



INSIDE THE GATES

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AN EXCLUSIVE MAGAZINE FOR THE RESIDENTS OF AVILA



ROAD TO RIO...GOING FOR THE GOLD AGAIN!

Tianna Bartoletta qualifies for three events in the Rio Olympics

Photograph by Steve Poisall, The Gallery Studios

YOUR STORIES. YOUR PHOTOS. YOUR COMMUNITY.

This month we visit with the **Bartoletta family** again.

Tianna Bartoletta qualified for the Olympics in Rio in three events, the long jump, the 100, and the 4x100 relay. John and Tianna share their journey with us on their Road to Rio.

We also have an article from Avila resident Paula Everton, plus as always, a great recipe and some fun events to check out in the local calendar of events.

Don't forget to send me some photos of your summer vacation to share in the next issue of *Inside the Gates*.

As always, this magazine would not be possible without the support of our advertisers who are anxious to work with the

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Lisa Ross-Shelton

Publisher

Inside the Gates

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Road To Rio...

Going For The Gold Again!

By Lisa Shelton With Special Thanks To John And Tianna Bartoletta

It's been a year and a half since we last visited with the Bartolettas and a lot of exciting events have happened for this family. John and Tianna Bartoletta have embarked on a long and grueling journey to prepare Tianna for her road to Rio. I've had the pleasure of getting to know John and Tianna along the way and John was kind enough to take some time out of his busy schedule to share their story with *Inside the Gates*.

The Bartolettas' latest journey began in September of 2015 at the World Championships in Beijing. Tianna competed and won the long jump and it was the second time in history any male or female has won the World Championships two times, 10 years apart.

Tianna was 19 years old in 2005 when she won the long jump for the first time at the World Championships and 10 years later in 2015, she did it again with a record setting jump of 7.14 meters!

After the World Championships, Tianna came back to the states for some much needed rest and to reevaluate the season. John and Tianna took that time to regroup and decided to re-hire Tianna's old coach, Rana Reider. Rana had moved back to the Netherlands and the UK after working with Tianna during the 2012 season. John felt it was important to bring him back to help Tianna get her sprint back and improve her long jump. A plan was put into place. Tianna was going to attempt to make three Olympic events this summer: the long jump, the 100, and the 4x100 relay.

Once they started working with Rana again, Tianna moved to South Africa for 40 days to begin her training. It was the most grueling offseason Tianna would ever have. A game plan was put into place that tracked everything Tianna did for her training. From her water intake, to food, to diet, you name it.... It was recorded. NBC even showed some of John's personal notes during her Olympic trials in July.

This massive game plan was put in place in the off season to try and time it so that Tianna would be in the best shape heading into the indoor circuit. The indoor season was in February and March of this year and despite all of their preparation, Tianna had a mediocre performance taking third place. John said, "She couldn't get her sprint down, she was trying to relearn how to run again and she didn't compete in the long jump. The top two athletes went on to Worlds and Tianna sat out."

Tianna wasn't dejected though. She kept her head straight, came back to Tampa to train again at IMG and afterwards went back to Europe and Asia for another eight week cycle. She started competing and pre-training for the outdoor season and started



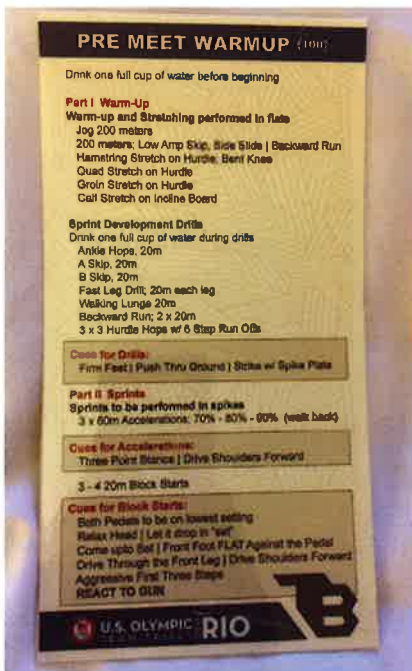
Tianna after qualifying at the Olympic Trials in Oregon



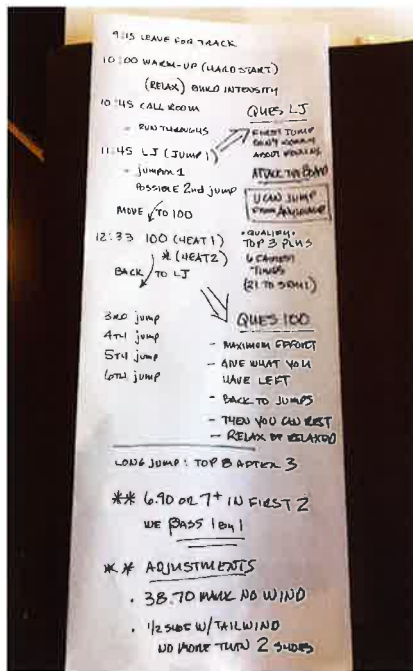
Inside the trials at Orgeon



Time card for the 100 finals



Pre Meet Warm up



Personal notes from John about Tianna's training



Competition Warm up

6 long jumps, change her shoes, and then run the 100....then repeat the process. This was the same schedule she would have to perform during the Olympic trials....a long and grueling process that would challenge any top athlete.

Her schedule at the Olympic trials was exhausting, five events in three days. John said, "We petitioned to have the meet changed but they would not do it."

On the first day Tianna had the long jump. If she hit a certain mark she would qualify for the finals. Fortunately, she hit that mark on her second jump and they were able to rest for the remainder of that day. The next day, she had the long jump final and round 1 of the 100. John knew if Tianna could jump 6.90 or 7.0 she would make the team. Her first jump she landed 7.02! Then she had to change her shoes, get down the track to run her heat in the 100, just like she had done in practice. She ran the 100 and won her heat which qualified her for the semi-finals the next day. Tianna then headed back to the long jump. Fortunately, Tianna's first long jump attempt was good enough that she passed on her next two attempts. She did try one more time but the 7.02 proved to be good enough. One event down... Tianna is going to represent the USA in the long jump in the Olympics!

On the final day of trials, Tianna had to run in the 100 semi. She ran the fastest time of her life, a 10.78 with a wind aided +2.4 which John explained, "It was not legal but her time stayed." That put her in lane 4 for the final which she would have to run an hour later. John said, "We normally take an hour to prepare, but we had to conserve her energy and her legs so we cut the final warm up to 10 minutes. We walked and talked and something clicked with Tianna. Her head was clear and she was ready for the final." Tianna was confident that she had run at 10.78... a blazing speed! In the 2012 Olympics, she took fourth and ran a 10.85 and that was the first time in history that time did not receive a medal. Her confidence was sky high going into the final. All the sudden, all that training paid off, Tianna put it together.

to perform better. Her sprint started to come back but the times were still not there. In addition, her long jump started to fail and she couldn't get over 7 meters because of the timing of her new speed. John said, "We were struggling trying to get her speed back and while we saw improvement, we were still making adjustments during the outdoor season."

Tianna then embarked on another 8 week tour in Europe but fatigue was starting to set in. Tianna was getting burned out so John decided it was time to bring her home. Ten to twelve days before the Olympic trials Tianna came home to rest, re-group, and start a new training regimen. Her new workout included performing

In the final, the three women who qualified ran the fastest recorded time in history. It was the first time three women ran under 10.78. English Gardner ran 10.74, Tianna Bartoletta ran 10.776 and Tori Bowie ran 10.779. John shared, "What's amazing is that Tianna accomplished this while competing in another event. The other two girls had fresh legs and Tianna was still recovering from her long jump."



100 Final at the July Trials

We're excited to see what happens in Rio because her events will be more spread out. The Olympics will be a cake walk compared to the trials. The trials were definitely the hardest part of this whole

process." Two more events down... Tianna is going to represent the USA in the 100 and 4x100 relay!

Tianna's schedule at the Olympics will look like this:

- 8/12 - 100 meters heat 1
- 8/13 - 100 meters semi-finals and finals
- 8/16 - Long jump qualifying
- 8/17 - Long jump finals
- 8/18 - 4x100 relay heat 1
- 8/19 - 4x100 relay final

Tianna is known to be the fastest curve runner for the final leg of the relay but the coaches are discussing having her run the

anchor. Tianna's experience and gold medal win in the 2012 Olympics in London will be a huge factor in this relay.

I for one am so excited to watch Tianna compete at the Olympics in Rio. Tianna has trained extremely hard for this opportunity and is an amazing athlete. John has been devoted to her success both on and off the track and his support has undeniably played a huge role in her accomplishments. GO Tianna! Go team Bartoletta! Go team USA!

Thank you John and Tianna for sharing your story with *Inside the Gates*. If your family would like to be featured in a future issue, please contact Lisa Shelton at lisa.shelton@n2pub.com.

Publisher's Note: At the time this article was written, the Rio Olympics had not started.



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