

U.S. Olympic Training Center – Lake Placid, N.Y.

Fact Sheet

Home of the 1932 and 1980 Olympic Winter Games, Lake Placid, New York, officially opened as a U.S. Olympic Training Center (OTC) in November of 1982, and the present facility opened in 1989.

Training Center Overview

With on-site, world-class training facilities and access to neighboring winter resorts, the OTC is frequently home to winter-sport athletes and teams such as biathlon, bobsled, figure skating, ice hockey, luge, skiing and speed skating.

In addition, many athletes will make periodic trips to the Complex to train for summer sports, including: boxing, canoe and kayak, judo, rowing, synchronized swimming, taekwondo, team handball, water polo and wrestling. Several U.S. Paralympic Teams also train in Lake Placid, including the sled hockey, goalball, sitting volleyball and wheelchair rugby squads.

The housing facility contains 96 spacious rooms, which feature a private bath and television. It also includes 11 multi-purpose rooms, two laundry rooms and several equipment storage rooms. The athlete center, adjoining the housing complex, contains a 20,000 square foot gymnasium with the capability to hold three events at the same time.

The kitchen and dining facilities are located in the center and offer athletes a wide variety of nutritious foods. Also housed in this area are the administrative offices, sports medicine facility, weight room with a certified weight trainer, and a sports science-testing lab. The lobby area contains a reception area, two large meeting rooms and an official U.S. Olympic Spirit Store.

Many of the training facilities used by athletes training at the U.S. Olympic Training Center in Lake Placid are the same used during the 1980 Olympic Winter Games. Those facilities include the Olympic Center, Olympic Speed Skating Oval, Olympic Jumping Complex, Mt. Van Hoevenberg and Whiteface Mountain Ski Area. These facilities are managed by the New York Olympic Regional Development Authority (ORDA).



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Facilities

Olympic Center

The Olympic Center features four fully-operating rinks, providing year-round training facilities for hockey players, speed skaters and figure skaters. Included among the rinks is the Herb Brooks Arena, named after the legendary Olympic coach who led the 1980 U.S. Olympic Hockey Team to its historic defeat of the Soviet Union and, ultimately, to a gold medal. The arena is the largest of the four rinks and seats 7,700, and it has also been home to world-class figure skating events and concerts.

Olympic Jumping Complex

Between Albany, N.Y., and Montreal, Canada, there's nothing taller. Known as the Olympic Ski Jumps, the 90- and 120-meter jumps have been the proving grounds for many World Champions and Olympians. They are home to Nordic jumping competitions throughout the winter, and the 120m jump features a skydeck accessible to the public.

Freestyle Aerial Training Center

The Freestyle Aerial Training Center sits steps away from the Olympic Jumping Complex, offering year-round training and competition. In the summer, a 750,000 gallon pool provides a splash landing for the athletes, while in the winter, the athletes land on the 37 degree slope. The facility is home to the annual Nature Valley Freestyle Cup.

Sports Medicine

The OTC houses an experienced sports medicine staff, which is primarily responsible for the delivery of health care to athletes participating in OTC programs. This care includes prevention, evaluation, treatment and rehabilitation of athletic injuries and illness. The sports medicine staff consists of certified athletic trainers working under the supervision of a chief medical officer. During periods of increased loads, physicians and athletic trainers nationwide assist the permanent sports medicine staff through the USOC Volunteer Medical Program.

Sports Science

The OTC at Lake Placid includes a state-of-the art USOC sport science division organized around five departments: sport biomechanics, sport physiology, sport psychology, computer science and engineering technology.



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Equipment in the sport science laboratory includes sport-specific ergometers for canoe/kayak, biathlon, cross-country and speed skating. An extra-large treadmill offers the ability to study running, roller skiing and in-line skating. Athletes' physiological capabilities can be measured with a computerized system, which scientifically evaluates their maximal oxygen uptake. The Sport Sciences Division also utilizes cinematography to analyze the biomechanical aspects of sport performance.

Athlete Services Center

The Center supports the personal needs of resident athletes outside of their competition and training commitments. The Center provides education, recreation and community activities as well as computer workstations, communication resources and job opportunities. The Center is also a place for athletes to relax and play games.

Olympic Museum & Olympic Center Tour

Visitors can explore the legacy of the 1932 and 1980 Lake Placid Olympic Winter Games in many great exhibits, which include video highlights, athletes' uniforms and equipment, and historical information about all of the area Olympic sites. Tours are also available of the Olympic Center and facilities. For information, call: (518) 523-1655 ext: 226.

U.S. Olympic Spirit Store

The U.S. Olympic Spirit Store, located in the lobby of the U.S. Olympic Training Center, features a large selection of official U.S. Olympic sportswear and memorabilia. The U.S. Olympic Spirit Store is the only store in Lake Placid where every purchase goes to support U.S. Olympic athletes.

Lake Placid U.S. Olympic Training Center by the Numbers

- 3** *SKI* magazine's 2006-07 ranking of Whiteface Mountain Ski Area, which ranks annually among the top 10 resorts in the Eastern U.S.
- 50** Kilometers of cross-country ski trails
- 75** 2007 marks the 75th anniversary of the 1932 Olympic Winter Games in Lake Placid
- 96** Dorm Rooms

