



# Skeleton Athlete Progression Pathway (SAPP)

**Mission:** Empower United States athletes to achieve sustained competitive success in bobsled and skeleton and pursue personal excellence and well-being

**Vision:** Be the world leader in bobsled and skeleton both on and off the track

**Values:** Teamwork, Commitment, Integrity

*Revised - September 7, 2022*

# Reference

*SAPP - Skeleton Athletes Progression Pathway*

*APP - Athlete Planning Profile*

*IAP - Individual Athlete Plans*

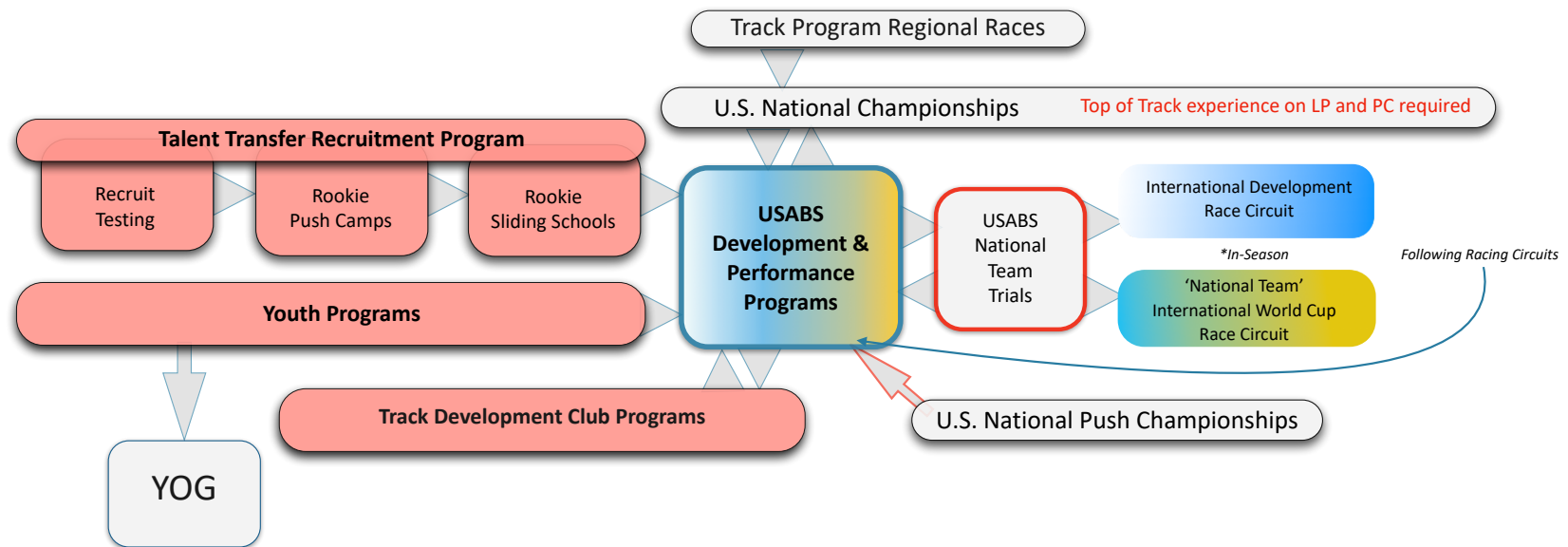
*Progression Standards & Aims - appendix table to clarify the Phase Progression Standards, Aims, and Requirements.*


*Knowledge - Facts, information, and skills acquired by a person through experience or education; the theoretical or practical understanding of a subject*

*Pillars - Physical, Push Start, Mindset, Sliding*

*Revised - September 7, 2022*

# Integration Layout



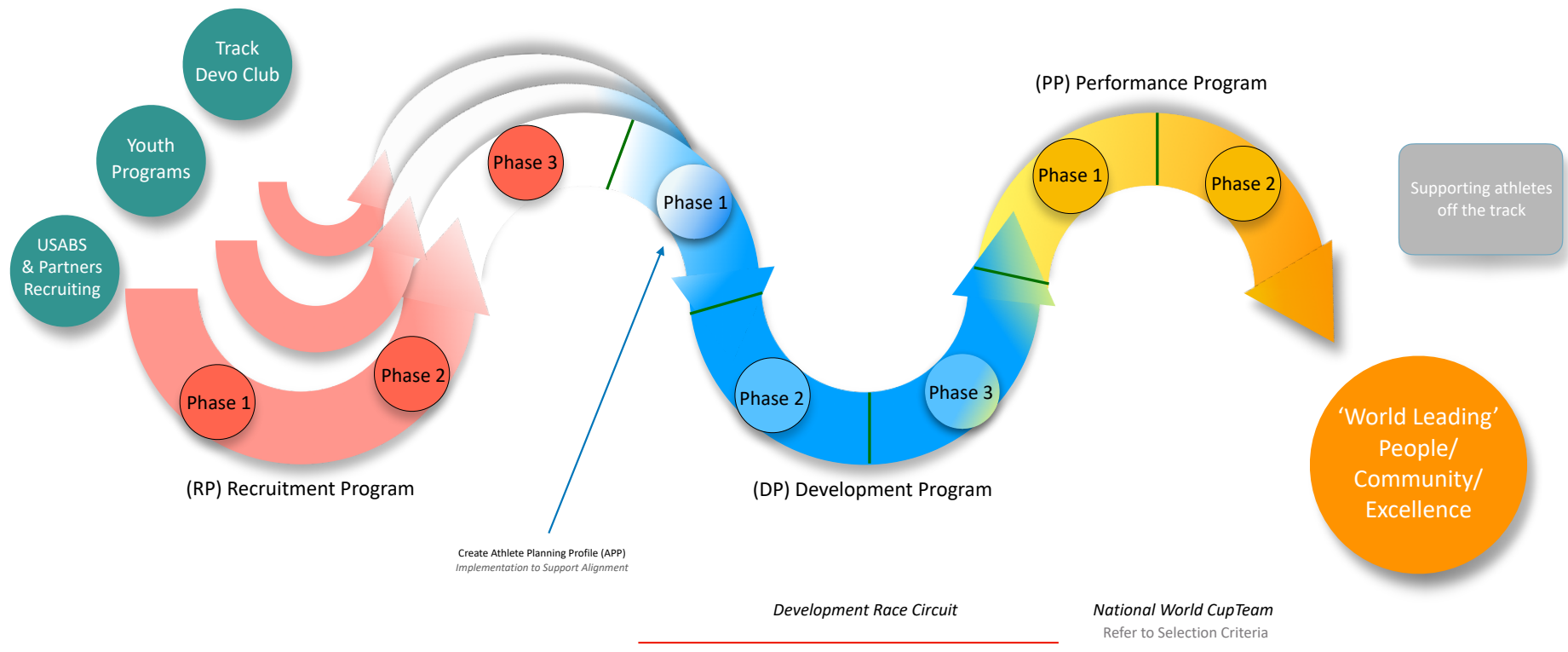
 Phased in as a Testing Event to achieve push standards following the collection of data

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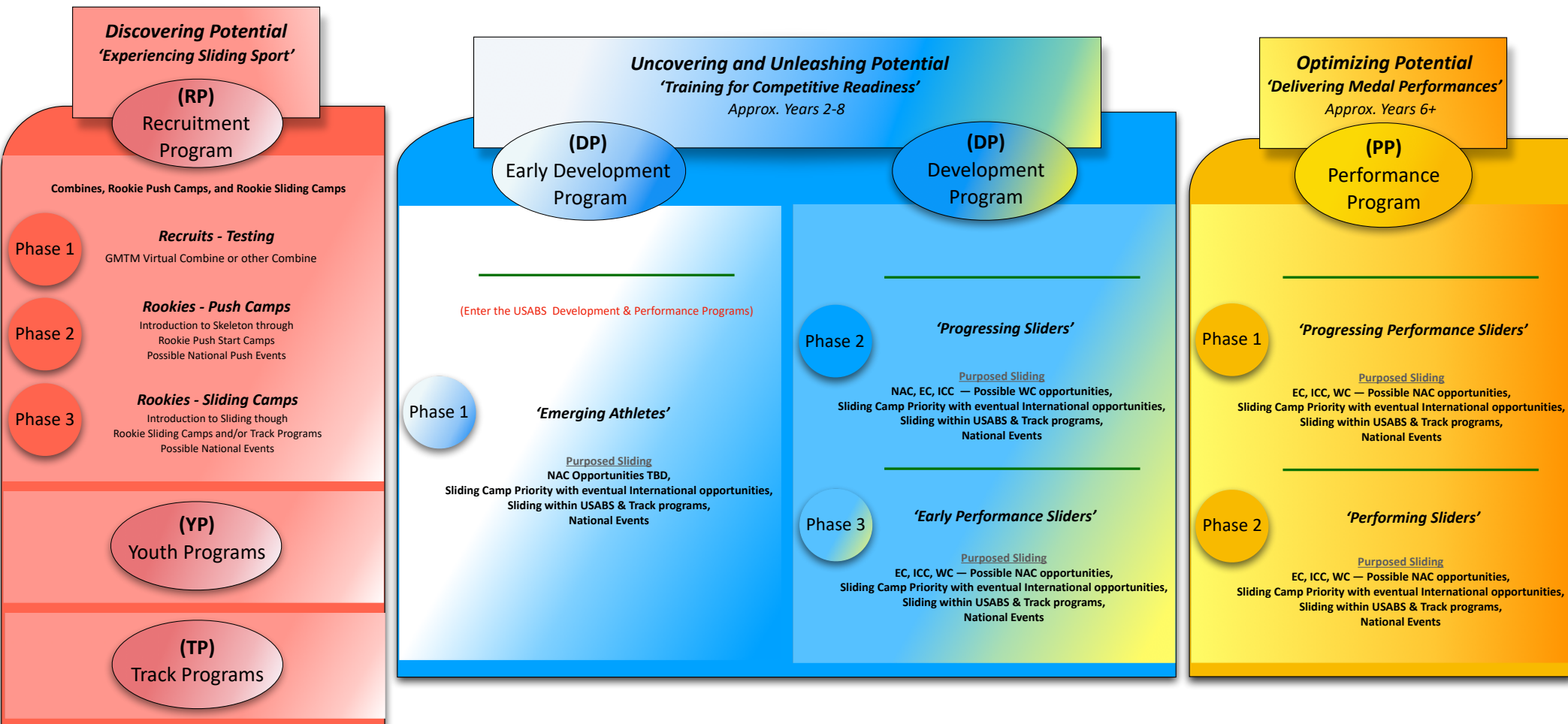
# Progression Flow

*Striving for World Leading Performance & Well-Being*



*Revised - September 7, 2022*

# Sliding & Competition Opportunities

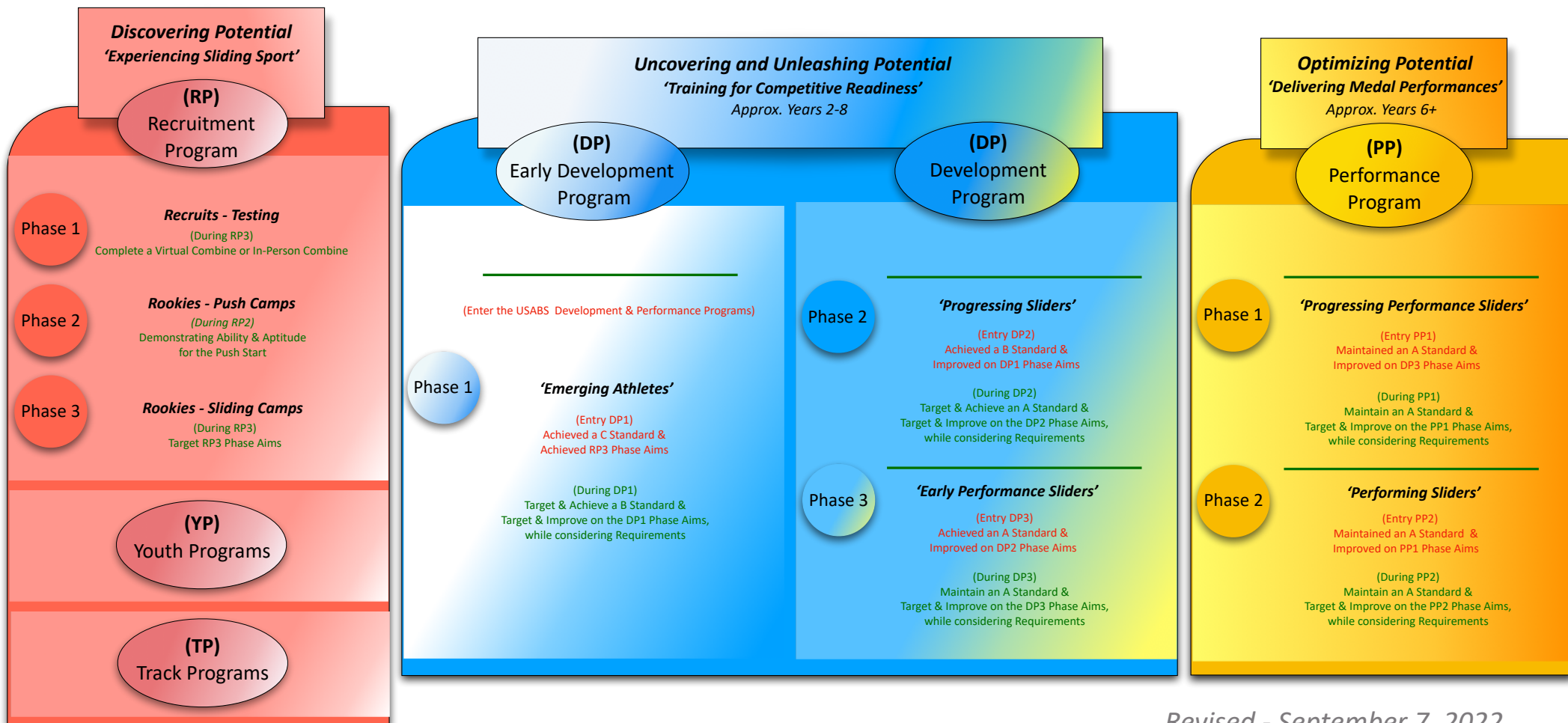


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# Progression Standards & Aims - Short Version



*Demonstrating Improvements across the Standards & Phase Aims, supported through 'Aligned Programming & Shared Responsibilities'*



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# Progression Standards & Aims - Detailed Version

	Recruitment Phase 3 (RP3) 'Rookie Athletes'	Early Development - Phase 1 (DP1) 'Emerging Athletes'	Development - Phase 2 (DP2) 'Progressing Sliders'	Development - Phase 3 (DP3) 'Early Performance Sliders'	Performance - Phase 1 (PP1) 'Progressing Performance Sliders'	Performance - Phase 2 (PP2) 'Performing Sliders'
Phase Progression Requirements	Demonstrating Improvements across the Standards & Phase Aims, supported through 'Aligned Programming & Shared Responsibilities'					
	<p>(Entry) Have completed a virtual Combine or other Combine &amp; Demonstrated Improvements with the Skeleton Push Start, during RP2 Rookie Push Camp or pushing a Trade. Participated within a Rookie Push camp during the off-season preceding the next in-season Rookie Sliding Schools.</p> <p>(During) Achieve the C Push Standard &amp; Achieve Phase Aims at Rookie sliding camps and/or at Tracks Programs for entry into USABS Development Pathway &amp; Safely achieved sliding runs from top of PC &amp; LP tracks. (To be determined by coaching staff) Target of 75 runs per season for a full-time RP3 status.</p> <p><i>RP3 Full time status has a maximum period of one year, following full-time status, the opportunity moves into Track's Drive/Club program, RP3 sliding can occur during 2-4 Rookie Sliding camps or as well as within Track's program. The C Push Standard &amp; Phase Aims can be achieved within the Track's Programs, Rookie Camps as well as in National Team Events (when Available) &amp; USABS Development Camps (when Available).</i></p>	<p>(Entry) Achieved the C Push Standard &amp; Demonstrated Improvements in RP3 Phase Aims.</p> <p>(During) Achieve the B Standard &amp; Improve throughout the DP1 Phase Aims within 125-250 runs Target 125 runs per season for full-time status.</p> <p>Participate in Pathway Programming, National Events &amp; Testing Maintaining &amp; Returning Program Equipment at end of sliding season.</p>	<p>(Entry) Achieved the B Push Standard or Alternate B Standard &amp; Demonstrated Improvements in DP1 Phase Aims.</p> <p>(During) Achieve the A Push or Alternate A Standard &amp; Improve throughout the DP2 Phase Aims within 250-375 runs Target 125 runs per season.</p> <p>Participate in Pathway Programming, National Events &amp; Testing Maintaining &amp; Returning Program Equipment at end of sliding season.</p>	<p>(Entry) Achieved the A Push Standard or Alternate A Standard &amp; Demonstrated Improvements in DP2 Phase Aims.</p> <p>(During) Maintain the A Push or Alternate A Standard &amp; Improve throughout the DP3 Phase Aims within 250-375 runs Target 125 runs per season.</p> <p>Participate in Pathway Programming, National Events &amp; Testing Maintaining &amp; Returning Program Equipment at end of sliding season.</p>	<p>(Entry) Maintain the A Push Standard or Alternate A Standard &amp; Demonstrated Improvements in DP3 Phase Aims.</p> <p>(During) Maintain the A Push or Alternate A Standard &amp; Improve throughout the PP1 Phase Aims Target 125 runs per season.</p> <p>Participate in Pathway Programming, National Events &amp; Testing Maintaining &amp; Returning Program Equipment at end of sliding season.</p>	<p>(Entry) Maintain the A Push Standard or Alternate A Standard &amp; Demonstrated Improvements in PP1 Phase Aims.</p> <p>(During) Maintain the A Push or Alternate A Standard &amp; Improve throughout the PP2 Phase Aims Target 125 runs per season.</p> <p>Participate in Pathway Programming, National Events &amp; Testing Maintaining &amp; Returning Program Equipment at end of sliding season.</p>
Phase Aims	<p><u>Supported through 'Aligned Programming &amp; Shared Responsibilities'</u></p> <p>Gain familiarity and foundational learning through rookie sliding camps or Tracks Program sliding.</p> <p>Areas of Relevance: body position, fundamental driving, fundamental awareness, fundamental equipment maintenance.</p> <p>Safely achieved sliding runs from top of PC &amp; LP tracks. To be determined by coaching staff.</p>	<p><u>Supported through 'Aligned Programming &amp; Shared Responsibilities'</u></p> <p>Target Improvements for Sliding Foundation Beginning to build "knowledge with Application by Pursuing velocity for improved time gaps</p> <p>Improving 'Progression' Working towards 'Consistency' Establishing a baseline for 'Performance Potential'</p>	<p><u>Supported through 'Aligned Programming &amp; Shared Responsibilities'</u></p> <p>Target Improvements for Sliding Race Results Expanding "knowledge with Application by Pursuing velocity for improved time gaps</p> <p>Improving 'Progression' Beginning to Achieve 'Consistency' Establishing a baseline for 'Performance Potential'</p>	<p><u>Supported through 'Aligned Programming &amp; Shared Responsibilities'</u></p> <p>Target Improvements for Sliding International Race Results Expanding "knowledge with Application by Pursuing velocity for improved time gaps</p> <p>Improving 'Progression' Achieving &amp; Improving 'Consistency' Improving 'Performance Potential'</p>	<p><u>Supported through 'Aligned Programming &amp; Shared Responsibilities'</u></p> <p>Target Improvements for Sliding WC Race Results - Top 10s Expanding "knowledge with Application by Pursuing velocity for improved time gaps</p> <p>Improving 'Progression' Improving &amp; Maintaining 'Consistency' Improving 'Performance Potential'</p>	<p><u>Supported through 'Aligned Programming &amp; Shared Responsibilities'</u></p> <p>Target Improvements for Sliding WC, WCh &amp; OG Race Results - Top 3s Expanding "knowledge with Application by Pursuing velocity for improved time gaps</p> <p>Improving 'Progression' Improving &amp; Maintaining 'Consistency' Improving 'Performance Potential'</p>
<p><b>*Aligned Programming &amp; Shared Responsibilities</b></p> <p><u>Overarching Aim</u></p> <p>Optimizing Potential by Unleashing Confidence &amp; Building Competence</p> <p>Collaboratively adding value for people, practices, and "knowledge with application, with a relevance across all tracks, by pursuing velocity for improved time gaps.</p> <p><u>Action</u></p> <p>Consistently Engaging with an Aligned Process</p> <p>Communicating</p> <p>Being Ready &amp; Adaptable</p> <p><u>Integration</u></p> <p>Programming- Program coordinated, Coach &amp; Performance Staff Led, while considering for the collective</p> <p>APPs- Coach/Performance Staff Guided &amp; Athlete Driven (Coach/PS/Athlete Relationship)</p>						
<p><b>'REVIEW PERIOD'</b></p> <p>If both Standards and Phase Aim Improvements are not achieved within the run window, then a Review Period goes into effect for 1 year. If the Standards and Phase Aims Improvements are not achieved during the Review Period, then sliding opportunities shift to personally arranged sliding within the track development programs</p> <p><b>ENTRY &amp; RE-ENTRY</b></p> <p><b>2 assessment opportunities</b> for Entry &amp; Re-Entry will occur at: Beginning-of-Season and End-of-Season. A mid-season opportunity may be possible. Related to a Beginning-of-Season assessment, Push Standards in Ice House can be used and will come into effect after the 2022-2023 season.</p> <p><b>Entry</b> into USABS Development Pathway will occur during the 2 assessment opportunities and will be into DP1 awarded if the relative standards are achieved while also considering Phase Progression Requirements and Aims. Any preparation for these 2 opportunities will be through personally arranged sliding time, as well as possible USABS program events.</p> <p><u># of leave of absence for up to one full season.</u></p> <p><b>Re-Entry</b> into the USABS Development or Performance Progression Pathway will be during the 2 assessment opportunities and into the Pathway Phase which the athlete achieved prior to taking a leave, considering the relative standards are achieved. For DP3 though PP2 athletes who choose to re-enter and who do not achieve the corresponding Phase Standards at the time of the Re-Entry assessment, then the athlete will be able to re-enter with an immediate Review Period going into effect, considering a minimum of a B Standard is achieved. For DP1 and DP2 athletes who choose to re-enter into the Pathway during either of the 2 assessment opportunities, the relative Standards must be achieved during an assessment opportunity and a review period may not be provided. For a leave of absence more than one full season, a Review Period may not be provided.</p>						
<p><b>*Knowledge</b> - facts, information, and skills acquired by a person through experience or education; the theoretical or practical understanding of a subject.</p>			<p>For the 2022/2023 season, the relative B or C push standards will need to be achieved on one track. Commencing end of the 2022/2023 season, push standards on multiple tracks may need to be achieved for each of the A, B, and C standards. *When changes are made they will be communicated.</p>		<p>Progression to the next Phase will be evaluated between the end of a sliding season and the beginning of the following sliding season.</p>	

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# Aligned Programing & Shared Responsibilities

## Overarching Aim

Optimizing Potential by Unleashing Confidence & Building Competence

*Collaboratively adding value for people, practices, and \*knowledge with application, with a relevance across all tracks, by pursuing velocity for improved time gaps.*

## Action

Consistently Engaging with an Aligned Process

Communicating

Being Ready & Adaptable

## Integration

Programming - Program coordinated, Coach & Performance Staff Led, while considering for the collective

APPs - Coach/Performance Staff Guided & Athlete Driven  
*(Coach/PS/Athlete Relationship)*

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