



U.S. Paralympics Cycling 2017 Athlete and Sport Program Plan

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REFERENCES & TERMINOLOGY

1. Throughout this document “2017” shall refer to the following dates/seasons:
 - a. Summer Sports – 2017 season / January 1, 2017 through December 31, 2017
 - b. Winter Sports – 2017-2018 season / July 1, 2017 through June 30, 2018
2. Throughout this document “2018” shall refer to the following dates/seasons:
 - a. Summer Sports – 2018 season / January 1, 2018 through December 31, 2018
 - b. Winter Sports – 2018-2019 season / July 1, 2018 through June 30, 2019
3. “DAS” – Direct Athlete Support
4. “EAHI” – Elite Athlete Health Insurance
5. “IF” – International Federation
 - a. ATH – IPC
 - b. CYC – UCI
 - c. SKA/SBD – IPC
 - d. SKN – IPC
 - e. SWI – IPC
6. “NGB” – National Governing Body (for Paralympic ATH, CYC, SKA/SBD, SKN, SWI = USOC, Paralympic Sport Performance Division)
7. “USADA” – U.S. Anti-Doping Agency

PROGRAM GOALS

The primary focus in 2017 is to identify and develop elite cyclists by supporting the Para-cycling culture in the USA, creating a world-class training environment, and earning top eight results at UCI international competitions, including C1, World Cup, and World Championship events.

Specific activities in pursuit of the program goals will include:

RESIDENT PROGRAM		
Jan 1 – Dec 31	CSOTC On-complex: 5	Colorado Springs, CO
Jan 1 – Dec 31	CSOTC Off-complex: 6	Colorado Springs, CO
Jan 1 – Dec 31	Resident & NT weekly training & racing	CO and Nationwide

CAMPS		
January 9-13	All National Team Camp, CVOTC	Chula Vista, CA
January 23-26	Track Development Camp	Carson, CA
Jan 30 – Feb 3	Track Worlds Preparation Camp #1	Carson, CA
Feb 10 – 15	Track World Preparation Camp #2	Carson, CA
March 3-11	Talent Transfer Camp	Sarasota, FL
June 4-9	National Team Camp, CSOTC	Colorado Springs, CO
June 9-13	Talent Identification Camp, CSOTC	Colorado Springs, CO
October 6-10	Talent Identification Camp, CSOTC	Colorado Springs, CO

2017 Camp dates are tentative and subject to changes and additions.

COMPETITIONS		
Ongoing	U.S. Paralympics Cycling Series / USA Cycling Domestic Competitions	Nationwide
January 28-29	U.S. Paralympics Track Cycling Open	Carson, CA
Feb/March TBD	UCI Track World Championships	TBD
April 27-30	USA Cycling Para-cycling Road Nationals	Grand Junction, CO
May 11-14	UCI Para-cycling Road World Cup #1	Maniago, Italy
May 18-21	UCI Para-cycling Road World Cup #2	Oostend, Belgium
June 30-July 2	UCI Para-cycling Road World Cup #3	Emmen, Netherlands
August 31–Sep 3	UCI Para-cycling Road World Championships	Pietermaritzburg, S. Africa
T.B.D.	Para-cycling Track Nationals	T.B.D.

2017 Competition dates are tentative and subject to changes and additions.

2017 NATIONAL TEAM

U.S. Paralympics will nominate Cycling National Team(s) for 2017, comprised of the following:

National A Team | National B Team | National C Team

Term #1 (January 1 – June 30, 2017)

U.S. Paralympics will nominate a National Team(s) for the first term of 2017, based on performances from the following events:

- Best single 2016 World Cup Time Trial Performance (actual place)
- Best single 2016 World Cup Road Race Performance (actual place)
- Result on ranking list for the 500/1k TT at the 2016 U.S. Paralympics Track Cycling Open
- Result on ranking list for the Pursuit at the 2016 U.S. Paralympics Track Cycling Open
- Result on the ranking list for the Time Trial at the 2016 USA Cycling Para-cycling National Time Trial Championship
- Result on the ranking list for the Time Trial at the 2016 U.S. Paralympics Road Trials
- Best single Rio 500/1k – OR – Pursuit Performance (actual place)
- Rio Time Trial Performance (actual place)
- Rio Road Race Performance (actual place)

Each athlete's top three (3) point totals based on the table below (also included in the 2016 Athlete & Sport Program Plan at www.usparalympics.org/cycling) will be included to create an overall ranking list (men and women), which will be utilized to name the team for the first term of 2017 (Attachment I).

Category 1 - Paralympic Games	Category 2 - International Events	Category 3 - National Events & International Team Events
Up to two (2) results from this category will be counted towards the athlete's top three point totals.	Up to two (2) results from this category will be counted towards the athlete's top three point totals.	Up to three (3) results from this category will be counted towards the athlete's top three point totals.
<ul style="list-style-type: none"> • Rio Time Trial (actual place) • Rio Road Race (actual place) • Rio Pursuit (actual place) • Rio 500m / Kilo (actual place) 	Track World Championships: <ul style="list-style-type: none"> • Pursuit (actual place) • 500m/Kilo (actual place) Road World Cups: <ul style="list-style-type: none"> • Time Trial (actual place) • Road Race (actual place) 	U.S. Paralympics Track Cycling Open: <ul style="list-style-type: none"> • Pursuit (position on ranking list) • 500m/Kilo (position on ranking list) Road National Championships: <ul style="list-style-type: none"> • Time Trial (position on ranking list) U.S. Paralympics Team Trials: <ul style="list-style-type: none"> • Time Trial (position on ranking list) Team Events: <ul style="list-style-type: none"> • Track Worlds Team Sprint (actual place) • Road World Cup Handcycle Relay (actual place) • Paralympic Games Team Sprint (actual place) • Paralympic Games Handcycle Relay (actual place)
30	10	5
27	9	4
24	8	3
14	7	2
12	6	1
10	5	
8	4	
<i>No points awarded for last place</i>		

Term #2 (July 1 – December 31, 2017)

The National Team for Term #2 will be nominated based on athlete performances from the following events*:

- 2017 U.S. Paralympics Track Cycling Open
 - Individual Pursuit
 - 500m Time Trial (women)
 - 1000m Time Trial (men)
 - Scratch Race
- 2017 UCI Para-cycling Track World Championships
 - Individual Pursuit
 - 500m Time Trial (women)
 - 1000m Time Trial (men)
 - Team Sprint (if applicable)
 - Tandem Match Sprint (if applicable)
 - Scratch Race
- 2017 USA Cycling Para-cycling Road National Championships
 - Road Time Trial
- 2017 UCI Para-cycling Road World Cups #1 and #2
 - Individual Time Trial
 - Road Race
 - Handcycle Relay (if applicable)

National A & B Teams (Track and Road)

Athletes who are high performers in races listed above, will be named to the National A or B Team, as follows:

- Athletes who win two or more medals at the 2017 UCI Para-cycling Track World Championships or Road World Cups 1 & 2, will be nominated to the National A Team for Term #2, provided at least one medal was in an individual event.
- Athletes who win one medal in any individual race at the 2017 UCI Para-cycling Track World Championships or Road World Cups 1 & 2, will be nominated to the National B Team for Term #2.

National C Team**

<u>Track</u>	<u>Road</u>
Eligible athletes who win their race (standalone or combined/factored classification as published on the final event competition schedule) in an event listed above, from the 2017 U.S. Paralympics Track Cycling Open – and – who have ridden faster than the National Team Standard (Attachment A), will be nominated to the National C Track Team for Term #2.	Eligible athletes who win their individual classification in the time trial at the 2017 USA Cycling Para-cycling Road National Championships – and – who have ridden faster than the National Team standard (Attachment A), will be nominated to the National C Road Team for Term #2.

*Qualification events listed on this page are subject to change per UCI and/or USA Cycling calendar changes.

** See “Eligibility on page 5 for **National C Team Eligibility**.

2017 NATIONAL A, B, AND C TEAM MINIMUM PERFORMANCE STANDARDS

U.S. Paralympics 2017 National Team status applies for the following dates:

Term #1: January 1 – June 30, 2017

Term #2: July 1 – December 31, 2017

National Team status and benefits (A, B, and C teams) are only conferred upon athletes who:

- Accept, sign and remain current with the U.S. Paralympics National Team Athlete Agreement.
- Submit and sign their *Athlete Performance Plan* on or before the deadline announced by U.S. Paralympics (National Team benefits will be delayed until a signed agreement is received by U.S. Paralympics)

ELIGIBILITY

Athletes nominated to the National Team(s) *must have undergone an international classification evaluation and hold an international Paralympic-eligible sport class* as per the UCI master list (<http://www.uci.ch/para-cycling/news/article/classifications/>). Athletes nominated to the National Team(s) must also hold a 2017 International License from USA Cycling (NT benefits will be delayed until an athlete obtains a current, valid license).

- Athletes on the National A and B Teams for Term 1 who do not meet the requirements for the National A, B, or C Teams for Term 2 will be removed from the National Team for Term 2.
- C Team athletes must move up to the A or B Team within two terms, and are *not eligible* to serve three consecutive terms on the C team, regardless of published C Team qualification criteria (Page 4).
 - **C Team Athletes named January 1, 2017, who were on the C team for term #2 of 2016:**
 - Must move up to National A or B Team effective July 1, 2017 in order to maintain National Team status, and are not eligible to be named to the C team for the second term of 2017.
 - **C Team Athletes named January 1, 2017, who were *not* on the C team for term #2 of 2016 (*and* who maintain C team status for both terms during 2017):**
 - Must move up to National A or B Team effective January 1, 2018 in order to maintain National Team status and are not eligible to be named to the C team for the first term of 2018.

*Any/all athletes **not** named to C Team for term #2 of 2017 **are eligible** to be named to the C Team for term #1 of 2018.*

2017 NATIONAL TEAM STANDARDS (Attachment A)

ROAD

2017 Road standards for para-cycling are based on 106% of 2nd-place results (averaged) for each class, from World Cups, World Championships, or Paralympic Games held between 1/1/2013 and 12/31/2016, where:

- All athletes / classifications competed on the same course (regardless of total distance per athlete / class)
- The course was out and back – or – a circuit
- The course distance was appropriate for all classifications
- The course elevation profile was appropriate for all classifications
- Participation at World Cups was greater than 200 participants

Road Time Trials that meet the criteria above are:

- Segovia World Cup (Spain), 2013
- Matane World Cup (Canada), 2013
- Baie Comeau World Championships (Canada), 2013
- Castiglione World Cup (Italy), 2014
- Segovia World Cup (Spain), 2014
- Greenville World Championships (USA), 2014
- Yverdon World Cup (Suisse), 2015
- Pietermaritzburg World Cup (S. Africa), 2015
- Ostend World Cup (Belgium), 2016
- Basque Country World Cup (Spain), 2016

TRACK

Men & Women: 2016 National Team Track standards are based on 106% of 2nd-place results (averaged) for each sport class from the following events:

- 2016 UCI Para-cycling Track World Championships
- 2015 UCI Para-cycling Track World Championships
- 2014 UCI Para-cycling Track World Championships
- 2012 UCI Para-cycling Track World Championships

2017 ATHLETE PERFORMANCE PLAN

All athletes named to the National Team during 2017 (Term #1 and/or Term #2) must meet the requirements, including schedule, outlined in their signed, *2017 Athlete Performance Plan*. Athletes who do not fulfill the terms of their plan (with the exception of injury, illness, and pre-approved changes to the plan), will be removed from the National Team, effective the last day of the current month, through the end of the current term.

2017 USADA REGISTERED TESTING POOL (RTP)

Athletes nominated to the 2017 National Team(s) will be added to the USADA Registered 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.

2018 NATIONAL TEAM

U.S. Paralympics will nominate a Cycling National Team(s) for 2018, based on athlete performances from key 2017 events. The criteria to qualify for the 2018 National Team will be published as part of this plan as soon as the 2017 UCI Para-cycling track calendar is finalized (anticipated on or before January 15, 2017).

NATIONAL TEAM BENEFITS

*National Team athletes **MAY** be eligible for the following benefits –*

1. USOC Direct Athlete Support (Attachment B)
2. Cycling Additional Athlete Support Programs (Attachment C)
2. USOC Elite Athlete Health Insurance 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. 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 discount.
5. Airline Discount: United Airlines offers a “friends and family” discount for USOC meetings and events. Athletes, friends and family paying their own way to travel to a USOC function can contact the United Airlines Olympic Travel Desk (1-800-841-0460), and request that the reservation agent apply the USOC discount when paying with their personal credit card.
6. USOC Athlete Career Program (Attachment F).
7. USOC/DeVry Academic Performance Partnership (contact respective HPD/National Teams Manager/Associate Director for details and information).
8. USOC Tuition Grants (contact respective HPD/National Teams Manager/Associate Director for details and information).
9. Use of the designation of National team member in non-commercial situations.
10. For additional resources and information available to athletes (Athlete Marketing, Athletes’ Advisory Council, Medical Services, etc.) go to <http://www.teamusa.org/For-Athletes>.
11. U.S. Paralympics National Team uniform. National Team athletes will be provided with cycling competition and casual apparel for travel, training, and competition. Guidelines for apparel are outline in the team rules and athlete handbook for each competition or team activity.
12. Supplement Athlete Support (Attachment J).

EMERGING ATHLETES

Athletes who meet an emerging standard during 2017, at USA Cycling or UCI sanctioned race that includes competition for para-cyclists, may be invited to participate in selected U.S. Paralympics Cycling Program activities as outlined below. Invitation is at the discretion of the Cycling High Performance Director, in consultation with coaching staff.

- **Camps:** Consideration for attendance at camps listed on page 2 will be determined by the Cycling High Performance Director.

Emerging athletes invited to official team events or activities must be internationally classified by the UCI – or – nationally classified by U.S. Paralympics Cycling and hold a Paralympic-eligible sport class as per the UCI and/or U.S. Paralympics master list, and hold a current USA Cycling license.

2017 OPERATION GOLD

U.S. Paralympics will award Operation Gold funds in Cycling based off of the results at the 2017 UCI Para-cycling World Championships (Road – *or* -- Track) as outlined below.

Paralympic Sport Payment Schedule				
Place	World Championships 1 st year in quad	World Championships 2 nd year in quad	World Championships 3 rd year in quad	Paralympic Year*
1 st	\$3,000	\$3,000	\$3,000	\$5,000
2 nd	\$2,500	\$2,500	\$2,500	\$3,500
3 rd	\$2,000	\$2,000	\$2,000	\$2,500
4 th	\$1,500	\$1,500	\$1,500	
5 th	\$1,000	\$1,000	\$1,000	
6 th	\$500	\$500	\$500	

* = In the Paralympic year, athletes are eligible for multiple medals won.

In the Olympic/Paralympic year, multiple Operation Gold Awards will be paid to qualifying athletes. In non-Olympic/Paralympic years, Operation Gold Awards are limited to ***one award per athlete in a program year***. Athletes who qualify in multiple events during a non-Olympic/Paralympic year will only receive the highest award amount for which he/she qualified at the specified competition.

For Paralympic sports in non-Paralympic years, individuals must finish in one of the top six (6) places and among the top 50% of the athletes who started the event to qualify for Operation Gold Awards. Teams must finish in one of the top four (4) places to qualify for Operation Gold Awards.

ATTACHMENT A

2017 U.S. Paralympics Cycling Standards Road

Road (Time per Kilometer)				
	Class	National Standard	Talent Pool (105%)	Emerging (115%)
Handcycle TT Men	H1	02:45.74	02:54.03	03:10.60
Handcycle TT Men	H2	01:56.23	02:02.04	02:13.67
Handcycle TT Men	H3	01:38.23	01:43.15	01:52.97
Handcycle TT Men	H4	01:36.06	01:40.86	01:50.46
Handcycle TT Men	H5	01:38.78	01:43.72	01:53.60
Bicycle Men TT	C1	01:35.64	01:40.42	01:49.99
Bicycle Men TT	C2	01:31.69	01:36.27	01:45.44
Bicycle Men TT	C3	01:29.40	01:33.87	01:42.82
Bicycle Men TT	C4	01:25.27	01:29.54	01:38.07
Bicycle Men TT	C5	01:23.10	01:27.26	01:35.57
Trike TT Men	T1	02:20.32	02:27.34	02:41.37
Trike TT Men	T2	01:50.03	01:55.53	02:06.54
Tandem TT Men	B	01:18.50	01:22.43	01:30.28
Handcycle TT Women	H1*	04:37.04	04:50.89	05:18.60
Handcycle TT Women	H2	03:14.28	03:23.99	03:43.42
Handcycle TT Women	H3	02:01.11	02:07.17	02:19.28
Handcycle TT Women	H4	01:59.29	02:05.25	02:17.18
Handcycle TT Women	H5	01:52.79	01:58.43	02:09.70
Bicycle Women TT	C1	02:04.82	02:11.06	02:23.54
Bicycle Women TT	C2	01:47.77	01:53.16	02:03.94
Bicycle Women TT	C3	01:47.86	01:53.26	02:04.04
Bicycle Women TT	C4	01:42.19	01:47.30	01:57.52
Bicycle Women TT	C5	01:36.77	01:41.61	01:51.29
Trike TT Women	T1	02:58.66	03:07.60	03:25.46
Trike TT Women	T2	02:07.99	02:14.39	02:27.19
Tandem TT Women	B	01:28.60	01:33.03	01:41.89

ATTACHMENT A (continued)

2017 U.S. Paralympics Cycling Standards Track

Track (Time per Event)			
Class / Event	National Standard	Talent Pool (105%)	Emerging (115%)
Men C1 1-Kilometer TT	01:20.45	01:24.48	01:32.52
Men C2 1-Kilometer TT	01:20.55	01:24.58	01:32.64
Men C3 1-Kilometer TT	01:15.02	01:18.77	01:26.27
Men C4 1-Kilometer TT	01:10.81	01:14.35	01:21.43
Men C5 1-Kilometer TT	01:09.38	01:12.85	01:19.79
Men B 1-Kilometer TT	01:05.85	01:09.14	01:15.73
Women C1 500-meter TT	49.38	51.85	56.79
Women C2 500-meter TT	46.33	48.65	53.28
Women C3 500-meter TT	46.68	49.02	53.68
Women C4 500-meter TT	41.48	43.56	47.71
Women C5 500-meter TT	40.20	42.21	46.23
Women B 1-Kilometer TT	01:12.78	01:16.42	01:23.70
Men C1 3-kilometer Pursuit	04:17.55	04:30.43	04:56.18
Men C2 3-Kilometer Pursuit	04:04.07	04:16.27	04:40.68
Men C3 3-kilometer Pursuit	03:50.20	04:01.71	04:24.73
Men C4 4-kilometer Pursuit	04:55.30	05:10.06	05:39.59
Men C5 4-kilometer Pursuit	04:51.31	05:05.87	05:35.00
Men B 4-kilometer Pursuit	04:34.07	04:47.78	05:15.19
Women C1 3-kilometer Pursuit	05:07.22	05:22.58	05:53.30
Women C2 3-kilometer Pursuit	04:37.06	04:50.91	05:18.62
Women C3 3-kilometer Pursuit	04:36.41	04:50.23	05:17.87
Women C4 3-kilometer Pursuit	04:19.97	04:32.97	04:58.96
Women C5 3-kilometer Pursuit	04:05.69	04:17.97	04:42.54
Women B 3-kilometer Pursuit	03:45.97	03:57.27	04:19.86

ATTACHMENT B
2017 U.S. Paralympics Cycling Direct Athlete Support

1. DAS is processed monthly on the first Friday of each month.
2. Athletes are eligible for DAS at the beginning of the month following nomination to the National Team(s).
3. DAS is provided to athletes that are in compliance with 2017 Athlete Agreement obligations and the Athlete Performance Plan obligations. If an athlete is not current with the agreement/plan obligations and/or USADA requirements 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. U.S. Paralympics will provide DAS for a multi-sport athlete in ONLY one sport at any given time. In conjunction with the respective NGB/HPMO High Performance Director(s) the multi-sport athlete shall designate the primary (“A”) sport in which they wish to receive DAS.
5. Athletes sanctioned by USADA, WADA and/or the respective sport IF for a doping violation are not eligible for DAS, regardless of any National Team(s) status, during the period of such sanction.
6. Athletes sanctioned by the IPC and/or the UCI, for classification Intentional Misrepresentation are not eligible for DAS, regardless of any National Team(s) status, during the period of such sanction.
7. DAS will only be paid once the Athlete Support Designee Form, W9, Direct Deposit, Athlete Agreement, and Athlete Performance Plan have been completed and submitted (annual or per-term basis).
8. 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.

2017 U.S. Paralympics Cycling Direct Athlete Support Amounts

Team Status Level	2017 Monthly Payment
National A Team	\$1,100
National B Team	\$750
National C Team	\$450

ATTACHMENT C
2017 U.S. Paralympics Cycling Additional Athlete Support Programs

Coaching Support

U.S. Paralympics Cycling will provide individual coaching support for National Team athletes in 2017 from the U.S. Paralympics Cycling *Preferred Coaching Pool*. Athletes may work with any coach in the preferred coaching pool (see: www.usparalympics.org/cycling), at the expense of U.S. Paralympics. Athletes who wish to work with coaches that are not part of the pool, may utilize their Supplemental Athlete Support (SAS) (Attachment J) to hire their own coach.

On-campus resident athletes at the Colorado Springs OTC, will be coached by the U.S. Paralympics Cycling National Team & Resident Coach, with the exception of special arrangements as approved by the Cycling High Performance Director.

Travel Support

Travel for National Team (NT) athletes to NT-specific activities will be funded. Travel expenses to UCI World Cup or World Championship events **may** be covered, only for athletes named to the roster per the selection procedures for that event. Travel for NT athletes to attend selection events or the National Championships is not funded; however, attendance by NT athletes at any event may be required per the *Athlete Performance Plan*.

Supplement Athlete Support (SAS)

National Team Athletes are eligible to receive a stipend for each term to support expenses such as: equipment, travel, training, and coaching (Attachment J).

Term 1 National Team Athletes must use their SAS by June 30, 2017 or they will forfeit the remainder. Term 2 National Team Athletes must use their SAS by December 8, 2017 or they will forfeit the remainder.

The 2017 application for Supplemental Athlete Support is included on the website at <http://www.teamusa.org/US-Paralympics/Sports/Cycling/Athlete-and-Sport-Program>

Term 1		SAS Amounts	
National A Team		\$2,500*	
National B Team		\$1,500*	
National C Team		\$500*	

Term 2		SAS Amounts	
National A Team		\$2,500*	
National B Team		\$1,500*	
National C Team		\$500*	

*Athletes on the National Team for partial term(s), will receive a prorated SAS allocation.

PERFORMANCE INCENTIVE SUPPORT

Additional performance incentives will be provided to athletes who attain results at UCI Paracycling C1 events, as well as Road World Cups – including results for team competitions – when competing as a member of Team USA*.

Place / Participants	UCI C1 Events (Overall finish ranking with sport class)	World Cups (Place within sport class, per individual race)
1 st – Field with > 2 participants	\$500	\$500
2 nd – Field with > 3 participants	\$350	\$350
3 rd – Field with > 4 participants	\$250	\$250

**No incentives will be paid to athletes who race at UCI events as independent or as part of a trade team. Athletes who wish to compete at C1 events for Team USA must be named to the Team USA roster for the event, and must be entered by U.S. Paralympics.*

EQUIPMENT

National Team and resident athletes may have access to team equipment, including, but not limited to:

- Bicycles/Trikes/Handcycles/Tandems (or frames/forks)
- Components and Wheels
- Power Meters
- Specialty Helmets
- Race-specific Competition Apparel
- Trainers and Rollers
- Prototype Gear

All National Team equipment will be inventoried and distributed based on current need and future medal potential of the athlete(s). Equipment will be issued at the discretion of the High Performance Director, Paralympic Cycling, in consultation with coaching staff.

All National Team athletes using equipment owned by U.S. Paralympics Cycling will be required to sign the *NT Equipment Agreement*, and will be responsible for costs incurred due to damage or loss of the equipment.

Special Pricing

National Team athletes may have access to special pricing from partners and suppliers of U.S. Paralympics Cycling. Details and policies will be communicated by U.S. Paralympics Cycling staff throughout the 2017 season.

ATTACHMENT D
2017 U.S. Paralympics Cycling Elite Athlete Health Insurance (EAHI)

The USOC agrees to provide up to 16 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 2017 Athlete Agreement and Athlete Support Designee Form.

- Only National Team athletes are eligible for EAHI
- Should there be more athletes than slots available, the decision to award EAHI will be based on the 2017 ranking list (Attachment I).
- 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

HOW TO PURCHASE:

- Call 1-800-732-5309

\$13/per trip for a maximum of 30 days or an annual pass at a cost of \$34 per year with unlimited use for MEDEX Plus; or

\$3/day for TravMed Abroad

To receive the above discounted rate, you must identify that you are an elite athlete with the USOC/U.S. Paralympics

Qualified athletes can direct specific questions about EAHI to:

800-933-4473 ext 3 Office

719-866-2213 FAX

eahi@usoc.org

USOC National Dental Referral Program

EAHI does not include a dental plan. However, basic dental services may be available through the USOC National Dental Referral Program which consists of a network of volunteer dentists who have agreed to provide screening exams and/or routine (non-elective) dental care to Elite Athletes only. Dependents are not covered under this program. For further information or to determine if there is a volunteer dentist in your area, please call the USOC's Sports Medicine Department at 1-800-933-4473 Ext. 2 or email nmn@usoc.org.

Dental network providers:

<http://www.teamusa.org/For-Athletes/Medical-Services/National-Medical-Network/Medical-Provider-Database/Dentist>

Vision Plan

EAHI does not include a vision plan. However, the USOC Sports Medicine Department currently runs a vision program for athletes eligible for EAHI to receive up to a year supply of Johnson & Johnson or Bausch and Lomb contact lenses free of charge. To participate in this program, please send a current prescription (within the past six months) to: USOC Sports Medicine Department, Attn: Vision Program, One Olympic Plaza, Colorado Springs, CO 80909; fax: (719) 632-9282; nmn@usoc.org. Please include name, date of birth, sport, and U.S. mailing address where contact lenses should be mailed. Dependents are not covered under this program.

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
- 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-and-policies/>

ATTACHMENT F

Athlete Career and Education Program (“ACE”)

About ACE

The Athlete Career and Education Program delivers high quality, comprehensive career and education services aimed at enhancing performance and personal development to both current and retired Team USA athletes. Since its launch in April 2014, the USOC is committed to working with the nation's top employers and educational institutions to guide Team USA athletes in their successful transition away from elite sport.

The ACE Program helps place eligible athletes in flexible job and education opportunities that afford them the time and financial resources necessary to train and prepare for competition. Through the program, athletes gain valuable, hands-on work experience, as well as essential tools and training to make informed decisions about their career transition, including:

- Career planning and development
- Job-placement assistance
- Transition counseling and support
- Networking opportunities
- Academic advising

ACE Services

Careers

Whether you are looking for a part-time job while training, preparing for your career transition, or determining next steps, athlete career coaches provide individual support and connect you with the best resources to achieve success.

Education

The ACE Program has a number of education resources to meet your unique needs. Team USA athletes are eligible for scholarships through DeVry University and the USOC.

Mentorship – COMING SOON

ACE Mentor Network offers 1-on-1 live video mentorship with a network of Olympians, Paralympians, and business professionals who help Team USA athletes achieve their goals.

ACE Opportunities

DICK’s Sporting Goods is Hiring!

DICK’s Sporting Goods is providing Team USA hopefuls with employment opportunities to help you focus on training for the Olympic or Paralympic Games. DICK’s is committed to supporting athletes with flexible schedules and competitive compensation. Login to the ACE Portal at TeamUSA.org/ACE and explore the employment opportunities that are available.

Register for the ACE Program

Through the online platform, athletes have the ability to proactively seek advice from a career coach, search and apply for jobs, learn more about resume building, interview preparation, professional seminars and other networking opportunities. Register at TeamUSA.org/ACE.

ATTACHMENT G
2017 U.S. Paralympics Cycling National Team
Procedures & Obligations

Cycling Team Procedures

- Failure to comply with the Athlete Obligations listed below, or other team agreements and policies will result in a suspension of DAS, other team benefits, and/or removal from the 2017 National Team.

Cycling Athlete Obligations

- Maintain compliance with U.S. Paralympics Athlete Agreement
- Maintain compliance with 2017 Athlete Performance Plan
- Maintain compliance with the National Team Code of Conduct
- Maintain compliance with the NT Equipment Agreement
- Maintain compliance with USADA, UCI, IPC, and WADA anti-doping policies and rules
- Maintain compliance with the 2017 U.S. Paralympics Cycling Team Rules

U.S. Paralympics Cycling Team Rules

The following rules apply to all official National Team and Team USA para-cycling activities and events (additional rules may be implemented on a per-event basis as needed):

- Team members and staff will attend all team functions including meetings, practices, exhibitions, press conferences, competitions, etc., unless otherwise excused or instructed by the National Team Coach, Team Manager or Cycling High Performance Director.
- Team members and staff will cooperate with all Team leadership (Team Manager, National Team Coach, Cycling High Performance Director).
- Team members and staff will refrain from behavior that would detract from a positive image of the U.S. Paralympics Cycling National Team or that would be detrimental to its performance objectives.
- Team members and staff will display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors and the public.
- Team members and staff will wear USOC and/or U.S. Paralympics Cycling provided apparel as required and as designated by team leadership (Team Manager, National Team Coach, Cycling High Performance Director).
- An open and observable environment should be maintained for all interactions between staff and athletes. Private, or one-on-one situations should be avoided unless open and observable. Common sense should be used to move a meeting to an open and observable location if the meeting inadvertently begins in private.
- Public intoxication or consuming alcohol to excess will not be tolerated.
- Athletes and staff are not allowed to consume alcohol together.
- Team members are to sleep in their assigned rooms.
- Curfews established by the team staff must be observed by all athletes.

ATTACHMENT H

2017 U.S. Paralympics Cycling Resident Program

U.S. Paralympics Cycling is continuing a Resident Program at the Colorado Springs Olympic Training Center (CSOTC). The resident program at the Chula Vista Olympic Training Center (CVOTC) will not continue in 2017.

The Resident Program has been created to enable Para-cyclists who have demonstrated the potential to medal at the 2020 Paralympic Games, the opportunity to increase the chances of realizing that potential through participation in a comprehensive, full-time training program. The Resident Program is appropriate for athletes committed to training full time in a small group setting, under the leadership of the U.S. Paralympics Resident Cycling Coach.

Some athletes accepted as part of the program will reside in dormitories at the CSOTC. Other athletes will have facility access at the CSOTC. Specific training and competition will be geared to individual athlete needs, but generally will include 10-16 hours per week of training with other resident athletes.

Resident Program must commit to the full Resident Program period. All resident athletes will be required to re-apply yearly. Time off for visits to family/friends will be built into the Resident Program training cycles, but athletes should be prepared to live and train at the CSOTC up through the 2020 Tokyo Paralympic Games.

APPLICATION & ACCEPTANCE

An application is available on the U.S. Paralympics website through December 9, 2016:
<http://www.teamusa.org/US-Paralympics/Sports/Cycling/Resident-Program>

Acceptance to the Resident Program will be at the sole discretion of U.S. Paralympics Cycling and all positions in the Resident Program will not necessarily be filled.

Eligibility:

- Be at least 17 years of age.
- Be a current U.S. Citizen eligible to represent the U.S. at UCI International events and at the Paralympic Games.
- Have completed High School or earned an equivalent degree.
- Maintain a 2.0 GPA for college classes taken while a resident athlete.
- Be willing to submit to a complete health profile coordinated by USOC Sports Medicine including thorough medical history and comprehensive physical examination.

ATTACHMENT H (continued)
2017 U.S. Paralympics Cycling Resident Program

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

- Space availability
- Relevant performance data from current quadrennium
- Athlete's current "home" training environment
- Potential for the athlete to medal at future UCI Para-cycling World Championships, World Cups, or other major international competitions
- Impact of the Cycling Resident Program on the athlete's medal potential
- Athlete's desire and willingness to commit fully to training in the Resident Program

U.S. Paralympics Cycling may add additional athletes after the application deadline(s) and start date(s) until maximum program slots are filled as approved by the Director, High Performance Paralympic Cycling and/or Managing Director, Sport Performance

IMPORTANT DATES

November 16, 2016 – Application period begins

December 7, 2016 – All applications for resident program are due (online submissions only)

December 8, 2016 – Applicants will be notified of their status/acceptance into the program

National/Resident Team competition opportunities are outlined in the annual U.S. Paralympics Cycling Athlete and Sport Program Plans. In addition, Resident Team Members will also attend local and regional competitions as scheduled by U. S. Paralympics Cycling.

COACHING STAFF

The Cycling Resident Program will be directed by the U.S. Paralympics Cycling Resident Team Coach. Additional coaches and staff will assist with sport science and weight room conditioning.

ATTACHMENT I Combined Athlete Ranking

Athletes	Category 1: Paralympic Games (2 results)				Point total	Category 2: International Events (2 results)								Point Total	Category 3: National Events & International Team Events (3 events)										Point Total	Overall Point Total
	Paralympic Games					Track Worlds	World Cup 1: SA	World Cup 2: BE	World Cup 3: ESP	Track Open	Road Nationals	Team Trials	Team Events													
	1st=30, 2nd=27, 3rd=24, 4th=14, 5th=12, 6th=10, 7th=8					1st=10, 2nd=9, 3rd=8, 4th=7, 5th=6, 6th=5, 7th=4									1st=5, 2nd=4, 3rd=3, 4th=2, 5th=1											
	500m / Kilo	Pursuit	Road TT	Road Race		500m / Kilo	Pursuit	TT	RR	TT	RR	TT	RR		500m / Kilo	Pursuit	TT	RR	TT	Track Worlds TS	World Cup 1: HR	World Cup 2: HR	World Cup 3: HR	Paralympic Games: TS		
Will Groulx, MH2			27	30	57					10	10			20			5	5	4			4		4	14	91
Jamie Whitmore, WC3	0	27	8	30	57	8	7			10	9			19	5	4			5						14	90
Shawn Morelli, WC4	0	30	30	0	60	5	10			9	10			20		5	2		2						9	89
Jill Walsh, WT2			27	27	54					9	9			18											0	72
Megan Fisher, MC4	0	24	27	0	51	6	7			10	7			17	2				1						3	71
Joe Berenyi, MC3	12	27	10	0	37	10	10			6	0			20	5	5	2			2			2		12	69
Samantha Bosco, WC5	0	24	24	10	48	4	6							10	1	1	5								7	65
Ryan Boyle, MT2			27	14	41					9	7			16				5							5	62
Oz Sanchez, MH5			24	14	38					7	7			14							4			4	8	60
Allison Jones, WC2	10	10	12	14	26	7	6			10	9			19	3	3	1		4						10	55
Alicia Dana, WH3			27	14	41					7	0			7			3		3						6	54
Brian Sheridan, MH2			24	10	34					9	7			16											0	50
Tom Davis, MH4			12	10	22					9	9			18					5						5	45
Jennifer Schuble, WC5	8	10	12	0	22	6	5							11	4	2				2			2		8	41
Scott Martin, MC4	0	14	12	0	26		6							6		1	4	3							8	40
Billy Lister, MC1	0	10	12	0	22	4	7							11		3			2						5	38
Oksana Masters, WH5			12	14	26					0	0			0											0	26
Will Lachenauer, MH3			12	0	12					6	0			6							4			4	8	26
Freddie de los Santos, MH5			8	10	18					6	0			6					1						1	25
Chris Murphy, MC5	0	8	0	0	8	6	0							6	3		1			2			2		7	21
Todd Key, MC1						0	0					10	7	17		4									4	21
Matt Bigos, MC1								10	10	0	7	6	8	20											0	20
Steven Peace, MT2								8	8	0	0	8	0	16				3							3	19
Aaron Keith, MC2						0	4					6	6	12	1	2	3								6	18
Shawn Cheshire WB Mackenzie Woodring			10	0	10	0	4							4			4								4	18

Continued on next page...

ATTACHMENT J
Supplemental Athlete Support Reimbursement Request

Guidelines and Instructions:

- SAS is only available to National Team athletes, per the 2017 Athlete & Sport Program plan:
<http://www.teamusa.org/US-Paralympics/Sports/Cycling/Athlete-and-Sport-Program>
- SAS requests may be submitted for *reimbursement only*. Pre-payment requests will not be accepted.
- SAS reimbursement requests must include copies of itemized receipts, and *each request* must be accompanied by a separate SAS Reimbursement Request Form.
- Multiple receipts may be included in one request
- SAS reimbursement requests may be submitted for expenses related to your career as a Para-cyclist, and must fall under one of the categories below:
 - Cycling Equipment
 - Travel and Training
 - Coaching
 - When submitting for coaching reimbursement, coaches must have Training Peaks uploaded and current for their athlete or reimbursement will not be approved.
- A pre-approval (i.e. authorization prior to making a purchase or booking travel) may be obtained by emailing the coaching staff, HPD, or team manager for U.S. Paralympics
- For each form submitted and approved, the appropriate amount will be deducted from the athlete's SAS account and the balance remaining will be emailed to the athlete.
- SAS may not be used for travel, hotel, entry fees, or meals related to National Championships or Selection Events.
- Term 1 National Team Athletes must use their SAS by June 30, 2017 or they will forfeit the remainder.
- Term 2 National Team Athletes must use their SAS by December 8, 2017 or they will forfeit the remainder.
- All SAS forms must be received by December 8, 2017, to be processed by the end of the year.

Please save your completed form with a new name and email to:
erin.popovich@usoc.org

U.S. Paralympics Cycling
Supplemental Athlete Support Reimbursement Request Form

Date: _____

Athlete Name: _____

Total Reimbursement Amount Requested: \$ _____

Total SAS remaining after this reimbursement: \$ _____

*it is athlete's responsibility to know what they have in their account

Expense type: _____ Equipment _____ Travel/Training _____ Coaching

Reason for Request:

(i.e. how did the expense support you as a Para-cyclist)

Total number of receipts attached: _____

Description of each receipt:

(i.e. "Rental Car" car or "airfare")
