



## **U.S. Paralympics Alpine Ski Team 2011-12 Athlete and Sport Program Plan**

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### **PROGRAM GOALS**

The primary focus in 2011 is to restructure, rebuild and rejuvenate Paralympic Alpine Skiing in the United States and once again become internationally competitive as a nation.

Increased emphasis will be directed toward emerging athletes who have the potential to develop into international contenders during the remainder of the 2011 – 2014 quadrennium, including identification of new athletes who may quickly develop the potential to be internationally competitive.

Specific activities in pursuit of these program goals will include:

- Focusing on fundamentals in prep camps
- NorAm Competitions
- World Cup Competitions
- National Championships

### **2011 NATIONAL TEAM**

U.S. Paralympics 2011 National Team status applies from June 1, 2011, through May 31, 2012. National Team status and benefits are only conferred upon athletes who accept, sign and remain current with the U.S. Paralympics National Team Athlete Agreement.

Athletes, who meet an Alpine National Team standard during the 2010 – 2011 season, will become eligible for National Team benefits and will retain their National Team status through May 31, 2011. Athletes will be nominated to the team on the third day of the month following achievement of the National Team standard and the release of the IPCAS points list.

Athletes nominated to the 2011 National Team will be added to the US Anti-Doping Agency (USADA) Out of Competition Testing Pool and will be responsible for remaining compliant with all forms, updates and tutorials as required by USADA. More information regarding USADA can be found in Attachment E.

2011 National Team selection criteria can be found in Attachment A.

## **2012 NATIONAL TEAM**

U.S. Paralympics will nominate an Alpine Skiing National Team for 2012, based on athlete performance during 2011 at an IPC Alpine Skiing sanctioned events.

## **DISCRETIONARY NOMINATION**

Discretionary selection may be used if an athlete who has demonstrated international competitiveness during the qualification period for the 2010 National Team was ill, injured, or otherwise unable to compete or perform at a level to qualify him/her for the team; but it is expected that the athlete will return to internationally competitive form during 2012.

The Director, Paralympic Alpine Skiing High Performance in consultation with the Team Leader will make discretionary selections.

## **NATIONAL TEAM BENEFITS**

*National Team athletes are eligible for the following benefits:*

1. USOC Direct Athlete Support (Attachment B)
2. Alpine Skiing Additional Athlete Support Programs (Attachment C)
2. USOC Elite Athlete Health Insurance (EAHI) program (Attachment D)
3. Air transportation (or ground equivalent), lodging, ground transportation, meal per diem, and coaching support at designated U.S. Paralympics training and competition activities.
4. Hilton Hotel Discount: Hilton Hotel offers a discount for athletes staying at their properties. Rooms can be booked by going to: [www.hhonors.com/teamusastays](http://www.hhonors.com/teamusastays)
5. Merchandise discounts: Athletes that stay at the Olympic Training Center will be given a discount of 15% off of all merchandise. Simply present the OTC ID to receive this discount.
6. Airline Discount: United Airlines now offers a “friends and family” discount code for online booking for personal travel. Visit: [www.united.com](http://www.united.com) and enter 565MZ into the promotion code box and it will take 5% off the price of online flight bookings.
7. USOC Athlete Career Program (Attachment F)
8. Use of the designation of National team member in non-commercial situations
9. U.S. Paralympics National Team uniform

## **DEVELOPMENT TEAM ATHLETES**

Athletes who met the Development Team criteria during 2011, at an IPC Alpine Skiing sanctioned event, may be invited to participate in selected U.S. Paralympics Alpine Skiing activities.

2011 Development Team Criteria in posted in Attachment A.

## **MILITARY ATHLETES**

Military program athletes who met the Military standard during 2011, at an IPC Alpine Skiing sanctioned event, may be invited to participate in selected U.S. Paralympics Alpine Skiing activities.

Active-duty and veteran military athletes may also be eligible for U.S. Paralympics Military Program activities and events that are not included as part of the U.S. Paralympics Alpine Skiing 2011-12 Athlete and Sport Program Plan.

### **2011 PROGRAM ACTIVITIES**

National Team athletes will be required to attend all activities in their personal performance plan.

National Team athletes and guides will be required to obtain a 2011-2012 USSA competition license. More information about licensing can be found at [www.ussa.org](http://www.ussa.org)

U.S. Paralympics does not fund National Team athletes to attend National Championships events; however, attendance at the 2012 National Championship is required unless agreed upon by the Director, High Performance, Alpine Skiing.

## Attachment A

### 2011 U.S. Paralympics Alpine Skiing Standards

#### U.S. Paralympics Alpine Skiing 2011-12 National Team Selection Criteria

Funding is not guaranteed at any level and is dependent on team nominations after the release of each successive IPC Points List beginning with the July 1<sup>st</sup>, 2011 IPC Points list. An athlete's national team status may be changed based on factors including:

- Physical and Mental preparedness as evaluated by the coaching staff
- Commitment to training and preparation for the 2014 Paralympic Winter Games
- Commitment to participation in National Team camps, competitions, and other designated National Team activities

#### Minimum Requirements to be named to the National World Cup Team (Podium Capable and Podium Potential Group)

- Be internationally classified by the IPC Alpine Skiing
- Have a National (USSA) and IPC License
- Be in the USADA Out of Competition (OOC) testing pool.
- National Team status will be evaluated after each IPCAS Points list is released beginning with the July 1<sup>st</sup>, 2011 IPC Points List.

#### National Team - Podium Capable (A TEAM)

Athletes must:

- Men
  - 2011 World Championship Medalist OR
  - Top 10 World Ranking in one discipline on the July 1, 2011 Points list (*of active competitors that are World Cup eligible*)
- Women
  - 2011 World Championship Medalist OR
  - Top 5 World Ranking in one discipline (*of active competitors that are World Cup eligible*)

#### National Team - Podium Potential (B TEAM)

Athletes must:

- Men and Women: Be qualified in a minimum of one event to the World Cup based on published IPC standards. (*of active competitors that are World Cup eligible*) The following standards also shall apply:
- All Disciplines::
  - VI Women: ranked top 10 in a discipline
  - VI Men: ranked top 12 in a discipline
  - Standing and Sitting Women: Ranked top 10 in a discipline
  - Standing and Sitting Men: Ranked top 30 in a discipline

***NOTE: Any athlete returning to active competition status from Injured Status that previously met the National Elite Team Podium Capable level will be given Podium Potential Status. Podium Capable status will have to be re-earned via results.***

National Development Team

Athletes must:

- \*Two athletes per category will be named to the development team based on IPC World Ranking or USSA points as outlined below. If the quotas per category remain available, discretion may be used to fill a team. Athletes that were part of the National Team (World Cup or Continental) will have to re-qualify for national team status.
- Be internationally classified by IPC Alpine Skiing OR nationally classified by U.S. Paralympics.
- Have a USSA and IPC license.
- Be in the USADA OOC testing pool.
- Men and Women: eligible for the Paralympic Games or World Championships based on IPC MQS (minimum qualification standard) criteria for a minimum of one event.
  
- Standing and Sitting Men: Top 50 IPC ranking OR under 180 USSA points for Standing, under 240 for Sitting athletes
- Standing and Sitting Women: Top 20 IPC ranking OR Under 180 USSA points for Standing, under 240 for Sitting athletes
- VI Women: Top 15 IPC ranking OR under 180 USSA points
- VI Men: Top 18 IPC ranking OR under 180 USSA points
- One top 3 result by category (VI, Standing, Sitting) at the 2011 U.S. Paralympics Alpine Skiing National Championships, provided the result is within 15% [time back] of the first place result.

\*Note: For IPCAS Points lists go to: <http://www.ipc-alpineskiing.org/Point Lists/>

## Attachment B

### 2011 U.S. Paralympics Alpine Skiing Direct Athlete Support

1. Direct Athlete Support is processed monthly on the first Friday of each month.
2. Athletes are eligible for Direct Athlete Support at the beginning of the month following achievement of the National Team.
3. Athlete Support is provided to athletes that are in compliance with 2011 Athlete Agreement obligations. If an athlete is not current with the Athlete Agreement obligations on the first day of the month in which the payment is being made, the athlete's payment will be withheld until he/she is compliant.
4. Athlete support is paid directly to the athlete. National Team athletes are responsible for understanding and maintaining their own eligibility status with other organizations where applicable (i.e. NCAA, NFHS, etc.), and may choose to decline direct athlete support payments in order to retain high school or collegiate eligibility.
5. Athlete support is contingent upon athletes training in a year round program that is recognized by the Director, High Performance, Alpine Skiing.

#### Criteria for Alpine Skiing Direct Athlete Support (include amounts)

Stipends will be dispersed monthly to athletes that qualify for National Team status. In order to receive USOC Direct Athlete Support athletes must sign and abide by the USOC code of conduct and athlete agreement.

- Paid and reevaluated monthly **December through April**.
- Up to \$1000 per month available for Alpine Athletes based on National Team status and number of disciplines qualified.

#### National Team - Podium Capable – A Team (Alpine):

- \$500 per month if qualified in one discipline
- \$750 if qualified in a second discipline
- \$1000 if qualified in three or more disciplines

#### National Team - Podium Potential – B Team (Alpine)

- \$250 per month

#### **Performance Bonus:**

Upon determination of the financial resources available for the 2011-12 Season, a performance bonus structure will be determined. The structure will be basic in nature with financial awards paid to athletes achieving a top three (3) result at 2011-12 World Cup competition. First place will earn the highest incentive with second and third place receiving a descending award.

## **Attachment C**

### **2011 U.S. Paralympics Alpine Skiing Additional Athlete Support Programs**

#### **24 Hour Fitness Membership**

The application for the 24 Hour Fitness Membership is included in the National Team packet. An application can be requested by contacting the Alpine Team Manager.

- Criteria 1: All 2011 National Team athletes are eligible for a complimentary 24 Hour Fitness Membership.
- Criteria 2: Athletes who meet the 2011 U.S. Paralympics Alpine Skiing National, Emerging or Military Standards may be eligible for a complimentary 24 Hour Fitness Membership as determined by the Director, Paralympic Alpine Skiing High Performance and Team Leader. Selection for 24 Hour Membership will be based on current performance at a level that indicates a positive trajectory of performance with a chance to medal in the Paralympic Games or World Championships between 2012 and 2016.
- Should there be more athletes than slots available after Criteria 1 and or Criteria 2, the decision to award a complimentary 24 Hour Fitness Membership will be based on which athlete(s) have the best opportunity to medal at the Paralympic Games in 2012.
- Should there be any available slots after all eligible athletes [who request and] have been awarded a complimentary 24 Hour Fitness Membership, those slots will remain unused.

## **Attachment D**

### **2011 U.S. Paralympics Alpine Skiing Elite Athlete Health Insurance (EAHI)**

The USOC agrees to provide up to 10 EAHI slots to athletes who meet the eligibility and criteria. The approved EAHI eligibility and criteria for EAHI is as follows:

Athletes must be currently training and competing to receive EAHI and they must sign the 2011 Athlete Agreement.

- Criteria 1: All 2011 National Team – Podium Potential – A Team athletes are eligible for EAHI.
- Criteria 2: Athletes who meet the 2011 U.S. Paralympics Alpine Skiing National, Emerging or Military Standards may be eligible for EAHI as determined by the Director, Paralympic Alpine Skiing High Performance and Team Leader. Selection for EAHI will be based on current performance at a level that indicates a positive trajectory of performance with a chance to medal in the Paralympic Games or World Championships between 2011 and 2014.
- Should there be more athletes than slots available after Criteria 1 and or Criteria 2, the decision to award EAHI will be based on which athlete(s) have the best opportunity to medal at the Paralympic Games in 2012.
- Should there be any available slots after all eligible athletes [who request and] have been awarded EAHI, those slots will remain unused.

## **MEDEX Insurance**

Every athlete enrolled in the Elite Athlete Health Insurance Program also receives MEDEX Plus as part of the benefits.

MEDEX Plus provides:

- Medical Assistance Services (i.e., locate nearest doctors or hospitals, facilitate hospital payments, and monitor case) \*\*
- Travel Assistance (i.e., replacement of lost/stolen travel documents, translation services, travel arrangements) \*\*
- Destination Services (i.e., pre-travel information, travel & health information, real-time security intelligence) \*\*
- Personal Security Services (i.e., political evacuation, security evacuation) \*\*
- Medical Evacuation - In the event of a medical emergency, MEDEX will arrange & pay for a medically supervised evacuation to the nearest medical facility or return to point of origin.
- Repatriation Services - In the case of an injury or an unexpected illness resulting in death, MEDEX will coordinate & pay for the return of remains to your home country.

\*\*This is assistance only and does not cover the cost of any services provided.

MEDEX Assist also offers a benefit referred to as TravMed Abroad. This supplemental benefit is offered at an additional cost to you of \$3/day and can only be purchased when traveling outside the U.S.

What does TravMed Abroad provide? The same services as MEDEX Plus, but in addition, TravMed covers the cost of medical services on a secondary basis to any personal insurance already in place (if you have no personal insurance, TravMed becomes the primary insurer) after a \$25.00 deductible. Illness and injuries, including sport injuries, are covered by TravMed Abroad.

Some reasons why USOC & NGB team members may consider purchasing TravMed Abroad are as follows:

- Personal travel outside the US
- Athletes traveling outside the US for training or competition
- Delegates & family members traveling with athletes
- High deductible medical plans

Qualified athletes can direct specific questions about EAHI to:

Viola Cruz  
EAHI Benefits Administrator  
719-866-4734  
[viola.cruz@usoc.org](mailto:viola.cruz@usoc.org)

## Attachment E

### U.S. Anti-Doping Agency (USADA)

Information on Medications and Supplements. Three key resources for athletes are Global Drug Reference Online (Global DRO), Drug Reference Line (DRL), and the wallet card.

- [www.globaldro.com](http://www.globaldro.com)
- DRL: 800-233-0393 within the US and 719-785-2010 outside of the US. This resource is available Monday through Friday 8 AM to 4 PM.
- Wallet card: available in the publications link

Everything on meds, supplements, and TUEs can be found under this link:

<http://www.usada.org/substances>

Testing. The United States Olympic Committee, (USOC) National Governing Bodies, (NGBs) and the World Anti-doping Agency (WADA) Code have authorized USADA to test any athlete who:

- Is a member of a license holder of a NGB
- Is participating at an Event or Competition sanctioned by the USOC or a NGB or participating at an Event or Competition in the United States sanctioned by an IF
- Is a foreign athlete who is present in the United States
- Has given his/her consent to Testing by USADA or who has submitted a Whereabouts Filing to USADA or an IF within the previous 12 months and has not given his/her NGB written notice of retirement
- Has been named by the USOC or an NGB to an international team or who is included in the USADA Registered Testing Pool (USADA RTP) or is competing in a qualifying event to represent the USOC or NGB in international competition
- Is a United States Athlete or foreign Athlete present in the United States who is serving a period of ineligibility on account of an anti-doping rule violation and has not given prior written notice of retirement to the his/her NGB and USADA or the applicable foreign anti-doping agency or foreign sport association
- Is being tested by USADA under authorization from the USOC, an NGB, IF, any NADO, WADA, the International Olympic Committee (IOC), International Paralympic Committee, (IPC), or the organizing committee of any Event or Competition.

Some of these athletes may be added to the USADA RTP if they meet NGB, USOC, or USADA criteria. Athletes are notified by e-mail of their inclusion in the pool and rights and responsibilities as being a part of the pool. Everything testing can be found here:

<http://www.usada.org/testing>. Also, the Sample Collection Video:

<http://www.usada.org/collection/> is a helpful tool for those who have never been through the process.

Key Resources: <http://www.usada.org/resources>

PDFs of all USADA Publications: <http://www.usada.org/resources/publications.aspx>

## **Attachment F**

### **Athlete Career Services**

The Athlete Career Program was created by the USOC Career Services Department in partnership with Adecco, the USOC's Official Career Management Services Sponsor. The Athlete Career Program provides a variety of services to elite athletes who are still training and competing as well as Olympians and Paralympians who have retired from sport. See attached brochures for more information. Programs and services include the following:

- Personal career assistance – work with your own career coach to assist you with everything from creating your personal career game plan, to creating a resume, to getting the job you want.
- Job placement assistance – whether you're looking for a part-time, flexible scheduled job, full-time employment, or an internship or job shadowing opportunity, Adecco can help you find what you need.
- Career management seminars – these seminars are broken into five topics that can be delivered anywhere and anytime to fit athletes' schedules. Topics include the following:
  - Creating Your Game Plan (career planning assessment)
  - Building Your Team (networking)
  - Entering the Competition (creating a resume)
  - Game On! Are You Ready? (preparing for a job interview)
  - Can You Be Your Own Boss? (becoming an entrepreneur)

For more information regarding the Athlete Career Program please contact Carissa Gump, Adecco Athlete Liaison at 719-866-4035 or [carissa.gump@adeccona.com](mailto:carissa.gump@adeccona.com)