



Boxing Retreat Plan (2024)



Training Event: Games Prep Retreat with Boxing Olympic Team

Description: This camp will focus on team recovery and team resilience through outdoor, recovery, and breathwork based skill sets.

Location: [Puma Hills](#) - POC: Cristina Brassil (727) 455-8791

Date/time: Monday, July 1-3 (Depart OTC @ 8:30am 7/1 and arrive at OTC 2:30pm @ 7/3)

Numbers: 8 athletes, 12 staff, 2 USOPC Coaching staff

Equipment used: Vans (booked), Truck for water sport transport (rental), standard hiking, yoga, activity and facilitation equipment (mats, speaker, journals/pens, flipchart, sticky notes, markers, art materials, biofeedback sensors).

Safety personnel: ATC (Maddie), PT (Cristina), Emilie and USA Boxing staff.

Basic plan: Boxing team will transport from OTC to Puma Hills, teaming intro session, outdoor activity, sunset hike and reflection, sleep wind down, yoga/breathwork session, sport psych session, outdoor activity, team dinner (cooking class), team talent show, sleep wind down, sunrise hike and debrief, team lunch/Billy's birthday, then depart for OTC.

Objectives/Outcomes:

- Take space to reset and recover before the July ramp up.
- As a team, explain how they want to be at the Games (What does the best team in the world look like, sound like, feel like - Team Resilience intro).
- As individuals, outline a plan for managing energy at the games and re-integrate after the Games (Breathwork, stress resilience).

Retreat Guide: [What to Expect, Packing List, and Logistics.](#)

Games Resources: Recovery [Library](#), developed by Emilie.

Personnel Roles:

- Guides: Emilie Lazenby (USOPC Coaching), Cristina Brassil (Puma Hills)
- Food: Puma Hills Chef and RD - Taylor (Food intolerances/allergies/preferences sent to Chef - Cristina in contact with Taylor for menu planning)
- Boxing Providers: Heather, Micah, Jose, Maddy, Taylor
- Boxing Staff/Coaches: Matt, Chad, Derrick, Billy, TJ, Christine

2024 Jul	Sunrise/Sunset		Daylength		Astronomical Twilight		Nautical Twilight		Civil Twilight		Solar Noon	
	Sunrise	Sunset	Length	Diff.	Start	End	Start	End	Start	End	Time	Mil. mi
1	5:36 am → (59°)	8:31 pm ↖ (301°)	14:55:44	-0:36	3:34 am	10:32 pm	4:22 am	9:45 pm	5:03 am	9:04 pm	1:04 pm (73.3°)	94.507
2	5:36 am → (59°)	8:31 pm ↖ (301°)	14:55:04	-0:40	3:35 am	10:32 pm	4:23 am	9:44 pm	5:04 am	9:04 pm	1:04 pm (73.2°)	94.509
3	5:37 am → (59°)	8:31 pm ↖ (301°)	14:54:21	-0:43	3:36 am	10:31 pm	4:23 am	9:44 pm	5:04 am	9:03 pm	1:04 pm (73.1°)	94.510

Plan Summary:

Day 1: Orienting, **Sunset: 8:31pm, Afterglow: 9:15pm**

7:00-8:30: Breakfast and loading vans

8:30-10:00: Transit from OTC to Puma Hills

10:00: Arrival at Puma Hills

10:15-10:45: Welcome group and settle into accommodations.

10:45-12:00: Puma Hills safety and location brief (15 mins), Overview/Team Resilience Discussion - (Emilie - 35 mins), Gratitude letter (20 mins with maddie (circle setup in Pavilion))
12:00-1:00: Lunch + Day Setup (Outdoor session, Performance Show Parameters - Jose/Maddie)
1:00-3:30: Intro Team outdoor activity (Bison Peak Sailcloth Tent)- Emilie sent one-pager of activities to Cristina to put in accommodations.
3:30-4:00: Solo/Team Reflection (1 thing you'll contribute to the team at the Games; 1 thing you hope to gain from the team at the Games...) - explore reflection areas.
4:00-6:00: Free time/one-on-ones with Heather/Micah
6:00-7:00: Dinner
7:00-7:30: Prep for sunset hike (Need: Bug repellent, hydration, long-sleeve, mats - Avoid mosquitos - Green trail and/or Quandary)
7:30-8:45: Solo reflection, Shared Vision (Mission, Purpose, End State - We will be successful if...) and Emilie-led Debrief - Cristina to set up picnic blankets, water, hydration snacks - bugs dependent
8:45 - TBD: Sleep wind down: Best moment, Worst moment, 1 lesson from the day into Breathwork - Coherence, extended exhale, PMR (Sailcloth tent)

Day 2: Resetting

5:30 Wake up **Sunrise: 5:39am**
6:00-8:00: Setting Circadian rhythm (10 mins), Resetting Nervous System - Diaphragmatic Breathwork into Vinyasa yoga flow (50 mins) into Breathwork Flow (20 min) (Phones to access Breathless site (10 mins) - Emilie, Bison Peak Sailcloth tent.
8:00-8:30: Bathroom/Showers
8:30-9:30: Breakfast
9:30-10:00: Break/Bathroom/Showers
10:00-11:00/30: (Pavillion Teaming Session - Heather & Micah) Setup tables, chairs, flipchart.
11:30-12:30: Lunch
12:30-3:00: BreathWork - Pulse check, Audio flow (at Sailcloth tent) into Team Outdoor Activity (staff supervised stations), Close with Pulse check, Choose your own audio.
3:00-3:30: Solo Reflection (In a sentence, how might breathwork help you reset at the Games? Think about 3 ways of incorporating breathwork at the Games)
3:00-5:00: Free time or one-on-ones with Micah and Heather
5:00-7:00: Team BBQ (Cook as a team)
7:00-8:30: Performance show + Coach led Debrief (behind lodge at fireplace with benches and round chairs; setup snacks and hydration) Check if Puma Hills speaker and or mic?
8:30-9:00: Sleep Wind down: Best moment, worst moment, lesson from today into Sound bath and Progressive Muscle Relaxation (at sailcloth tent) **Sunset: 8:31pm, Afterglow: 9:15pm**

Day 3: Debriefing, **Am Glow: 4:15am Sunrise: 5:39am**

4:30am: Wake up (Emilie pack breakfast at 4:00am)
5:00-9:00am: Depart for Sunrise Aspen hike - Athlete led Debrief: Best moment, worst moment, 1 lesson for the games at Old Aspen (45 mins out and back; Cristina to setup blankets, chairs,

coffee, water). Team Debrief at Amphitheater space. Take away - Most valuable team lessons to integrate.

9:00-10:00am: Design individual plan around team lesson using solo reflection areas (Coffee/tea) Pavilion or Bison Sail Cloth Tent. Challenge (Emotions) I My Plan.

10:00-11:30: Showers and pack up

11:30-12:30: Lunch + Billy's birthday

1:00: Departure to OTC

Medical Plan:

Minor issue (loss of breath, twisted ankle, cold, hot, tired, cuts, scrapes, etc.):

- ATC assess and treat

- Call 911 or transit to hospital/treatment center if needed

Major issue (severe pain, chest pain, passing out, broken bones, etc):

- ATC assess, stabilize, and treat

- Emilie, Matt – call 911, prep blankets for shock/warmth, prepare for transport to pick-up/transport location, stage personnel by road to direct emergency support personnel as needed, transport as needed to clinic/hospital.

Medical Facilities:

Rescue team: Park County Sheriff Dispatch office 24/7 for non immediate 911 level emergencies – (719) 836-4121 Option 5

Hospital: Woodland Park (nearest): UCHealth Pikes Peak Regional Hospital, 16420 W US-24, Woodland Park, CO 80863, [\(719\) 687-9262](tel:7196879262)

COS Hospital: Penrose St Francis, 2222 N Nevada Ave, Colorado Springs, CO 80907, (719) 776-5000

Park Country Fire Department: [\(719\) 748-3022](tel:7197483022)

Park County Sheriff's Dept: 719) 836-2494

Teller County Sheriff Dept: (719) 687-9652