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## U.S. Curling Association High Performance Program 2015-16 Combine Application Form

(Deadline: Monday, April 13, 2015)

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The U.S. Curling Association (USCA) 2015-2018 High Performance Plan is aimed at identifying and developing the USA's best talent for future competitive success. Athletes will be selected for the High Performance Program (HPP) on an individual basis. The USCA HPP combine will be held May 16-20 at the USA Curling National Training Center in Blaine, Minn. The USCA HPP National Coaching Team will review all applicants and select participants. Applicants should be aware that the HPP is aimed at the elite athlete population who have already excelled at the highest levels of Junior National, Women's and Men's National Championships.

Athletes invited to the combine should expect to spend one to one-and-a-half days being assessed in technical, tactical, physical and mental skills both on and off the ice. The exact days of assessment for each athlete will be communicated once the application review process is completed. The **deadline to submit applications for the 2015-16 HPP is Monday, April 13, 2015**. Applicants will be informed of the USCA HPP National Coaching Team's decision on whether or not they are invited to the combine by Monday, April 20th. The HPP expectations, opportunities and full selection criteria can be found in Appendix I.

### **Requirements:**

1. All applicants must be paid up members in good standing of the USCA and a member of a USCA-member club or alternatively, a one-time payment of a \$100-per-athlete administrative fee must be paid.
2. Each applicant must meet the USCA's eligibility criteria for either Junior Nationals and/or Men's and Women's Nationals as per the current USCA rule book, which can be found at [www.usacurl.org](http://www.usacurl.org).
3. One application form per person.
4. Please fill in all details requested on the attached form, which includes a section asking why you would like to be considered for the High Performance Program. Also, what your commitment is likely to be and what your competitive curling ambitions are both for the short and long term.
5. Selected athletes will be required to sign and adhere to the USA Curling Athlete Agreement. The 2014-15 Agreement can be found at: <http://www.teamusa.org/USA-Curling/For-Athletes/High-Performance-Program>
6. The High Performance Program is committed to achieving long-term, sustained competitive excellence.

## **PERSONAL INFORMATION**

**Name:**

**Address:**

**Phone:**

**E-mail:**

**Age:**

**Date of Birth:**

**Gender:**

Male

Female

**Last four (4) digits of SSN [required by USOC for security purposes]:**

**If under 18 years of age, please provide the name and phone number of responsible adult:**

**Junior National eligibility and number of years left in Juniors:**

**Primary curling club:**

**Height (in inches):**

**Weight (in pounds):**

**Please provide your sizes for the following:**

Shirt:

Jacket:

Pants:

Shoes:

**Please provide your measurements (in inches) for the following:**

Chest:

Waist:

Hips:

Inseam:

**Do you have any dietary concerns Combine organizers should be aware of?**

Yes

No

**If Yes, please explain:**

**Do you have any allergies Combine organizers should be aware of?**

Yes

No

**If Yes, please explain:**

**Do you have a documented learning disability Combine organizers should be aware of?**

Yes

No

**If Yes, please explain:**

## **EDUCATION**

**Please indicate your level of education:**

Student

High School graduate/GED

College graduate

Trade School or other training

**Name & Address of High School you attended:**

**GPA:**

**Year Graduated:**

**Name & Address of College you attended:**

**GPA:**

**Year Graduated:**

**Area of study or Major:**

**Name & Address of Trade School you attended:**

**GPA:**

**Year Graduated:**

**Area of study:**

**Are you currently enrolled in school?**

Yes

No

**If Yes, please provide the name & address of your school/college:**

**Current GPA:**

**If you are currently a college student, what area of study do you plan to major in?**

**Please list your school year phases and dates (semesters, trimesters, etc.):**

**Please describe your willingness/ability to adjust this schedule:**

Very possible

May be possible

Not possible

## **EMPLOYMENT**

**Name of current employer:**

**Number of Hours you work per week:**

**Number of vacation days available:**

**Please describe your willingness/ability to adjust this schedule:**

Very possible

May be possible

Not possible

**Names of your past three (3) employers and dates of employment:**

## **PARTICIPATION**

**List any sport other than curling that you participated in, at what position, and how many years you participated:**

## **ACHIEVEMENTS**

List any sporting achievements other than in curling that you have to date:

## **FITNESS**

List any fitness training that you currently or previously followed:

## **MENTAL SKILLS**

List any programs that you currently or previously followed to improve mental skills:

## **NUTRITION**

List any programs that you currently or previously followed to improve nutrition:

## CURLING BACKGROUND

**Age started curling:**

**Position(s) played:**

**Number of years and dates at position(s):**

**Highest level of participation:**

League

Club

State/Region

National

World

Olympic

**List one short-term goal related to your curling career:**

**List one long-term goal related to your curling career:**

**Please list positions you are willing to play if selected to the High Performance Program:**

Lead

Second

Third

Skip

Alternate

All of the above

**Please list your best curling results over the last two (2) seasons:**

**Please say in no more than 100 words why you think you should be selected to the High Performance Program:**



## How do you see yourself as an athlete?

### **A) CASUAL PARTICIPANT:**

Does not see themselves as an athlete. Sporadic participation without specific goals and intense commitment. Plays without thinking about the sport. Plays to connect with others.

### **B) RECREATIONAL ATHLETE:**

Participates regularly. Signs up for leagues, events and might train. Made a life commitment. Aware of noncompetitive benefits. Uses loose goals and strategies to be guided by.

### **C) SERIOUS RECREATIONAL:**

Cares about performance and wants to do well. Results are important to them. Mission, values and goal achievement are important to them. Personal improvement is important to them. Little emphasis on the quality of performance.

### **D) COMMITTED ATHLETE:**

Athletes live for their sport. Committed to work ethic and strive for quality improvements in performance. Goal directed. Sets aside social aspects of life for sport. Friends, family, career and school are put on hold. Love for the sport depends on results. Vulnerable to emotional upset, fatigue and disappointment.

### **E) ELITE ATHLETE:**

Sport is life; a way of life. Sacrificed and struggled for years to achieve success. Success is instant like qualifying for the Olympics. Manage media, finances, lifestyle, fame, health and staff demands. Deal with constant pressures.

**Please describe how you see yourself as an athlete by selecting one of the options from the list above:**

- A) Casual Participant
- B) Recreational Athlete
- C) Serious Recreational
- D) Committed Athlete
- E) Elite Athlete

# APPENDIX I

## USA Curling High Performance Program (HPP) Selection Criteria 2015-16

The aim of USA Curling's High Performance Program (HPP) is to select and support the best available athletes to achieve sustained competitive excellence. The expectation of the HPP is that all applicants should be at a current high level of performance and be realistically capable of representing the USA at the World Championship and Olympic levels. As a team sport, a variety of both objective and subjective selection criteria will be used. Team chemistry and coachability are also vital components of success and will be important elements of the selection process. Those applying to be part of the HPP for 2015-16 may be invited to participate in the USA Curling Combine in Blaine, MN, May 16-20, 2015. The decision on who is invited to attend the Combine and who will be ultimately selected to the HPP will be made by USA Curling's coaching staff.

### **Objective Criteria** (in no particular order)

- Previous results (International, National and World Curling Tour within the last 2 years)
- Past performances (individual performance statistics where available within the last 2 years)
- Curling Combine results

### **Subjective Criteria** (in no particular order)

- Coachability
- Attitude
- Playing position flexibility
- Willingness to participate
- Availability to participate
- Contribution to team chemistry
- Future performance potential

Athletes will be selected based on the above criteria and also on the opinion of the USCA HPP coaches and staff as to who has the potential to achieve sustained competitive excellence.

## USA Curling High Performance Program (HPP) Opportunity and Expectations

### **Athlete Opportunities**

- Consistent access to dedicated HPP Coaches throughout Training and Competition
- Elite WCT and Champions Tour competition access
- Team USA gear package - Training, Competition and Travel
- Athlete Stipends (as possible)
- USOC Olympic Training Center(s) access as coordinated by the USCA Director of High Performance
- USOC programmatic support in the following areas: Strength and Conditioning, Sports Psychology, Nutrition & Medical
- National Training Center access
- Logistical planning and financial support for Training and Competition budget

## **Athlete Expectations**

- Commitment to Team USA Training Program & Competition Schedule
  - Adherence to the HPP agreements & Team rules
  - Meet or exceed performance standards as set by HPP Coaches
  - Wherever possible athletes will train and travel as a team under the direction of HPP Coaches
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**Questions about the application process or information provided within  
should be directed to:**

**Derek Brown  
USA Curling Director of High Performance  
[derek.brown@usacurl.org](mailto:derek.brown@usacurl.org)**