

October 24, 2017

Dr. Andy Dotterweich, Operations Manager—Long-Term Athlete & Community Development  
423-439-5261, [dotterwa@etsu.edu](mailto:dotterwa@etsu.edu)

The Long-Term Athlete and Community Development efforts of the Center of Excellence for Sport Science and Coach Education (CESSCE) at ETSU focuses on a long-term commitment to improving physical literacy, health and athleticism through optimal training, research and coaching. The goals of the program are to create Olympic pathways for talented athletes and to improve the health and well-being of the community through sport and physical literacy development.

The following efforts have been possible thanks to the donations from the Up and At 'Em group:

- Olympic Day 2017
  - This year, roughly 500 area children participated in Olympic Day activities hosted at Kermit-Tipton Stadium. Olympic Day commemorates the birth of the modern Olympic Games with the mission “to promote fitness, well-being, culture and education, while promoting the Olympic values of excellence, friendship and respect.” This year we hosted Two-time Olympic Skeleton Athlete John Daly and provided a variety of Olympic events for the kids to try including sprints, hurdles, javelin, shot put, broad jump, rugby, wrestling, soccer and a sport science station.
- Run, Jump, Throw
  - RJT is a partnership program between USA Track and Field and Hershey designed to introduce and develop physical literacy. This year, in addition to participating at several one-day events like Turkeys-in-Training, we are working with partners to expand to 10 Johnson City schools in the spring.
- Mountain Biking
  - Olympic mountain biking debuted in 1996 at the Atlanta Games. Since then, various parts of the country have seen growth of the sport due to their natural geography. Johnson City is located in prime mountain biking terrain and has recently seen a large uptick of cycling interest. The CESSCE is trying to aid in the developmental efforts of the sport by creating, with community partners, a youth mountain biking program. The program focuses on skill development as well as bicycle maintenance and will be implemented in the spring to coincide with the development of the mountain biking trails at Tannery Knobs.

The CESSCE and the Long-Term Athlete/Community Development program have enjoyed our relationship with the Up and At 'Em organization and the Turkey Trot. Our efforts would not be possible without them and we appreciate all they do for the community.

For further information about the CESSCE, Long-Term Athlete/Community Development, or our current programs please contact Dr. Andy Dotterweich at [dotterwa@etsu.edu](mailto:dotterwa@etsu.edu) or (423)-439-5261.