



2023 U.S. Paralympics Swimming Resident Program

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

Eligibility:

- Be at least 17 years of age.
- Have completed High School or equivalent degree.
- Be a current US Citizen eligible to represent the USA in the Paralympic Games.
- Applicants who take college courses must maintain a 3.0 GPA.
- Be willing to submit to a complete health profile coordinated by USOPC Sports Medicine including thorough medical history and comprehensive physical examination.

Accepted athletes (see application & acceptance for further details) who desire to enter the program must commit to the full resident program period of twelve months with a review every six months. Natural break periods for visits to family/friends will be built into training cycles, but athletes should be prepared to live and train at the CSOPTC up through the 2024 Paris Paralympic Games. All residents will be required to undergo performance reviews and must re-apply every twelve months.

APPLICATION & ACCEPTANCE

Acceptance to the resident program will be at the sole discretion of U.S. Paralympics Swimming staff and all positions in the 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. at World Para Swimming International events and at the Paralympic Games.
- Have completed High School or earned an equivalent degree.
- Demonstrate an appropriate time commitment to full-time training for Swimming, balanced with work and/or school responsibilities.
- Be willing to submit to a complete health profile coordinated by USOPC Sports Medicine including thorough medical history and comprehensive physical examination.
- Be able to live independently and take care of all personal needs which shall include, but are not limited to:
 - attending scheduled training on time
 - cleaning up after themselves
 - respecting Team and USOPC property

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 Paralympic Games, World Para Swimming World Championships, World Series, or other major international competitions
- Impact of the Swimming 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 Swimming may add additional athletes after the application deadline(s) and start date(s) until maximum program slots are filled as approved by the U.S. Paralympics Swimming and/or USOPC Para Sport Performance.

CSOPTC WAIVER AND PARTICIPATION FORMS

Upon acceptance into the resident program, all participants are required to sign the following CSOPTC forms:

- USOPC Waiver and Release of Liability
- Participation Consent
- Participant Conduct
- Resident Athlete Application
- United States Olympic and Paralympic Training Center Participant Biography
- Olympic and Paralympic 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 in the U.S. Paralympics Swimming Resident Program Rules & Responsibilities. Failure to meet resident program requirements will result in removal from the resident program. This is a 12-month program. Residents are expected to live and train in Colorado Springs for most of the year. After acceptance into the program all travel outside of competition, will need to be approved by U.S. Para Swimming staff. We understand the need to have time off from training, but it will need to be in line with performance.

COACHING STAFF

The U.S. Paralympics Swimming Resident Program will be directed by the U.S. Paralympics Swimming high performance staff. Internal and external staff may assist with daily workouts, sport science and weight room conditioning.