



To: U.S. Paralympics Track & Field National and Emerging Team athletes  
From: U.S. Paralympics Track & Field  
Date: November 11, 2021

U.S. Paralympics Track & Field will continue its Resident Athlete and Rotation Program at the Chula Vista Elite Athlete Training Center (CVEATC) beginning in January 2022. The program is designed for U.S. athletes competing in the sport of Paralympics Track and Field who desire a structured training environment and daily coaching opportunities.

The program is reserved for elite athletes and guides athletes who have demonstrated the potential to medal at the 2022 WPA World Championships. This program is also open for consideration to 2024 Paralympic Hopefuls. Guide athletes are termed as athletes in this program. The resident program will be available for athletes who are prepared to make a full-time commitment to training and competing under the direction and leadership of Joaquim Cruz, U.S. Paralympics Track & Field Senior Coach. Additional coaching staff may be added and approved at any time by the Director and the Senior Head Coach. The rotation program will be available for athletes who are able to commit to training at Chula Vista in short-term segments.

As part of the Resident Athlete and Rotation Program, athletes will have the option of participating in the program on either a full time or temporary rotation period. Full-time resident athletes are expected to reside at the CVEATC or in the Chula Vista/San Diego area. The rotation time and availability will be agreed upon at the discretion of U.S. Paralympics Track & Field Staff based on athlete goals, bed space and/or facility access availability. Both programs are subject to the requirements outlined in this memo.

Specific training and competitions will be geared to the individual athlete's needs, but generally will include mandatory daily prescribed workouts, scheduled weight room sessions, six WPA approved competitions per year (with the 6th being the U.S. Paralympics Track & Field National Championships), specified nutrition counseling and sport performance related assessments (including, but not limited to blood draws, body analysis, functional movement screens, etc.). Designated competitions will be outlined in the athletes personal performance plan as agreed by the Senior Coach. Other mandatory components of the program may include sport science testing, sport psychology sessions, community outreach and involvement and media training.

## **APPLICATION & ACCEPTANCE**

Applications and other necessary forms for the Resident Athlete and Rotation Program will be available at the following website <https://www.teamusa.org/US-Paralympics/Sports/Track-and-Field/Resident-and-Rotation-Program>. Any athlete who wishes to participate must apply

and be accepted into the program. Acceptance to the program will be at the sole discretion of U.S. Paralympics Track & Field staff and all positions available in the program are not required to be filled. *All resident and rotational athletes will be required to re-apply based on the program application dates listed below.*

For consideration, applicants must:

- Athlete must be a current U.S. citizen
- Not be enrolled part-time in school and/or employed part-time where the combined total of school and/or work hours exceeds twenty (20) hours per week.
- Maintain a 2.0 GPA for college courses taken while in the program.
- Be willing to submit to a complete a health profile coordinated by the USOPC Sports Medicine division, including a thorough medical history and comprehensive physical examination.
- Be able to live independently and take care of all personal needs without supervision which shall include, but not be limited to, attending practices, meetings, showering, dressing, eating, etc.
- Be in compliance with USOPC Vaccination Requirement

Evaluation of athletes for acceptance to the Resident Athlete and Rotation Program will consider a wide range of factors including:

- Space availability
- Athletes must have met national team standards, demonstrated the ability to make a senior international team, demonstrated progress towards being a 2024 Paralympic Hopeful, as determined in the sole discretion of U.S. Paralympics Track & Field staff.
- Athlete's desire and willingness to commit fully to the training outlined or approved by the U.S. Paralympics Track & Field.
- Training compatibility with other resident athletes, coaches and staff.
- Other relevant performance data from current quadrennium.

U.S. Paralympics Track & Field may add additional athletes after the application deadline has passed and after the program start date if additional spots remain. Late applications will be accepted at the sole discretion of U.S. Paralympics Track & Field staff. Unless special circumstances are cited and approved by the U.S. Paralympics Track & Field staff, resident and/or rotation programs will be awarded at one training center only.

There will be one term for the Chula Vista resident program with the on campus program ending September 30, 2022. Upon selection of the 2022 WPA World Championships team resident athletes (on and off campus) may be re-evaluated to prioritize training opportunities for athletes selected to compete at the 2022 WPA World Championships.

#### **IMPORTANT DATES (2021-2021):**

November 15, 2021	Application for 2022 Resident Program opens
November 30, 2021	Application for 2022 Resident Program closes
December 6, 2021	Notification of acceptance to Resident Program
January 3, 2022	Resident Program athlete move-in
June 30, 2022	Resident Athlete Re-Evaluation
September 30, 2021	2022 On Campus Resident Program Ends
November 1, 2022	Application for 2023 Resident Program opens
November 30, 2022	Application for 2023 Resident Program closes

December 6, 2022  
January 2, 2021

Notification of acceptance to Resident Program  
2023 Resident Program athlete move-in

Applications for the Rotation Program are accepted on a rolling basis and must be submitted no later than **six (6) weeks** in advance of athlete's requested start date unless otherwise discussed with the Director. There will be no rotation program opportunities after September 30, 2022.

Athletes will be given at least a thirty (30) day notice of move-out date in accordance with their term application. If you are no longer training, competing, failure to make the World Championships team or for non-compliance with rules and guidelines, you could receive a thirty (30) day move-out notice mid-term. Athletes must take all their belongings at the time of move out, ensure cleanliness of living areas, communicate their move-out date with U.S. Paralympics Track & Field staff, check out with Senior Head Coach, and follow CVEATC check-out procedures. Extenuating circumstances for move-out will be considered, but resident application deadlines are otherwise strict.

Athlete competition requirements will be outlined in each year's Sport and Program Plan and athletes personal performance plans. Required team events, competitions or a resident required proof-of-fitness test may be added at the discretion of the Senior Coach and in conjunction with the athletes coach if different than Coach Cruz. In order for proof of performance times to be approved, the competition must be sanctioned by World Para Athletics through the competition approval process unless otherwise agreed upon with the Senior Coach.

## **ATHLETE BENEFITS**

Participation in the Resident Athlete and Rotation Program is not a guarantee that an athlete will be selected to participate in World Para Athletics Championships, Paralympic Games or other major international competitions. To be named to these competitions, an athlete must qualify through the respective selection procedures for each competition. Participation in the program does not affect national team status or any of the related benefits. Participation in the program is voluntary and is contingent upon agreement to and compliance with the specific terms and conditions of the program.

Athletes accepted to the program will be eligible to receive the following benefits:

- Double occupancy room at the CVEATC (for full-time and rotational on campus athletes only; roommate preferences are not guaranteed).
- Meals provided by CVEATC.
- CVEATC facility usage.
- Daily training led by the Senior Coach or assigned coaching personnel.
- Access to sports medicine, strength and conditioning, nutrition counseling, sports psychology and other USOPC sport performance services as directed by the Senior Coach and approved by Director. Level of access for certain performance services is dependent on U.S. Paralympics Track & Field National Team status. Only national team athletes have gold access, which includes limited free massage.
- Paid entry and support to attend specific approved competitions (to be identified by Senior Coach and/or in conjunction with assigned personal coach if applicable).
- Travel arrangements provided for approved competitions as a part of the resident

- program.
- Stipend up to \$500 for athlete move in. Athletes may be reimbursed up to \$500 for gas, airfare, baggage fees, etc. for initial move in. Athletes will only be reimbursed with gas receipts; mileage request will not be accepted.

## WAIVER AND PARTICIPATION FORMS

Upon acceptance into the program, all participants are required to sign the following forms:

- USOPC Waiver and Release of Liability
- CVEATC Waiver
- USOPC COVID-19 Waiver
- USOPC Service Animal Agreement (if applicable)
- Resident Athlete Application
- Athlete Agreement
- USOPC Participant Biography
- Medical History Questionnaire
- CVEATC Weight Room Waiver
- HIPAA Form
- USOPC Vaccination Requirement
- Any additional documents/waivers required by U.S Paralympics Track & Field, the USOPC or CVEATC

## EXPECTATIONS OF PARTICIPANTS

All participants in the program are responsible for fulfilling program commitments. Failure to meet program requirements may result in removal from the program. Additional expectations are as follows:

- Full-time athletes are expected to cover his/her own expenses for moving to/from Chula Vista (U.S. Paralympics Track & Field will provide travel reimbursements for initial move in only; all other costs are the responsibility of the athlete).
- Unless special circumstances are cited, resident and/or rotation programs will be awarded at one training center only.
- Athletes are selected to the program to focus on full-time training. Any involvement in school, part-time employment and/or volunteer schedules must be arranged around training times with a maximum of 20 hours unless approved in writing by director of U.S Paralympics Track & Field. *Work and school schedules must be reviewed as a part of the application and **approved** by the director prior to beginning school, employment or residency.*
- Each athlete must demonstrate progress in training and competition, including reaching performance measurements established by the athlete and Senior Coach in collaboration with the Director and any specific outside coach for the year.
- Progress in international standings will be a consideration in evaluating both program and individual resident athlete applications and renewals. Coaches will report each athlete's progress and specific performance standards throughout each year as determined by the Director.
- Athletes are expected to have a personal performance plan for their residency. Plans may address education, part-time employment, community service opportunities or other areas of interest to the athlete.
- Each athlete member of a program must complete a health profile, functional movement screen and body analysis as soon as possible following their arrival with

the USOPC Sports Medicine.

- All new applicants will be placed on a 90-day probation period. After 60 days, the Senior Coach will be asked to review the athlete's progress and acclimation to the program. This is designed to allow both the coach and the athlete to determine if the athlete has the potential to be successful, both in training and socially, within the structure of the current U.S. Paralympics Track & Field Resident Program.
- Athletes must participate in a mandatory check in monthly to include athlete and designated resident support staff which may include coach, nutrition, strength & conditioning, sport psychology, USPTF staff, etc. as needed.
- Athletes are expected to communicate weekly with the Senior Coach, attend all scheduled practices on time and participate in all scheduled competitions throughout the program period unless excused by the Senior Coach prior to the scheduled activity.
- Athletes must attend other team activities (meetings, media training, community appearances, special events, etc.) as directed by the Senior Coach or Director.
- Athletes must develop and achieve short and long-term performance goals as defined and approved by the Senior Coach and Director.
- Athletes must complete and pass a proof of performance test as agreed upon by Senior Coach, athlete and Director.
- Athletes participating in the program are specifically prohibited from soliciting training programs from external coaches without consent and inclusion of the Resident Head Coach and Director.
- All resident and program participants must maintain apartment, room and property cleanliness at all times.
- Any issues that occur with other residents or staff must be reported to the Senior Coach and/or Director no later than the next business day.
- Guests should not be in a shared bedroom without the consent of the athlete's roommate.
- Athletes who will leave the CVEATC for a period of two weeks or longer will be expected to remove all belongings from room unless approved by the Director.
- Athletes are expected to be mature and considerate roommates, responsible teammates and represent U.S Paralympics Track & Field accordingly at the CVEATC and at all team activities and events.
- Sports medicine resources will be utilized to keep athletes healthy and injury-free. However, if an athlete sustains a long-term illness or serious injury that compromises his/her ability to train over an extended period of time, continued participation in the program may not provide the athlete with a significant performance benefit and thus the athlete may be removed from the program.
- Athletes are required to wear U.S. Paralympics Track & Field uniforms, competition gear and other issued clothing at official team or resident team competitions and functions as directed by the Senior Coach and U.S. Paralympics Track & Field staff.

## **REMOVAL FROM THE PROGRAM**

Athlete participation in the program may be terminated at any time by U.S. Paralympics Track & Field for any reason. Notice of removal from the program will be provided to the athlete in writing and will be effective immediately upon such notice or as specified in the notice. An

athlete may appeal removal from the program pursuant to the USOPC Complaint Procedures. Removal from the program may result from any of the following or any other reason, as determined by the Director or Senior Coach:

I understand that removal from the program may result from any of the following:

- Failure to meet the requirements to qualify for the national team.
- Failure to qualify for an international team at major international competitions (such as Parapan Games World Championships and/or Paralympic Games).
- Failure to meet performance metrics or other elements of the athlete's personal performance plan.
- Failure to comply with U.S. Paralympics Track & Field Athlete Agreement, USOPC Code of Conduct, CVEATC Code of Conduct, CVEATC Rules and Guidelines, U.S. Center for Safe Sport policies, U.S. Paralympic Athlete Sport and Program Plan or team policies.
- Violation of USADA/WADA Anti-Doping policies, which may include a failed test, missed test and non-compliance with quarterly whereabouts filing updates.
- Persistent incompatibility with the Resident Head Coach, USOPC staff and/or other resident athletes that detracts from the training or performance of any member of the CVEATC community.
- Long-term illness, injury or inability to maintain self-care and independence.
- Failure to comply with requests of USOPC, CVEATC staff or coaches representing the program.
- Failure to remain compliant with, USOPC Vaccine, Safe Sport & Background Check policies.
- Failure to comply with COVID-19 guidelines in place by EAS, Chula Vista Elite Athlete Training Center, U.S. Paralympics Track & Field and/or U.S. Olympic and Paralympic Committee.

## **STAFF**

If you have any questions about the program or the guidelines, please contact one of the staff members below:

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