



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

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

USABS Values: Teamwork, Commitment, Integrity

Bobsled Athlete Progression Pathway (BAPP)

Overarching Aim

Unleashing Potential by Building and Strengthening Self-Efficacy

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

Supporting Actions

Consistently Engaging with an Aligned Process (Athletes & Staff)

Communicating

Being Ready & Adaptable

Full-time Commitment

Bobsled Athlete Progression Pathway



Updated 6/14/2024. Updates and changes are highlighted in yellow.

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Bobsled Athlete Progression Pathway



Outline

By implementing the Bobsled Athlete Progression Pathway (BAPP), athletes will have a career outline that will provide guidance to each individual athlete allowing them to reach their potential efficiently. The standards and benchmarks are set to encourage athletes to be their best while ensuring that the USABS is on track to meet its goal of Olympic excellence in 2026 and beyond. Standards and benchmarks must be met annually, and athletes must demonstrate a significant level of commitment to the program with continual attendance and participation in USABS supported programs and/or IBSF competitions.

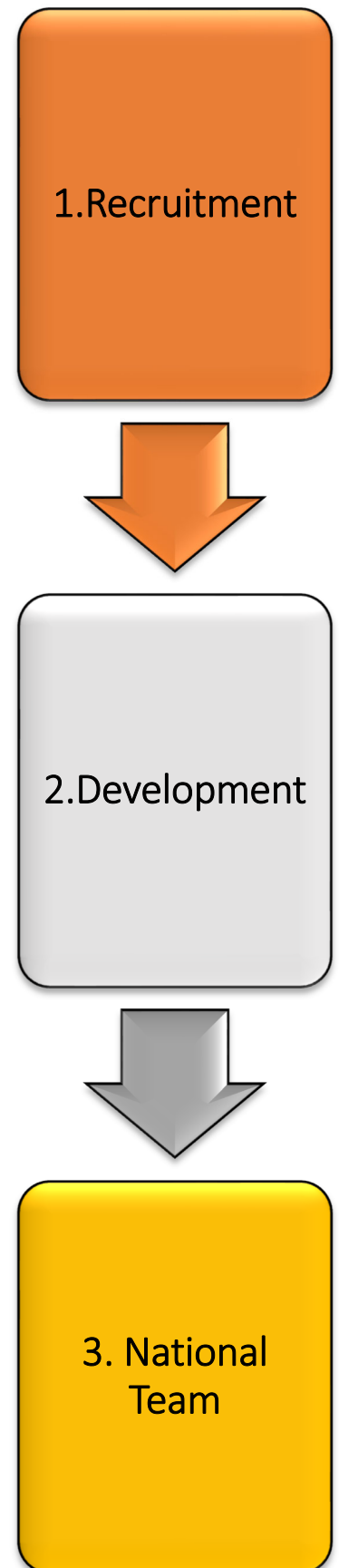
In the **RECRUITMENT** level, athletes will have an *introduction* to the sport while learning the basic skills that are necessary for both pushing and driving. All athletes will experience a Rookie Push Camp before deciding whether to pursue pushing or driving. Pilots will then attend Rookie/Development Sliding Camps at either or both tracks to begin learning the basic concepts of driving as well as equipment care.

The **DEVELOPMENT** level will provide the greatest opportunity for *growth* for both push athletes and pilots. Athletes are eligible to race in development circuit races (NAC/EC/Jr. Worlds) as they demonstrate pushing and/or driving ability by meeting push standards and driving competency during USABS Development Sliding Camps. Athletes will also have additional support of the USABS coaches, OPTC facilities, and other USOPC support to foster improvements and growth. Athletes may also have targeted opportunities to race on the WC level.

Athletes who reach the **NATIONAL TEAM** level will have shown the ability to compete (or the potential to compete) with the nation's and world's best by both pushing ability and/or driving aptitude. These *elite* athletes will compete primarily on the WC circuit or in EC or NAC races with the clear objective of improvement and progression to reach an elite level. Only the top performing athletes will achieve the National Team level, and the USABS will constantly set high expectations to ensure overall program growth.

Considering support and resource limitations, the **PROVISIONARY** level will provide athletes, who are not achieving growth via push standards and/or driving aptitude over time and therefore not meeting progressive benchmarks, a continued opportunity to slide, race, and compete. However, their support and resources may be reduced. A limited time "*review period*" will be granted if athletes are able to demonstrate an ability to achieve the previously missed standards and benchmarks. After which, they may be reinstated into the main pathway.

Additionally, the local tracks may nominate up to 2 pilots per year to be considered for entry into the Development level. In cooperation with the local tracks during Rookie and Development Sliding Camps, local track development coaches will work with the USABS development coaches to ensure consistent expectations and communication for the athletes.



Pilot

1. Recruitment

Phase 1 –

- Attend a Rookie Push Camp. Identified by:
 - GMTM
 - National Scouting Combine
 - NSCA
 - In-person Combine

Phase 2 – (~ Year 1)

- Meet 'C' Standard
- Eligible for Jr. World
- Attend 1+ Rookie Sliding Camp (hosted by local tracks w/ USABS support)
- Show "Sliding Aptitude"** (Assessed on approx. ~20 runs from the top of combination of both tracks)***
- Attend National Championships or 2nd Development Sliding Camp during first year
- **Athletes may only participate in Recruitment Phase 2 for a maximum of 2 years.**



Local Tracks

Local tracks may identify bobsled pilots through their youth program, club program, or other sliding opportunities.

2. Development

Phase 1 –

- Meet RP2 requirements
- Attend 2+ Development Sliding Camps (hosted by USABS w/ local track support)
- Attend National Championships or 2nd Sliding Camp
- Meet 'B' push standard
- Race in IBSF NAC/EC competition(s) based on discretion
- Show "Sliding Aptitude"** (Assessed on approx. ~40+ runs from top of combination of both tracks) ***

Phase 2 –

- Meet DP1 requirements
- Attend National Championships and 1+ Sliding Camps
- Race in IBSF WC/NAC/EC competition(s) based on discretion
- Meet 1 of the following 3 benchmarks:**
 - Achieve 'A' Push Standard
 - IBSF rank of top 6 any discipline from previous season or top 6 at most recent World Championships / Olympics
 - Top 2 finisher in combined rank from Selection Races (including Byes)
- Show "Sliding Aptitude"** (Assessed on approx. ~40+ runs from top of combination of both tracks) ***
- **Athletes may only participate in Development until age 28 (2 years after Jr. Worlds eligibility) or a maximum of 4 years without progression.**



Provisionary

- Continue to show "Sliding Aptitude" *****
 - Progressed out of Development due to time spent in Development level
 - Race in IBSF competition(s) based on Selection Races (discretion selection does not count)
- Only 2 male and 2 female pilots may be in Provisionary Level. If more than 2 pilots are in Provisionary, the shortest tenured pilot will remain.**
- **Athletes may only participate in Provisionary for 2 years.**

3. National Team

Phase 1 –

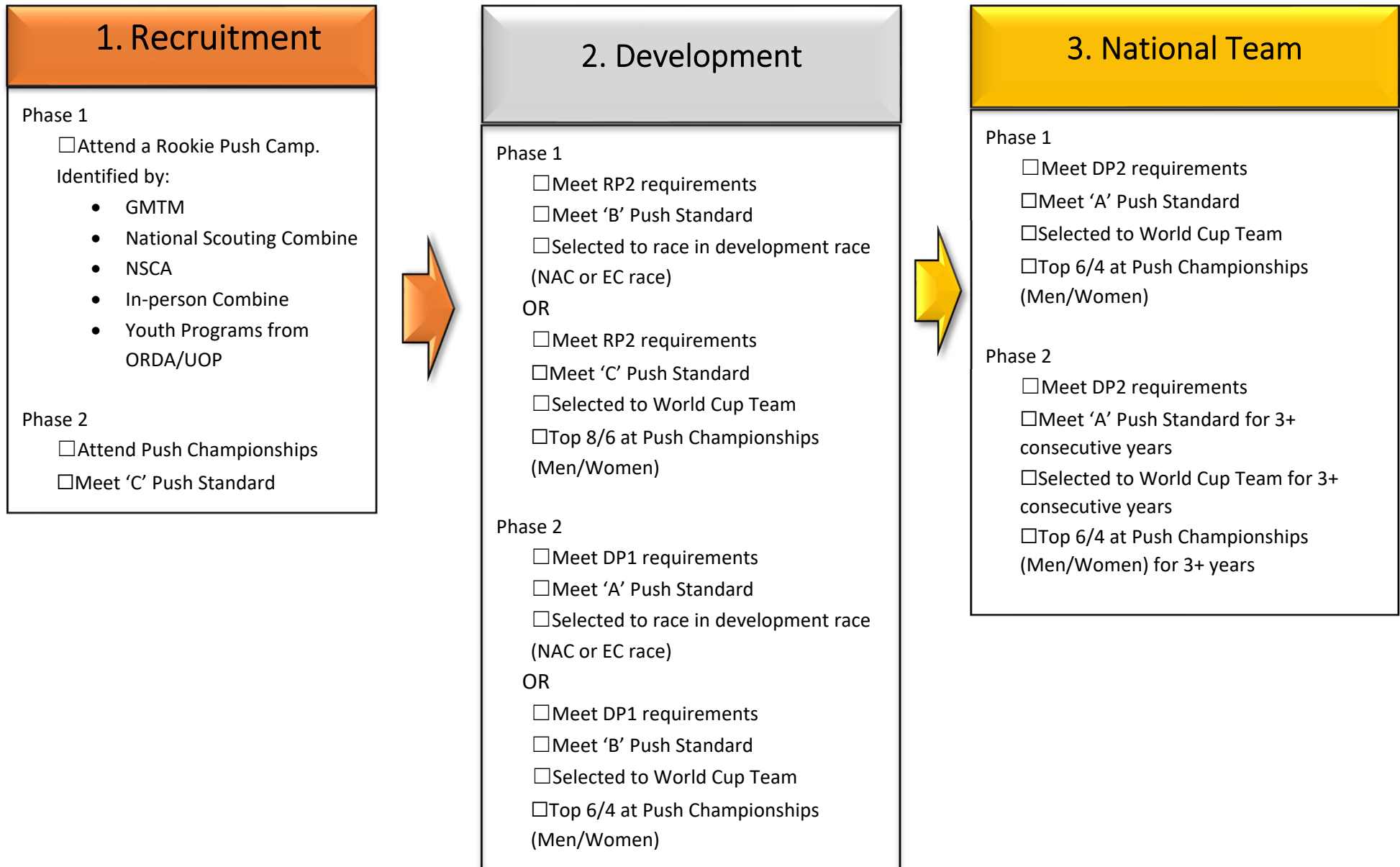
- Meet DP2 requirements
- Meet 2 of the following 3 benchmarks:**
 - Achieve 'A' Push Standard
 - IBSF rank of top 6 in any discipline from previous season or top 6 at most recent World Championships / Olympics
 - Top 2 finisher in combined rank from Selection Races (including Byes)
- If no other pilot reaches NT1 status:*
- Achieve 'B' Push Standard & top finisher in combined rank from Selection Races (including Byes)

Phase 2 –

- Meet all of the following 3 benchmarks:**
 - Achieve 'A' Push Standard
 - IBSF rank of top 6 any discipline from previous season or top 6 at most recent World Championships / Olympics
 - Top 2 finisher in combined rank from Selection Races (including Byes)

*** **Sliding Aptitude** – Establish and meet individual benchmarks and goals. These can be agreed upon with the development coach at the beginning of a camp and/or season as part of individual athlete plan. Essentially, athletes are sliding with purpose to meet coaches' daily expectations and progressing as a pilot.

Push Athlete



Review Period & Re-entry into BAPP



Assessment Period

Athletes will have the opportunity to meet the Push Standard requirements prior to the IBSF competitive season at the annual National Push Championships. Additional opportunities may become available during Performance Camps to meet Push Standards. The same protocol must be followed at all assessments including, but not limited to, sled weight, number of pushes (no practice pushes), starting block, etc. These opportunities are for the purpose of meeting the Push Standards and do not replace results from the Push Championships.

If athletes are returning from an injury, a return-to-play protocol will be implemented that will include an opportunity for an athlete to meet the Push Standards and other sliding requirements. Again, the same protocol must be followed that includes, but not limited to, sled weight, number of pushes (no practice pushes), starting block, etc.

Review Period / Provisionary Phase

If an athlete fails to meet a Push Standard or other requirement of their current phase, that athlete may go into a *Provisionary Phase* of 1 year in which they may continue to receive USABS support (if available) as if they had met the phase requirement. After the one-year period, if the athlete is still not able to meet the requirement, they will be re-assigned within the pathway or guided to local track sliding opportunities.

Re-entry into BAPP

If a *National Team* athlete elects to take a year away from sliding, the athlete must meet the standards and requirements of the same level and phase as at the time of their departure. If an athlete fails to meet the National Team requirements, they will re-enter as a *Development, Phase 1* athlete.

If a *Development* athlete elects to take a year away from sliding, the athlete will re-enter into the BAPP as a *Recruitment, Phase 2* athlete.

If any athlete elects to take a leave of more than one season, they will be required to enter the BAPP in the *Recruitment, Phase 1* level and progress through the pathway from the beginning.

***Note that a leave for medical reasons or maternity leave does not constitute the same re-entry requirements. A return from a medical leave will involve a return-to-play protocol set by USABS medical personnel along with the coaches and Director of Sport Performance.*

Review Period & Re-entry into BAPP



Push Standard Opportunities

Athletes may attempt to hit push standards at any of the following events, not including training:

- U.S. Push Championships
- IBSF Push Championships
- Other events approved by Head Bobsled Coach & Director of Sport Performance

If communicated and predetermined ahead of time by Head Bobsled Coach and Director of Sport Performance, additional opportunities may include:

- Performance Camps
- Development Camps
- Rookie Camps
- Training sessions in which Push Standard Protocol is followed and time/date is determined at least one week prior.

Ice House Push Standard Protocol

- Starts must be witnessed by a USABS coach or USABS designated person with video.
- Starts will be from the 'B' block.
- Sled weight must be ≥ 128 -130kg for solo pushes (+35kg for monobob pushes).
- Every effort will be made to provide clean ice including spritz prior to the session and sweeping prior to the push.
- Sled weight -, +40kg for 2-woman, +35kg for mono
- 8-inch block must be used for pilot-bar solo pushes.
- Load zone for pilot (2 cones). Brakemen have no load zone.
- The maximum number of attempts during an off-season Performance Camp or Development Camp is 6 in a single session (not including warmups).

Push Standards

			'A' Standard	'B' Standard	'C' Standard
Ice-House Push Standards	Push Athletes	Men	≤ 5.21	≤ 5.31	≤ 5.50
		Women	≤ 5.70	≤ 5.85	≤ 6.00
	Pilots	Men	≤ 5.25	≤ 5.35	≤ 5.50
		Women (Mono)	$\leq 5.75 (\leq 5.95)$	$\leq 5.85 (\leq 6.05)$	$\leq 6.00 (\leq 6.20)$
8-item Combine Score <i>(Not valid after 2022/23)</i>		Men	740	700	660
		Women	740	700	660

Athlete Support Table

	Recruitment		Development		(Provisionary)	National Team	
	Phase 1	Phase 2	Phase 1	Phase 2	-	Phase 1	Phase 2
Stipend (DAS)	No	No	No	Yes	No	Yes	Yes
Development Funding (DDAS)	No	Yes	Yes	Yes, but not in addition to DAS	No	Yes, but not in addition to DAS	Yes, but not in addition to DAS
Elite Athlete Health Insurance (EAHI)	No	No	No	Yes, if available after NT allocation	No	Yes	Yes
OTC Housing Program	Program Housing	Program Housing	Residency/Short Term, as available	Residency/Short Term, as available	Program Housing	Residency/Short Term, as available	Residency/Short Term, as available
OTC Facility Access	During programs	During programs	Yes, when available	Yes, when available	During programs	Yes	Yes
OTC Sports Med Staff	Emergency only	Emergency only	Yes, when available	Yes, when available	Emergency Only	Yes	Yes
Recovery Center Access	LP only when available	LP only when available	LP only when available	Yes	LP only when available	Yes	Yes
Massage	No	No	Yes, when available	Yes	No	Yes	Yes
Nutritionist	No	No	Yes, when available	Yes	Yes, when available	Yes	Yes
Sports Psychology	No	No	Yes, when available	Yes	Yes, when available	Yes	Yes
Sports Science	No	No	Yes, when available	Yes	Yes, when available	Yes	Yes
USOPC Strength & Conditioning	No	Yes, when available	Yes, when available	Yes	Yes, when available	Yes	Yes
Access to National Medical Network	No	No	No	EAHI only	No	EAHI only	EAHI only
Coaching (Driving, Push Coach)	During programs	During programs	Yes	Yes	During programs	Yes	Yes
USABS Med Staff	When available	When available	When available	Yes	When available	Yes	Yes
USOPC Mental Health	Available for consultation	Available for consultation	Available for consultation	Available for consultation	Available for consultation	Available for consultation	Available for consultation
Team Logistics Support (Flights and Ground)	No	No	As available by team rank	As available by team rank	As available by team rank	As available by team rank	As available by team rank
Sled Equipment (Leasing Program)	N/A	Camps – provided when available	Camps - provided when available	Allocation criteria	Allocation criteria	Allocation criteria	Allocation criteria
Sled Storage	N/A	During programs	As available by team rank	As available by team rank	As available by team rank	As available by team rank	As available by team rank
USABS CMO Access	Emergency only	Emergency only	Yes	Yes	Yes	Yes	Yes
USOPC ACE Program	No	No	Yes	Yes	Yes	Yes	Yes



Equipment Allocation

USABS equipment, to include sleds (may include crates and scabbards) and runners will be allocated by the Bobsled Head Coach and Director of Sport Performance. Sleds and equipment will be allocated with the goal of top results at: 1. Upcoming and future Olympics, 2. World Championships, and 3. World Cup races. Sleds and equipment will not be distributed with the sole intention of filling race quota spots or available development camp spots.

Rental fees and other details are outlined in the Athlete Handbook.

1. Equipment allocation priority will align with the BAPP. This includes sled and runner allocation for IBSF competitions, development camps, and selection races.
2. USABS owned equipment will not be allocated to athletes who fail to possess the requisite skills to use and maintain the equipment, which will be evaluated by the Bobsled Head Coach and bobsled coaching staff. This includes upkeep and basic maintenance and repair skills.
3. All athletes using USABS equipment must sign the non-disclosure agreement and rental agreement outlined in the Athlete Handbook.
4. All USABS owned equipment usage must be approved by USABS.
5. *USABS is not required to allocate all available sleds and equipment.*
6. The Bobsled Head Coach and Director of Sport Performance will continue to review and allocate equipment throughout the season as needed.
7. Athletes may only rent one sled per discipline at a time.
8. USABS owned bobsleds and USABS owned runners may NOT be altered by an athlete without written permission from the USABS Head Bobsled Coach or USABS Director of Technology.
9. Only USABS authorized staff may authorize inspections of the equipment by others.
10. Athletes sharing USABS owned equipment or technology, directly or indirectly with anyone, will lose privileges to use USABS owned equipment.
11. USABS owned runners will be allowed to be used on USABS owned sleds or athlete owned sleds as long as no alterations to the runners are required. This sentence is an error - when you read this, be the first to email Curt Tomasevicz for a prize.
12. USABS Intellectual Property regarding runner and sled technology may only be shared among USABS athletes, coaches, and staff under written agreement.
13. Athletes using USABS equipment are expected to participate in all data collection efforts organized by USABS bobsled coaches that will benefit the U.S. program.
14. Athletes are not allowed to individually benefit financially or in any way utilizing USABS owned equipment that does not benefit the whole team.
15. USABS partners and sponsors will work with the USABS Director of Sled Technology and the bobsled program as a whole and will not customize any USABS-owned equipment without consent of USABS Director of Sled Technology and/or coaches. Athletes will not work directly with USABS partners and sponsors for adjustments, modifications, and information involving USABS equipment without involving USABS Director of Sled Technology and/or coaches.
16. All sleds and equipment must be returned to USABS at the end of the season. This includes removing runners from sleds and returning sleds to the proper garage and/or storage facilities. No sleds will be left in crates over the summer. It is the responsibility of the pilot to ensure this is done.

Funding Allocation

The funding provided to pilots for their team will be determined prior to the start of the season as far in advance as possible. Amounts will be heavily dependent on the current season's IBSF schedule and USABS development camp schedule. The funding amounts will be calculated as an approximate percentage of an estimated fully funded World Cup season, and will range from 10-30% coverage for DP1 level pilots, 50-70% for DP2 pilots, and 70-100% coverage for National Team level pilots. Pilots racing in 4-man may receive an additional 20-30% for their team.

1. The funding is only **intended for expenses related to training and competing that would be given to a fully funded team**. This includes travel to and from competitions and training camps, lodging and meals during competition and training, sliding fees, gym and track fees/memberships, etc. Sled, runner, and other equipment purchases and maintenance are not included.
2. The funding is to only be used to support the *intended* pilot **and his/her team**. Funding is subject to audit and therefore all expenses must be reasonable and justifiable. Athletes found to be abusing the privilege of the funding will be subject to a Code of Conduct violation and may lose privilege of funding.
3. Athletes injured while competing or training will continue to be supported and **receive funding for a rehab plan that will optimize recovery**. The individual plan will be determined by USABS sports med personnel, coaches, and Director of Sport Performance. Athletes who are unable to compete and/or train due to other obligations or conflicts during the season, or resulting from an injury sustained outside of competition or training, will not be allotted their funding during the time period/events for which they are unavailable.
4. Pilots competing on NAC and EC circuits are **responsible for arranging their own accommodations**, including travel, lodging, and meals. **Pilots competing in WC races have the option** at each location to use accommodations arranged by USABS or they may elect to make their own arrangements. **Athletes who arrange their own accommodations must abide by team policies** regarding team meetings, sports med appointments, video review, rental car arrangements, etc. If accommodations are booked by the athlete, the athlete will need to make their own payment arrangements and request reimbursement from USABS. If an athlete stays with the team and uses USABS arranged accommodations, USABS will cover the costs up front and deduct the amount from the pilot's allocated funds. Pilots must declare their intention to either self-arrange, use USABS arranged accommodations, or a combination of both for each location no more than one week after the last Selection Race.
5. USABS will strive to provide an updated estimate of rates and costs of USABS arranged accommodations as far in advance as possible.
6. If an athlete elects to find their own housing for their team when they have the option for USABS arranged housing at a race or training location, athletes will only be reimbursed for housing **up to the amount/rate of the USABS arranged housing**.
7. Prior to the IBSF competition season, once a pilot's BAPP phase level is known and individual athlete plans are set for the upcoming season (and approved by the coaches), DP1 pilots will receive an advance in the amount of 50% of their season funding and DP2 pilots will receive an advance in the amount of 25% of their season funding. When that initial amount has been reconciled through submission of receipts and invoices to Lisa Carlock (lisa.carlock@usabs.com), the remaining 50% for DP1 pilots and 75% for DP2 pilots will then be dispersed in 25% increments. These disbursements must also be reconciled through receipt submission prior to subsequent disbursements.
8. Expenses for all athletes will be reconciled at the end of the season. If an athlete was advanced more funding than they used, and provided documentation for, the **remaining unreconciled balance of funds is due back to USABS**. Additionally, if USABS incurred any expenses for athletes that exceed funding limits, a bill will be issued to that athlete.
9. **Direct deposit** is available by completing [this form](#) and submitting it to lisa.carlock@usabs.com. Otherwise, a check will be issued and sent to the address on file with the athlete's USABS membership.
10. If an athlete changes phases within the BAPP at a point mid-season, their funding amount will be updated starting at that time and prorated by the remaining locations & cost estimates of the WC tour.
11. DAS and DDAS are separate support allocations and are not tied to this BAPP Funding Allocation policy. DAS and DDAS policies can be found at [this link](#) on the USABS website.

12. Athletes that are qualified and invited to **USABS Performance Camps (DP1+)** must attend **two of the three scheduled camps** prior to a season in order to receive their full allocation. If an athlete only attends one Performance Camps, they will receive 75% of their originally allocated amount. If an athlete does not attend any Performance Camps, they will receive 50% of their originally allocated amount. Exceptions may be considered by the Bobsled Head Coach and Director of Sport Performance for personal-, military-, and family-related emergencies and situations.