽：一九四六年五月二十八日
6. 建築師：Osborn Engineering(1923)、  
Praeger-Kavanaugh-Waterbury(1976)
7. 建築公司：懷特建築公司 (於一九二三年成立)
8. 所有人：紐約洋基隊 (一九二三年—一九七一年)；  
紐約市 (自一九七一年起)
9. 成本：一九二三年花費 2.5 百萬美元建造；一九七六

年花費 48 百萬美元維護，但部分人士估計實際成本（含負債）超過 160 百萬美元。

## （二）硬體內容

1. 容納人數：一九二三年計容納 58,000 人、一九二六年計容納 62,000 人、一九二七年計容納 82,000 人、一九二八年計容納 67,113 人、一九二九年計容納 62,000 人、一九三七年計容納 71,699 人、一九四二年計容納 70,000 人、一九四八年計容納 67,000、一九五八年計容納 67,205 人、一九六一年計容納 67,337 人、一九六五年計容納 67,000 人、一九七一年計容納 54,028 人、一九七七年計容納 57,145 人、一九八〇年計容納 57,545 人。

### 2. 面積：

(1) 左半場部分：一九二三年為 280.58 平方英尺、一九二八年為 301 平方英尺、一九七六年為 312 平方英尺、一九八八年為 318 平方英尺。

(2) 在短縮的左邊中心裡，候補投手練習投球的區域的左邊部分：一九二三年為 395 平方英尺、一九二八年為 402 平方英尺、一九七六年為 387 平方



英尺、一九八五年為 490 平方英尺。

(3)候補投手練習投球的區域的右邊部分：一九三七年為 415 平方英尺。

(4)最深入的左邊中心部分：一九二三年為 500 平方英尺、一九二四年為 490 平方英尺、一九三七年為 457 平方英尺、一九七六年為 430 平方英尺、一九八五年為 411 平方英尺、一九八八年為 399 平方英尺。

(5)中外野隔板的左邊部分：一九三七年為 466 平方英尺。

(6)中外野部分：一九二三年為 487 平方英尺、一九三七年為 461 平方英尺、一九六七年為 463 平方英尺、一九七六年 417 平方英尺、一九八五年 410 平方英尺、一九八八年 408 平方英尺。

(7)最深入的右邊中心部分：一九二三年為 429 平方英尺、一九三七年為 407 平方英尺、一九七六年為 385 平方英尺。

(8)在短縮的右邊中心裡，候補投手練習投球的區域的左邊部分：一九二三年為 350 平方英尺、一九

三七年為 367 平方英尺、一九七六年為 353 平方英尺。

(9) 候補投手練習投球的區域的右邊部分：一九三七年為 344 平方英尺。

(10) 右半場部分：一九二三年為 294.75 平方英尺、一九三〇年為 295 平方英尺、一九三九年為 296 平方英尺、一九七六年為 310 平方英尺、一九八八年為 314 平方英尺。

(11) 本壘後方的擋球網部分：一九四二年為 82 平方英尺、一九五三年為 80 平方英尺、一九七六年為 84 平方英尺。

### (三) 其他資訊

1. 在球場邊的中心部分有時會升起或下降，就像一扇窗戶。
2. 在球場右邊中心的露邊看台常常稱為 Ruthville 與 Gehrigville。
3. 在洋基棒球場二壘下面，則有一個 15 英尺深，以磚線所劃出的地下儲藏室，包括電線、電話與連結售票口的電報。

4. 從一九二二年五月五日至一九二三年四月十八日間，在球場的原始結構裡，有三個堅固的露天平台，從本壘的後方延伸到每個角落，在左邊中心則有個單一的露天平台，而木製的露天平台則環繞在外場的其餘部分。

#### 肆、考察建議

##### 一、訓練中心場地應配置有現代化與科技化的聯絡技術

運動訓練環境是提升運動競爭實力的基本條件之一，目前我國唯一設施環境較理想的左訓中心，惟其土法煉鋼的訓練方式已無法在現代的競技運動立足，但科研人員為研究而研究，理論無法與運動訓練結合，教練沒有科研知識與觀念，未能善用科研新知於運動訓練仍是不爭的現實。資訊的運用是未來運動訓練最主要的工具，從選才、育才、造才到成才，競技運動實力的提升，將必借重資訊與科研。爰此，積極引進資訊與科研介入運動訓練工作，亦是有待加強改善的問題。

運動已是世界共通的文化之一；舉辦國際賽會，除了爭強鬥勝之外，扮演更多合作與友誼的角色。一方面，高度資訊化的結果，使得運動世界變得更廣闊，內容更豐富，資訊

取得更簡單，藉助運動，溝通與交流的機會更為頻繁，國際關係更為緊密。另一方面，隨著運動科學研究的突飛猛進，以及運動交流的國際化，國際間運動資訊的服務或傳輸系統，也獲得大幅的改良與提升。

因此，資訊科技的發達，使得世界各國投入運動資訊專業資料庫的研發，同時也致力於資訊的提供與服務，以確立各國運動資訊中心的合作體制，而此種共生共榮的國際關係，應驗了國際社會新秩序的建立，也是國際間所要面對的重要課題。

例如，加拿大的運動資料中心，在過去二十年中，除提供線上多元化的運動資訊服務外，並製作運動資訊光碟，定期發行服務雜誌，出版不同主題的資料文獻專輯，供各國參用。其他如美國、法國、西班牙、芬蘭等國家，莫不竭盡全力，開發不同語系的運動資訊服務系統，以期在資訊社會中，扮演應有的領導角色。亞太地區國家，也正急起直追，相關國家，正協議共同籌設「亞太全民運動資訊中心」，藉以做為亞太地區各國運動相關資訊交換之據點。共生社會，資訊共享的時代，已因時勢所趨，水到渠成。

## 二、運動場館應走向精緻化的經營管理效率

國內運動場館過去一直依賴政府補助方式維持其營運，惟在面臨財政吃緊的情況下，場館經營須採納企業管理觀點，以下列方式擺脫場館使用效率不彰的刻板印象：

- (一) 建立運動場館經營與管理人才證照制度。
- (二) 舉辦運動場館經營觀摩會，以推廣國內外成功經驗。
- (三) 建立運動場館營運績效評鑑、獎勵與輔導制度。
- (四) 修正預算法規有關統收統支規定，允許公立學校運動場館收入可由場館管理單位設立專帳管理，並限用於設施維護與體育活動推展。
- (五) 建立志工養成制度，輔導成立志工組織，協助運動場館提升營運績效。
- (六) 推動制定社區運動場館與設施認養法規，並建立與推動使用者付費制度。
- (七) 推動運動專業科系所畢業生社會服務役制度，擔任社區體育指導工作。
- (八) 檢討現有公立場館人員編制與經費編列，各場館管理人員並可採行早晚班制或假日輪班制，延長

開放時段，發揮場館效益。

### 三、運動場館應建立企業贊助體系

今日的社會，工作壓力沉重、財富增加、教育水準提高、生活型態改變，重視健康與休閒生活的民眾與日俱增，參與各項體能活動的意願益趨強烈。政府為人民創造更好的運動環境是責無旁貸的。雖然政府財政日趨短絀，投注體育經費的比例也不高（八十九年度政府推動體育的經費僅佔當年 GNP 的百分之 0.0863；九十年度政府推動體育的經費僅佔當年 GNP 的百分之 0.0823），但我國民間蘊藏豐富資源，活力無窮，如何鼓勵民間積極參與體育發展，逐步改變以往仰賴政府支持體育的傳統觀念，讓下一世紀體育的發展，成為政府與民間共同參與的事業，是我們應該深思的。

一般而言，運動風氣盛行的歐洲主要國家，常將體育經費列為國家總預算的重要項目，如德國、法國、義大利及英國，而日本則將體育經費分列在中央政府各部廳局中，依不同單位，主管不同體育業務，編列不同的相應經費。不過，有些國家為了使國家競技水準可獲計畫性、持續性的保障，特別成立「運動發展基金」，如歐洲的德國、英國、法國及

亞洲的日本、韓國等國家，都有國家級運動發展基金的設置，藉以強化競技能力，鼓勵傑出運動選手。所謂「運動發展基金」，類皆由國家支應部分經費，再由民間出資共同設置，主要業務則由基金會統籌規劃。以日本為例，基金由國家出資二五〇億日圓，餘由民間配合籌措，目前，總金額已達二八三億日圓。而地方基金，三重縣已達一〇二億日圓。

體育事業需要龐大的資源，不論人力或財力，仰賴政府統籌支應，雖不失為良策，但時代不同，環境互異，鼓勵全民參與，多元籌措財源，先進國家已將其作為推廣體育事業的上策。因此，在國際先進國家中，為廣籌體育運動財源，或發行運動彩票、獎券，或就公營競賽營收中提供一定比率之收益，用以支援體育事業之發展。國際上約有一百多個國家或地區發行彩券，其中發行運動彩券者，約近七十多個國家。除運動彩券外，歐洲主要國家之賽馬、賽狗，日本之自由車、汽艇賽及摩托車賽等之收益中，亦有一定之比率，供為推廣體育事業之用。

重視健康與休閒生活的民眾與日俱增，政府固然有責任以預算為人民創造良好的運動環境，因政府能力有限，觀察體育先進國家運用民間資源參與的力量，我們應鼓勵民間積

極參與體育發展，逐步改變以往仰賴政府支持體育發展的傳統觀念，結合政府與民間力量，共同捐資投注體育事業的發展，讓下一世紀體育的發展，成為政府與民間共同關注參與的事業。

#### 四、運動訓練中心應建置網路化的選手訓練委託服務系統

運動功能擴大以來，奧運金牌的意義，已經不只是運動實力的展現，因此，奧運奪金計畫，不同的國家體制，即有不同的盤算，而有不同的策略。如自由民主體制的國家，多以民間的力量營造奪牌的情境，達成奪牌的目的；而社會主義國家，則以國家的整體力量，打造奧運金牌，讓體育為政治服務。不過，國際上不管以何種方式或策略爭取國際運動競賽成績，基本上，對國際競賽水準的提升，莫不以展現國家形象、凝聚國民意識、展現國家威望為目的，因此不論政府或民間，對競技實力的期待，雖常有不同的作為，但奧運金牌的獲得，不只要有完整的人力配備、良好的教練照顧制度及理想的選手獎勵辦法，尤應有完善的運動訓練中心，這些都是奧運奪牌的起碼條件。

舉例來說，美國先在科羅拉多空軍基地開設「奧林匹克



訓練中心」，後有冬季奧運的「寧靜湖訓練中心」，再於加州聖地亞哥開設「國際運動訓練中心」，其目的至為明顯，只因一九七六年蒙特婁奧運屈居於蘇聯及東德之後，為發憤圖強，力求重振雄風。

觀察國際有名的運動訓練中心，不論是高地或平地，夏季或冬季，起碼的設施，除運動選手的膳宿餐廳外，體育館、游泳池、田徑場、自由車場、運動診療所、研究室、休閒中心、重量訓練室等，或全部，或部分設置外，幾乎均附有醫師、科研人員，甚至附設選手疾病傷害之預防、診斷、治療或短期復健照顧之「運動醫學中心」，同時附設由生物機轉、運動生理學、運動心理學、資訊科學、運動工程等五大部門組成之「運動科學中心」。由此可知，運動訓練中心應有的功能組織，一應俱全。

再者，運動科學介入奪牌計畫，應是耳熟能詳的事，從選才、育才到成才，無一不仰賴科學的方法，使能達成訓練效果，滿足訓練目標。而國際運動科學研究的努力方向，有從人體組織切入，有從動作分析、器材改進切入，更有從生化角度，開發有效而無害於人體的藥物，可說為獲得金牌而無孔不入，甚至有為達目的，而不擇手段者。因此，運動科

學研究團隊的組成，是科學研究介入運動訓練的最佳保證。以中國大陸為例，係以國家的力量，從組織建制，人力編組，到最新資訊蒐集，課題研發，一貫作業，集體行動，可說百密而無一疏。

綜上所述，為使運動訓練中心建置網路化的選手訓練委託服務系統，應須建置下列方案，使選手在培訓期間無後顧之憂：

- (一) 輔助綜合大學配合國家需要成立單項運動研究推展中心。
- (二) 輔導國立大學成立體育運動研究資訊中心，專責資訊蒐集、彙整、研析及其流通應用相關工作。
- (三) 成立國際體育資訊中心，掌握國際體育組織、競賽及會議相關動態資訊，藉以提升競技運動水準並促進國際體育交流。
- (四) 建構北、中、南區域競賽設施網路系統計畫
  1. 依台灣地區區位需求、運動特色、場地功能及服務等條件，評估規劃競賽場館之項目與數量需求。
  2. 落實輔助縣市政府辦理規劃與興建，以建構完整之競賽場館網路系統。

## 五、運動場館應結合觀光旅遊產業，豐富場館財源收入

為期透過各種運動競賽的推廣，增進運動人口及提升國民休閒生活品質，政府衡酌國內軟、硬體設施等環境，輔導國內普及且熱門的運動項目，逐步發展為職業運動，並配合國際運動賽會開放職業運動選手參加競賽趨勢，提升我國競技的實力。目前已有少部分職業運動團體為結合地方社會資源，用認養場館方式與地方政府合作，塑造經營場館模式，除解決自有場館不足之困境外，也製造其他運動產業與場館結合商機。

有關運動產業之發展在我國尚屬起步階段，因此在九十年代體委會結合學術界及企業界辦理許多宣導及推廣活動，諸如：運動產業博覽會、體育與台灣經濟研討會、運動產業政策國際研討會，以及運動產業徵才博覽會等。希望在國內建立運動產業的概念，並藉以凝聚產、官、學及國人之共識。

因此，政府應持續推動下列重要措施，除興盛運動產業外，並使場館具有自營自足的能力：

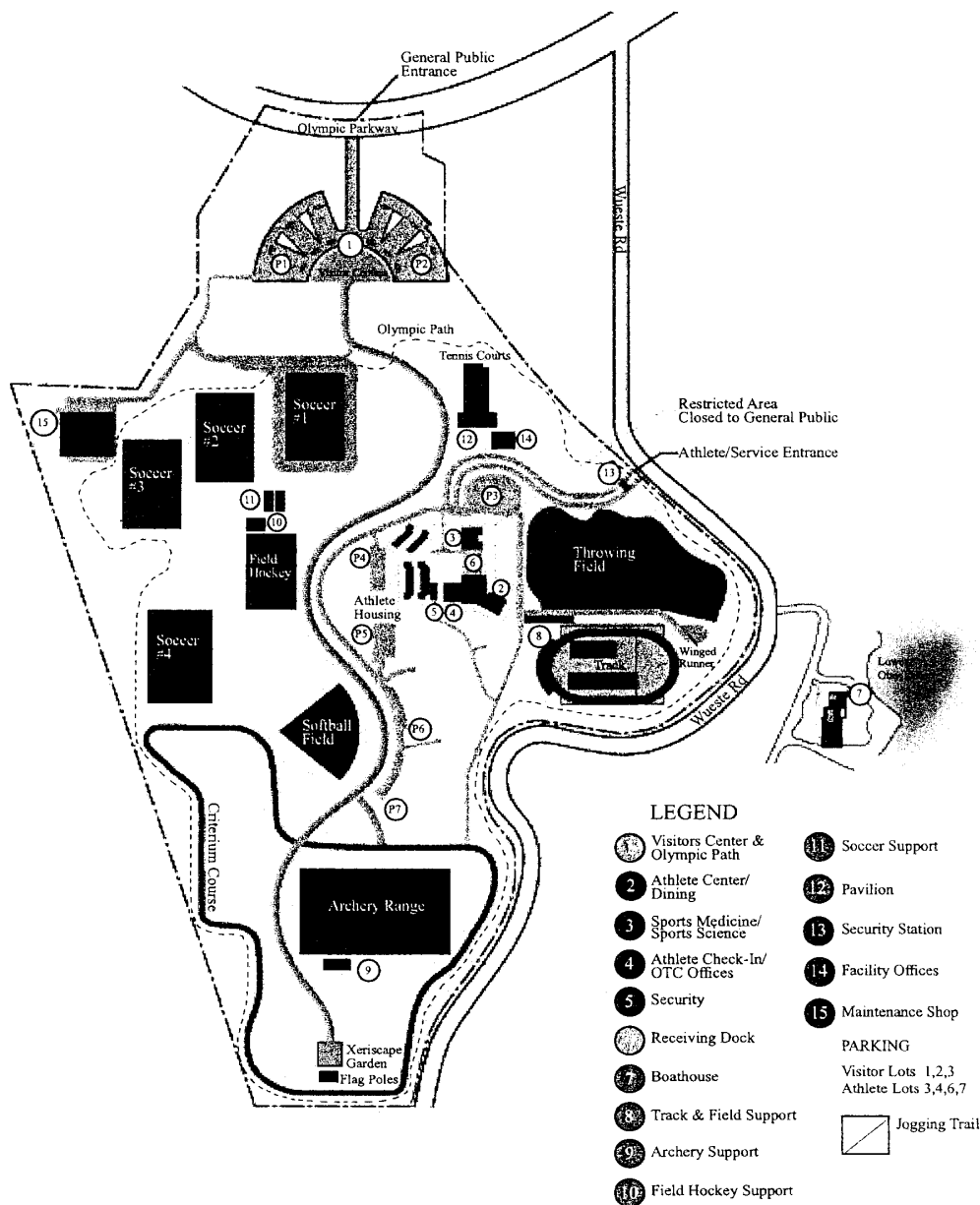
(一) 透過推動、活絡運動休閒產業，發揮運動休閒的

經濟價值。

- (二) 輔導體育團體增強行銷尋求贊助之能力，協助體育團體尋求企業贊助大型賽會與活動。
- (三) 輔導民間企業或人士依規定程序申請設立體育財團法人及體育公益信託基金，提供匯聚政府與民間體育資源的窗口。
- (四) 健全體育專業人員證照、進修制度，培育優秀的體育專業人才。
- (五) 完成運動產業產值調查及「運動產業推動計畫」；持續辦理運動產業博覽會。
- (六) 建立典章制度，鼓勵民間參與贊助、投資體育發展。
- (七) 鼓勵企業參與籌辦運動賽會及興建、經營運動場館。

## 伍、附錄

U.S. OLYMPIC TRAINING CENTER  
(CHULA VISTA)



**1996 Olympic Games**  
**ARCO/US Olympic Training Center**

175 Olympians trained at the ARCO/OTC

46 Olympic Medalists trained at the ARCO/OTC

**1998 Olympic Games**  
**ARCO/US Olympic Training Center**

18 Olympians trained at the ARCO/OTC

4 Olympic Medalists trained at the ARCO/OTC

## World Championship Medals

### ARCO/US Olympic Training Center

### 1995 - 2002

#### Athletics:

2002	2 <sup>nd</sup>	Cross Country 8k	Deena Drossin
1999	3 <sup>rd</sup>	Decathlon	Chris Huffins
1999	3 <sup>rd</sup>	Men's 50K Walk	Curt Clausen
1997	1 <sup>st</sup>	Men's 4X400 Relay	Young, Pettigrew, Jones, Washington
1997	1 <sup>st</sup>	Women's 4X100	Gaines, Jones, Miller, Devers)
1997	2 <sup>nd</sup>	Women's 4X400	Malone-Wallace, Graham, Batten, Miles-Clark

#### Canoe/Kayak:

2001	K-2	1000M 4 <sup>th</sup>	Kathy Colin, Ruth Nortje
2001	K-4	200M 1 <sup>st</sup>	Stein Jorgensen, Angel Perez
2001	K-2	500M 3 <sup>rd</sup>	Stein Jorgensen, Angel Perez

#### Rowing:

1999	2 <sup>nd</sup>	Women's Eight
1999	2 <sup>nd</sup>	Women's Four
1999	1 <sup>st</sup>	Women's Ltwt. Coxless Doubles
1999	2 <sup>nd</sup>	Women's Ltwt. Doubles
1999	1 <sup>st</sup>	Women's Ltwt. Quad
1999	2 <sup>nd</sup>	Women's Single
1998	1 <sup>st</sup>	Women's Ltwt. Doubles
1998	2 <sup>nd</sup>	Women's Ltwt. Quad
1998	3 <sup>rd</sup>	Women's Pair
1998	2 <sup>nd</sup>	Women's Eight
1997	1 <sup>st</sup>	Women's Ltwt. Single
1997	2 <sup>nd</sup>	Women's Ltwt. Pair

#### Soccer:

1999	1 <sup>st</sup>	Women's Team
------	-----------------	--------------

#### Softball:

1998	1 <sup>st</sup>	Women's Team
2000	3 <sup>rd</sup>	Men's Team

Resident Athletes are listed in red.

## ARCO/US Olympic Training Center Use Report

	Users	User Days
<b>1995</b>		
Residents	44	7,920
Short Term	960	11,240
<b>TOTAL</b>	<b>1,004</b>	<b>19,160</b>
<b>1996</b>		
Residents	48	6,424
Short Term	2,411	27,245
<b>TOTAL</b>	<b>2,459</b>	<b>33,669</b>
<b>1997</b>		
Residents	71	8,503
Short Term	3,644	50,844
Other*	4,076	5,633
<b>TOTAL</b>	<b>7,791</b>	<b>64,980</b>
<b>1998</b>		
Residents	98	13,739
Short Term	3,871	38,715
Other*	3,969	52,454
<b>TOTAL</b>	<b>12,321</b>	<b>65,323</b>
<b>1999</b>		
Residents	119	16,516
Short Term	3,655	40,048
Other*	10,102	14,264
<b>TOTAL</b>	<b>13,876</b>	<b>70,828</b>
<b>2000</b>		
Residents	91	20,046
Short Term	3,373	32,966
Other*	10,636	17,389
<b>TOTAL</b>	<b>14,100</b>	<b>70,401</b>
<b>2001</b>		
Residents	58	13,596
Short Term	3,921	38,138
Other*	12,112	21,510
<b>TOTAL</b>	<b>16,091</b>	<b>73,244</b>
<b>2002 (as of November 12, 2002)</b>		
Residents	104	14,507
Short Term	3,707	34,532
Other*	6,659	18,437
<b>TOTAL</b>	<b>10,470</b>	<b>67,476</b>

\*Other users are classified as NGB Local Development Programs, USOC/NGB Meetings, and Outside/Community Users. This use was not tracked 1995 and 1996.



## 1999 Pan American Games Medals

### ARCO/US Olympic Training Center

#### Gold (1 Individual, 3 Team)

Vic Wunderle	Archery	Team	Resident
Women's Soccer	Soccer	Team	Short Term
Women's Team	Softball	Team	Short Term
Men's Team	Softball	Team	Short Term

#### Silver (10 Individual)

Vic Wunderle	Archery	Men's Individual	Resident
Cunningham	Rowing	Lightweight W. 4x	Resident
Jaastad	Rowing	Lightweight W. 4x	Resident
Mowrey	Rowing	Lightweight W. 4x	Resident
Walther	Rowing	Lightweight W. 4x	Resident
Leslie Burns-Rawley	Rowing	Women 1x	Resident
Karen Kraft	Rowing	Women Double	Short Term
Missy Ryan	Rowing	Women Double	Short Term
McCleery	Rowing	Lightweight W. 2x	Short Term
Obidinski	Rowing	Lightweight W. 2x	Short Term

#### Bronze (1 Individual, 1 Team)

Phillip Dunn	Track and Field	50k Racewalk	Resident
Men's Soccer	Soccer	Team	Short Term

**2000 Summer Olympians**  
**ARCO/OTC Use**  
**1997 – 2000**

**Gold (1 Team)**

Women's Softball	Softball	Team	Short Term
------------------	----------	------	------------

**Silver (3 Individual, 1 Team)**

Vic Wunderle	Archery	Individual	Resident
Ricardo Juarez	Boxing	57k	Short Term
Ricardo Williams	Boxing	63.5k	Short Term
Women's Soccer	Soccer	Team	Short Term

**Bronze (7 Individual)**

Vic Wunderle	Archery	Team	Resident
Butch Johnson	Archery	Team	Short Term
Jermain Taylor	Boxing	71k	Short Term
Clarence Vinson	Boxing	54k	Short Term
Christine Collins	Rowing	Lightweight Doubles	Resident
Sarah Garner	Rowing	Lightweight Doubles	Resident
Chris Huffins	Track and Field	Decathlon	Short Term

**Olympian User Days for Quadrenium**

	1997	1998	1999	2000
<b>Resident Athletes</b>				
Users	15	16	18	22
User Days	1,920	4,224	4,333	6,487
<b>Short Term</b>				
Users	132	157	125	128
User Days	3,935	2,702	2,276	3,511

**2002 Winter Olympians**  
**ARCO/OTC Use**  
**1999 – 2002**

**Gold (1 Team)**

Jill Bakken	Bobsled	Two-man	Short Term
Vonetta Flowers			
Derek Parra	Speedskating	500 Meters	Short Term
Jim Shea Jr.	Skeleton	Individual	Short Term

**Silver (3 Individual, 1 Team)**

Todd Hays	Bobsled	Four-Man	Short Term
Randy Jones			
Bill Schuffenhauer			
Garrett Hines			
Bode Miller	Alpine Skiing	Combined, Giant Slalom	Short Term
Women's Hockey	Hockey	Team	Short Term
Mark Grimmette	Luge	Doubles	Short Term
Brian Martin			
Derek Parra	Speedskating	5000 Meters	Short Term

**Bronze (7 Individual)**

Brian Shimer	Bobsled	Four-Man	Short Term
Mike Kohn			
Doug Sharp			
Dan Steele			
Chris Thorpe	Luge	Doubles	Short Term
Clay Ives			

**Olympian User Days for Quadrenium**

	1999	2000	2001	2002
<b>Short Term</b>				
Users	16	15	30	14
User Days	190	208	351	267

## **ARCO/U.S. Olympic Training Center Media Guidelines**

**The following guidelines have been established for media at the  
ARCO/U.S. Olympic Training Center located in Chula Vista, California:**

\*Any person who comes to the **ARCO/U.S. Olympic Training Center** for the purpose of news gathering must first contact *Associate Director Faith Triggs* and later check in with her at the training center office to obtain a media credential. As a rule, we request that the media or National Governing Body contact the Associate Director for a briefing prior to visiting the ARCO/USOTC.

\* News gathering or news coverage at the ARCO/USOTC is **prohibited** outside of our **regular business hours of 8 a.m. - 5 p.m.** during the week or weekends **unless arranged in advance.**

\*Members of the news media and other affiliated organizations will not be allowed in non-public areas such as the dining hall, resident housing or sports medicine/sports science areas unless they have prior approval. Once approved, a member of the training center staff or a staff member of a National Governing Body will escort media. Again, all such visits will be coordinated with the Associate Director.

\*Interviews with specific athletes or staff on the complex should be requested well in advance but at least one day in advance with the appropriate NGB or ARCO/OTC staff member. This allows us adequate time to coordinate schedules and interviews.

\*Requests from national and/or international media will be coordinated by the United State Olympic Committee's Media and Public Affairs Division in Colorado Springs, Colorado.

**ARCO/U.S. Olympic Training Center**  
**2800 Olympic Parkway, Chula Vista, CA 91915**  
Main Phone Number: (619) 656-1500  
Fax Number: (619) 482-6200  
**Patrice Milkovich, Director**  
**Faith Triggs, Associate Director**

**USOC, Media and Public Relations Division, Colorado Springs, Colorado**  
Main Phone Number: (719) 866-4529  
Fax Number: (719) 866-4677  
**Mike Moran, Chief Communications Officer, Media & Public Relations**  
**Mike Wilson, Managing Director, Media & Public Relations**  
**Bob Condron, Director, Media Services**

# THE LAKE

November 2002 • Vol. 6 No. 11

## HITTING THE TARGET

Three hundred sixth-graders from local schools received coaching from the US Olympic archery team at the Olympic Training Center Sept. 25. See page 3 for the full story.

LOCAL NEWS • COMMUNITY EVENTS • ENTERTAINMENT & DINING

## Olympic archers hit the spot as Exercise the Dream begins its eighth year

"Wow!" "Cool!" the exuberant sixth grade students exclaimed as their arrows whizzed toward targets on the archery range at the Olympic Training Center in Chula Vista. Squeals of delight followed as many arrows hit bulls eyes.

The youngsters were participating in "Exercise the Dream," a unique program which provides physical education opportunities that teams children with Olympic athletes.

"Since its inception in 1995, Exercise the Dream has successfully introduced the

Olympic Movement to thousands of our community's youth," said Patrice A. Milkovich, Director of the ARCO Olympic Training Center.

"Initially created and sponsored by The EastLake Company, this unique educational program offered by the Chula Vista Elementary School District at OTC offers an extraordinary opportunity for children. Participation in the program hopefully serves to inspire youth to embrace Olympic ideals and to pursue excellence in their lives," Milkovich said.

"We have an outstanding program," said Chula Vista Elementary School District resource teacher Sharon Hillidge, who

has coordinated the program since its inception. "More than 65,000 children have had the opportunity to participate in Olympic sports."

The OTC in Chula Vista was the first warm-weather Olympic facility and the first training center to be built from the ground up. Visionary administrators of CVESD and OTC officials saw a unique opportunity to provide a physical education program unlike any other in the country.

"Exercise the Dream" educates Chula Vista's elementary students (K-6) about Olympic sports. Prior to visiting the OTC, students receive an hour-long orientation

on the OTC, Olympic Games, history, traditions, role of training centers, and expected conduct of participants.

During the sports/skills clinic held Sept. 25, more than 300 sixth-graders from four schools gathered at the visitors' center. Following a briefing on the morning's activities, they split into four groups. Each went to the first of the four sports fields they would visit.

The first group played tennis while the second practiced lacrosse cupping skills and the third participated in decathlon events. The fourth group stood quietly, in-

**ARCHERS**

CONTINUED FROM PAGE 3

tently observing John Burkett, a member of the US Archery Team, who displayed his winning form using a powerful recurve bow.

"Male archers shoot at 30, 50, 70, and 90 meters while women shoot at 30, 50, 60, and 70," explained Hillidge. "His bow requires 46 to 48 pounds of pressure for a 90-meter shot and is equivalent to standing in the end zone of a football stadium and trying to hit a three inch target in the other end zone. Archers shoot 144 times during the first round of a tournament."

After a brief introduction and a review of safety rules, the students formed several lines where additional Olympic archers and high school students helped

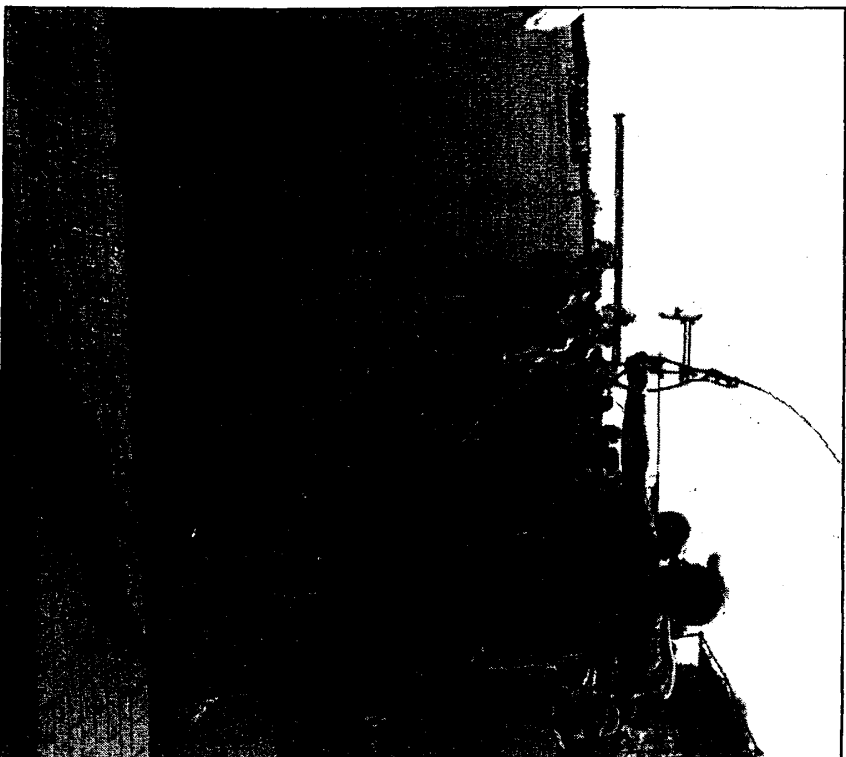
them prepare to shoot.

"Many of our high school volunteers remember taking part in 'Exercise the Dream' when they were in elementary school," said Hillidge. "It's exciting to see that the program made such a great impression on them that they want to return to help us."

Burkett, who ranks sixth in the country and was the number-one junior in the United States the last two years, helped the boys and girls in his line, patiently giving them pointers, holding their elbows up, and correcting their stances.

"I've just started shooting," said archer Phyllis Shipman as she watched student Jill Calvert pull back on the string, take aim, and release the arrow. Shipman, a retired superintendent from Hawaii, entered the Olympics later than most. She ranks ninth nationally and recently placed sev-

SEE ARCHERS, PAGE 5



PHOTOMARY JAE ERIS HEIN

John Burkett, a member of the US Olympic archery team, displayed his winning form using a powerful recurve bow at OTC's Exercise the Dream event Sept. 25.

## ARCHERS

CONTINUED FROM PAGE 4

enth in the Senior Female Recurve Division.

Karen Scavotto joined Olympic Archery Team 2000 in her senior year of high school. She was helping Amy Xander, Amy Monzon, and Jasmine Palm. Scavotto, who ranks first in the country and 15th in the world, recently placed sixth in the Senior Female Recurve Division.

Archer Ashley Kamuf, from Indiana, is a member of the winning Pan Am Games team. "I was the 1998 Junior World Champion and Adult Indoor World Compound Champion in 1999," she said shyly as she helped sixth-grader Brena Zuniga take aim. A few girls cowered, asking if it would hurt when the string snapped. They were assured it would not as they'd be wearing a leather arm protector.

Hillidge said that Americ Medical Response has donated its services and has had a unit on site at every sports clinic since 1997. Retired school nurse Jeanne McElyea is one of several longtime volunteers at the clinics.

"I came with my granddaughter's class and I was hooked," she said. McElyea said there have been very few accidents or injuries. "One year, though, we had a swarm of bees and several children were stung," she said.

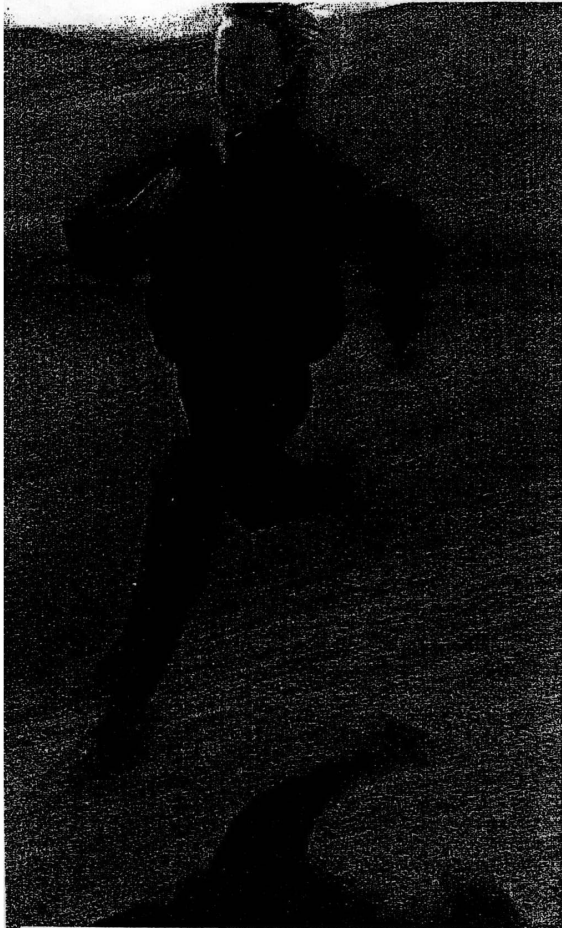
Hillidge is continually looking for ways to provide new activities for students and

athletes. "We are extremely excited about our upcoming pilot Intergenerational Games," she said. "Active older adults will be paired with fourth grade students from Vista Square School in the first of what will become an annual event."

The Intergenerational Games will be held at the OTC November 6 beginning at 9:30 a.m. The Agency of Aging and Independence Services and Norman Park Center will join the school district and OTC to sponsor this event.

The Annual National Girls and Women in Sports Day for preteen girls will be held on Tuesday, Feb. 11. Upcoming sports and skills clinics are scheduled for Nov. 20, Dec. 11, Jan. 22, March 5 and 26, April 30, and May 14. The final event of the 2002-2003 season, "Dream and Dash Games," will be held June 4.



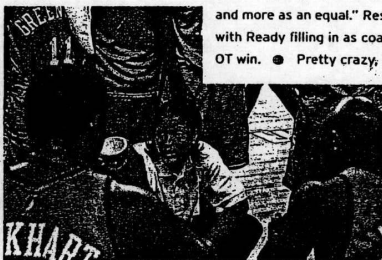


**DEENA DROSSIN**  
--- LONG-DISTANCE RUNNING ---

IT ALL STARTED WITH A BEE STING. ● MOST TRACK FANS WILL TELL YOU THAT DROSSIN'S DASH to the peak of her sport began last November at the New York City Marathon. In her first race at that distance, she finished in 2:26:58, the best American time in a decade. But she really caught the bug at the 2000 World Cross Country Championships. About 100 meters into the 10K, a bee flew into Drossin's mouth and gave her an unexpected jolt. As she continued running with the lead pack, her throat began to swell; halfway through the third loop, she passed out from lack of oxygen. Race over? No way. Deena got up and still finished 12th. ● "When she won her first race with me seven years ago," says coach Joe Vigil, "I told her I wouldn't let her rest until she was the best long-distance runner in the world." Now the 29-year-old Drossin is so close she can taste it. In March she took silver behind Great Britain's Paula Radcliffe at worlds. In May she shattered Lynn Jennings' American record in the 10,000 by 29 seconds (30:50.32). Next up: the 5,000 at nationals in late June and again in Stockholm on July 16. In October it's the Chicago Marathon, a flat course that should feel like a breeze to someone who's been training in the high altitude of Mammoth Lakes, Calif. (She put in 130 miles a week there to prep for New York.) ● "It's an exciting time for women's distance running," Drossin says. "The bar keeps being raised. Records are being broken." Can she break Joan Benoit Samuelson's 16-year-old U.S. marathon mark? "I don't want to say." Okay, but here's a hint: She has 2:21:21 taped to her refrigerator door. -DAVE KUEHLS

DROSSIN'S HOT STREAK PUTS THE U.S. IN RARE AIR.

WHILE READY GETS HER GROOVE ON IN GREENVILLE ...



... THE HOOBS GREENVILLE (S.C.) GROOVE, the 26-year-old Ready is touted as the first woman to coach a men's pro sports team. "I have to get past some perceptions," she admits. ● No one blinks when men coach women, but it's still an eye-opener when women lead men. Then again, Ready could coach cats into water. She played hoops and volleyball at Coppin State, later coaching the lady spikers to their first victory in five seasons. Men's basketball coach Ron "Fang" Mitchell hired her as an assistant in 1999. "Everyone said, 'Are you crazy?'" he recalls. "But you should see how much she knows." ● Some players still needed convincing after D-League director Karl Hicks hired Ready last August. "But as the season went on," says Groove guard Jeff Myers, "we looked at her less as a woman and more as an equal." Result: Greenville won the title, with Ready filling in as coach one game and getting an OT win. ● Pretty crazy, huh? -SETH WICKERSHAM

... RIZZOTTI BRINGS BIG HYPE TO HARTFORD.



**JENNIFER RIZZOTTI**  
--- WOMEN'S BASKETBALL ---

THE MORNING AFTER UCONN'S MEN WON THE 2002 Big East tourney in double-OT, they were greeted by this *Hartford Courant* headline: "Next Jen-Eration." Underneath was a giant photo of Rizzotti cutting the net after her Hartford Hawks had earned their first-ever NCAA bid. ● Eyebrows raised when Hawks AD Pat Meiser-McKnett hired Rizzotti, then 25, as coach in 1999. Her previous sideline experience: assisting AAU 12-year-olds. But Rizzotti's résumé was hardly lacking in on-court cred: point guard for 35-O UConn in 1995. National Player of the Year in '96. WNBA champ with Houston in '99. Besides, the AD had a "sixth sense"—like the one she tapped into 14 years earlier when she chose an unknown Virginia assistant named Geno Auriemma to lead the struggling Huskies. ● "I know I've benefited a lot from this move," Rizzotti says. "But so has Hartford." Home attendance has more than tripled since her arrival (1,114 a game), and her players now have legit pro aspirations. While Rizzotti moonlights as PG with the Cleveland Rockers, graduating center Kenitra Johnson hopes to catch on overseas: "Coach is so well-known, it means more opportunities for us." ● Look out, Geno. -DAN HODES

2 | ESPN Magazine  
June 24, 2002  
article: Title IX/30 Women + Sports

# San Diego Readers Best 2001

## BEST PLACE TO PREPARE FOR 2004

ARCO Olympic Training Center  
1750 Wueste Road, Chula Vista  
619-656-1500

Once you find your way there (which will become easier when Olympic Parkway is completed), you'll be impressed with the design of the place — and the quiet. From the visitor center walk past the Olympic flame to the mile-long Olympic Path, where you'll get a view of the athletic facilities and the surrounding lakes and mountains (as well as Chula Vista's encroaching

## AROUND TOWN

development). You can see how immaculate and green the track, soccer, tennis, and archery fields are in contrast with the desert xeriscape that grows in between. You can see the athletes hard at work below. The athletic facilities, even the dorms, are in canyons, while the Olympic Path is a long, winding ridge high above them. There isn't a corporate logo in sight. The gift shop is tasteful and filled with bargains. And even the pitch for donations is low-key. If you're not in the mood for a walk, the volunteer staff will give you a guided tour on a golf cart and show you a highlight film at the vis-

itor center. Take I-5 or I-805 to L Street/Telegraph Canyon Road and head east. This will become Otay Lakes Road. Past Eastlake, when the road narrows, the first right turn is Wueste Road (the sign is hidden by trees), which winds its way along the side of Lower Otay Lake. The first driveway, which has a big "Eastlake" sign, is the visitor entrance; if you get to the athletes' entrance, you've gone too far. Open seven days, 10:00 a.m.—5:00 p.m.

## *Olympic flame rolls through downtown*



*Hope you didn't miss it. There was a good sized crowd here on Third Avenue as the Olympic Torch made its way through our town on its way to Salt Lake City, Utah. The torch started out at the ARCO Olympic Training Center and rolled through our downtown on its way to the bayfront. It then went on to downtown San Diego before continuing on its way to its final destination — Salt Lake City, site of the 2002 Winter Olympics. Our city shared in the Olympic spirit and the pride that goes with our great country.*

*DOWNTOWN: CHULAVISTA DOWNTOWN BUSINESS ASSOCIATION  
Quarterly Newsletter : Spring 2002*

# ARCO walkers make history at Olympic 50K Trials

**W**alkers from the ARCO Training Center made history by claiming all three spots on the United States Olympic Track & Field racewalk team which will compete in the 50 km distance at the 2000 Summer Games in Sydney. Curt Clausen, Andrew Herrmann and Philip Dunn were selected after a grueling 31-mile race Feb. 13 at Sacramento State University.

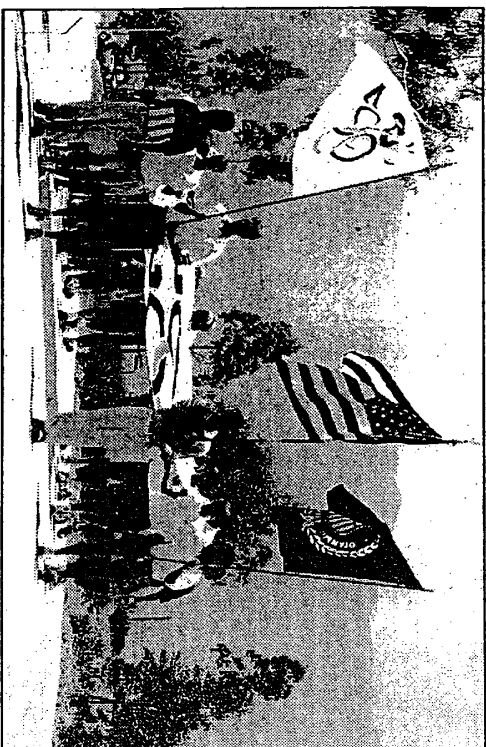
Coming in as the heavy favorite was Clausen, a 1996 Olympian. The 32-year-old was fourth at last year's world championships and less than three weeks earlier had broken the American two-hour and 30 km records. He also hadn't lost to a fellow American walker in almost a year.

Clausen was pushed by his teammates, most notably Herrmann. The Portland-native had put up a tremendous battle in their last competition before succumbing in the final stages. Qualifying for the Olympics has been on Herrmann's mind for quite a while. "It is one of those moments that I've been striving all my life for, and while I have an image of what I think it will feel like, I won't know until I actually get to Sydney."

Last summer, Dunn won bronze at the Pan Am Games for the first international medal by a U.S. male walker in over two decades.



*Curt Clausen leads the United States Olympic contingent in the 50K racewalk.*



*Athletes at the ARCO Training Center have begun to put their pride as well as talent on the line as they gear up for the 2000 Summer Games. Photos/Paul Martinez*

July 1, 1998 The Lake

# ARCO center director a woman of many hats

THE LINE

By Ceane Guerra  
Special to The Lake

**A**s director of the ARCO Training Center, Patricia Milkovich gets to step into a world most people can only view from a distance.

She was on hand to see swimmer Janet Evans taking the Olympic torch from Evander Holyfield then handing it to Muhammad Ali during the Olympic Games in Atlanta in 1996.

And she was sitting in "peanut heaven" when the women's basketball team won the gold. Having played basketball in college, it was an especially exciting moment for Milkovich.

But, it wasn't all about play at the Atlanta Games. Senior management was required to provide transportation support, shipping and receiving, or whichever task needed to be done.

"You're taken totally out of context of your job," Milkovich says of the Olympic experience.

Her job as director of the ARCO Training Center in means Milkovich wears many hats.

On any given day, Milkovich could find herself preparing a budget, flying out of town for a meeting with the U.S. Olympic Committee, or coming face-to-face with an Olympian.

Or it might be something as unglamorous as asking the gardener to postpone working near the athletes dorms at seven in the morning.

But, whatever the job, Milkovich knows it's all in the interest of the athletes, and she feels fortunate to have a job that enables her to share in the glory — and agony —

of an Olympic athlete.

Milkovich didn't purposely set out to work for the USOC.

A native of Pittsburgh, Milkovich was the third of four children. She grew up playing baseball with her older brother, and four male cousins who lived next door.

She says she was the proverbial tomboy, a word she detests.

"I would put when my mom would call me in to practice piano," Milkovich says.

Sports had always been a part of her childhood. Her father had the opportunity to play minor league baseball for the Cincinnati Reds, but enlisted in the Army instead. It was during World War II.

It isn't surprising, then, that Milkovich earned a bachelor's degree in physical education from Slippery Rock University, 60 miles north of Pittsburgh. She also has a master's degree in physical education with an emphasis in exercise science.

Her first job after college was at Rockford College in Illinois, a liberal arts school with 750 full-time students. She was making \$12,000 a year and thought she was wealthy.

"My mother just smiled and shook her head," Milkovich recalls.

Oberlin College in Ohio, with a student body of 2,500.

However, because of the cost of tuition and budgeting constraints, it was difficult for coaches to recruit top athletes there, Milkovich says.

By 1994 Milkovich had been teaching and coaching for 14 years. She found out about an opening for an associate director at the Olympic training center in Colorado Springs, headquarters for the USOC.

"When I applied in January '94, it was almost four months later that I was called back for an interview," Milkovich says.

Milkovich recalls her first day on the job in Colorado Springs when she and a supervisor were walking to a meeting.

"Starting a morning workout was a female athlete who smiled at me and said 'good morning,'" Milkovich remembers. "It was Bonnie Blair."

Milkovich was still in Colorado Springs in 1995 when she was asked to come to San Diego as interim director of the ARCO Training Center. It wasn't supposed to be permanent. But shortly after returning to Colorado Springs in 1997, Milkovich found herself moving back to Eastlake to become the training center's new director.



Patrice Milkovich

for.

She enjoys living in Eastlake, but wishes she had more time to take advantage of the golf course. And she is intent on getting the word out that there is something exciting happening at Clay Lakes.

"We have an identity crisis within our local community," Milkovich says. "Some people still don't know we exist."

She points out that public tours are available seven days a week, there is a Spirit Store with Olympic items for sale, and businesses and clubs can request guest speakers from the training center.

Milkovich would eventually like to put up a countdown clock that would display the bold lettering how much time is left to the next Olympic Games, which are in Sydney, Australia in 2000.

"When you start to see the days for Sydney go from 80 to 500 to 200, what more do you need as a reminder to what's going to happen and why?"

Anyone interested in information about the ARCO Training center can call 656-1500.

# Carrying a torch for the Olympics

Mary Ahlfors Helvie  
Managing Editor

"I didn't think too much about it when I received a letter from my friend, Stephen Sims, telling me he had nominated me to carry the Olympic Torch when it came to Chula Vista," said 16-year-old Daniel Freels.

"When I received the official letter notifying me that I had been selected, I was shocked and surprised," he said, smiling shyly. "The letter was a little

vague, so I still don't have a lot of details about the event."

The soft-spoken junior from Bonita Vista High School recently met with kayakers Benjamin Lewis of Miami, Fla., and San Diegan Laurel Herriman at the ARCO/US Olympic Training Center where they discussed the upcoming Olympic Torch Relay and fingered a torch that was used during the 1996 Relay.

Freels appeared to be in awe of the two athletes who are currently in training at the center. In turn, Herriman, who attends University of California at San Diego, looked enviously at Daniel, saying, "It would be awesome to hold the torch for just five seconds, and he gets to carry it. It's so cool!"

Lewis, who attends Dartmouth, agreed.

Daniel's older brother, Matthew, attends Harding University in Arkansas and his younger brother, Cameron, attends Discovery School. He mentioned sadly that his sister, Cameron's twin, McKenna, died just a year ago from an extremely rare form of cancer. He recalled fondly a happy event for his sister when the San Diego Padres made her a VIP at a baseball game prior to her death. Daniel is a member of his school's LaCrosse Club and an active member in his church.

Freels said that his parents are

happy he'll have the opportunity to participate in such a historic event. "I think it's a marvelous honor and privilege for him," said his father. "It thrills me that Daniel can have this type of recognition."

Cameron is extremely proud of his brother, too. "It's cool!" he said.

Freels will carry the torch approximately one-fifth of a mile. The route and times for the torch's journey through the area have not yet been announced.

"Though similar, each Olympic's official torch relay is slightly different and unique," said Christina Webb, an intern at the ARCO/US Olympic Training Center. Torchbearers are offered the opportunity to purchase the torch they carry, and Freels definitely wants to buy his.

"As the event gets closer and I see the Olympic Games advertised on television, I am getting more and more excited," said Daniel.

The citizens of Chula Vista will be watching with pride as this young man, who epitomizes the great qualities of the youth of our day, takes part in one of the most historic events of the decade.

As far as his future goals are concerned, Daniel laughed and said, "Right now, I have no idea."

Cover photo by Earl S. Cryer

The Lake  
January 2002  
Vol 16 No 1

## Training center to host torch festivities

The Salt Lake 2002 Olympic Torch Relay will be celebrated Jan. 14 at the ARCO/US Olympic Training Center in Chula Vista.

Olympian Janet Evens, a four-time gold medalist in swimming, will begin the day's festivities at 8 a.m. as the featured guest speaker during a fundraising breakfast benefiting the training center. She will be joined by other Olympians who are currently training at the facility.

A free public ceremony will commence at 10 a.m. at the Copley Visitors Centers where guests can witness the Olympic Torch passing through the

center. A brief ceremony featuring Olympians and resident athletes will precede the arrival of the torch.

The torch will travel 13,500 miles during its 65-day journey, which began Dec. 4 in Atlanta, Ga., the site of the 1996 Games. It will reach its destination — Salt Lake City, Utah — for the opening ceremonies of the 2002 Olympic Games, which begin Feb. 8, 2002.

More than 11,500 torchbearers will carry the torch on its 65-day journey through 46 states. The 2002 Olympic Torch Relay is sponsored by Coca-Cola and Chevrolet.

Evansville Courier & Press  
Monday, June 3, 2002

# Numm champion in a walk

By LEIGH ANN TIPTON

Courier & Press staff writer  
464-7305 or [ljt@evansville.net](mailto:ljt@evansville.net)

Five-year-old John Numm wanted a drink of milk.

When he found the pitcher in his parents' refrigerator empty, he got out the powdered milk (the family of seven was pinching pennies) and mixed it up with water the way he'd watched his mother, Jeanne, do

many times. "He wasn't asking somebody to get it for him," said his father, Les. "He was getting it for himself."

Numm's knack for taking care of business like he did in Sunday's New Balance USA Track and Field National 15 kilometer Racewalk at Wesselman Park seems to be almost innate.

Numm took the lead as soon as the starting gun sounded and never relinquished. By

the third lap around the Wesselman park he had lapped the field and by the fourth he had forged a lead of more than 30 seconds over his nearest competitor, Army's Albert Heppner.

Numm would finish the 12 1/2 lap race in 1:06:59, almost three minutes ahead of Heppner's time of 1:09:43. The women's race was won by Amber Antonia, a junior

See WALK on Page D3



John Numm

## WALK

Continued from Page D1  
at Numm's alma mater, the University of Wisconsin-Parkside. She finished in 1:14.15, just behind the third-place finisher in the men's event. Last year's champion, Michelle Rohl, finished second in Sunday's race in 1:18.59 — just two months after giving birth to the latest addition to her family.

Numm said he was held back by the morning heat and humidity. "I had to pour water over me on every lap and drink fluids," he said. "I felt very confident I could win today, but I knew the weather was going to make it tough."

Even in the heat, Numm's motions were fluid and attention focused. He concentrated on form, because in racewalking, a mo-

mentary lapse can cause disqualification. The rules state that one foot must be on the ground at all times and as soon as a competitor's foot hits the ground, the leg above that foot must be straight.

Numm glanced periodically at the readings of a heart rate monitor displayed on his wrist watch. He says the monitor got damp and popped off his chest. Numm's heart rate was pushing 180 beats per minute. Numm said that was fast, especially considering how "slow" he was going.

When he trains at the Olympic Training Center in San Diego, a sports physiologist runs tests and monitors Numm's body like a mechanic would a machine. "It's a science," said Numm. "And he's got me figured out."

The Star News

March 15, 2002

Vol 121, no. 11

## WUSA Spirit, CyberRays open preseason camp at ARCO center

John Philip Wyllie

For the second year in a row, Chula Vista's ARCO Training Center will play host to the WUSA (March 16-21) as the fledgling women's professional soccer league prepares for its April 13 regular season kickoff.

A year ago, all eight teams visited the sprawling training center grounds. This year, only the league's two West Coast franchises, the defending league champion San Jose CyberRays and hometown San Diego Spirit, will practice there, while the remaining six teams train in Richmond, Va.

The CyberRays feature 1999 Women's World Cup stars Brandi Chastain and Tisha Venturini, the WUSA's Goalkeeper of the Year, LaKeysha Beene, a trio of exciting one-name Brazilian stars (Pretinha, Sissi and Katia) and former Bonita Vista High standout Linnea Quinones.

The Spirit will showcase the skills of U.S. national team captain Julie Foudy and her teammates Joy Fawcett and Shannon MacMillan. MacMillan (San Pasqual High) is undoubtedly the best female player ever to emerge from San Diego County. In recent weeks, she has added to her legend by scoring seven of the eight U.S. goals tallied in Portugal's Algarve Cup.

The teams will play a pair of exhibitions while training together. The first will be held at Cal State Fullerton March 16 at 5 p.m., followed by another matchup a week later in Las



The CyberRays' Janine Sipara, left, and Brandi Chastain head out to practice at the ARCO Training Center. Photo: John Wyllie

Vegas on March 23 at 7 p.m.

While the CyberRays are looking to repeat as league champs in 2002, the Spirit is hoping to build on last year's late season momentum. That momentum nearly carried them into the playoffs following a slow and costly start.

"I like the group that is coming back and I'm very pleased with our draft choices at this point," Spirit coach Carlos Juarez said following a Sunday's 4-1 demolition of Texas A&M. "I'm very pleased with the way we are playing and I'm excited about the progress we have made this year.

We had a good mini-camp, so the things we had to work on last year (at this time) we don't have to work on any more. We are confident in ourselves; this year we will be ready.

### Spirit notepad

The Spirit defeated the University of Washington, 4-0, in an exhibition match on March 8 as Tara Koleski, Amy Kotfeldt, Shalina Robbuck and Sherice Anders all notched goals. Amy Florence, Omaniem contributed two assists in San Diego's outshot 10-0 victory over the Sounders in a game in the second half of play.

The Spirit is scheduled to meet the U.S. national team in Panama 9:30 a.m. match on Tuesday, March 19, and test the U.S. under-21 national team at 3 p.m. later that same day at the ARCO center. The Spirit is scheduled to play three U.S. under-19 national team on Thursday, March 21 at 10 a.m. Besides the Las Vegas matchup against the CyberRays, the Spirit will also play preseason exhibition matches against Pepperdine University, March 30, at La Jolla's Allen Field and UCLA on April 3 at UC-San Diego. The start times for the latter two games are to be announced.

The Spirit kicks off regular season play April 13 against the Carolina Courage with a 3 p.m. match at the University of San Diego's Torero Stadium.



Chula Vista Star News  
Feb 2002 (Feb 17, 2002)

1/2

## Clausen pulls it out; Armenta nears world best at 50K racewalk finals

Smiling Susan Armenta nearly broke the world 50 km racewalk best in a time of 4 hours, 39 minutes, 40 seconds on the way to her second consecutive national title, while two-time Olympian Curt Clausen came back to capture the men's title in 3:58:55 in Sunday's USA Track & Field 50K Racewalk Championship along the Chula Vista harbor front.

Armenta, who competes for New Balance, exited Sunday's awards ceremony at the ARCO Training Center thinking she had walked a 50 km world best time. Unfortunately, she hadn't. At the ceremony, it was announced that she had eclipsed the previous best of 4:41:57 by Kora Sommerfeldt-Bouffler of France (1995), but a 50 km meet in October of last year produced three faster times.

That meet, in Scanzorosciate, produced seven of the world's top 13 times ever. The 50 km is only an Olympic and World Cup event for men and is scantily contested by women. Armenta was able to successfully defend her U.S. 50 km championship and her time was still an American record and the fourth fastest in the world all-time.

In last year's championships, Armenta defeated Sommerfeldt-Bouffler to claim the gold.

However, Armenta was in cruise control the entire way on Sunday. She averaged 5:39 per kilometer for the first 30 km and then picked it up to 5:25 per km. The 28-year-old was able to maintain that tempo until mother nature erupted, dumping a blistering rain as she passed through 46 km. She lost about 10 seconds per km thereafter.

"I felt good mentally and I was physically prepared. I wanted to have fun like last year," she said.

Armenta grew up less than two hours from Chula Vista in Riverside



**Susan Armenta became a two-time women's national 50 km racewalk champion.** Photos/Della DeLoO


and had the largest contingent of fans of any competitor. She also would have finished eighth in the men's race.

The men's race produced an exciting finish normally not found in a domestic 50 km. The race wasn't decided until the last lap.


Defending champion Philip Dunn, Sean Albert, Clausen, and the Army's John Nunn were out in a pack, with Al Heppner 15 meters behind. These six athletes, all of whom train at the ARCO Training Center in Chula Vista, distanced themselves from the rest of the field from the gun.

The lead pack went through 10 km in 48:40, with Heppner 14 seconds back. Soon after, Seaman took a pit stop and began walking with Heppner.

It was still Dunn, Albert, Clausen, and Nunn together at 20 km in



USA



ARCO TRAINING CENTER

### USA Track & Field 50 km National Championships

Feb. 17 in Chula Vista

**Men's results**

1. Curt Clausen (New York Athletic Club) 3:58:55; 2. Philip Dunn (New Balance) 3:59:59; 3. Tim Seaman (New York Athletic Club) 4:07:43; 4. Sean Albert (New Balance North Jersey) 4:09:58\*; 5. Albert Heppner (US Army) 4:11:18; 6. Theron Kissinger (New Balance) 4:26:41; 7. Steve Quirke (University of Wisconsin-Parkside) 4:38:08\*; 8. John Soucek (Shore AC) 4:42:59; 9. Rod Craig 4:59:19; 10. Bill Vayo 5:21:21.

Others: John Nunn (US Army) DNF; Dave McGovern (New Balance) DNF; Steve Pecinovsky (US Air Force) DQ; Jeff Salvage (PHAST) DNF; Dave Doherty DQ.

\*Personal best time.

**Women's results**

1. Susan Armenta 4:39:40.

1:36:58, with Heppner and Seaman at 1:37:13. But on the next lap, Dunn and Albert pulled away.

"The pace felt too quick, too early. I let them go, because I wasn't feeling great. My main concern was getting through the race. John and I were taking turns leading laps with Philip and Sean and when John and I were leading our kilometer splits were about 10 seconds slower," Clausen explained.

Seeing an opening, Heppner inexplicably took off at 22 km and quickly caught Nunn and Clausen and opened up a small margin. New York Athletic Club's Seaman stayed within striking distance.

By 30 km, Dunn and Albert (2:24:42) were still leading and Clausen and Seaman had caught up to

Orinda Vista Star News  
Feb 18, 2002

2/2



**Curt Clausen (301) leads Sean Albert (309) and John Nunn (306) in Sunday's USA Track & Field 50K National Racewalk Championships.**

Heppner (2:25:01). Heppner couldn't go with them. Nunn began to fade and dropped out at 30 km, although he had planned to stop at that point anyway.

At 34 km, Dunn, of New Balance, dumped Albert (2:43:27), while Clausen (2:43:58) had already broken away from Seaman (2:44:30), with Heppner another 1:07 behind.

"It was nice to have Sean to walk with as well as the other guys early on, but I felt as if I was setting the pace," Dunn said.

Walking alone, Albert began to fade. Dunn was under four-hour pace by 40 km in 3:11:42 and Clausen (3:12:10) had just passed Albert, who was five seconds behind. Seaman was 3:12:59, with a fading Heppner at 3:18:16.

"As the race progressed, my confidence grew. It was no longer a ques-

tion of finishing, but how well I could do. With about 15 km to go, I thought I might be able to pull it off," Clausen said.

Still, Dunn was able to increase his lead over Clausen to 48 seconds by 42 km.

"After I left Sean at 34 km, I dropped my kilometer splits from 4:45 to 4:40. I was able to do that until 45 km. Then I started to wonder if I had enough left to hold off Curt. I thought I could get a second wind, but that didn't happen," Dunn said.

Clausen sensed an opening and started assessing his chances.

"I asked myself, 'Can I catch him?' I wasn't sure if I could, but I wanted to make it an honest race. It was time to go to work," Clausen said.

Clausen surged and caught Dunn with 2 km to go. Then he walked his fastest two 2 km of the day in 4:31 and

4:34. Meanwhile, Dunn walked his slowest two, covering them both in 5:10 apiece, but was still able to nip the four-hour mark in 3:59:59. It was Clausen's fourth national 50 km title in the past five years.

Despite the tough loss, Dunn was in good spirits after the race, even joking at the awards ceremony, explaining that he thought today's race was the National 48 km Championship.

"Today was more about the process than the result. I raced as strong as I could have and I'm content with that. Of course winning is nice, but Curt was simply too strong today. I gave it my all, but I just didn't have enough to pull it out."

Seaman crashed with one kilometer to go, but muscled his way across the finish line in third (4:07:43). Albert (4:09:58), competing in his first 50 km, really struggled over the final 10 km and Heppner found some life, but he was over six minutes behind at 40 km and could only pull within 1:20.

Everyone finishing after Heppner got dumped on. The weather was perfect at the start with overcast skies, temperatures in the mid-50s, and a slight wind. But as the race progressed, the wind started picking up on the backstretch. Finally, a forceful sideways rain hit the remaining competitors.

"I felt bad for everyone still out there. It got ugly," Dunn said.

Theron Kissinger (4:26:41) was sixth and the University of Wisconsin-Parkside's Steve Quirke, also in his first 50 km, finished seventh in 4:38:08. Quirke also patented a signature turnaround in which he flailed his outside arm wildly around each corner. In addition, he was the most talkative competitor, at one point randomly asking Seaman, "What would you do with a million dollars?"

Clausen, Dunn, Seaman, Albert, and Heppner qualified for the 50 km World Cup Team. The World Cup is in Turin, Italy this October.

## Sprint Olympic Team named in Chula Vista

After three days of racing on Otay Reservoir at the ARCO Olympic Training Center in Chula Vista, Calif., the 2000 Sprint Olympic Team has been selected.

Five members of the team qualified on Friday, June 9, another one Saturday, June 10, and the final two spots were added at the end of the day on Sunday, June 11. The five on Friday were Peter Newton, Stein Jorgensen, John Mooney, Philippe Boccara and Tamara Jenkins. Kathy Colin joined the group Saturday, and rounding out the team Sunday were Angel Perez and Cliff Meidl.

Based on results from the 1999 World Championships, the U.S. had three boats in the Olympic Games - the K-1W 500m, K-2 500m and K-4 1,000m boats. On June 26, the ICF officially added the K-2W 500m, giving the U.S. one more women's spot.

Jenkins qualified by winning the women's K-1W 500m race on Friday. She then teamed with Colin to win the K-2W race on Saturday. Newton, Jorgensen, Mooney and Boccara qualified the men's K-4 1,000m on Friday and then Jorgensen and Mooney also qualified in the men's K-2 500m. That overlap left two open spots for men's kayak. Qualification procedures called for two races to be held in each non-qualified Olympic disciplines (K-1 500m, K-1 1,000m and K-2 1,000m) with results in those races determining the final two spots. When all the numbers had been crunched and all calculations had been completed, Perez and Meidl came out on top of the list.

Now that the team has been selected, three things must happen to finalize the team - (1) The US Olympic Committee must approve the team (standard procedure for each Olympic Team); (2) USA Canoe/Kayak must re-

ceive final written notice from the International Canoe Federation that the women's K-2W 500m boat has been added, which it did; and (3) Angel Perez must be granted a release from his native country of Cuba to compete for the U.S. (International Olympic Committee rules for an athlete who has become a U.S. citizen and six years have not passed since he/she com-

peted for his native country in a previous Olympic Games).

The 2000 Olympic Team Trials were not only used as a selection race for the Olympic Team, but also for the Junior European Team and the Under 23 Team. Qualifying for the Junior Team were Nicole Uebel, Will Griffith and Robert Lott.

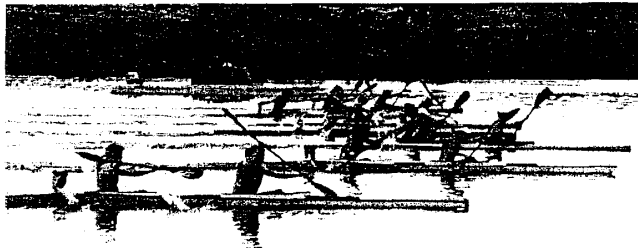
Qualifying for the Under 23 Team were canoeists Nate

Johnson and Jordan Malloch, and kayakers Jim Farnum, Mike Stock and Bartosz Wolski.

All three teams had one day of rest before boarding a plane to go overseas to compete in international regattas in Europe. Follow all the results of the international races on the official USA Canoe/Kayak website: [www.usacanoe kayak.org](http://www.usacanoe kayak.org).



Six-time Olympian Philippe Boccara will join his teammates for a shot at Olympic Gold in Sydney.



And they're off! Paddles fly as competitors vie for their spot on the Olympic Team



And the winners are...representing the United States in Olympic competition will be (from left to right) Cliff Meidl, Angel Perez, John Mooney, Peter Newton, Stein Jorgensen, Philippe Boccara, Kathy Colin and (not pictured) Tamara Jenkins.

# ARCO archer Wunderle earns Olympic silver

By Chris Jenkins  
STAFF WRITER

SYDNEY — Taking his bow and arrow into a highly hostile environment near the Australian swamps, American archer Vic Wunderle yesterday returned with a silver medal from the 2000 Olympic Games.

Even a clutch shooting style that served Wunderle well en route to the finals was no match for the inspired marksmanship of 34-year-old Aussie Simon Parvweather, who shot his final arrow and raised his arms in triumph for what has to be the wildest crowd of any archery competition.

After taking a five-point lead with his first three arrows, Fairweather later ran off four straight perfect 10s for his 114-104 victory over Wunderle, who resides at the ARCO Olympic Training Center in Chula Vista.

"Before I left I was joking with my friends," said Wunderle, "saying I'd try to get the silver because the gold is what everybody else is going for, so the silver's easier. And I got it. I know some people are disap-

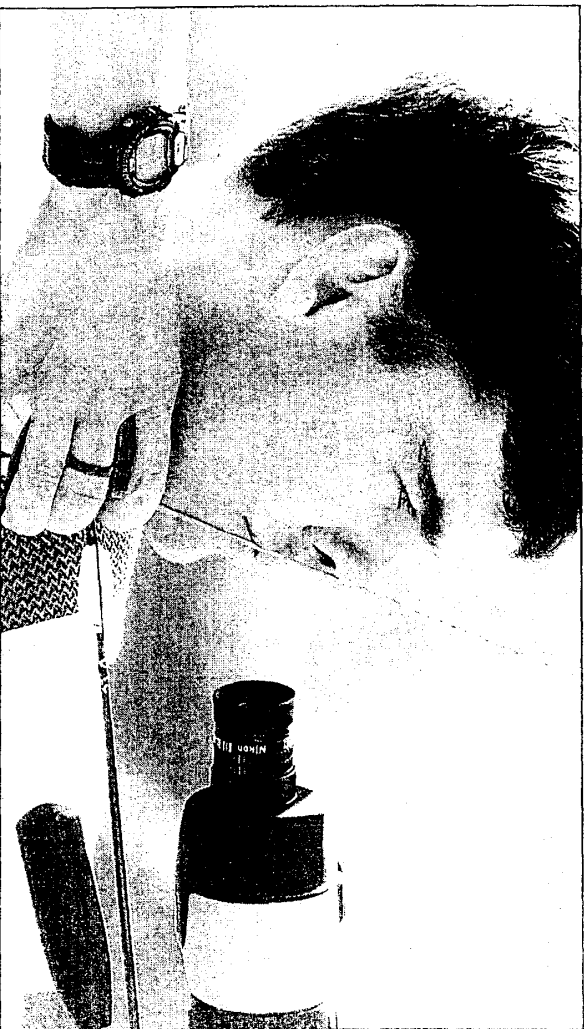
pointed with silver. I'm thrilled with it."

Well-hamed, Wunderle is a 23-year-old and planning to return to collegiate archery at Texas A&M after the Olympics. (He's also a national title contender with the Aggies' pistol and rifle squads. But he wasn't new to global levels of competition and stress, having won the Junior World Championships in both 1991 and '94 and the last two national titles.

Professional wrestling crowds often don't get as沸騰ous as the Aussies when Fairweather, meeting eventual bronze-medalist Wiebe van Alphen in the semis, reeled off four straight 10s to win 112-110.

Wunderle, from Mason City, Ill., earned his place in the gold-medal match in clutch fashion. Producing 10s with two of his last three arrows to eliminate 96 silver-medalist Magnus Persson of Sweden, 108-106. He reached the semis with a 108-104 defeat of Korea's Kyo Moon Oh.

Wunderle was on his own among Americans — who won the gold medal as a team in the



Vic Wunderle, who trains at the ARCO Olympic Training Center in Chula Vista, pulls his high-tech bow to its aiming point during yesterday's archery competition. Wunderle reached the finals but had to settle for the silver medal. Eric Galland / Reuters

1996 Olympics Games at Atlanta — after the 16-man round. Butch Johnson of Woodstock, Conn., and Rod White of Waterloo, Iowa, won their preliminary matches, but Johnson was ousted by Kyo-Moon of Korea and White by Fred van Zutphen of the Netherlands.

To be sure, the powers of concentration are given their ultimate challenge in the Olympics, especially here. Not only are there Australia's spring winds to deal with, but the Aussies also have created a rau-

rous environment in the stands at every venue, even for a sport so seemingly placid as archery. Having an Aussie, Fairweather, still alive for so long did little to quiet the scene.

Too, when Wunderle faced off with Oh in the quarterfinals, the Koreans in the crowd banged gongs and chimes and cheered loudly, waving the flag of both South Korea and the new Peninsula flag that's symbolic of the united Olympic team from that long-divided land.

Worse yet, the instant Wunderle first pulled back his bowstring, the background was filled with the beep-beep-beep of a catering vehicle as it backed out of the facility. Wunderle paused for a moment, steered himself again and drilled a 10 for openers.

With his 10th of 12 arrows, Oh fired a shot that was right between a 9 and 10, too close to call until after the last arrows were released. But the question became moot when Wunderle scored 17 with his next two

arrows and Oh saved his worst shot for last, a seven.

"I've known the Koreans would be in this since the beginning of the year," said Wunderle, "and since then, I've tried to create mental images of myself shooting against them. I pictured myself standing on the field with the noisy crowd, the scoreboard and the cameras, everything and anything I could imagine. So I was more than ready for it."

# Field of Dreams plays at ARCCO site

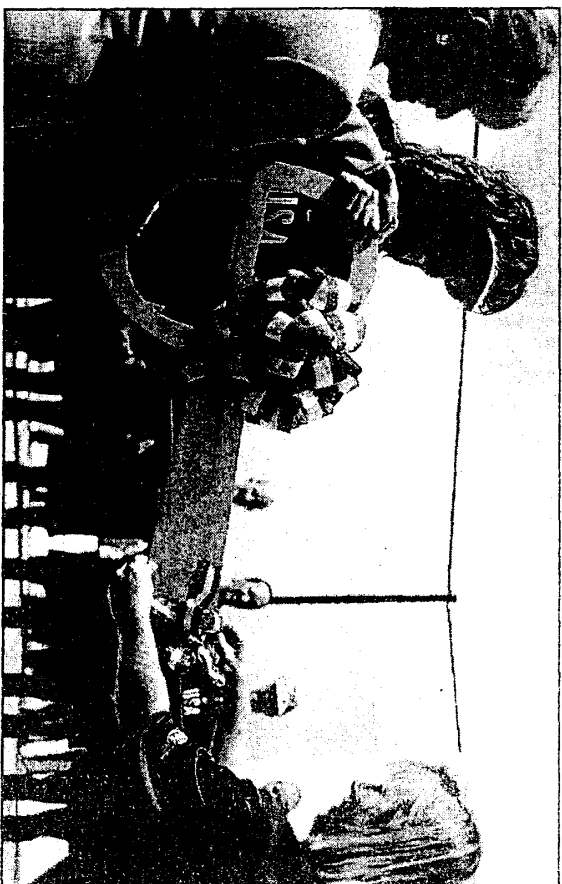
**O**n Tuesday, a VIP reception for the dedication of the ARCCO Training Center's newest venue, the Olympic softball practice complex, was held. The only one of its kind at a U.S. Olympic training facility, the international regulation-size complex will play host to both men's and women's teams. Phase I of the complex includes a 20,000 square foot infield and a 52,000 square foot outfield area. Athletes will also have use of a separate practice infield.

Among those present at the ceremony were Chula Vista Mayor Shirley Horton; Patrice Milkovich, director of the ARCCO Training Center; Bill Ostrem, president and CEO of the Eastlake Company; Dr. John Smyth, a director with the U.S. Olympic training centers; Ralph Woelky, director of the USA Softball national team and coaching development; and members of the women's Olympic softball team. Mayor Horton received honors by cutting the ceremonial ribbon and throwing the first pitch on the new field.

The Eastlake Company has helped make this new complex a reality by financing Phase I of the project. The women's softball team is expected to make use of the field before departing for the Sydney Olympic Games in September.



Members of the U.S. women's Olympic team (above) show their appreciation for the new softball venue at the ARCCO Training Center. The 2-year-old Ashland Hollenbach (right) looks at various Olympic memorabilia displayed on site.



Chula Vista Mayor Shirley Horton cuts the ceremonial ribbon during the official dedication of the ARCCO Training Center's new regulation softball complex. Photos/Venonica Morin



Sand Diego  
Union  
Tribune  
September  
13, 2000

## Center staffers off to Olympics

Their support roles aren't 'just for fun'

By Leslie Wolf Branscomb  
STAFF WRITER

Dozens of athletes who honed their talents at the Arco Olympic Training Center in Chula Vista are on their way to Australia to take their place in the spotlight of international media attention.

So are five staff members from the center who will work just as hard in support of the competitors but won't be noticed at all.

"This isn't just for fun," said Faith

Triggs, the center's associate director. "It's a lot of work. We're going to have some long days and even longer nights."

Those making the trip run the gamut from a sports psychologist who will help athletes deal with the thrill and anxiety of suddenly being in the world's spotlight to a logistics technician whose job it is to make sure that athletes get their meals and mail.

"I'm looking forward to 16- or 17-hour work days," said athletic trainer Vinny Comiskey. "But I've never been in Australia before, so that's exciting."

Comiskey is the head athletic

trainer at the center, but in Sydney he will be assigned to the U.S. women's softball team, which trained in Chula Vista.

"They had requested him because he knows the athletes, their injuries and their rehabilitation," said the center's director, Patrice Milkovich.

Though the softball team is already in Sydney, Comiskey won't leave until tomorrow, because he had to stay behind doing medical screenings for the athletes who were being processed for departure. He won't arrive in Australia

SEE STAFFERS, B5



Athletic trainer Vinny Comiskey of the Arco Olympic Training Center checked medical records of Olympic long jumper Shana Williams (left). Scott Linnett / Union-Tribune

### STAFFERS

CONTINUED FROM PAGE B1

## One will help athletes cope with attention

until Saturday, missing Friday's opening ceremonies because of the time difference.

Comiskey has been at the center since it opened in 1995 and has trained Olympians for nine years. He attended the 1998 Winter Olympics in Nagano, Japan, but this will be his first Summer Olympics.

"I'll get a chance, when time permits, to snoop around," he said.

That may not happen for a while, however, because the softball team will play every day from Sunday to Sept. 23 and is expected to make the final rounds Sept. 25 and 26.

Jim Bauman, the center's sports psychologist, will be one of four psychologists working with the U.S. athletes. At the last Olympics, there was only one sports psychologist, he said.

"The mental game is so important, we want to have as many resources there as we can," Bauman said.

In Chula Vista, Bauman helps athletes cope with the loneliness that comes from focusing so intently on training that other aspects of life seem to disappear.

In Sydney, Bauman expects to help them deal with the overwhelming amount of attention.

"I'll try to help them experience the Olympics without getting too caught up in it," he said.

Bauman said the hardest part of his job at home is working with athletes who did not qualify for the Olympics.

"People at this level make so many sacrifices and work so hard, but there just aren't that many positions on the teams," he said.

Now Bauman will be working with those who made the team but didn't do as well as they had hoped in Olympic competition.

"Even with some of the lower-profile sports, those athletes have just as much invested in their sport," he said. "And, if they don't do well, they have to look at whether they really want to keep doing this for the next four years."

Triggs, who is flying to Australia today, will work in the U.S. Olympic Committee's communications center, being what she describes as the "jack of all trades."

The Chula Vista center's operations manager, Dave Stow, made the journey last week. He is assigned to the U.S. women's soccer team and will oversee all its on-site logistics, from lodging and meals to scheduling.

Sports scientist Mike Shannon is also already in Sydney. He works with athletes to enhance their performance by studying such things as an athlete's energy level, hip motion and hand position during competition.

Triggs explained: "It's the science of looking at the body to make sure you're as efficient as possible."

Shannon and Bauman will work in the "high performance center" near the athletes' village, which will provide support services to the U.S. teams. There athletes can meet with their coaches to analyze videos of their performances, obtain massage therapy, see a sports psychologist or do weight training.

## Rowing

# Women's eight seizes a spot in finals

SYDNEY — The U.S. women's eight crew finally found out what it feels like to win a race this year. Now they just hope they capture that feeling again Sunday.

Their first race of the year was Monday's Olympic preliminary heats, and their third-place finish behind the Netherlands and Canada put them in the repechage, rowing's version of the loser's bracket. Finish fifth yesterday (San Diego time), and they were out.

No worries. They won the repechage and now have a lane in Sunday's final at the Sydney International Regatta Centre in the suburb of Ennith.

"We were definitely more aggressive today," said Torrey Folk, a member of the team based

at the ARCO Training Center in Chula Vista. "It was our second race, so we had a lot more confidence going into it."

After finishing nearly four seconds behind Canada in Monday's prelims, the U.S. women edged Canada in the repechage by .26 seconds. Australia was .36 seconds back in third.

Romania, the reigning world champion, remains the prohibitive favorite on Sunday. The closest race could be for the silver, with the Netherlands, Canada, Australia and the United States all looking strong.

"We executed our race plan more effectively than in the heat," Folk said, "but we're still making improvements."

— MARK ZEIGLER

San Diego Union Tribune

September 20, 2000