

TEAM USA IMPACT NEWSLETTER



Team USA women's hockey teammates erupt with joy after Megan Keller's overtime strike against Canada secures gold at the Olympic Winter Games Milano Cortina 2026.

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EMPOWERING CHAMPIONS FROM THE INSIDE OUT

Competing at the elite level requires just as much mental stamina as it does physical. When athletes are supported as whole people, not just competitors, they're better equipped to achieve peak performance on the world stage.

That's why the United States Olympic & Paralympic Committee (USOPC) invests in comprehensive mental health and mental performance services, ensuring athletes have the support they need to thrive in every aspect of their Olympic and Paralympic journey.

With a dedicated, powerhouse team of 15 full-time psychological service providers, Team USA athletes can access personalized and evidence-based therapeutic approaches, including mindfulness-based interventions, to strengthen their health and

resilience. Together, providers tackle personal struggles like anxiety, depression and major life transitions, while also honing the mental edge that separates excellent from elite in competition.

Team USA athletes describe the impact firsthand. Simone Biles shared that at the 2024 Paris Games it was clear that "there were people on site to help us if we need anything mentally." And as cyclist Lily Williams, who also competed in Paris 2024, said, "I honestly don't know how you could do it without a sports psychologist."

The USOPC stands with Team USA athletes — before, during and after competition — to ensure their well-being. "Whatever an athlete needs, our providers can help," said Jessica Bartley, PsyD, who leads USOPC's psychological services team.

Supporters like you help Team USA athletes build the teamwork they'll need to take on the world's best.

Inside: Mother's Day Profile with Oksana Masters

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MOTHER'S DAY PROFILE

A MOTHER'S LOVE, STRONGER THAN GOLD

Oksana Masters, Paralympian

Paralympian Oksana Masters was born in the Ukraine with disabilities linked to the Chernobyl nuclear disaster. She spent her early years in Ukrainian orphanages and didn't know what it meant to have a mom until she was almost 8 years old.

When she finally met her adoptive mother, Gay Masters, her life changed forever. Oksana credits her mom with saving her life twice — first by adopting her and then by opening the door to sports.

In sports, Oksana found an outlet for her competitive spirit and fierce determination.

Today, Oksana is the most decorated U.S. Winter Paralympian of all time. Yet the final lap of every race is dedicated to her mother — her safe space and her hero — who sacrificed everything so she could chase her dreams. “To her, I am her gold medal,” Oksana says. “Having that support means everything.” This Mother's Day, Oksana's story reminds us that behind greatness often lies a mother's unconditional love and unwavering belief, no matter life's challenges.



OLYMPIAN PROFILE

EXCELLENCE ON REPEAT

Elana Meyers Taylor, Olympian

Repeat Olympic medal performances are rare. Sustained excellence across multiple Games is exceptional.

At 41 years old, Olympic medalist Elana Meyers Taylor has built a legacy defined by consistency at the highest level of sport. Across five Olympic Games, she has delivered on bobsled's biggest stage again and again, earning six medals — **the most by any Black athlete in Winter Olympic history and the most by any athlete in the sport of bobsled.**

Her status as an undisputed legend is rooted not only in her achievements but in the longevity of her career. Olympic bobsledding is unforgiving — physically, mentally and technically. But ever since her Olympic debut at the Vancouver Winter Games 2010, Elana has evolved along with the sport, growing stronger, re-earning her place and raising the standard each time she returned to the track. **Year after year, she has proven that excellence is not a moment but a relentless commitment.**

Beyond competition, Elana finds joy in her family, which includes her husband and two sons, Nichol and Noah, who fuel her drive and perspective.

More than medals, Elana's career reflects the values at the heart of Team USA: resilience, leadership and excellence, cementing her place as **one of the most accomplished athletes in Winter Olympic history.**

DONOR PROFILE

THE POWER OF GIVING: SUSTAINING SUCCESS

Wei Gao is a mom, board member of the Pacific Science Center and USOPC Women's Circle member based in the Seattle area.

Wei Gao talks about the moment she went “all in” and how she hopes her support helps Team USA athletes succeed before, during and after their Olympic & Paralympic careers.

What first inspired you to support Team USA athletes?

Wei: I have friends who are passionate supporters of Team USA, and through them my family and I were introduced to the community. We had attended events they hosted, but our visit to the U.S. Olympic & Paralympic Training Center in Colorado Springs in 2022 was the moment that truly made us “all in.” That experience transformed our appreciation into commitment and made us want to play a more meaningful role in helping these athletes succeed.

When you think about the impact of your support, what matters most to you?

Wei: What's especially close to my heart is support beyond active competition. I'm encouraged by the U.S. Olympic & Paralympic Foundation's commitment to generate philanthropic support for athlete mental health, career transition, and long-term financial security. While sport is about excellence and performance, I hope my support helps athletes sustain that same level of excellence throughout their lives, not just during their competitive years.

What does it mean to you to be part of the Team USA community?

Wei: Team USA represents unity. It brings people together from different backgrounds, cultures and paths, all committed to a shared goal. Being part of this community means keeping an open



mind, valuing those differences and proving what's possible when we work together. It also means connection. I feel that I am a small part of the athletes' journeys and I am invested in sharing their stories of perseverance, discipline and excellence.

What is your hope for the future of Team USA, its athletes and the people who support them?

Wei: My hope is that Team USA continues to put athletes first — supporting not only peak performance, but long-term health, education and life beyond competition. I hope we all help open more doors for our athletes and connect more communities to this powerful ecosystem so that we create a sustainable support network that can continue for generations.

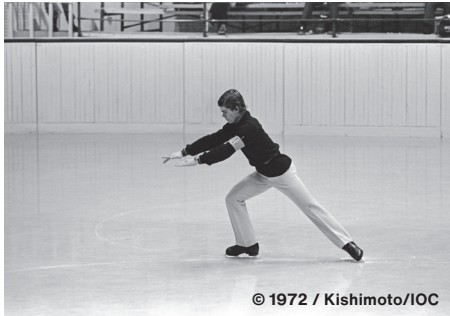
Wei and fans like you help athletes reach the summit of their sport. To learn more about how your gifts to Team USA Fund make an impact, visit TeamUSA.com/about

Thank you for fueling the resources that empower our athletes to compete at their fullest capacity. To learn more about how your gifts to Team USA Fund make an impact, visit TeamUSA.com/about

THEN AND NOW

50 YEARS OF FIGURE SKATING

The figure skating competition at the 1976 Olympic Winter Games in Innsbruck, Austria, might seem like an entirely different sport to fans watching today. In the 50 years since then, the sport has evolved into a faster, stronger and more technically demanding discipline. Simple spins have become high-speed, high-difficulty elements requiring elite-level strength, balance and precision.



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Gordon McKellen

Compulsory Figures No More

In 1976, skaters spent hours executing precise turns that accounted for 30% of their total score — and that audiences never saw. Today, those compulsory figures have been eliminated from competitive skating.



Dorothy Hamill

The Jump Revolution

Dorothy Hamill won Olympic gold in 1976, becoming the last woman to claim the title without landing a triple jump. Fast forward to 2026, and athletes now perform quadruple jumps and back flips, which were previously banned.



Alysa Liu

Artistry and Athletic Power

The 2026 Olympic Games showcased skating's modern evolution with Alysa Liu's joyful, fearless style. Her creative blend of artistry and technique earned her two gold medals and ended a 24-year U.S. women's medal drought in the sport.

Olympic Winter Games Milano Cortina 2026

MEDAL COUNT



GOLD
12



SILVER
12



BRONZE
9



Jordan Stolz

Jordan Stolz glides to a silver-medal finish in the speed skating men's 1500m at the Olympic Winter Games Milano Cortina 2026, helping Team USA shine on the podium.



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