

- ◆ A 21 day cancellation notice is required if you cannot attend a program for which you have registered. You may be charged a fee if you cancel less than 21 days before your program begins.
- ◆ A nightly in-room curfew of 11:00 pm for senior athletes and 10:00 pm for junior athletes will be in effect each day.
- ◆ Rooms must always be kept clean and organized. Unannounced room inspections can take place at any time.
- ◆ Intentional abuse of OTC property will result in immediate removal from the OTC and the individuals involved will be responsible for the damage. If it is not possible to determine who is responsible for damages in a particular room, the residents of that room will all be held equally responsible for the financial repair or replacement of the damaged property.
- ◆ Athletes may not use another athletes OTC card for access to the cafeteria.
- ◆ While in the cafeteria, athletes must act responsibly and not waste food.
- ◆ Shouting, loud music, running in the halls and profanity will not be tolerated.

Violation of these or other OTC rules could result in an official incident report being filed, removal from the OTC, removal from the program or, if in a funded program, payment for housing while residing at the OTC.

**Lake Placid Olympic Training Center**  
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United States Luge Association

## USA LUGE & THE UNITED STATES OLYMPIC TRAINING CENTERS





The US Olympic Training Center (USOTC or OTC) facilities consist of four separate sites under the guidance of the US Olympic Committee. Training Centers are located in Colorado, Springs, CO, Chula Vista, CA and Lake Placid, NY. The US Olympic Education Center (USOEC) is located on the campus of Northern Michigan University in Marquette, MI. While the centers can each assist a variety of athletes in a number of sports, each maintains its own uniqueness as well as training facilities for particular sports. Each location is also the home of several sports National Governing Bodies (NGB) with the Colorado Springs complex housing the headquarters of the US Olympic Committee (USOC) and the majority of NGB's.

**Q: What is the purpose of the USOTC?**

A: USOTC Mission Statement: "To provide world class training support services, including training facilities and housing, dining, medical, scientific, recreational, educational and employment support necessary for the development and preparation of US Olympic Caliber, National, Junior National, Development Teams and individual performers".

"To serve as centers for coaching education, sports science and research. To serve as national centers of inspiration to those seeking personal achievement through athletics. And to serve as a visible symbol and demonstration to the United States public of the USOC commitment to it's programs and the furtherance of the Olympic movement in the United States".

**Q: What's the difference between the USOTC and the Olympic Education Center (USOEC)?**

A: While the OTC's focus solely on athletic performance and training, the USOEC in Marquette, MI is the only center located on a college campus. Resident athletes are required to attend high school, college, or develop a "Personal Development Program". Athletes who participate in the residence program pay in-state tuition and are allowed to use the university's athletic facilities.

**Q: Do luge athletes use the USOTC?**

A: Since the US Luge Association is headquartered in Lake Placid and many of its programs take place on the track there, athletes are frequently housed at the OTC. In addition, teams that are based in Park City often utilize the Lake Placid OTC for training trips or when national races are scheduled in Lake Placid. Occasionally, the US National Team will also schedule summer training camps at the other OTC's in Colorado Springs and Chula Vista.

The US Natural Track program, which is also governed by USA Luge is based in Michigan, site of the only natural luge track in the US. As a result, many of the natural track off-season and in-season training programs take place at the USOEC.

**Q: Who is allowed to utilize the OTC?**

A: Only athletes participating in recognized USA Luge sliding programs are allowed to use the OTC.

**Q: Can athletes on a luge team use the OTC whenever they want?**

A: No, athletes on a luge team can only utilize OTC facilities when there is a scheduled "program" for their team taking place.

**Q: What is a qualified "program" at the OTC?**

A: Many months prior to each summer and winter season the coaching staff puts together a schedule of "programs" for each team. These programs are basically the training schedule for each particular team. For example, the Junior Development Team may have three, one-week camps scheduled during the course of a summer for off-season physical conditioning. Each of these camps is considered a program and athletes on this team can only utilize the OTC during these times.

**Q: How are OTC programs scheduled for each team?**

A: Once the coaching staff comes up with their schedule of OTC programs for each team, this list is submitted to the USOC for their approval. The approval process is based on bed space availability with National Level programs receiving the highest priority.

**Q: Who has to pay to stay at the OTC and who doesn't?**

A. In 1995 each National Governing Body (NGB), in this case USA Luge, was asked to make recommendations for their sport in establishing skill level criteria for funded access to the OTC. Currently in luge, all programs taking place at the OTC for the following teams are considered **funded**:

- National Team
- Junior National Team
- Junior Candidate Team/Select
- Junior Development Team

Other programs may be scheduled at the OTC, but they are considered **non-funded** programs and receive lower priority. Participants must pay for their housing during these camps. These include:

- Natural Track Camps
- Screening Camps
- Club Programs
- Masters Programs
- Foreign Athlete Programs

**Q: What are some of the rules and regulations for athletes when staying at the OTC?**

A: What follows is a general overview of some of the policies and procedures that athletes must adhere to when residing at the OTC. ALL athletes, regardless of funded or non-funded status, must recognize that when they are participating in a program taking place at the OTC, they are representing not only themselves, but also the sport of luge.

- ♦ Fourteen days notice is required in order to arrange pick up or drop off at the Saranac Lake Airport, Lake Placid Bus Depot or Westport NY Train Station. Transportation to and from the OTC can only be arranged for athletes arriving or departing from one of these locations.

