

2 0 0 7 S U M M E R E D I T I O N

# Keslie Tomlinson USA SKELETON

“IT’S NOT EVERY FOUR YEARS - IT’S EVERY DAY”



## 2006-2007 Results

- 1st - NY Empire State Games
- 2nd - AC Lake Placid, NY
- 4th - Cesana (Torino), Italy
- 5th - Königssee, Germany
- 6th - US Nat'l Championships

## ✘ A Season To Remember ✘

*“Champions aren’t made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision” - Muhammad Ali*

It was another amazing season spent traveling and competing in Europe. I had the privilege of participating in the first international race held in Torino, Italy since the Olympic Games and placed fourth. I improved my overall U.S. rank by two spots and was the most decorated U.S. woman on the Europa Cup circuit.

Needless to say, I was very pleased with my results!

Currently, I’m living and

training at the Chula Vista Olympic Training Center in California. As a part time job, I had the opportunity to become an Athlete Ambassador. I give public and corporate tours of the training center

and represent the U.S. Olympic Committee at community events in the area. I’ve had a lot of fun sharing my story with new people

and enlightening them about the lives of current and future Olympians.



## Fun Facts About Keslie:

- Favorite Food: Cheese Pizza
- Favorite Running Shoe: Brooks “axiom”
- Favorite City: Chicago, IL
- Favorite Book: *Leading With The Heart* -Coach K

- Favorite Game Show: Deal or No Deal
- Favorite TV Series: Grey’s Anatomy
- Favorite Ice Cream: Strawberry
- Favorite German Beer: Spaten
- Favorite Movie: Thomas Crown Affair





## ...What's New Outside of Skeleton...

In the past I've always focused on sharing my sliding experiences with everyone. I thought it would be a nice change to talk a little about what's going on in my life outside of skeleton. There have been some exciting changes and developments in last few months that I look forward to pursuing alongside of my athletic endeavors.

### UPCOMING DATES:

**SEP 30**

Heading back to Lake Placid, NY

**OCT 1**

Skeleton Track opens for sliding

**OCT 13**

National Team Trials begin

**NOV 7**

2007-2008 Team named and season begins



### PHOTOGRAPHY

I've really enjoyed watching my new hobby take off. Photography has always been an interest of mine but I didn't tap into my creative side until I got a Canon 20D digital camera last year. Since then I've had the chance to

travel around the world with skeleton and take pictures along the way. I also had the opportunity to take the U.S. National Bobsled and Skeleton official team headshots for the 2006-2007 season. Though my teammates call me "snap-happy", I've had a lot of fun!

### GRAD SCHOOL

This Spring, I added an exciting new chapter to my life. I was accepted to Northwestern University in Chicago and I'm now on my way to earning a Master's Degree in

sports administration. I just finished up my first quarter and I'm already looking forward to returning next year. I will only attend classes in the Spring and take the rest of the year off to continue training and competing overseas. If all goes well, I will have my degree finished in 2010 following the Vancouver Olympics!



**Go Wildcats!**



## ?? How Do I Train in California ??

The question I am asked most often during the summer is, “how and why do you train for a winter sport in California?” It just so happens that between the months of April and October, there isn’t a single track in the world that has ice on it. That’s why a select few skeleton athletes are invited to the Olympic Training Center in sunny California each off-season. This year I was fortunate to be one of three women offered this opportunity to live and train here in Chula Vista. In the summer we focus on strength, power and speed development. We have also built a sled on wheels, which helps us practice explosive starts in a sport specific position. We spend countless hours running on the track and lifting in the gym. Being in this environment with my teammates is the best training I could have ever asked for. I really believe my hard work will pay off at next year’s team trials!



[www.GoKestlie.com](http://www.GoKestlie.com)

Thank you to everyone that has visited my website over the past year. Since its debut last August, I’ve had over 10,000 hits of interested friends, family, sponsors and fans! I will continue to do my best at keeping everyone updated. Keep checking back for new journal entries and never before seen pictures. If

you ever have any questions or suggestions please don’t hesitate to e-mail me at any time! I’ve really appreciated everyone’s support this season!

### Sponsorship Opportunities & Community Service

If you are interested in making a tax-deductible donation please contact me at [KestlieT@yahoo.com](mailto:KestlieT@yahoo.com). I am also looking to reach out to the community and share my story with organizations, local support groups, schools, etc. If you know of anyone that would be interested, please let me know!



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