

**Long Track Athlete Services Grid 2019-2020 V1 - May 1, 2019**

Service	LT National Training Program (with AA signed)	LT NTP P/T (with AA signed)	Auto invites that declined NTP (with AA signed)	World Cup & World Team Qualified (with AA signed)	Sr & Jr World Teams Self-Funded (with AA signed)	LT F.A.S.T (& identified NTP "Training Partners")	LT PNIC ASE	Long Track Level One	Long Track Level Two	Long Track Level Three
<b>Coaching Services</b>										
Access to USS National Team Coaches	Yes	Yes	Travel Only	Travel Only	as agreed	as agreed	as agreed	n	n	n
UOO LT FAST Coaching	as agreed	as agreed	n	n	n/a	at cost	n	at cost	at cost	at cost
PNIC LT ASE Coaching	as agreed	n	n	n	n/a	n	at cost	at cost	at cost	at cost
<b>Facilities - UOO (subject to partner relationship)</b>										
subsidized Long Track Ice Time (with FAST)	as agreed	as agreed	n	n	n/a	program benefit	at cost	Yes 100%	Yes 50%	n
subsidized Short Track Ice Time (with FAST)	as agreed	as agreed	n	n	n/a	program benefit	at cost	n	n	n
Boardless Pad Systems per program	as scheduled	as scheduled	at cost	at cost	n/a	as scheduled	as scheduled	at cost	at cost	at cost
Running Track (Dryland training)	Yes	Yes	Yes	Yes	n/a	Yes	Yes	Yes	Yes	Yes
Weekend Time Trial Fees waived	Yes	Yes	at cost	at cost	n/a	at cost	at cost	Yes	at cost	at cost
<b>Facilities- "The Speed Factory"</b>										
NTP Weight Room	as scheduled	as scheduled	as scheduled	as scheduled	n/a	as scheduled	as scheduled	n	n	n
National Training Program Locker Room	Yes	Yes	n	n	n/a	n	n	n	n	n
USS PT Room	as scheduled	as scheduled	as scheduled	as scheduled	n/a	as scheduled	n	as scheduled	n	n
Regeneration Room	as scheduled	as scheduled	as scheduled	as scheduled	n/a	as scheduled	n	as scheduled	as scheduled	n
USS Athlete Kitchen and Lounge	Yes	Yes	n	n	n/a	as scheduled	n	n	n	n
Skate Tech Room (Coaches scheduled)	coaches only	coaches only	coaches only	coaches only	n/a	coaches only	coaches only	coaches only	coaches only	coaches only
<b>Facilities - Pettit (subject to partner relationship)</b>										
subsidized Long Track Ice Time (*with ASE)	as agreed	as agreed	n	n	n/a	at cost	program benefit	Yes 100%	Yes 50%	n
subsidized Short Track Ice Time (with ASE)	as agreed	as agreed	n	n	n/a	at cost	program benefit	n	n	n
Boardless Pad Systems per program (not ST)	as scheduled	as scheduled	as scheduled	as scheduled	n/a	as scheduled	as scheduled	as scheduled	as scheduled	as scheduled
Running Track	Yes	Yes	Yes	Yes	n/a	Yes	Yes	Yes	Yes	Yes
Locker Room	day use	day use	day use	day use	n/a	day use	day use	n	n	n
Skate Tech Room (fee for non ASE)	coaches only	coaches only	coaches only	coaches only	n/a	coaches only	coaches only	as scheduled	as scheduled	as scheduled
Weekend Time Trial Fees	at cost	at cost	at cost	at cost	n/a	at cost	at cost	at cost	at cost	at cost
Weight Room (coach required)	as scheduled	as scheduled	as scheduled	as scheduled	n/a	as scheduled	as scheduled	n	n	n
PT Room	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
<b>Equipment</b>										
Inline Treadmill- UOO (supervision required)	Yes	Yes	n	n	n/a	Yes	as arranged	n	n	n
USS & Oval - Slideboards	Yes	Yes	Yes	Yes	n/a	Yes	Yes	if available	if available	if available
UOO Stationary Bikes	Yes	Yes	Yes	Yes	n/a	Yes	Yes	Yes	Yes	Yes
USS & Oval Muscle Rollers	Yes	Yes	n	n	n/a	Yes	n	n	n	n
USS Weight Shoes	Yes	Yes	n	n	n/a	Yes	n	n	n	n
USS Overspeed Winch (scheduled & supervision req.)	as scheduled	as scheduled	n	n	n/a	as scheduled	n	n	n	n
<b>Athletic Therapy (with AA signed)</b>										
National Long Track Team Designated Athletic Trainer	Yes	Yes - secondary	Yes - secondary	Yes - secondary	Yes-tertiary	EMRG-only	n	Yes-secondary	n	n
<b>Medical Services (Sponsors/Partners)</b>										
Froedtert (USS)* (tbc)	User Pay	User Pay	User Pay	User Pay	n/a	User Pay	User Pay	User Pay	User Pay	User Pay
University of Utah (USS)*	User Pay	User Pay	User Pay	User Pay	n/a	User Pay	User Pay	User Pay	User Pay	User Pay
USA MRI*	Yes -limited	Yes -limited	n	n	n/a	n	n	Yes -limited	Yes -limited	if available
Wisconsin Orthopedic (PNIC-ASE)	User Pay	User Pay	User Pay	User Pay	n/q	User Pay	User Pay	User Pay	User Pay	User Pay
Sports Med Utah (UOO)	User Pay	User Pay	User Pay	User Pay	n/a	User Pay	User Pay	User Pay	User Pay	User Pay
USOC Travel Med	User Pay	User Pay	User Pay	User Pay	n/a	User Pay	User Pay	User Pay	User Pay	User Pay
* pending sponsor agreement										
<b>Testing (with AA signed)</b>										
Annual Physical *	Yes	Yes	as agreed*	as agreed*	n/a	at cost	at cost	Yes	Yes	n
In house Baseline Testing *	Yes	Yes	as agreed*	as agreed*	n/a	at cost	at cost	Yes	Yes	Yes - limited
Specialized Testing*	Yes- tiered	Yes- tiered	as agreed*	as agreed*	n/a	at cost	at cost	Yes	Yes-limited	n
Access to High Performance Database* (tbc)	Yes	n (if available)	Yes	as agreed*	n/a	as agreed	as agreed	as agreed	as agreed	n

\* As per Sponsorships, availability & budget

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<b>Sport Specific Staff (with AA signed)</b>										
*Access to National Strength Coach	Yes	Yes - Secondary	Yes - Secondary	Yes - Secondary	Yes - Secondary	clinics/intern	clinics/intern	resource/intern	resource/intern	n
*Access to USS/USOC Psychologist(s)	Yes	Yes - Secondary	Yes - Secondary	Yes - Secondary	Yes - Secondary	clinics	clinics	Yes	Yes	n
*USS Designated Skate Tech	Yes	Yes - Secondary	Yes - Secondary	Yes - Secondary	Yes - Secondary	clinics	clinics	Yes	clinics	clinics
*Access to USS/USOC Designated Nutritionist	Yes	n (if available)	n (if available)	n (if available)	n (if available)	clinics/intern	clinics/intern	Yes	clinics/intern	clinics/intern
*Access to USS/USOC Designated Physiologist	Yes	n (if available)	n (if available)	n (if available)	n (if available)	n (if available)	n (if available)	Yes	n	n
<i>*pending USS staffing and availability</i>										
<b>Staff</b>										
USS Marketing	Yes	as needed	as needed	as needed	as needed	as needed	as needed	as needed	as needed	as needed
USS PR- Communications	Yes	as needed	as needed	as needed	as needed	as needed	as needed	as needed	as needed	as needed
<b>Education</b>										
State of Utah- 'In-State Tuition'	if approved	if approved	if approved	if approved	if approved	if approved	if approved	if approved	if approved	if approved
Salt Lake Community college	if approved	if approved	if approved	if approved	if approved	if approved	if approved	if approved	if approved	if approved
<b>Apparel (with AA signed)</b>										
World Cup/ Champ Team (with funding time)	upon Qual.	upon Qual.	upon Qual.	upon Qual.	no	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.
Junior World Package (with funding time)	upon Qual.	upon Qual.	upon Qual.	upon Qual.	no	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.
Racing Speed suits (with funding time)	upon Qual.	upon Qual.	upon Qual.	upon Qual.	no	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.
NTP Apparel Package	Yes	n	n	n	n	n	n	n	n	n
<b>Sponsor Benefits (with AA signed)</b>										
USANA cafeteria access*	Yes	Yes	n	n	n	n	n	Yes	n	n
USANA Products*	Yes	n	n	n	n	n	n	Yes - limited	n	n
Dairy West Products	Yes	Yes	n	n	n	n	n	n	n	n
Under Armour Discounts*	Yes	n	n	n	n	n	n	n	n	n
Lasik (procedure only)*	Yes	Yes	n	n	n	n	n	Yes- limited	Yes-limited	n
<i>*subject to sponsor relationship/availability</i>										
<b>Travel Costs (with AA signed &amp; Funding times required)</b>										
International Travel- (time standards met & AA signed)	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.
Int.Travel per diem (time standards met & AA signed)	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.
World Championships Travel (time standards met & AA signed)	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.
World Championship Travel Per diem	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.	upon Qual.
USS Training Camps (with AA signed)	Yes	if invited (cost tbd)	if invited (cost tbd)	if invited (cost tbd)	if invited (cost tbd)	if invited (cost tbd)	if invited (cost tbd)	if invited (cost tbd)	if invited (cost tbd)	if invited (cost tbd)

Yes	Yes the benefit or service is provided	as agreed	Determined by NTP and Oval program coaches/ outside coaches in collaborative partnership
n	No the service or benefit is not provided	resource/intern	possibly a resource or use of intern - at the discretion of the strength coach
Yes - secondary	Service is provided secondary to the NTP. Only at the UOO and as scheduled	Yes limited	As per priority that may be dictated by the sponsor
Yes - Tertiary	Service is provided tertiary to the NTP. Only at the UOO and as scheduled	clinics/intern	May receive some support through occasional clinics or interns but should not expect day to day services
as needed	Athlete may request support as needed	coaches only	Approved coaches able to use skate tec facilities
Travel only	Services or benefit provided while on international event trips	as scheduled	Scheduling of room or equipment is required
User Pay	Costs incurred are those of the athlete	if invited (cost tbd)	Discretion on invitation and potential invite to camps is determined by Program management
Program benefit	Service or benefit associated with enrollment in skating program	as arranged	As arranged with venue as someone (oval staff/coach) needs to supervise.
AA	Athlete Agreement	upon Qual	Subject to the Qualification standards of that said team
if approved	Subject to the approval of that provider and possible limited quantities	day use	only available for session or day use. No overnight use.

NTP athletes may be identified as Full-time or Part-time. With respective designation there may be differences in services and benefits.

World Cup & World Senior Team Qualified- Service/benefits granted to athletes who have signed the USS athlete agreement, qualified and committed to participation with a Senior World Team in the 2019-2020 season.

The above information in this Athlete Services grid is for the purpose of better understanding program and status benefits for US Speedskating athletes.

USS and the athletes recognize that many of the benefits outlined above are driven through partnership agreements. These agreements may be amended, terminated and or new partnerships may be put in place during the course of the competition season.

USS retains the right to change the intended services or benefits above determined by the terms of various USS partnership agreements.

If the intended services or benefits change during the season, athletes have the right to terminate their USS Athlete Agreement with written notification to the USS Program Director.