



U.S. Paralympics Powerlifting 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. PWR – IPC
 - d. SKA/SBD – IPC
 - e. SKN – IPC
 - f. SWI – IPC
6. “NGB” – National Governing Body (for Paralympic ATH, CYC, PWR, SKA/SBD, SKN, SWI = USOC, Paralympic Sport Performance Division)
7. “USADA” – U.S. Anti-Doping Agency

PROGRAM GOALS

The primary program goal is to qualify multiple athletes for the 2020 Paralympic Games. Annual milestones of 2017 are, in no particular order:

- Develop three (3) Para Powerlifting training facilities around the country
- Sanction three (3) Regional events for new and returning athletes, managed according to IPC rules (to include proper equipment/referees/etc.)

Specific activities in pursuit of these program goals will include:

- Activity 1 - March 11 & 12, 2017- Developmental Tournament & Camp for athletes on track toward 2017 World Championships in Mexico City
- Activity 2 - June 1-2, 2017 – Thunder in the Valley Sanctioned Regional event in MI
- Activity 3 - Offer 2-3 new athlete/coach trainings: April 2017 in PA, Nov/ Dec. 2017 in St. Louis, 3rd date and place TBD
- Activity 4 – Head coach (or designee) will visit athletes on track toward 2017 WCH at their home gyms, with their trainers, to specifically work on adjusting training programs to the expectations from Para Powerlifting

2017 NATIONAL TEAM

U.S. Paralympics will nominate Powerlifting National Team(s) for 2017, based on athlete performances at designated events.

Athletes who meet a National A, B or Emerging Team standard during the following designated events will be nominated to the respective 2017 National A, B or Emerging Teams:

- Development Camp and Competition (March 11-12, Logan University – Chesterfield, MO)
- Thunder in the Valley (June 1-2, Saginaw, MI)
- 2017 World Para Powerlifting Championships (September 29-October 6, Mexico City, Mexico)

U.S. Paralympics 2017 National Team status applies from January 1, 2017 through December 31, 2017. 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 a National Team standard during 2017, at a designated event, become eligible for National Team benefits and will retain their National Team status through December 31, 2017. Athletes will be nominated to the team on a quarterly basis (January 15, April 15, July 15, October 15), and will be eligible at the start of the quarter following achievement of the National Team standard.

Athletes nominated to the 2017 National A and B Teams 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.

Athletes nominated to the National Team(s) ***must have undergone national or international classification evaluation and hold a national or international Paralympic-eligible sport class***, as per the U.S. Paralympics National Classification master list or the World Para Powerlifting master list, and hold a current season license for powerlifting from World Para Powerlifting.

2017 National Team standards (Attachment A) are based on results from the 2016 Paralympic Games. National A Team standards are calculated using 93% of the relevant bronze medal lift. National B Team standards are calculated using 90% of the relevant bronze medal lift. National Emerging Team standards are calculated using 85% of the relevant bronze medal lift.

2018 NATIONAL TEAM

U.S. Paralympics will nominate Powerlifting National Team(s) for 2018, based on athlete performance at the 2017 World Para Powerlifting Championships and 2018 designated events.

- Athletes who win a medal or meet the 2018 National A Team standard at the 2017 World Para Powerlifting Championships, or meet the 2018 National A Team standard at a 2018 designated event, will be nominated to the 2018 National A Team.
- Athletes who meet the 2018 National B Team standard at the 2017 World Para Powerlifting Championships or a 2018 designated event will be nominated to the 2018 National B Team.
- Athletes who meet the 2018 National Emerging Team standard at a 2017 or 2018 designated event will be nominated to the 2018 National Emerging Team.

U.S. Paralympics 2018 National Team status applies from January 1, 2018 through December 31, 2018. 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 a National Team standard during 2018, at a designated event, become eligible for National Team benefits and will retain their National Team status through December 31, 2018. Athletes will be nominated to the team on a quarterly basis (January 1, April 1, July 1, October 1), and will be eligible on the quarter following achievement of the National Team standard.

Athletes nominated to the 2018 National A and B Teams 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.

Athletes nominated to the National Team(s) ***must have undergone national or international classification evaluation and hold a national or international Paralympic-eligible sport class***, as per the U.S. Paralympics National Classification master list or the World Para Powerlifting master list, and hold a current season license for powerlifting from World Para Powerlifting.

2018 National Team standards (Attachment A) are based on results from the 2016 Paralympic Games. National A Team standards are based on the relevant bronze medal lift. National B Team standards are calculated using 93% of the relevant bronze medal lifts. National Emerging Team standards are calculated using 90% of the relevant bronze medal lifts.

NATIONAL TEAM BENEFITS

National Team athletes MAY be eligible for the following benefits:

1. U.S. Paralympics Powerlifting 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 this 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 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.

- Athletes who make the National A or B Team standard will receive a uniform
- Athletes who make the Emerging Team standard will have the ability to purchase a uniform

EMERGING ATHLETES

Athletes who meet the Emerging standard during 2017, at a designated event, **may** be invited to participate in selected U.S. Paralympics Powerlifting Program activities as outlined below. Invitation is at the discretion of the National Team Manager.

2017 Emerging standards (Attachment A) are based on 85% of the bronze lift in the relevant weight class at the 2016 Paralympic Games.

Athletes nominated to the Emerging Team must be internationally classified by IPC OR nationally classified by U.S. Paralympics Powerlifting and **hold a Paralympic-eligible sport class** as per the IF and/or U.S. Paralympics master list and hold a current season license for powerlifting from World Para Powerlifting.

2017 PROGRAM ACTIVITIES

The 2017 National Team(s) activities are outlined below. Athletes will be required to attend all 2017 activities included in their personal performance plan which will be developed in conjunction with the National Team Manager or the Head Coach.

Each athlete is responsible for individual arrangements (including expenses) to attend these activities (i.e. travel, lodging, accommodation, entries) unless otherwise indicated in the activity listing or the athlete's personal performance plan (as applicable).

National Team athletes are required to obtain a 2017 World Para Powerlifting License.

IF Approved/Sanctioned events are noted in the 2017 Program Activities listed below.

Camp

2017 U.S. Paralympics Powerlifting Camp

March 11-12

Logan University – Chesterfield, MO

Competition

2017 Thunder in the Valley

June 1-2

Saginaw, MI

Competition

2017 World Para Powerlifting Championships

September 30 – October 6

Mexico City, Mexico

2017 OPERATION GOLD

U.S. Paralympics will award Operation Gold funds in Powerlifting based off of the results at the 2017 World Para Powerlifting Championships as outlined below.

Paralympic Sport Payment Schedule				
Place	World Championships 1st year in quad	World Championships 2nd year in quad	World Championships 3rd year in quad	Paralympic Year*
1 st	\$3,750	\$3,750	\$3,750	\$7,500
2 nd	\$3,125	\$3,125	\$3,125	\$5,250
3 rd	\$2,500	\$2,500	\$2,500	\$3,750
4 th	\$1,875	\$1,875	\$1,875	
5 th	\$1,250	\$1,250	\$1,250	
6 th	\$625	\$625	\$625	

* = 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 Powerlifting Standards

Weight Class	National A (93% of Rio Bronze)	National B (90% of Rio Bronze)	Emerging (85% of Rio Bronze)
Men			
49kg	144.15	139.50	131.75
54kg	150.66	145.80	137.70
59kg	163.68	158.40	149.60
65kg	179.49	173.70	164.05
72kg	195.30	189.00	178.50
80kg	192.51	186.30	175.95
88kg	195.30	189.00	178.50
97kg	212.97	206.10	194.65
107kg	210.18	203.40	192.10
107+kg	217.62	210.60	198.90
Women			
41kg	88.35	85.50	80.75
45kg	94.86	91.80	86.70
50kg	94.86	91.80	86.70
55kg	106.95	103.5	97.75
61kg	119.04	115.20	108.80
67kg	100.44	97.20	91.80
73kg	118.11	114.30	107.95
79kg	121.83	117.90	111.35
86kg	108.81	105.30	99.45
86+kg	120.90	117.00	110.50

2018 U.S. Paralympics Powerlifting Standards

Weight Class	National A (Rio Bronze)	National B (93% of Rio Bronze)	Emerging (90% of Rio Bronze)
Men			
49kg	155.00	144.15	139.50
54kg	162.00	150.66	145.80
59kg	176.00	163.68	158.40
65kg	193.00	179.49	173.70
72kg	210.00	195.30	189.00
80kg	207.00	192.51	186.30
88kg	210.00	195.30	189.00
97kg	229.00	212.97	206.10
107kg	226.00	210.18	203.40
107+kg	234.00	217.62	210.60
Women			
41kg	95.00	88.35	85.50
45kg	102.00	94.86	91.80
50kg	102.00	94.86	91.80
55kg	115.00	106.95	103.5
61kg	128.00	119.04	115.20
67kg	108.00	100.44	97.20
73kg	127.00	118.11	114.30
79kg	131.00	121.83	117.90
86kg	117.00	108.81	105.30
86+kg	130.00	120.90	117.00

Attachment B

2017 U.S. Paralympics Powerlifting 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 personal performance plan obligations. If an athlete is not current with the agreement/plan obligations and/or USADA 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 respective sport IF 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 has been completed and submitted (annual 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 Criteria for U.S. Paralympics Powerlifting Direct Athlete Support (include dollar amounts):

U.S. Paralympics Powerlifting is not eligible for Direct Athlete Support in 2017.

Attachment C

2017 U.S. Paralympics Powerlifting Additional Athlete Support Programs

TRAVEL SUPPORT

U.S. Paralympics does **not** fund National Team athletes to attend events unless otherwise stated; however, attendance at an event may be required as per the athlete's personal performance plan.

Attachment D

2017 U.S. Paralympics Powerlifting Elite Athlete Health Insurance (EAHI)

The USOC agrees to provide up to 2 EAHI slots to athletes who meet the eligibility and criteria. The approved EAHI eligibility and criteria for EAHI is as follows:

Athletes can achieve Elite Team Member status by meeting the A or B standard and competing at the Development Camp and Tournament in March and the Thunder in the Valley competition in June. Only athletes with Elite Team Member status will be eligible for consideration for EAHI.

Should more than two athletes achieve Elite Team Member status, the two athletes with the highest percentage lift at one of the above events, as compared to the relevant Rio Bronze, will be considered eligible for EAHI.

Should more than two athletes be eligible after the above criteria are applied, the two athletes with the highest IPC World Ranking as of June 30, 2017 will be considered eligible for EAHI.

- Once an insurance slot is offered to an athlete, they will have 30 days to activate their coverage.
- Athletes not activating their coverage within 30 days of notification of eligibility will forfeit their slot.
- Should there be any available EAHI slots left after all eligible athletes have either accepted or declined, 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 Powerlifting National Team Procedures & Obligations

Powerlifting Team Procedures

- Failure to comply with the Athlete Obligations listed below or violating the Athlete Agreement will result in a suspension of DAS or EAHI, a fine or removal from the 2017 National Team.
- Failure to meet the body weight class for an international event within 3 days of departure will result in a fine.
 - 5-6 lbs over highest end of weight class: \$75 fine
 - 6-10 lbs over highest end of weight class: \$125 fine
 - 10+ lbs over highest end of weight class: \$175 fine
- U.S. Paralympics Powerlifting issued national team apparel must be worn at required competitions.

Powerlifting Athlete Obligations

- Maintain compliance with U.S. Paralympics Athlete Agreement.
- Maintain compliance with 2017 personal performance plan.
- Comply with USADA, IPC and WADA Anti-Doping policies.