



U.S. OLYMPIC TRAINING CENTER RESIDENT GYMNASTICS PROGRAM

One Olympic Plaza • Colorado Springs, Colorado 80909

The U.S. Olympic Training Center (USOTC) Resident Gymnastics Program, which began in January 1990, offers a wide spectrum of benefits and services, from housing to sports medicine support to quality coaching to the latest in training technology. Dedicated to helping each gymnast reach his international competitive goals, the program has produced six U.S. Olympians, including three Olympic medalists, and 12 World Team members, representing five World medals. In addition, the resident program has produced 27 Senior and 10 Junior National Team members.

Housed at the USOTC in Colorado Springs, Colo., the gymnastics resident program has an extensive support system that

provides everything the elite athlete needs to achieve success. This includes housing, nutritionally designed meals, sports medicine, sports science and educational opportunities.

The USOTC Resident Gymnastics Program addresses all aspects of the elite training environment. Sport Center I houses the gymnastics facility that features state-of-the-art equipment for both national and international preparation, including in-ground training pits and an advanced video learning tool, "The Eye On Performance." The coaching staff of Vitaly Marinitch and Alex Shchennikov develop individual training plans designed to achieve each gymnast's goals.

Resident athletes have access to long-term education and career opportunities that include high school, undergraduate and post-graduate studies, as well as career counseling.



U.S. Olympic Training Center Resident Program Benefits

Training facilities: top-notch training gym, along with state-of-the-art technology tools; experienced coaching staff

Athlete housing: furnished dorm-room apartments

Dining Hall: all-day access to healthy menus

Recovery Center: access to cold plunge, massage and juice bar

Technical support: Sports Science, nutrition, sports psychology, strength and conditioning support

Recreation areas: Internet, video games, satellite television, recreational pool

Athlete activities: movie nights, game tournaments, social events and cultural opportunities

Location: centrally located near downtown Colorado Springs

USOTC Gymnastics Resident Program Coaches

Vitaly Marinitch, head coach
719.570.7840 • vmarinitch@gmail.com



Vitaly has been the head coach for the USOTC Gymnastics Resident Program since 2001. He began his coaching career when he joined the USOTC gymnastics coaching staff in 1995 as an assistant coach. Since then, Vitaly has coached numerous world and Olympic team members, including 2004 Olympic team silver-medalists Brett McClure and Jason Gatson and 2008 Olympic team bronze-medalist Joseph Hagerty. Vitaly was named 2003 USA Gymnastics Coach of the Year. A gymnast from the former Soviet Union and later the Ukraine, Vitaly competed in numerous national and international competitions. His gymnastics achievements include: 1989 World Championships - USSR team gold medal and still rings bronze medal; 1989 American Cup champion; 1994 World Championships - Ukraine team bronze medal; 1994 World Individual Event Championships - pommel horse bronze medal.

Alex Shchennikov, assistant coach
alexschennik@comcast.net



Alex was named assistant coach for the USOTC Gymnastics Resident Program in 2005. From 2000-05, he was a member of the Junior National Coaching Staff. Alex moved to the United States in 1998 to work as assistant coach at Houston (Texas) Gymnastics Academy with Kevin Mazeika. In 1999 he became the Optional Team Head Coach at USA Gymnastics World in Salt Lake City, Utah. A 1997 graduate of Russian State University of Physical Education, Alex earned the prestigious title of "Master of Sport of Russia" in 1998. As a gymnast, Alex trained at the famous Russia - CSKA in Moscow; was a member of both the Soviet Army National Team and the Moscow Regional Team; and competed in many national and international competitions.



About the U.S. Olympic Complex

The U.S. Olympic Complex in Colorado Springs is the headquarters for the U.S. Olympic Committee administration and U.S. Olympic Training Center programs. It most closely resembles an international sports institute, because it is a base for education, research and training opportunities, as well as a residence for top athletes in several sports.

The center has 11 indoor gymnasiums; an indoor swimming pool and outdoor recreational pool; comprehensive services in performance recovery and sports medicine; athlete dorms; dining center; athlete center; and visitor's center. The USOTC is able to provide housing, dining, training facilities and other services for up to 557 coaches and athletes at one time. Nine national governing bodies have their national headquarters on complex.

Athletes at the USOTC share one goal: to be the best in the world. The USOTC promotes a culture of excellence that nurtures athletes' talents and an elite training environment that allows them to thrive.

Gymnasts who have participated in the Gymnastics Resident Training Program include 2008 Olympic team bronze-medalist Joey Hagerty; 2004 Olympic team silver-medalists Brett McClure and Jason Gatson; 2007 U.S. all-around champion and 2008 Olympic alternate David Durante; 2000 Olympian Steve McCain; and 1996 Olympic Team member John Macready

Educational benefits

The USOTC is located 15 minutes south of the University of Colorado at Colorado Springs, and 10 minutes from Pikes Peak Community College. Resident athletes are eligible

to receive the Stupak Scholarship, which covers up to \$20,000 in a calendar year for tuition at any accredited school. For information about the education programs, contact Stacy Miller at 719-866-2041 or via email at stacy.miller@usoc.org.

Career services

The U.S. Olympic Committee Career Services Center is the primary point of contact for athletes seeking career advice and assistance. Services to resident athletes include: resume building, career counseling, interview coaching, networking coaching, job placement, career seminars and more.

Sports science

Sports science provides training program design (for coaches), physiological analysis (identifies performance strengths/weakness), training and recovery application (insures effective training), and performance analysis. A critical, yet often underutilized, component of an athlete's preparation is the efficient use of technology to facilitate performance measurement, proper feedback, and scouting. Performance technology delivers sport-specific technology to improve athlete, team, and coaching performance.

USA Gymnastics

USA Gymnastics, the U.S. national governing body for gymnastics, is a full partner with the USOC in providing an outstanding training opportunity through the resident athlete program. The USOTC also serves as the primary training site for the men's gymnastics. All senior and junior national team camps, as well as the men's development team and education programs, are conducted on the USOTC complex.

Athlete services and programs

Multi-Media, Arts and Culture

The USOTC's Athlete Services and Programs publishes a monthly newsletter and content for TeamUSA.org, a web site with information specific to an athlete's needs. Athletes are welcome to participate in several cultural events each year, including trips to the Denver Museum of Natural History and local geology tours.

Community Outreach

The USOTC builds community awareness and involvement for athletes by creating volunteer opportunities with non-profit groups such as Habitat for Humanity, the Make-A-Wish Foundation and St. Baldrick's. Athlete appearances and speaking engagements from within the USOC, local schools, hospitals and organizations are fulfilled upon request.

Special Events

Athletes are welcome to participate in the many learning events sponsored by Athlete Services and Programs in conjunction with the Sports Psychology Division. These programs include monthly "Psyched at One" events, which feature guest speakers discussing a variety of topics that interest athletes; and "Reach the Peak," an annual event that teaches athletes the value of goal setting.



Joseph Hagerty - 2008 Olympic Team Bronze Medalist

"The USOTC is one of the best places in the world to train. The gym has top of the line equipment. The food is outstanding. The dorms are very comfortable. The medical facilities and staff are amazing, and of course, the coaching here is priceless. There is no other place in the country I would rather train. I guarantee that without all of these things I would not be an Olympic bronze medalist."

USOTC facilities

The USOTC facilities include: gymnastics training facility; several gyms, including a strength and conditioning gym; the dining hall with all-day access for athletes; Sports Medicine Clinic, including athletic trainers and Recovery Center; and the Athlete Services Center.

Men's gymnastics training facility

The gymnastics training gym features top-notch gymnastics equipment and a state-of-the-art video analysis system, "The Eye on Performance." The system allows coaches and athletes to view training footage to analyze skill performance and execution. Video is captured from 16 fixed cameras and is instantly available for review on one of the seven 65-inch and one 42-inch plasma screen monitors or may be saved for analysis at a later time. The \$300,000 system provides the most advanced technological coaching tool in the USA.



Athlete Services Center

This center supports the personal needs of resident athletes outside of their competition and training commitments: education, recreation and community activities; computer workstations; communication resources; job opportunities; a place to relax and play games. The dining hall offers food for every type of athlete and the adjacent resident halls provide each resident athlete with his/her own bedroom and a private bathroom.

Sports Medicine Clinic

All resident athletes enjoy the benefit of onsite sports medicine support. The sports medicine clinic is fully equipped for identifying and treating injuries, as well as supporting the recovery process to allow the athlete a full return to training and competition as quickly as possible.

Recovery Center

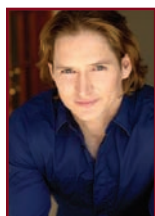
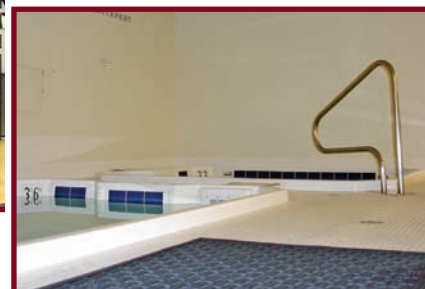
The Recovery Center is a state-of-the-art facility with the latest technology, massage, and nutrition available for athletes. The Recovery Center helps cut down on fatigue which can lead to lower performance and even injury. Athletes have access to cold and hot tubs, massage therapy, a selection of nutrition bars and replenishment fluids, and specialized compression pants, arm sleeves and other equipment to facilitate the athlete's recovery.



Jason Gatson 2004 Olympic Silver Team Medalist

"I lived and trained in Colorado Springs at the U.S. Olympic Training Center for 11 years. The U.S. Olympic Training Center has everything you could possibly want to achieve a successful career. My

coaches throughout my gymnastics career, Vitaly Marinitch and Ron Brant, are mentors to me and I find myself resembling them in my life after gymnastics. I have tremendous respect and admiration for them, and if not for them and the Olympic Training Center, my Olympic dream would have never come true."



Stephen McCain

2000 & 2004 Olympian; 2001 World Team Silver Medalist

"The U.S. Olympic Training Center allowed me to focus 100% on attaining my goals in gymnastics. The wealth of resources at the USOTC are simply unparalleled. If you are serious about reaching your potential, the Olympic Training Center is the place for you."

Strength training facility

The strength and training gym is a state-of-the-art facility with top-of-the-line equipment. Athletes, working with their coaches, can design strength and conditioning programs to complement their existing training regimens.

Dining hall

The dining hall provides all-day access for the athletes staying on the complex. Resident athletes enjoy delicious meals designed to meet the nutritional needs of elite athletes. The menus feature a variety of items that promote a healthy immune system and enhance fueling for optimal performance and recovery.

Resident athlete housing

On-complex housing for resident program athletes features full room and board in furnished dorm-room apartments. Cable TV, wireless internet access and free laundry are available. An athlete lounge provides study, computer and printing services.

Brett McClure

2004 Olympic Team Silver Medalist



"Moving to the US-OTC was the best decision I could have made for my career in gymnastics! This was a very difficult decision to make, but I felt that the coaching staff, facility, sports medicine, sports science, sports psychology, nutritionists, and the all-around support from the local community could not be matched by any other program available. When I moved to the US-OTC, I was only 16 years of age and lacked the focus and experience to reach my potential. Without the help from my coaches at the USOTC, Vitaly Marinitch and Ron Brant, I would have never been able to achieve my dreams and goals of reaching the pinnacle of our sport, the Olympic Games."

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Interested in Becoming a Resident Athlete?

Resident athletes must meet specific criteria as set by the USOC and USA Gymnastics. For more information on how to become a resident program athlete, contact:

Dennis McIntyre

Men's Program Director at USA Gymnastics:

317-237-5050

dmcin@usa-gymnastics.org

