

Long Track Athlete Services Grid 2024 - 2025 V1.2 - April 30, 2024

Service	LT National Training Program (with AA signed)	Auto invites that declined NTP (with AA signed)	Sr. World Cup & World Team Qualified (with AA signed)	Jr. Team (with AA signed)	Sr & Jr World Champs Teams Self-Funded (with AA signed)	LT FAST (& identified NTP 'Training Partners')	Long Track Level One	Long Track Level Two	Long Track Level Three
Coaching Services									
Access to USS National Team Coaches	Yes	Travel only	Travel only	Travel only	Travel only	As agreed	No	No	No
UOO LT FAST Coaching	As agreed	No	No	No	No	At cost	At cost	At cost	At cost
Facilities - UOO (subject to partner relationship)									
Subsidized Long Track Ice Time (with FAST)	As agreed	No	No	No	No	Program benefit	Yes - 100%	Yes - 50%	No
Subsidized Short Track Ice Time (with FAST)	As agreed	No	No	No	No	Program benefit	No	No	No
Boardless Pad Systems per program	As scheduled	At cost	At cost	No	No	As scheduled	At cost	At cost	At cost
Running Track (Dryland training)	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes
Weekend Time Trial fees waived	At cost	At cost	At cost	No	No	At cost	At cost	At cost	At cost
Facilities- "The Speed Factory"									
NTP Weight Room	As scheduled	As scheduled	As scheduled	No	No	As scheduled	No	No	No
NTP Locker Room	Yes	No	No	No	No	No	No	No	No
USS PT Room (USS Medical required to be on-site)	As scheduled	As scheduled	As scheduled	No	No	As scheduled	As scheduled	As scheduled	No
USS Regeneration Areas & hyperbaric chamber	As scheduled	As scheduled	As scheduled	No	No	As scheduled	As scheduled	As scheduled	No
USS Athlete Kitchen and Lounge	Yes	Yes	No	No	No	No	No	No	No
USS Skate Tech Room (Coaches only - scheduled)	Coaches only	Coaches only	Coaches only	No	No	Coaches only	Coaches only	Coaches only	Coaches only
Access to KOPFC (training facilities)	Yes	If available	No	No	No	No	No	No	No
Facilities - Pettit (subject to partner relationship)									
Subsidized Long Track Ice Time	As agreed	No	No	No	No	At cost	Yes - 100%	Yes - 50%	No
Subsidized Short Track Ice Time	As agreed	No	No	No	No	At cost	No	No	No
Boardless Pad Systems per program (LT Only)	As scheduled	As scheduled	As scheduled	No	No	As scheduled	As scheduled	As scheduled	As scheduled
Running Track	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes
Locker Room	Day use	Day use	Day use	No	No	Day use	No	No	No
Skate Tech Room	Coaches only	Coaches only	Coaches only	No	No	At cost	At cost	At cost	At cost
Weekend Time Trial Fees	At cost	At cost	At cost	No	No	At cost	At cost	At cost	At cost
Weight Room (Coach required)	As scheduled	As scheduled	As scheduled	No	No	As scheduled	No	No	No
PT Room	N/A	N/A	N/A	No	No	N/A	N/A	N/A	N/A
Equipment (Used in UOO or Speed Factory)									
Inline Treadmill (supervision required)	Yes	As scheduled	No	No	No	Yes	No	No	No
USS & Oval - Slideboards	Yes	Yes	Yes	Yes	No	Yes	If available	If available	If available
UOO Stationary Bikes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
USS Foam Rollers	Yes	Yes	Yes	Yes	No	Yes	No	No	No
USS Weight Shoes	Yes	Yes	No	No	No	Yes	No	No	No
USS Overspeed Winch (scheduled & supervision req.)	As scheduled	No	No	No	No	As scheduled	No	No	No
Athletic Therapy (with AA signed)									
National Long Track Team Designated Athletic Trainer	Yes	Yes - secondary	Yes - secondary	if approved	No	EMRG only	No	No	No
Medical Services (Sponsors/Partners)									
Froedtert (USS)* (tbc)	User Pay	User Pay	User Pay	No	No	User Pay	User Pay	User Pay	User Pay
University of Utah (USS)*	As agreed	As agreed	As agreed	No	No	User Pay	User Pay	User Pay	User Pay
Rayus Radiology*	Yes - limited	Yes - limited	No	No	No	No	Yes - limited	Yes - limited	If available
Aurora/Advocate (PNIC-ASE)	User Pay	User Pay	User Pay	User Pay	User Pay	User Pay	User Pay	User Pay	User Pay
University of Utah (UOO)	User Pay	User Pay	User Pay	User Pay	User Pay	User Pay	User Pay	User Pay	User Pay
USOPC Travel Med	User Pay	User Pay	User Pay	User Pay	User Pay	User Pay	User Pay	User Pay	User Pay
USOPC Mental Health Services	Yes	Yes	Yes	Yes - limited	Yes - limited	Yes - limited	Yes - limited	Yes - limited	Yes - limited
* pending sponsor agreement									
Testing (with AA signed)									
Annual Physical *	Yes	Yes	Yes	if approved	No	At cost	Yes	Yes	No
In house Baseline Testing *	Yes	If approved	if approved	No	No	At cost	Yes	As agreed	No
Specialized Testing*	Yes - tiered	If approved	if approved	No	No	At cost	As agreed	As agreed	No
Access to High Performance Database* (tbc)	Yes	Yes	if approved	No	No	As agreed	As agreed	As agreed	No
* As per Sponsorships, availability & budget									



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Sport Specific Staff (with AA signed)									
*Access to National Strength Coach	Yes	Yes - secondary	Yes - secondary	if approved	No	Clinics/intern	Resource/intern	Resource/intern	No
*Access to USS/USOPC Psychologist(s)	Yes	Yes - secondary	Yes - secondary	if approved	No	Clinics	Yes	Yes	No
*USS Designated Skate Tech	Yes	Yes - secondary	Yes - secondary	if approved	No	Clinics	Yes	Clinics	Clinics
*Access to USS/USOPC Designated Nutritionist	Yes	if approved	if approved	if approved	No	Clinics/intern	Yes	Clinics/intern	Clinics/intern
<i>*pending USS staffing and availability</i>									
Staff									
USS Marketing & PR -Communications staff	Yes	As needed	As needed	As needed	As needed	As needed	As needed	As needed	As needed
USS Media Day	Yes	Yes	If approved	If approved	No	No	No	No	No
Education									
State of Utah - 'In-State Tuition'	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
Apparel (with AA signed)									
World Cup/ Champ Team (with funding time)	Upon qual.	Upon qual.	Upon qual.	Upon qual.	As agreed	No	No	No	No
Junior World Package (with funding time)	Upon qual.	Upon qual.	Upon qual.	Upon qual.	As agreed	No	No	No	No
Racing Speed Suits (with funding time)	Upon qual.	Upon qual.	Upon qual.	Upon qual.	As agreed	No	No	No	No
NTP Apparel Package	Yes	No	No	No	No	No	No	No	No
Sponsor Benefits (with AA signed)									
USANA Products*	Yes	Yes	No	No	No	No	No	No	No
Dairy West Products*	Yes	yes	No	No	No	No	No	No	No
Under Armour Discounts*	Yes	Yes	No	No	No	No	No	No	No
<i>*subject to sponsor relationship/availability</i>									
Travel Costs (with AA signed & Funding times required)									
International Travel (time standards met & AA signed)	Upon qual.	Upon qual.	Upon qual.	Upon qual.	At cost	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.	No	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.
World Championship Travel Per diem	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)

Yes	Yes the benefit or service is provided
No	No the service or benefit is not provided
Yes - secondary	Service is provided BUT secondarily to the NTP at the UDO and as available/scheduled
Yes - tertiary	Service is provided BUT tertiary to the NTP & secondary athletes at the UDO and as scheduled
As needed	Athlete may request support as needed
Travel only	Services or benefit provided while on international event trips
User Pay	Costs incurred are those of the athlete
Program benefit	Service or benefit associated with enrollment in skating program
AA	Athlete Agreement
If approved	Subject to Approval by USS HP or Program Director while skater is training in SLC
At Cost	Cost for service if able to be arranged.

As agreed	Determined by NTP & Oval program coaches/ outside coaches in collaborative partnership
Resource/intern	possibly a resource or use of intern - at the discretion of the strength coach
Yes - limited	As per priority that may be dictated by the sponsor
Clinics/intern	May receive some support through clinics or interns. Should not expect day to day services
Coaches only	Venue has a list of approved coaches able to use skate tec facilities
As scheduled	Scheduling of room or equipment is required
If invited (cost tbd)	Discretion on invitation and potential invite to camps is determined by Program Director
As arranged	As arranged with venue as someone (oval staff/coach) needs to supervise.
Upon qual.	Received upon qualification to a team or program
Day use	No long term use. Service/benefit only available for day use.
EMRG only	Emergency service only.

NTP athletes are identified as skaters with a full-time commitment to the NTP. With respective designations 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 Cup/World Team in the previous or current season.

Junior Team - Skaters that qualified (with funding times) for the previous seasons Junior World Championships (are now Junior National Team members). May receive limited services while training in Salt Lake City.

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 their USS Program Director.