



## How Do I Become A Paralympian?

*Two things—train and compete!*

It sounds simple, but it is the hardest thing that you will ever do. Below is an outline of the requirements:

- ✓ **Train** a minimum of five days per week with a coach and a training group. You must have “focused” training—train with a plan and purpose.
- ✓ **Know what it takes to be competitive.** Study the standards--the minimum requirements of a time, distance or height. There are different standards established for:
  - Entering Trials/National Championships
    - U.S. Paralympics accepts results from official competitions (i.e., IPC Athletics approved events, USATF, NCAA/NAIA or NJCAA events, WASUSA Level 3 events, state high school championships, etc.). Events must have automatic/electronic timing, wind gauge readings for 100m, 200m, Long Jump and use IPC or USATF certified officials to conduct the competition.
  - Becoming a member of the U.S. Paralympics Track and Field National Team
    - Check out the Athlete and Sport Program Plan posted on the U.S. Paralympics website
  - Qualifying for entry into international competitions (i.e., Para-Pan American Games, World Championships, Paralympic Games, etc.)
    - Selection Procedures are published for each international competition. Read these documents so that you know the qualification criteria.
- ✓ **Compete** as often as possible. Elite athletes compete in 6-8 meets per season (about March – August). Submit a proof of performance form or a website link with the official results for each competition.
  - ✓ **Achieve the Emerging Standards and then...**
    - Get a passport--required for the IPC License application and for international travel
    - Schedule a doctor appointment and submit the necessary classification medical documentation.
    - Obtain an IPC License--required for entering any international competitions, National Team status, international classification and for results to count from any IPC Approved events.
    - Compete in IPC Approved Events--required for results to count for the IPC Athletics World Ranking List(s), IPC World and Regional record applications, U.S. Paralympics National Team status and IPC international competitions (i.e., World Championships, Paralympic Games, Parapan Am Games, etc.).
    - Register and attend an event that offers IPC International Classification.
  - ✓ **Compete at the U.S. Paralympics Track and Field National Championships or Trials**

The “selection meet” is an eligibility requirement as outlined in the Selection Procedures for each international competition. Upcoming international events include:

- 2019 IPC Athletics World Championships- Location and Dates TBD
- 2019 Parapan Am Games- Lima, Peru 23 August-1 September

### References and Contacts:

- [U.S. Paralympics Clubs](#)
- [USA Track & Field calendar of events](#)
- [IPC Athletics World Rankings](#)
- [IPC Athletics Classification](#)
- [Selection Procedures, IPC Licensing, Events/Medical Forms, Athlete and Sport Program Plan:](#)
- [Sherrice Fox, U.S. Paralympics Track and Field Associate Director](#)