



# U.S. Paralympics SWIMMING

## 2018 Athlete and Sport Program Plan

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### REFERENCES & TERMINOLOGY

1. 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 31, 2019
2. Throughout this document “2019” shall refer to the following dates/seasons:
  - a. Summer Sports – 2019 season / January 1, 2019 through December 31, 2019
  - b. Winter Sports – 2019-2020 season / July 1, 2019 through June 31, 2020
3. “DAS” – Direct Athlete Support
4. “EAHI” – Elite Athlete Health Insurance
5. “IF” – International Federation
  - a. ATH – World Para Athletics
  - b. CYC – Union Cycliste Internationale
  - c. SKA – World Para Alpine Skiing
  - d. SBD – World Para Snowboard
  - e. SKN – World Para Nordic Skiing
  - f. SWI – World Para Swimming
6. “NGB” – National Governing Body (for Para ATH, CYC, SKA, SBD, SKN, SWI = U.S. Paralympics)
7. “USADA” – U.S. Anti-Doping Agency

### PROGRAM GOALS

To be the best swimming nation in the world both in gold medal and overall medal count at the Paralympic Games, the U.S. Paralympics Swimming program will focus on three areas of achievement:

- Recruit and support elite swimmers.
- Develop and maintain a strong athlete and coaching base.
- Increase public awareness through communication and education.

Specific activities in pursuit of these program goals will include:

- Provide opportunities for National and Emerging teams to race internationally by attending the World Para Swimming World Series events.

- Provide opportunities for athletes with a Can-Am Standard to undergo international classification evaluation and race internationally by hosting one of the World Para Swimming World Series events.
- Identify new athletes who are already involved in a competitive swimming program and connect them to U.S. Paralympics Swimming opportunities.
- Consult with key partner organizations in an effort to add Para-swimming events to high school and collegiate championship level meets.

## **2018 NATIONAL TEAM**

### ***January 1, 2018 – June 30, 2018 – TERM #1***

U.S. Paralympics Swimming will nominate National Team(s) for the first half of 2018 (Term #1), based on athlete performances at 2017 and 2018 World Para Swimming recognized events.

U.S. Paralympics 2018 National Team Term #1 status applies from January 1, 2018 until June 30, 2018. National Team status and benefits are only conferred upon athletes who accept, sign and remain current with the U.S. Paralympics Swimming National Team Athlete Agreement.

Athletes who meet a National Team standard between January 1, 2018 and June 30, 2018, at a World Para Swimming recognized event, become eligible for National Team benefits and will retain their National Team status from January 1, 2018 until June 30, 2018. Athletes will be nominated to the team on the first day of the month following achievement of the National Team standard.

### ***2018 Term #1 National Team Qualifying during 2017***

- Athletes who win one or more medals in individual events at the 2017 World Para Swimming World Championships will be nominated to the 2018 National A Team for Term #1.
- Athletes who meet a National A or B Team standard during 2017 at a World Para Swimming recognized event will be nominated to the respective 2018 National A or B Team for Term #1.

### ***2018 Term #1 National Team Qualifying between January 1, 2018 and June 30, 2018***

- Athletes who meet a National A or B Team standard between January 1, 2018 and June 30, 2018 at a World Para Swimming recognized event will be nominated to the respective 2018 National A or B Team for Term #1.

### ***July 1, 2018 – December 31, 2018 – Term #2***

U.S. Paralympics Swimming will nominate National Team(s) for the second half of 2018 (Term #2), based on athlete performances at 2018 World Para Swimming recognized events.

*Please note, athletes who were nominated to the National A or B Team for Term #1 will need to meet a National A or B Team Standard between January 1, 2018 and June 30, 2018 to be nominated to the National A or B Team for Term #2.*

U.S. Paralympics 2018 National Team Term #2 status applies from July 1, 2018 until December 31, 2018. National Team status and benefits are only conferred upon athletes who accept, sign and remain current with the U.S. Paralympics Swimming National Team Athlete Agreement.

Athletes who meet a National Team standard between July 1, 2018 and December 31, 2018, at a World Para Swimming recognized event, become eligible for National Team benefits and will retain their National Team status from July 1, 2018 until December 31, 2018. Athletes will be nominated to the team on the first day of the month following achievement of the National Team standard.

#### *2018 Term #2 National Team Qualifying*

- Athletes who meet a National A or B Team standard between January 1, 2018 and June 30, 2018 at a World Para Swimming recognized event will be nominated to the respective 2018 National A or B Teams for Term #2.
- Athletes who meet a National A or B Team standard between July 1, 2018 and December 31, 2018 at a World Para Swimming recognized event will be nominated to the respective 2018 National A or B Teams for the remainder of Term #2.

#### **USADA REQUIREMENTS (Applies to both Term #1 and Term #2 National Team athletes)**

Athletes nominated to the 2018 National Team(s) for Term #1 and/or Term #2 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 CLASSIFICATION REQUIREMENTS (Applies to both Term #1 and Term #2 National Team Athletes)**

Athletes nominated to the National Team(s) *must have undergone international classification evaluation and hold an international Paralympic-eligible sport class* as per the World Para Swimming master list and hold a current (2018) season license from World Para Swimming.

- All athletes with a physical impairment (S1 – S10), irrespective of the current sport class status MUST complete a Medical Diagnostic Form (MDF) and include supporting medical documents and submit to Sherrice Fox ([Sherrice.Fox@usoc.org](mailto:Sherrice.Fox@usoc.org)) to be eligible for licensing.
- All athletes with an intellectual impairment, irrespective of the current sport class status MUST complete a Training History and Sport Activity Limitation Questionnaire (TSAL-Q) and submit to Sherrice Fox ([Sherrice.Fox@usoc.org](mailto:Sherrice.Fox@usoc.org)) to be eligible for licensing.

#### **2018 STANDARDS**

2018 National Team standards (Attachment A) are based on results from the 2012 and 2016 Paralympic Games or the current World Para Swimming World Rankings (for events not contested at the 2016 Paralympic Games). National A Team standards are based on the relevant bronze medal time. National B Team standards are calculated using 5% of the National A Team standard. Only those events on the program of the 2020 Paralympic Games are included.

**\*\* National Team status may not be earned based on performances in relays or team events.\*\***

#### **2019 NATIONAL TEAM**

U.S. Paralympics will nominate Swimming National Team(s) for January 1, 2019 through June 30, 2019 (Term #1), based on athlete performances from July 1, 2018 through December 31, 2018 at World Para Swimming recognized events.

## NATIONAL TEAM BENEFITS

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

1. USOC Direct Athlete Support (Attachment B)
2. Swimming 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 Swimming training and competition activities.
4. USOC Athlete Career & Education Program (<https://www.teamusa.org/athlete-resources/athlete-career-and-education-program>).
5. U.S. Paralympics National Team uniform.

## EMERGING ATHLETES

Athletes who meet the Emerging standard during 2018, at a World Para Swimming recognized event, **may** be invited to participate in selected U.S. Paralympics Swimming Program activities. Invitation is at the discretion of the Director, U.S. Paralympics Swimming. Additional details will be available at <http://www.teamusa.org/US-Paralympics/Sports/Swimming/Events>.

2018 Emerging standards (Attachment A) are based on results from the 2012 and 2016 Paralympic Games or the current World Para Swimming World Rankings (for events not contested at the 2016 Paralympic Games). Standards generally reflect times necessary to finish within 15% of the relevant bronze medal time. Only those events on the program of the 2020 Paralympic Games are included.

Athletes nominated to the Emerging Team must be internationally classified by World Para Swimming OR nationally classified by U.S. Paralympics Swimming and ***hold a Paralympic-eligible sport class*** as per the IF and/or U.S. Paralympics master list and hold a current season license (2018) for Swimming from World Para Swimming.

## 2018 PROGRAM ACTIVITIES

The 2018 National Team(s) activities are outlined below. Athletes will be required to attend all 2018 activities included in their personal performance plan which will be developed in conjunction with the Director, U.S. Paralympics Swimming.

A National and Emerging Team Camp will be held at the Cincinnati Para-Swimming Open and each U.S. Paralympics Swimming sponsored event for National Team athletes as noted below. More information will be available on the National Team Facebook page as well as <http://www.teamusa.org/US-Paralympics/Sports/Swimming/Events>.

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 2018 IPC/World Para Swimming License.

- All athletes with a physical impairment (S1 – S10), irrespective of the current sport class status MUST complete a Medical Diagnostic Form (MDF) and include supporting medical documents and submit to Sherrice Fox ([Sherrice.Fox@usoc.org](mailto:Sherrice.Fox@usoc.org)) to be eligible for licensing.
- All athletes with an intellectual impairment, irrespective of the current sport class status MUST complete a Training History and Sport Activity Limitation

Questionnaire (TSAL-Q) and submit to Sherrice Fox ([Sherrice.Fox@usoc.org](mailto:Sherrice.Fox@usoc.org)) to be eligible for licensing.

National Team athletes are required to be registered athlete members of USA Swimming.

World Para Swimming Approved/Sanctioned events are noted in the 2018 Program Activities listed below.

*Competition*

**2018 Copenhagen World Para Swimming World Series**

February 27 – March 5, 2018

Copenhagen

*\*World Para Swimming Approved*

*Competition*

**2018 Canadian Swimming Championships**

April 5 – 8, 2018

Montreal, QC, CANADA

*\*World Para Swimming Approved*

*\*\*National Team Required Event – see Attachment C for more details*

*Competition*

**Indianapolis 2018 World Para Swimming World Series**

April 19 – 21, 2018

Indianapolis, IN

*\*World Para Swimming Approved*

*\*\*National Team Required Event – see Attachment C for more details*

*Competition*

**Sao Paulo 2018 World Para Swimming World Series**

April 26 – 28, 2018

Sao Paulo, BRAZIL

*\*World Para Swimming Approved*

*Competition*

**2018 Cincinnati Para-Swimming Open**

May 12 – 13, 2018

Cincinnati, OH

*\*World Para Swimming Approved*

*\*\*National Team Required Event – see Attachment C for more details*

*\*\*\*National Team Camp May 10 – 11*

*Competition*

**Lignano Sabbiadoro 2018 World Para Swimming World Series**

May 21 – 28, 2018

Lignano Sabbiadoro, ITALY

*\*World Para Swimming Approved*

*Competition*

**Sheffield 2018 World Para Swimming World Series**

May 28 – June 4, 2018  
Sheffield, GB  
*\*World Para Swimming Approved*

*Competition*

**2018 Jimi Flowers Classic**

June 2 – 3, 2018

Colorado Springs, CO

*\*World Para Swimming Approved*

*\*\*National Team Required Event – see Attachment C for more details*

*Competition*

**Berlin 2018 World Para Swimming World Series**

June 4 – 11, 2018

Berlin, GERMANY

*\*World Para Swimming Approved*

*Competition*

**2018 Pan Pacific Para Swimming Championships**

July 30 – August 14, 2018

Cairns, AUSTRALIA

*\*World Para Swimming Approved*

*\*\*Selected TEAM (as per published selection criteria) – All travel and accommodation will be paid for and arranged by U.S. Paralympics Swimming Staff.*

*Competition*

**2018 California Classic**

September 15 – 16, 2018

Yucaipa, CA

*\*World Para Swimming Approved*

*\*\*National Team Required Event – see Attachment C for more details*

*Camp*

**2018 U.S. Paralympics Swimming National and Emerging Team Camp**

October 5 – 7, 2018

Colorado Springs, CO

*Competition*

**2018 December Can-Am Open**

December 14 – 16, 2018

Location TBD

*\*World Para Swimming Approved*

*\*\*National Team Required Event – see Attachment C for more details*

**2018 OPERATION GOLD**

There is no World Championship event for Swimming in 2018.

## Attachment A

### 2018 U.S. Paralympics Swimming Standards

Event	Class	M/W	2018 National A Team Standard	2018 National B Team Standard	2018 Emerging Team Standard
50 Free	S4	Women	0:40.55	0:42.55	0:46.60
50 Free	S6	Women	0:34.40	0:36.15	0:39.55
50 Free	S8	Women	0:30.55	0:32.05	0:35.10
50 Free	S10	Women	0:28.20	0:29.60	0:32.45
50 Free	S11	Women	0:31.25	0:32.80	0:35.90
50 Free	S13	Women	0:27.95	0:29.35	0:32.15
100 Free	S3	Women	1:34.85	1:39.60	1:49.10
100 Free	S5	Women	1:22.55	1:26.70	1:34.94
100 Free	S7	Women	1:12.60	1:16.25	1:23.50
100 Free	S9	Women	1:02.95	1:06.10	1:12.35
100 Free	S10	Women	1:01.15	1:04.20	1:10.30
100 Free	S11	Women	1:08.55	1:12.00	1:18.85
100 Free	S12	Women	1:00.25	1:03.25	1:09.25
200 Free	S5	Women	2:51.35	2:59.95	3:17.10
200 Free	S14	Women	2:10.20	2:16.70	2:29.75
400 Free	S6	Women	5:24.85	5:41.10	6:13.60
400 Free	S7	Women	5:18.95	5:34.90	6:06.75
400 Free	S8	Women	4:49.50	5:03.95	5:32.90
400 Free	S9	Women	4:42.85	4:57.00	5:25.30
400 Free	S10	Women	4:35.50	4:49.25	5:16.80
400 Free	S11	Women	5:20.25	5:36.30	6:08.30
400 Free	S13	Women	4:42.00	4:56.10	5:24.30
50 Back	S2	Women	1:05.15	1:08.40	1:14.95
50 Back	S3	Women	0:53.45	0:56.10	1:01.45
50 Back	S4	Women	0:52.30	0:54.90	1:00.10
50 Back	S5	Women	0:45.25	0:47.55	0:52.05
100 Back	S2	Women	2:22.00	2:29.10	2:43.30
100 Back	S6	Women	1:26.80	1:31.15	1:39.85
100 Back	S7	Women	1:23.85	1:28.05	1:36.45
100 Back	S8	Women	1:18.10	1:22.05	1:29.85
100 Back	S9	Women	1:10.65	1:14.20	1:21.25
100 Back	S10	Women	1:09.00	1:12.45	1:19.35
100 Back	S11	Women	1:19.90	1:23.90	1:31.90
100 Back	S12	Women	1:10.15	1:13.65	1:20.65
100 Back	S13	Women	1:12.25	1:15.85	1:23.10
100 Back	S14	Women	1:08.65	1:12.10	1:19.00
50 Breast	SB3	Women	1:02.40	1:05.50	1:11.75
100 Breast	SB4	Women	1:55.55	2:01.35	2:12.90
100 Breast	SB5	Women	1:45.20	1:50.45	2:01.00
100 Breast	SB6	Women	1:37.80	1:42.70	1:52.45
100 Breast	SB7	Women	1:34.65	1:39.40	1:48.85
100 Breast	SB8	Women	1:22.00	1:26.10	1:34.30
100 Breast	SB9	Women	1:17.00	1:20.85	1:28.55
100 Breast	SB11	Women	1:26.60	1:30.95	1:39.60
100 Breast	SB12	Women	1:20.20	1:24.20	1:32.25
100 Breast	SB13	Women	1:17.00	1:20.85	1:28.55
100 Breast	SB14	Women	1:17.35	1:21.20	1:29.20
50 Fly	S5	Women	0:45.75	0:48.05	0:52.60
50 Fly	S6	Women	0:36.80	0:38.65	0:42.35
50 Fly	S7	Women	0:36.50	0:38.30	0:41.95

100 Fly	S8	Women	1:10.55	1:14.05	1:21.10
100 Fly	S9	Women	1:09.20	1:12.65	1:19.60
100 Fly	S10	Women	1:08.75	1:12.20	1:19.10
100 Fly	S13	Women	1:04.95	1:08.20	1:14.65
100 Fly	S14	Women	1:08.05	1:11.45	1:18.25
150 IM	SM4	Women	2:57.25	3:06.10	3:23.85
200 IM	SM5	Women	3:28.60	3:39.00	3:59.85
200 IM	SM6	Women	3:09.80	3:19.25	3:38.25
200 IM	SM7	Women	3:04.15	3:13.40	3:31.80
200 IM	SM8	Women	2:45.20	2:53.50	3:10.00
200 IM	SM9	Women	2:36.25	2:44.05	2:59.70
200 IM	SM10	Women	2:31.45	2:39.05	2:54.20
200 IM	SM11	Women	2:52.00	3:00.60	3:17.80
200 IM	SM13	Women	2:27.30	2:34.70	2:49.40
200 IM	SM14	Women	2:29.50	2:36.95	2:51.90
50 Free	S3	Men	0:42.20	0:44.30	0:48.50
50 Free	S4	Men	0:39.45	0:41.45	0:45.40
50 Free	S5	Men	0:33.70	0:35.35	0:38.75
50 Free	S7	Men	0:28.45	0:29.90	0:32.75
50 Free	S9	Men	0:25.90	0:27.25	0:29.80
50 Free	S10	Men	0:23.75	0:24.95	0:27.30
50 Free	S11	Men	0:26.35	0:27.70	0:30.35
50 Free	S13	Men	0:24.10	0:25.30	0:27.70
100 Free	S4	Men	1:25.75	1:30.05	1:38.60
100 Free	S5	Men	1:15.70	1:19.50	1:27.05
100 Free	S6	Men	1:06.20	1:09.50	1:16.50
100 Free	S8	Men	0:58.20	1:01.10	1:06.90
100 Free	S10	Men	0:51.50	0:54.05	0:59.20
100 Free	S12	Men	0:54.40	0:57.15	1:02.55
200 Free	S2	Men	3:43.70	3:54.85	4:17.25
200 Free	S3	Men	3:23.10	3:33.25	3:53.55
200 Free	S4	Men	3:01.60	3:10.70	3:28.85
200 Free	S5	Men	2:40.65	2:48.70	3:04.75
200 Free	S14	Men	1:56.70	2:02.50	2:14.20
400 Free	S6	Men	5:11.60	5:27.15	5:58.35
400 Free	S7	Men	4:46.75	5:01.10	5:29.75
400 Free	S8	Men	4:32.80	4:46.40	5:13.70
400 Free	S9	Men	4:18.55	4:31.50	4:57.35
400 Free	S10	Men	4:04.65	4:16.85	4:41.30
400 Free	S11	Men	4:41.05	4:55.10	5:23.20
400 Free	S13	Men	4:06.65	4:18.95	4:43.60
50 Back	S1	Men	1:15.40	1:19.20	1:26.75
50 Back	S2	Men	0:50.25	0:52.75	0:57.75
50 Back	S3	Men	0:46.50	0:48.80	0:53.45
50 Back	S4	Men	0:45.30	0:47.55	0:52.10
50 Back	S5	Men	0:38.90	0:40.85	0:44.75
100 Back	S1	Men	2:27.45	2:34.80	2:49.55
100 Back	S2	Men	1:49.75	1:55.25	2:06.20
100 Back	S6	Men	1:15.40	1:19.20	1:26.70
100 Back	S7	Men	1:12.50	1:16.10	1:23.35
100 Back	S8	Men	1:04.70	1:07.90	1:14.40
100 Back	S9	Men	1:03.75	1:06.90	1:13.30
100 Back	S10	Men	0:59.35	1:02.35	1:08.30
100 Back	S11	Men	1:08.20	1:11.65	1:18.45
100 Back	S12	Men	1:01.05	1:04.10	1:10.20
100 Back	S13	Men	0:59.55	1:04.15	1:10.25
100 Back	S14	Men	1:03.40	1:06.60	1:12.95
50 Breast	SB2	Men	0:54.30	0:57.00	1:02.45



50 Breast	SB3	Men	0:49.90	0:52.40	0:57.40
100 Breast	SB4	Men	1:37.25	1:42.10	1:51.80
100 Breast	SB5	Men	1:36.85	1:41.70	1:51.40
100 Breast	SB6	Men	1:23.45	1:27.65	1:36.00
100 Breast	SB7	Men	1:20.20	1:24.20	1:32.25
100 Breast	SB8	Men	1:11.10	1:14.65	1:21.75
100 Breast	SB9	Men	1:06.55	1:09.85	1:16.50
100 Breast	SB11	Men	1:12.90	1:16.50	1:23.80
100 Breast	SB12	Men	1:09.00	1:12.45	1:19.35
100 Breast	SB13	Men	1:06.70	1:10.05	1:16.70
100 Breast	SB14	Men	1:07.65	1:11.00	1:17.80
50 Fly	S5	Men	0:35.60	0:37.40	0:40.95
50 Fly	S6	Men	0:30.95	0:32.50	0:36.60
50 Fly	S7	Men	0:30.05	0:31.55	0:34.60
100 Fly	S8	Men	1:01.20	1:04.25	1:10.35
100 Fly	S9	Men	0:59.85	1:02.85	1:08.85
100 Fly	S10	Men	0:56.50	0:59.35	1:05.00
100 Fly	S11	Men	1:03.40	1:06.55	1:12.90
100 Fly	S12	Men	1:00.00	1:03.00	1:09.00
100 Fly	S13	Men	0:56.50	0:59.30	1:04.95
100 Fly	S14	Men	0:58.40	1:01.30	1:07.15
150 IM	SM3	Men	2:52.30	3:00.95	3:18.15
150 IM	SM4	Men	2:33.65	2:41.35	2:56.70
200 IM	SM6	Men	2:41.40	2:49.45	3:05.60
200 IM	SM7	Men	2:37.00	2:44.85	3:00.55
200 IM	SM8	Men	2:21.20	2:28.25	2:42.35
200 IM	SM9	Men	2:17.70	2:24.60	2:38.40
200 IM	SM10	Men	2:10.50	2:17.00	2:30.05
200 IM	SM11	Men	2:27.75	2:35.15	2:49.95
200 IM	SM13	Men	2:10.20	2:16.75	2:29.75
200 IM	SM14	Men	2:15.46	2:22.25	2:35.80

## Attachment B

### 2018 U.S. Paralympics Swimming 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 2018 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 NGBs/HPMOs 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.
9. Athlete support is contingent upon the athlete training in a year-round program that is recognized and/or registered by the relevant governing body. Approved year-round programs include the following: USA Swimming, United States Masters Swimming, YMCA, NCAA.

#### 2018 Criteria for Swimming Direct Athlete Support (include dollar amounts):

	Monthly Payment Amount
<b><i>TERM #1</i></b>	
<b><i>National A Team</i></b>	
Meet National A Team Standard	\$1000
Win a medal at the 2017 World Para Swimming Championships and meet a 2017 National B Standard in 2017	\$800
Win a medal at the 2017 World Para Swimming Championships and meet a 2017 Emerging Standard in 2017	\$500
<b><i>National B Team</i></b>	
Meet National B Team Standard	\$450
<b><i>TERM #2</i></b>	
<b><i>National A Team</i></b>	
Meet National A Team Standard	\$1000
<b><i>National B Team</i></b>	
Meet National B Team Standard	\$450

## Attachment C

### 2018 U.S. Paralympics Swimming Additional Athlete Support Programs

#### TRAVEL SUPPORT

U.S. Paralympics recognizes the importance of team unity/loyalty and the relationship between coach and athlete, particularly during elite level competition. For this reason, U.S. Paralympics encourages and supports 2018 National Team athletes to attend domestic competitions with their home club, coach and/or teammates.

To this end, U.S. Paralympics will provide 2018 National Team athletes with funding to compete in designated performance plan competitions to offset travel, accommodation, entry fees and other expenses associated with participating in the event. These events are required as outlined in each athlete's Personal Performance Plan for 2018. **The travel stipend amounts listed below are for athletes attending the full competition. Athletes who do not participate in the entire competition will only receive a percentage of that travel stipend based on the number of days or sessions attended. Those athletes that participate in the National Team Camp during the Cincinnati Para-Swimming Open will receive an additional \$100 with their travel stipend.**

2018 travel support will apply to attend the following competitions:

- Two of the following:
  - 2018 Speedo Can-Am Para-swimming Championships (Montreal, CANADA – April 5 – 7) – \$850
  - Indianapolis 2018 World Para Swimming World Series (Indianapolis, IN – April 19 – 21) – \$750
  - 2018 Can-Am Open (USA TBD – December TBD) – \$750
  
- TWO of the following emerging meets or ONE emerging meet and ONE service opportunity\* – \$600:
  - 2018 Cincinnati Para-Swimming Open (Cincinnati, OH – May 12 – 13)
  - 2018 Jimi Flowers Classic (Colorado Springs, CO – June 2 – 3)
  - 2018 California Classic (Yucaipa, CA – September 22 – 23)

*Note: Athletes may attend more of the above emerging meets but the travel stipend will not be provided to more than two.*

\*A service opportunity can include a camp or clinic run by U.S. Paralympics Swimming or a non-U.S. Paralympics Swimming event. If it is a camp or clinic run by U.S. Paralympics Swimming, that activity must be requested in the Personal Performance Plan. Selection for events will be determined on a first come, first served basis. If the athlete chooses to participate in a non-U.S. Paralympics Swimming event, it must be one that promotes para-swimming that the athlete is not receiving funds to attend. Prior approval (at least one month notice) from the Director, U.S. Paralympics Swimming is required. Expected travel expenses must be included in the request or funds will not be approved. Travel support will not exceed \$600. Following the event, each athlete must submit a report to the Director, U.S. Paralympics Swimming providing detail on the outcome of the event, what was learned, and what changes could be made to make a future service opportunity better.

Travel support will be distributed in individual payments the first of the month following the event. The payment for the December Can-Am will be processed by December 31, 2018.

- World Series Travel Support
  - U.S. Paralympics Swimming will take each National Team athlete to one World Series Event and provide all logistical and travel support. Please see the World Series and Pan Pacific Para Swimming Selection Criteria document for more details. This document can be found at <https://www.teamusa.org/US-Paralympics/Sports/Swimming/Selection-Procedures>.
  - 2018 World Para Swimming World Series Events:
    - Copenhagen 2018 World Para Swimming World Series (March 2 – 4)
    - Indianapolis 2018 World Para Swimming World Series (April 19 – 21)
    - Sao Paulo 2018 World Para Swimming World Series – Loterias Caixa Swimming Open Championships (April 26 – 28)
    - Lignano Sabbiadoro 2018 World Para Swimming World Series (May 24 – 27)
    - Sheffield 2018 World Para Swimming World Series – British Para Swimming International Meet (May 31 – June 3)
    - Berlin 2018 World Para Swimming World Series - Internationale Deutsche Meisterschaften Swimming Berlin (June 7 – 10)

*Note: Attendance at a World Para Swimming World Series event is not required.*

## **PERFORMANCE INCENTIVE SUPPORT**

U.S. Paralympics will award World Record Performance Incentive funds during 2018 as outlined below.

### ***2018 World Para Swimming Recognized events***

World Record in a PARALYMPIC event – \$500

World Record Performance Incentive funds may be earned in multiple events (i.e. 100 freestyle, 100 backstroke, etc.) at the same competition; however athletes will only earn one performance incentive per event per competition (i.e. WR in 100 freestyle in prelims and finals at the same competition results in one performance incentive bonus). Payment of funds will be processed on the 1<sup>st</sup> of the subsequent month following the event.

Additional Performance Incentive funds will be provided by gender to athletes who attain results at 2018 World Para Swimming recognized events and who are current National Team Members who have fulfilled all Personal Performance Plan requirements. A ranking list will be created for each event and swimmers will be ranked in order of each swim's percent comparison ("P") to the U.S. Paralympics Swimming National A Standard.

$$P = (\text{swim time}/\text{Standard}) \times 100$$

All comparisons will be rounded to the nearest one-tenth of a percent. A lower comparison (P=101.4%) is better than a higher comparison (P=102.7%).

An overall ranking list will be created by combining points awarded (see point amounts in chart below) from all emerging meets, Can-Ams and the Indianapolis World Para Swimming World Series. The top three (3) female and male athletes who have been awarded the most points will

receive the Overall awards. Only athletes who have remained compliant with all Personal Performance Plan obligations (attended all required meets, completed monthly training logs, remained compliant with USADA, etc.) and are on the National Team as of December 1, 2018 will be eligible for the Overall award.

Rank	Emerging Meets	Can-Am	Indianapolis World Para Swimming World Series	Overall Winners
1 <sup>st</sup>	\$400/6 points	\$600/8 points	\$1000/10 points	\$2,000
2 <sup>nd</sup>	\$400/5 points	\$600/7 points	\$850/9 points	\$1,000
3 <sup>rd</sup>	\$400/4 points	\$600/6 points	\$700/8 points	\$500
4 <sup>th</sup>	\$200/3 points	\$400/5 points	\$550/7 points	
5 <sup>th</sup>	\$200/2 points	\$400/4 points	\$400/6 points	
6 <sup>th</sup>	\$200/1 point	\$400/3 points	\$250/5 points	

## **Attachment D**

### **2018 U.S. Paralympics Swimming Elite Athlete Health Insurance (EAHI)**

All 2018 National Team A and B athletes are eligible for EAHI. Upon meeting the criteria below eligible athletes will receive an email from the USOC outlining the EAHI program benefits for further consideration.

1. Athletes must be currently training and competing to receive EAHI.
2. Athletes must sign and be in compliance with 2018 Athlete Agreement obligations and personal performance plan obligations.
3. Athletes are eligible for EAHI at the beginning of the month following nomination to the National Team(s).
4. EAHI will only be offered once the Athlete Support Designee Form has been completed and submitted (annual basis).
5. Athletes sanctioned by USADA, WADA and/or the respective sport IF for a doping violation are not eligible for EAHI, 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 EAHI, regardless of any National Team(s) status, during the period of such sanction.
7. Athletes are eligible for EAHI during the period of National Team status. When National Team status is no longer conferred upon the athlete, EAHI benefits will immediately cease.

## Attachment E

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

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

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

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

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

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

- Is a member of a license holder of a NGB
- Is participating at an Event or Competition sanctioned by the USOC or a NGB or participating at an Event or Competition in the United States sanctioned by an IF
- Is a foreign athlete who is present in the United States
- Has given his/her consent to Testing by USADA or who has submitted a Whereabouts Filing to USADA or an IF within the previous 6 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**

### **2018 U.S. Paralympics Swimming National Team Procedures & Obligations**

#### **Swimming Team Procedures**

- Failure to comply with the Athlete Obligations or U.S. Paralympics Swimming Team Rules and Regulations for Team Trips as listed below, violating the Athlete Agreement or not complying with the Resident Program rules and policies (if applicable) will result in a suspension of DAS, a fine, and/or removal from the 2018 National Team.
- Failure to submit all 2018 National Team Paperwork by the posted deadline will result in a loss of half of each month's Direct Athlete Support stipend until the paperwork has been completed.
- Failure to submit progress reports by the last day of each month as per the U.S. Paralympics Athlete Agreement will result in a fine.
  - Late or incomplete progress reports: \$100 fine.
- Failure to compete at required meets as listed in the Athletes' Personal Performance Plan will result in a loss of half of the respective month's Direct Athlete Support stipend.

#### **Swimming Athlete Obligations**

- Maintain compliance with U.S. Paralympics Athlete Agreement
- Maintain compliance with 2018 Personal Performance Plan
- Compete at two of the three meets listed below
  - 2018 Speedo Can-Am Para-swimming Championships
  - Indianapolis 2018 World Para Swimming World Series
  - U.S. Paralympics Swimming Can-Am Open
- Compete at two of the three emerging meets OR compete at one of the three emerging meets and complete a service opportunity.
- Comply with USADA, IPC and WADA Anti-Doping policies
- Refrain from behavior that would detract from a positive image of the U.S. Paralympics Swimming National Team or that would be detrimental to its performance objectives
- Display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors and the public

#### **U.S. Paralympics Swimming Team Rules and Regulations for Team Trips**

- The possession or use of alcohol, tobacco products or controlled substances by any athlete or staff member is prohibited.
- The possession or use of weapons, such as guns, knives, swords, etc., by any athlete or staff member is prohibited.
- Curfews established by the Team Staff must be observed by all athletes.
- Team members and staff will attend all team functions including meetings, practices, exhibitions, press conferences, competitions, etc., unless otherwise excused or instructed by the Head Coach or Team Manager.
- To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athletes' rooms, and no female athletes in male athletes' rooms. There will be a team room provided for relaxation and recreation whenever possible.
- Team members and staff will cooperate with all Team leadership (captains, Program Manager, Team Leader, Head Coach, Director, U.S. Paralympics Swimming).



- Team members and staff will refrain from behavior that would detract from a positive image of the U.S. Paralympics Swimming 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 Swimming provided apparel as required and as designated by Team leadership (captains, Program Manager, Team Leader, Head Coach, Director, U.S. Paralympics Swimming).
- Team members and staff will keep accommodations clean and in good condition.

#### **National Team or “Event” Team Protocol**

- Swimmers are expected to stay focused on swimming fast and minimize walking, sunbathing, sightseeing, etc. until they have finished their last event.
- All swimmers are required to attend each finals session through the last awards ceremony, unless excused by the Head Coach or Director, U.S. Paralympics Swimming.
- When not preparing for their own events, swimmers are expected to remain in the team area to support their teammates.
- Team Uniform Caps as prescribed by the Director, U.S. Paralympics Swimming must be worn during competition, which must be approved by World Para Swimming and U.S. Paralympics Swimming. All technical gear must be approved by World Para Swimming and U.S. Paralympics Swimming.
- When applicable, U.S. Paralympics Swimming issues dress sweats must be worn when receiving an award or during U.S. Paralympics Swimming/USOC organized press conferences. U.S. Paralympics Swimming issued apparel must be worn at all other times on deck or during official team functions. (Athletes may wear the apparel of their choice during their personal time.)
- No hats or head coverings should be worn when receiving awards.
- All team members will be expected to demonstrate proper respect for the American flag and the national anthem.
- After a swimmer has swum his/her last event, attendance at all remaining sessions (including preliminaries) is required.
- All team members will be expected to travel to and from the airport, hotel and venue on the transportation provided by U.S. Paralympics Swimming.
- All National Team or “Event” team members will be required to maintain the desired level of conditioning for optimum performances, as determined by U.S. Paralympics Swimming.

## Attachment G

### 2018 U.S. Paralympics Swimming Resident Program

U.S. Paralympics Swimming implements a Resident Program at the Colorado Springs Olympic Training Center (CSOTC).

In such Resident Program, athletes will reside in dormitories at the CSOTC. Specific training and competition will be geared to the individual athlete's needs, but generally will include 8 – 10 pool workouts per week, 2 – 4 weight room/dryland sessions per week, and about 12 competitions annually (competitions will include U.S. Paralympics Swimming Athlete and Sport Program Plan designated events as well as USA Swimming and/or USMS meets). Other required components of the Resident Program will include sport science testing, sport psychology sessions, nutrition counseling, community outreach and involvement, and media training.

#### **PARTICIPANTS & PROGRAM SIZE**

*2018 Program will be capped at a maximum of sixteen (16) Resident athletes with up to three (3) off-site program slots. Program size is not guaranteed and must be approved by USOC Paralympic Sport Performance.*

*2018-2020 Program maximum size may vary from year to year.*

Accepted athletes (see application & acceptance for further details) who desire to enter the Resident Program must commit to the full current Resident Program period of at least one (1) year and be prepared to live and train at the CSOTC up until the 2020 Paralympic Games. *All resident athletes will be required to re-apply annually.* Natural break periods for visits to family/friends will be built into the Resident Program training cycles.

#### **APPLICATION & ACCEPTANCE**

An application for the Resident Program will be available at [www.usparalympics.org](http://www.usparalympics.org). Any athlete who wishes to participate must apply and be accepted into the Resident Program. Acceptance to the Resident Program will be at the sole discretion of U.S. Paralympics Swimming, and approved by USOC Paralympic Sport Performance, and all positions in the Resident Program will not necessarily be filled.

For consideration applicants must:

- Be at least 17 years of age.
- Be a current U.S. Citizen eligible to represent the U.S. in 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 Support Providers including thorough medical history, comprehensive physical examination, nutritional and psychological profile.

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 athlete to medal at the 2018 Pan Pacific Para Swimming Championships, 2019 World Para Swimming Championships, 2019 Parapan American Games and 2020 Paralympic Games
- Impact of the U.S. Paralympics Swimming Resident Program on the athlete's medal potential

- Athlete's desire and willingness to commit fully to an extended training period (1-4 years) in the Resident program

*\*\* The Swimming Resident Coach may add additional athletes after the application deadlines(s) and start date(s) until maximum program slots are filled as approved by the Director, U.S. Paralympics Swimming and/or USOC Paralympic Sport Performance.*

### **IMPORTANT DATES**

*July 31, 2017 – Application period begins*

*July 31, 2017 – All applications for resident program are due to Nathan Manley  
(Nathan.manley@usoc.org)*

*August 7 - 18, 2017 – Applicants will need to be available for onsite or phone interviews*

*Week of August 21, 2017 – Applicants will be notified of their status/acceptance into the Resident Program*

*November 1 – athletes report to OTC (with extenuating circumstances and permission, athletes may report as late as the beginning of January 2018)*

National/Resident Team competition opportunities will be outlined in the 2017-2020 Quad Calendar and further defined in the annual U.S. Paralympics Swimming Athlete and Sport Program Plan.

In addition, Resident Team Members will also attend additional competitions and/or USMS competitions as scheduled by the U.S. Paralympics Swimming Resident Team Coach.

### **CSOTC WAIVER AND PARTICIPATION FORMS**

Upon acceptance into the Resident Program, all participants are required to sign the following CSOTC forms:

- ✓ USOC Waiver and Release of Liability
- ✓ Participation Consent
- ✓ Participant Conduct
- ✓ Resident Athlete Application
- ✓ United States Olympic Training Center Participant Biography
- ✓ Olympic Training Center Participant Medical History Questionnaire
- ✓ HIPAA Form

### **EXPECTATIONS OF PARTICIPANTS**

All participants in the Resident Program are responsible for fulfilling program commitments as detailed below and in *Attachment A: U.S. Paralympics Swimming Resident Program Rules & Responsibilities.*

Failure to meet Resident Program requirements may result in removal from the Resident Program.

- Swimmers are expected to commit to the full Resident Program, from start date through a minimum of one year and potentially until *the 2020 Paralympic Games.*
- Swimmers are expected to attend all scheduled practices and participate in all scheduled competitions throughout the Resident Program period, unless excused by the U.S. Paralympics Swimming Resident Team Coach prior to the scheduled activity.
- Sports Medicine resources will be utilized to keep swimmers healthy and injury-free. However, if a swimmer 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 Resident Program may not provide the swimmer with a significant performance benefit and the swimmer may be removed from the Resident Program.
- Swimmers are expected to be mature, responsible, and behave accordingly at the CSOTC and at all Resident Program activities.
- Swimmers in the Resident Program will sign and abide by the USOC Code of Conduct for U.S. Paralympics National Teams and U.S. Paralympics Programs.
- Swimmers are strongly encouraged to attend school, be employed part time and/or volunteer regularly however, school and work schedules must be arranged around training times. Work and

school schedules must be reviewed and APPROVED by the Swimming Resident Team Coach and Director, High Performance Paralympic Swimming prior to beginning the school and/or work activity. The Team Coach and Director, U.S. Paralympics Swimming have the ability to suggest maximum time spent working and going to school such that such time away has a minimal impact on training.

#### **COACHING STAFF**

The Swimming Resident Program will be directed by the U.S. Paralympics Swimming Resident Team Coach. 1-2 Assistant Coaches and / or Coaching Fellows will assist with sport science, weight room conditioning support, as well as on-deck coaching responsibilities.