


# Olympic Beat

USA  
APRIL 2004

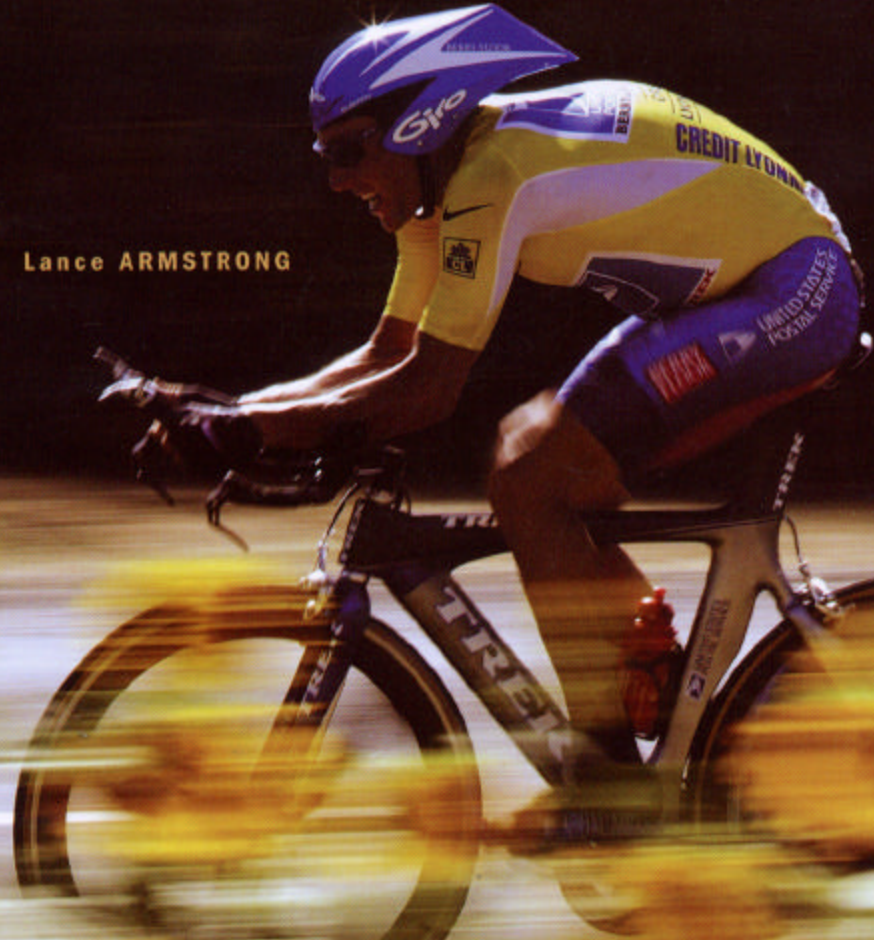
UNITED STATES OLYMPIC COMMITTEE NEWS



A group of seven women, including a coach and six athletes, standing on a podium. They are wearing red, white, and blue leotards with gold medals around their necks. The coach on the left is wearing a white jacket with a USA logo. The athletes are smiling and have their arms raised in celebration.

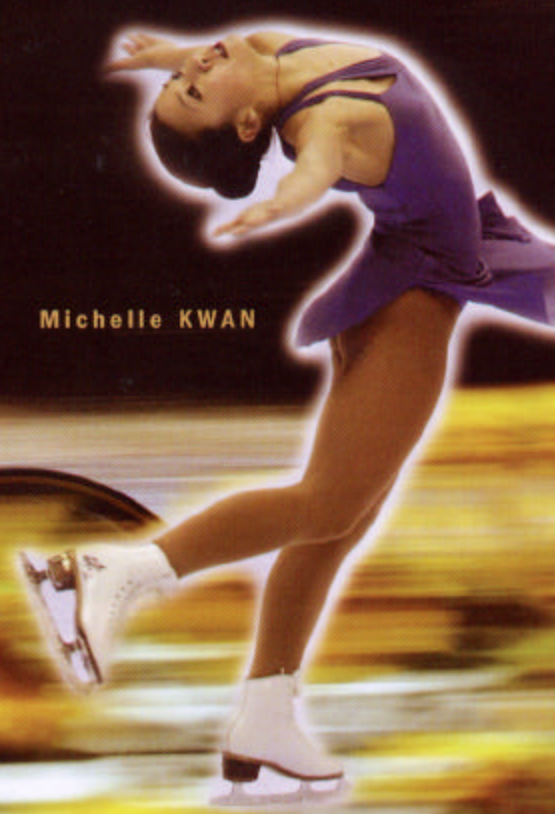
U.S. Women's  
GYMNASTICS TEAM

## The Best of 2003



A cyclist in a yellow and blue jersey riding a road bike. The jersey has "CREDIT LYONNAIS" and "UNITED STATES POSTAL SERVICE" logos. The cyclist is wearing a blue helmet with "Giro" and "READY" logos. The background is blurred to show motion.

Lance ARMSTRONG



An ice skater in a purple dress performing a jump. She is wearing white ice skates. The background is blurred to show motion.

Michelle KWAN





## Lindsey Carmichael— Right on Target

By Beth Bason

***"Don't let what you cannot do interfere with what you can do."***

— John Wooden, former UCLA Basketball Coach

That's the motto 18-year-old archer Lindsey Carmichael (Lago Vista, Texas) lives by. She knows there are certain things she can't do because of having McCune Albright Syndrome, a rare disease that causes weak spots in her bones, making them susceptible to breakage. (If you immediately thought of Samuel Jackson's character in the movie *Unbreakable*, you're close — he had Brittle Bone Syndrome. And although McCune Albright is similar, it is a little less severe.) However, one of the things she can do, quite well, is archery. Come September 2004, Carmichael will be in Athens, Greece, competing in the Paralympic Games against other premier archers with physical disabilities from around the world.

Carmichael was born with McCune Albright Syndrome, but it wasn't discovered until after she broke a hip at the age of four. Since then, Carmichael has sustained multiple broken bones and has undergone several surgeries to help strengthen them by inserting titanium rods into her femurs and tibias, along with pins, screws and plates to help reinforce them.

Carmichael took up archery while in eighth grade after a teacher recommended she give it a try. After a few classes, she was hooked. Before she knew it, she was competing in tournaments around the country. "I will always remember my second outdoor tournament. It was Junior Nationals — what an experience that was for a beginner like myself. After that, I couldn't put my bow down," says Carmichael. She hasn't looked back since.

She walks with the help of crutches, but can easily handle short distances without them and shoots in the women's standing recurve division. (A recurve is a bow that curves forward — away from the archer.) At the September 2003 World Championships in Madrid, Carmichael took fourth. She also shot scores greater than the minimum qualifying standard to make the 2004 Paralympic Games at every outdoor tournament in which she competed, with the exception of one.

Determined to medal in Athens, Carmichael has stepped up her training in recent months. She trains five or six days per week, shooting about 200 arrows per day. Conveniently, she only has to step outside the front door to



hit the range. "We live on the end of a cul-de-sac, so I set up the target at the end and shoot from 70 meters down the street. It's great, my neighbors don't mind because they trust in my ability."

Carmichael has trained with Lloyd Brown for about two years. Brown, a two-time Olympic coach (1996 and 2000), is currently the USA Archery Resident Athlete Coach in Chula Vista, Calif., and a member of the Coaches Development Committee. Over that time, Brown says Carmichael has improved dramatically. "She's a tough kid and is a great competitor because she thinks things through and always gives 100 percent."

Just recently, Carmichael also began training with Coach Don Rabska, an active Olympic-style archer. Rabska has been the special project manager at Easton for over 27 years, and is the chairman of the Technical Committee for the International Archery Federation.

"He's [Rabska] been really instrumental in helping me evolve my technique to get the most out of my abilities. Both Coach Brown and Coach Rabska deserve recognition for having helped me raise my game to new levels," says Carmichael.

Frail bones or not, it's Carmichael's endless determination that's led her to the Paralympic Games. In archery, one can say she's "on-target" for a "bull's eye" — in other words, a Paralympic medal.