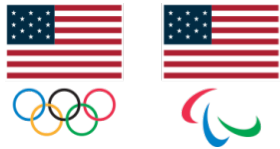




**UNITED STATES
OLYMPIC & PARALYMPIC
COMMITTEE**

BOXING RETREAT

**WHAT TO EXPECT
JULY 1-3 2024**



USOPC

WELCOME

Hi Team,

Welcome to your 2024 Boxing Team Retreat! We recognize this is an incredibly exciting and stressful time. For this reason, well-being and deep rest can often feel like one more thing the environment asks of us. This retreat is an opportunity to reset your nervous system coming from qualifications and take what you need from a range of recovery modalities as you head into the Games. As you ready yourselves and your team, consider this an opportunity to disconnect from pressure for a bit, self-locate amidst the distractions, and explore ways to regulate your physiology using some of the most under-utilized resources we have... Breathwork and the outdoors.

Outcomes:

- Disconnect from daily routines and take space to reset and recover.
- Explain what kind of performer and team you want to be at the Games – What does it look like, sound like, and feel like to be the #1 team.
- Utilize your plan for how to manage your energy before, during, and after the Games.

Accommodations: [Puma Hills Retreats](#), Lake George, Colorado. You have a choice between staying in a luxury teepee or a luxury room in the lodge.

Resources for Coaches: [Managing energy at the Games](#)

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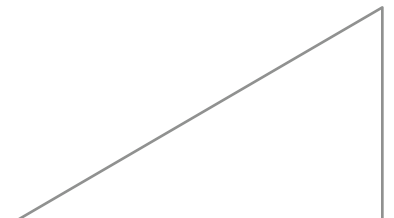
Page 4 – Packing and current participant list

Page 5 – More Info

As always, please reach out with any questions. Looking forward to seeing you soon!

Emilie

(719) 323-4724





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DAY 1: ARRIVAL

AM-PM

8:30 - Leave OTC for Puma Hills

10:00 - Arrival and Welcome at Puma Hills

12:00 – Lunch

1:00 – Team activity + Free time

6:00 – Dinner + Wind down

DAY 1 – 3: ROUTINES

To help detach from your everyday rhythms and routines, and try some new ones, below is an overview of what you can expect throughout your retreat. We will have set times each day where we'll experiment with different types of recovery as a group, and individual times to take what you need from this experience. You can expect at least these elements each day:

AM-PM

Meditation and Movement

Mornings begin with way of waking that we may not be accustomed to – Slowly. We recognize that our schedules and the environment don't always allow a slow start... We'll explore practices that awaken the brain and body in different ways, helping you ground and set the tone for any new environment you're in. Yoga, qigong, mobility, and breathwork are all possible options. Movement is travel friendly and adapted to all levels of fitness by both Emilie and Jose.

Breakfast

Using locally sourced ingredients, our Chef at Puma Hills intentionally prepares each meal based on energy demands of the days ahead. Options are available for a range of diets with a primary focus on how to fuel yourself for low and high energy periods. Breakfast will either be in-house or en route to an outdoor activity.

Team Workshop

Led by Heather and Micah, discussions will carry over from your previous Games prep sessions and focus on how you want to show up as a team.



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Lunch

Like breakfast, lunch is focused on helping fuel for the day's energy demands and will offer a range of nutrition options. Snacks and hydration also provided!

Activity and Reflection

Outdoor activities allow you to experience Puma Hills, gain perspective in a different environment, and trial what you're learning. The practice and reflection gained from these experiences are key elements to sustaining habits across different environments. Please be prepared for day or nighttime activities.

Free time

This is time to do something you enjoy or time to do nothing at all. Take what you need.

Dinner

In addition to having dinner cooked for us in-house, we'll also get to experience preparing and gathering as a group in a different way—With ridgelines and mountain sunsets as a backdrop.

Winding down for sleep

As we know, sleep is the number one performance enhancer, and it can be hardest to maintain. Travel, demanding schedules, and the emotional highs and lows of performance are the most common causes of inconsistent sleep. While we may not achieve ideal sleep rhythms every night, routines can help us find the most regularity in irregular environments. We'll practice ways to set and reset sleep as needed.

DAY 3: DEPARTURE

We'll close our experience with an early morning sunrise hike and breakfast enroute. It'll be a time for debrief and reflection before transitioning back 'home'. We'll arrive back at our accommodations mid-morning to close out, pack up, and eat lunch before departing for the OTC; purposely, feeling more aware, rested, and tuned in than when we arrived.



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PACKING LIST

OUTDOOR GEAR

- Water bottle
- Sun hat
- Sunglasses
- Sunscreen
- Watch
- Short and long sleeve athletic shirts
- Athletic shorts and/or pants
- Good traction hiking shoes/boots
- Small backpack/hydration pack
- Light rain jacket/shell
- Swim gear

MOVEMENT GEAR

Preferred activewear for low and higher intensity exercise (Comfortable clothing, running/training shoes, etc)

OTHER

- Please bring whatever you typically like to travel with: Preferred toiletries, snacks, music, etc.
- Materials for reading, drawing, writing or other transportable hobbies you rarely have time for...
- Casual clothing for warm and cooler evening temperatures.
- **If possible, please leave work computers/tablets at home! (Heart palpitations, I know).**

* **REMINDER:** Puma Hills is remote! We will have limited access to markets/stores, so please plan and pack accordingly.



ABOUT PUMA HILLS

Our retreat location is situated about an hour and twenty minutes outside Colorado Springs just beyond Lake George. It's a place to set your phone and demands aside. Unplug. Immerse yourself in the Colorado wilderness that existed thousands of years ago. Puma Hills is surrounded on all four sides by over a half a million acres of protected Wilderness Area and the Pike National Forest. The remote nature of the grounds and unique luxury accommodations offers its guests dramatic mountain peak views in every direction by day and clear and bright viewing of the Milky Way at night. For more information on where we'll be staying and playing, you can visit the website [here](#).

RETREAT GUIDE

EMILIE LAZENBY



Emilie is the Coach Well-being Lead within the United States Olympic & Paralympic Committee's Coaching Department – She leads our USOPC team and coach retreats and is a psychological skills provider for our national team coaches across Team USA. She has held various coaching and leadership positions across a variety of industries with the goal of supporting high performers in navigating life and work in extreme environments. Emilie spent eight years with the US Army Special Operations Command teaching psychological skills with units readying to deploy, two years at the US Air Force leading their Master Resilience Training initiative, and six years supporting heavy industry workers in managing austere conditions in remote locations around the world. She has a Master's degree in Biomechanics, specializing in Sport & Performance Psychology, and holds certifications as a Performance Enhancement Specialist from United States Military Academy at West Point, Master Resilience Trainer from the University of Pennsylvania, Certified Mental Performance Consultant with the Association for Applied Sport Psychology, Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association, Registered Yoga Teacher, and is currently working towards her certifications as a Heartmath and Mindfulness-Based Stress Reduction Instructor. When she's not out working with coaches, she loves cooking with friends and family, trail running, and adventuring outdoors with her husband and two daughters.