



To: U.S. Paralympics Track & Field National and Emerging Team athletes  
From: U.S. Paralympics Track & Field  
Date: October 29, 2023

U.S. Paralympics Track & Field will continue its Resident Athlete Program at the Chula Vista Elite Athlete Training Center (CVEATC) beginning January 1, 2024. The program is designed for U.S. athletes competing in the sport of Paralympics Track and Field who desire a structured training environment with daily coaching opportunities.

The program is reserved for elite athletes and guides athletes who have demonstrated the potential to medal or are trending toward medal potential at the 2024 Paralympic Games. This program is also open for consideration to 2024 Paralympic Hopefuls. Guide athletes are termed as athletes in this program. The resident program will be available for athletes who are prepared to make a full-time commitment to training, recovery and competing under the direction and leadership of Coach Joaquim Cruz, U.S. Paralympics Track & Field Senior Coach and Coach Kris Mack, Coach, National Team Development. Additional coaching staff may be added and approved at any time by the Director and the Senior Coach.

As part of the resident athlete program, athletes will have the option of participating in the program either as a full time on campus or full-time off campus athlete. Full-time resident athletes are expected to reside at the CVEATC (on campus) or in the Chula Vista/San Diego area (off campus).

Specific training and competitions will be geared to the individual athlete's needs, but generally will include mandatory daily prescribed workouts, scheduled weight room sessions, six WPA approved competitions per year (with the 6th being the U.S. Paralympics Track & Field National Championships and/or Trials), specified nutrition counseling and sport performance related assessments (including, but not limited to blood draws, body analysis, functional movement screens, etc.). Designated competitions will be outlined in the athlete's personal performance plan as agreed by the Senior Coach and athletes assigned coach if different from the Senior Coach. Other mandatory components of the program may include sport science testing, career and education training, sport psychology sessions, community outreach and involvement and media training.

The rotation program at Chula Vista will be offered to current national team athletes who would like additional training opportunities during the year at Chula Vista, if space is available. Additional athletes may be directly invited by the Director throughout the year however the rotation program will no longer be open for applications.

## **TYPES OF RESIDENT PROGRAMS**

On campus resident- Athletes live full time at the Chula Vista Elite Athlete Training Center (CVEATC). Athletes will receive breakfast, lunch and dinner at CVEATC. Athletes will have a roommate, be housed in double occupancy rooms and will share a bathroom and common area.

Off campus resident- Athletes will have full access to CVEATC facilities. Athletes will receive lunch only at CVEATC. Athletes must have access to reliable transportation.

Off campus athlete, with housing assistance (alternative housing)- In 2024 U.S. Para Track & Field is exploring opportunities for alternative housing through USOPC sponsor Airbnb. Athletes who live in alternative housing will follow rules and expectations as an on-campus athlete. Athletes may have access to housing assistance within the resident program. Athletes will receive lunch only at CVEATC. Athletes will share a house with roommates of the same gender and may share a bathroom and common areas depending on house make-up. Athletes must have access to reliable transportation. First year resident athletes who have not yet made a senior World Championships or Paralympic Games team may not be eligible for this program.

### **APPLICATION & ACCEPTANCE**

Applications and other necessary forms for the resident athlete program will be available at the following website <https://www.usparatf.org/resident-and-rotation-program>. Any athlete who wishes to participate must apply and be accepted into the program. Acceptance to the program will be at the sole discretion of U.S. Paralympics Track & Field staff and all positions available in the program are not required to be filled. *All current resident athletes will be required to re-apply based on the program application dates listed below.*

For consideration, applicants must:

- Athlete must be a current U.S. citizen with a current U.S. passport.
- Athletes must be 18 years of age or older to reside at Chula Vista full time as a part of the program.
- Not be enrolled part-time in school and/or employed part-time where the combined total of school and/or work hours exceeds twenty (25) hours per week.
- Be willing to submit a complete health profile coordinated by the USOPC Sports Medicine division, including a thorough medical history and comprehensive physical examination.
- Must be willing to obtain a current WPA athlete license and USATF membership within 45 days of moving in.
- Must be nationally classified.
- Be able to live independently and take care of all personal needs without supervision and constant reminders, which shall include, but not be limited to, attending practices, meetings, showering, dressing, eating, etc.
- Be able to communicate, respect individuality and share common spaces with teammates.
- Have a result after 2022 that is at least 85% of the current National Team A standard for their respective classification in a Paris Paralympic program event. This percentage does not guarantee an athlete will be accepted into the resident program however this is a minimum requirement to be considered.

## **APPLICATION EVALUATION**

Athlete applications will be evaluated with the following in mind. This list is not an exhaustive list however this will take priority when selecting athletes for the resident program.

- Space availability.
- Funding availability.
- Athlete medal capability at 2024 World Championships and/or 2024 Paralympic Games
- Athlete willingness to focus solely on training and competing in Paralympic Track & Field.
- Athlete's desire and willingness to commit 100% to the training outlined or approved by the U.S. Paralympics Track & Field in the sport of Paralympic Track & Field.
- Athlete's desire and willingness to follow rules related to the program.
- Training compatibility with other resident athletes, coaches and staff.
- Availability of onsite one on one coaching.
- Other relevant performance data from the current quadrennium.

U.S. Paralympics Track & Field may but are not required to add additional athletes after the application deadline has passed and after the program start date if additional spots remain or become available. Late applications will be accepted at the sole discretion of U.S. Paralympics Track & Field staff. Unless special circumstances are cited and approved by the U.S. Paralympics Track & Field Director, resident programs will be awarded at one training center only.

The 2024 CVEATC on campus resident program will begin January 1, 2024, and will end September 30, 2024. All on campus athletes must remove all belongings from Chula Vista by September 30, 2024. Athletes who do not make the 2024 Paralympic Games team may be removed from the resident athlete program.

### **IMPORTANT DATES (2023-2024):**

November 1, 2023	Application for 2024 resident program opens.
November 6, 2023	Application for 2023 resident program closes
November 6-10, 2023	Athletes begin receiving notification of 2024 resident status.
January 1, 2024	2024 Resident Program athlete move-in
April 2024	Athlete evaluations.
July 2024	Athlete evaluations.
September 30, 2024	Athlete move out.
October 14-21, 2024	2025 resident application period.
November 6, 2024	Athletes begin receiving notification of 2025 resident status.
January 1, 2025	Resident athlete move in.

**\*\*Dates for off campus athletes with housing assistance may vary. Athletes will be received confirmed dates in their housing letters prior to move in\*\***

## **ATHLETE REMOVAL**

Athletes will be given at least thirty (30) days' notice of move-out date in accordance with their term application. If you are no longer training, competing, failure to make the World Championships/Paralympic Games team or for non-compliance with rules and guidelines, you may receive a thirty (30) day move-out notice mid-term. Immediate removal may occur for non-compliance with rules and guidelines as needed. Athletes must take all their belongings at

the time of move out, ensure cleanliness of living areas, communicate their move-out date with U.S. Paralympics Track & Field staff, check out with Senior Coach, and follow CVEATC check-out procedures. Extenuating circumstances for move-out will be considered, but resident application deadlines are otherwise strict.

Athlete competition requirements will be outlined in each year's Sport and Program Plan and athletes' personal performance plans. Required team events (outlined in personal performance plan), competitions or a resident required proof-of-fitness test may be added at the discretion of the Senior Coach and in conjunction with the athletes coach if different than the Senior Coach. Athletes will be given at least seven days' notice of proof of fitness test when possible. To have proof of performance times recognized, the competition must be sanctioned by World Para Athletics through the competition approval process unless otherwise agreed upon by the Senior Coach and Director.

## **ATHLETE BENEFITS**

Participation in the Resident Athlete Program is not a guarantee that an athlete will be selected to participate on the national team, or at World Para Athletics Championships, Paralympic Games or other major international competitions. To be named to these teams, an athlete must qualify through the respective selection procedures for each competition. Participation in the program does not affect national team status or any of the related benefits. Participation in the program is voluntary and is contingent upon agreement to and compliance with the specific terms and conditions of the program.

### **On Campus Athletes**

The on campus resident program may serve up to 12 athletes based on funding and gender make up. Athletes accepted to the program as on campus athletes will be eligible to receive the following benefits:

- Double occupancy room at the CVEATC (for full-time on campus athletes only; roommate preferences are not guaranteed).
- Breakfast, lunch and dinner are provided by CVEATC.
- CVEATC facility usage includes the track & field areas, strength & conditioning room, USOPC sports medicine facility, CVEATC athlete center/dining area and other areas identified by CVEATC staff.
- In person training led by assigned coaching personnel.
- Access to sports medicine, strength and conditioning, nutrition counseling, psychological services and other USOPC sport performance services. Level of access for certain performance services may be dependent on U.S. Paralympics Track & Field National Team status.
- Reimbursement to attend specific approved competitions (to be identified by Senior Coach and/or in conjunction with assigned personal coach if applicable).
- Travel arrangements provided for approved competitions as a part of the resident program.
- Reimbursement up to \$300 for athlete move-in in January (new athletes only). Athletes may be reimbursed up to \$300 for airfare cost, baggage fees and mileage only for initial move in (new athletes only). Athletes will only be reimbursed with submission of a reimbursement form and receipts submitted to [USParaTFTeam@usopc.org](mailto:USParaTFTeam@usopc.org) no later than February 28<sup>th</sup>.

### **Off Campus Athletes with Alternative Housing**

Athletes who stay in alternative housing may reside with up to 4 in house or apartment. Athletes may or may not have a roommate depending on home make up as this will vary. Alternative housing will be through Airbnb with the goal of identifying housing locations up to 15 minutes from the training center. Athletes accepted into the program will be eligible for the following benefits:

- Single or double room at CVEATC (depending on home make up).
- Lunch provided at CVEATC.
- CVEATC facility usage includes the track & field areas, strength & conditioning room, USOPC sports medicine facility, CVEATC athlete center/dining area and other areas identified by CVEATC staff.
- In person training led by assigned coaching personnel.
- Access to sports medicine, strength and conditioning, nutrition counseling, psychological services and other USOPC sport performance services. Level of access for certain performance services may be dependent on U.S. Paralympics Track & Field National Team status.
- Reimbursement to attend specific approved competitions (to be identified by Senior Coach and/or in conjunction with assigned personal coach if applicable).
- Travel arrangements provided for approved competitions as a part of the resident program.

Athletes within our alternative housing program are responsible for any additional expenses in the home excluding wifi (within usage limits to be later determined) and utilities. Athletes will only have lunch approved at Chula Vista and will be responsible for purchase of any additional food items for the home.

### **Off Campus Athletes**

The off campus resident program may serve up to 12 athletes based on funding and gender make up. Athletes accepted to the program as on campus athletes will be eligible to receive the following benefits:

- CVEATC facility usage includes the track & field areas, strength & conditioning room, USOPC sports medicine facility.
- Lunch provided at CVEATC.
- In person training led by assigned coaching personnel.
- Access to sports medicine, strength and conditioning, nutrition counseling, psychological services and other USOPC sport performance services. Level of access for certain performance services may be dependent on U.S. Paralympics Track & Field National Team status.
- Reimbursement to attend specific approved competitions (to be identified by Senior Coach and/or in conjunction with assigned personal coach if applicable).
- Travel arrangements provided for approved competitions as a part of the resident program.

U.S. Paralympics Track & Field will not cover the following for all athletes:

- Personal travel reimbursements.
- Meals not supported at CVEATC.

- Additional snacks for athlete rooms.
- Gas/Mileage to competitions where transportation is provided by USPTF.
- Gas/Mileage to/from offsite housing to Chula Vista.
- Outside fitness memberships.

## **WAIVER AND PARTICIPATION FORMS**

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

- USOPC Waiver and Release of Liability
- CVEATC Waiver
- USOPC Animal Service Agreement (if applicable)
- Resident Athlete Application
- USPTF National Team or Non-National Team Athlete Agreement
- USOPC Participant Biography
- Medical History Questionnaire
- HIPAA Form
- Any additional documents/waivers required by U.S Paralympics Track & Field, the USOPC or CVEATC not available at the time of application (athletes will be notified of additional documents/waivers that must be signed, i.e., unforeseen documents related to a pandemic or policy changes).

## **COACHING ASSIGNMENTS**

All athletes will be assigned a coach by the Director during their acceptance into the resident program. Athletes who receive programming from a coach outside of the U.S. Paralympics Track & Field program may not be accepted into the resident program and may be removed from the resident program if already accepted without prior approval by Director. Athletes who are a part of the program are expected to work full time with their assigned coach. Coach Joaquim Cruz (Sprints, Wheelchair, Mid-Distance, Distance) and Coach Kris Mack (Sprint/Jumps, Throws) are currently the two coaches that are employed to work with the resident program athletes. Athlete assignments will come from the Director with athlete's input. It is not guaranteed that the athlete's requested and preferred coach will be their assigned coach while living and training at Chula Vista.

Athletes who are current on or off campus residents (2023) may use a coach if different than Coach Cruz or Coach Mack through September 30, 2024 if already approved in advance by the Director in 2023.

## **CHULA VISTA RESIDENT MAXIMUM TIMEFRAME**

We have been given a great opportunity to develop many athletes who have gone on to medal and compete at both Paralympic Games and World Championships. To continue to develop our athletes and our sport, athletes selected to the on campus resident program may only remain a resident athlete on campus for a maximum of 4 years. A 5<sup>th</sup> year option will only be available in years in which the 4<sup>th</sup> year is the year prior to the Paralympic Games. Athletes who have been on campus residents for 5 years or more, if accepted into the program for 2024, will be able to remain on campus athletes through the 2024 Paralympic Games (September 30, 2024) if they continue to meet required performance metrics.

## **EXPECTATIONS OF PARTICIPANTS**

All participants in the program are responsible for fulfilling program commitments and expectations. Failure to meet program expectations may result in removal from the program.

Expectations laid out in this list may not be an exhaustive list.

Chula Vista is a major funding investment for U.S. Paralympic Track & Field, and we hold all athletes who are accepted at a high standard. Program expectations are as follows:

- Athletes are expected to cover their own expenses for moving to/from Chula Vista (U.S. Paralympics Track & Field will provide travel reimbursements (up to \$300) for initial move in only for new athletes; all other costs are the responsibility of the athlete).
- Unless special circumstances are cited, resident programs will be awarded at Chula Vista Elite Athlete Training Center only.
- Athletes accepted into the on-campus program are expected to live and train at the training center full time, with their assigned coach (Coach Cruz and/or Coach Mack).
- Athletes are selected to the program to focus on full-time training in the sport of Paralympic Track & Field only.
  - Athletes who are injured while training, competing or traveling for an additional sport who will be out of training for an extended period (8 weeks or more) may be removed from the program.
- Athletes who are injured are expected to remain active in the program to include attending trainings, rehab, therapy, etc., as prescribed by your doctor in communication with USOPC Sports Medicine at CVEATC.
- Athletes are selected to the program to focus on full-time training in the sport of Paralympic Track & Field. Any involvement in school, sponsorships, part-time employment and/or volunteer schedules must be arranged around scheduled group training times. Any work schedules that require an athlete to depart designated training times early on a consistent basis must be approved in writing by the Director of U.S Paralympics Track & Field in advance. *Work and school schedules must be communicated with assigned coach and **approved** by the Director if schedules may interfere with training times and/or required competitions.*
- Each athlete must demonstrate progress in training and competition, including reaching performance metrics established by the athlete and Senior Coach in collaboration with the Director and any specific outside coach for the year.
- Progress in World Para Athletics (WPA) world rankings will be a consideration in evaluating both program and individual resident athlete applications and renewals. Coaches will report each athlete's progress and specific performance standards throughout each year as determined by the Director, but no less than the two evaluations to be held annually.
- Athletes must always provide assigned coach with 14 days' notice for any personal or sponsor-related travel. Exceptions will be made for emergency travel and athletes are expected to notify their assigned coach as soon as it is reasonable to do so.
- Athletes must attend all scheduled team sessions with our psych services team as scheduled.
- Athletes are expected to have a personal performance plan for their residency. Plans may address education, employment, community service opportunities or other areas of interest to the athlete.
- Athletes are expected to not share their personal badge with any other athlete or guest to access any areas of Chula Vista including, but not limited to personal rooms, dining areas and main entrance access.

- Each athlete member of a program must complete a health profile, functional movement screen and body analysis as soon as possible following their arrival with the USOPC Sports Medicine and as necessary throughout residency.
- All new residents will be placed on a 90-day probation period. After 60 days, the Senior Coach will be asked to review the athlete's progress and acclimation to the program. This is designed to allow both the coach and the athlete to determine if the athlete has the potential to be successful, both in training and socially, within the structure of the current U.S. Paralympics Track & Field Resident Program.
- Athletes are expected to communicate at least weekly with their assigned coach, attend all scheduled practices on time and participate in all scheduled competitions throughout the program period unless excused by the Senior Coach or assigned in advance of the scheduled activity. Athlete attendance for training sessions including timeliness will be taken by each assigned coach and reported to Director weekly beginning January 1, 2024.
- Athletes must attend other team activities (meetings, media training, community appearances, special events, etc.) as requested by the Senior Coach or Director in support of U.S. Paralympics Track & Field Program.
- Athletes must participate in USOPC ACE programming as assigned within the athlete performance plan.
- Athletes must develop and achieve short and long-term performance goals as defined and approved by the Senior Coach and Director.
- Athletes must complete and pass a proof of performance test as agreed upon by the athletes assigned coach, Senior Coach, athlete and Director.
- Athletes participating in the program are specifically prohibited from soliciting training programs and/or current program feedback from external coaches without inclusion of the assigned coach and Director in advance.
- All residents and program participants must maintain apartment, room and property cleanliness always. This includes excess items being placed in storage paid for by the athlete if space is not available. All common areas within apartments and alternative housing should not contain any personal boxes, suitcases, excess storage boxes, etc. Exceptions will be granted 30 days after moving in and 30 days before moving out if the items do not present a safety hazard to suitemates.
- On campus residence and off campus residence with alternative housing are expected to be available for room checks as scheduled (at least one every other month).
- Any issues that occur with other residents or staff must be reported to the Senior Coach and/or Director no later than the next day.
- Guests should not be in a shared bedroom without the consent of the athlete's roommate.
- Residents should not allow guests to stay overnight in athlete resident bedrooms on campus or in alternative housing (shared or not shared). Athletes in alternative housing who have guest training at CVEATC as a part of the USPTF program may request approval in advance for an overnight guest.
- Athletes who leave CVEATC for a period of two weeks or longer will be expected to remove all belongings from the room unless approved in advance by the Director. Exceptions will be made for family emergencies, travel with U.S. Paralympics Track & Field to approved competitions and structured time off as assigned by athlete's assigned coach and approved by Director. Time away from the program more than two weeks must be approved in writing to the assigned coach and Director.



- Athletes are expected to be mature and considerate roommates, responsible teammates and represent U.S Paralympics Track & Field accordingly at the CVEATC and always.
- Sports medicine resources will be utilized to help keep athletes healthy. However, if an athlete sustains a long-term illness or serious injury that compromises his/her ability to train over an extended period, continued participation in the program may not provide the athlete with a significant performance benefit thus the athlete may be removed from the program.
- Athletes are expected to wear U.S. Paralympics Track & Field uniforms or USA competition gear or other issued clothing at official team or resident team competitions and functions that are funded in any way by U.S. Paralympics Track & Field (including reimbursed competitions).
- Athletes who are injured are expected to continue to be an active participant during recovery. This includes remaining at Chula Vista to attend scheduled sports medicine treatments, strength & condition session attendance as approved by sports medicine and regular in person check ins with assigned coach during scheduled training sessions.

## **REMOVAL FROM THE PROGRAM**

Athlete participation in the program may be terminated at any time by U.S. Paralympics Track & Field. The examples below are not an exhaustive list that may cause removal, however, will be strongly considered if removal from the program is needed. Notice of removal from the program will be provided to the athlete in writing and will be effective immediately upon such notice or as specified in the notice. Removal from the program may result from any of the following or any other reason, as determined by the Director:

I understand that removal from the program may result from any of the following:

- Failure to meet the requirements to qualify for the national team each year.
- Failure to keep room and common areas clean in assigned suites at Chula Vista.
- Failure to qualify for World Championships and/or Paralympic Games teams.
- Failure to attend daily scheduled trainings, sports med treatments as assigned and strength & conditioning sessions and failure to do attend these on time repeatedly.
- Failure to meet performance metrics or other elements of the athlete's personal performance plan.
- Failure to comply with U.S. Paralympics Track & Field Athlete Agreement, USOPC Code of Conduct, CVEATC Code of Conduct, CVEATC Rules and Guidelines, U.S. Center for SafeSport policies, U.S. Paralympic Athlete Sport and Program Plan or team policies.
- Consistent complaints from athletes and disruptions to other resident athletes, Chula Vista program participants in other sports, etc.
- Violation of USADA/WADA Anti-Doping policies, which may include a failed test, missed test and non-compliance with quarterly whereabouts filing updates.
- Persistent incompatibility with the coaching staff, USOPC staff and/or other resident athletes that detracts from the training or performance of any member of the CVEATC community.
- Providing personal badges to other athletes or guests to access Chula Vista, personal rooms and/or dining, except for emergency situations.

- Long-term illness, injury or inability to maintain self-care and independence.
- Failure to comply with requests of USOPC, USPTF, CVEATC staff or coaches representing the program.
- Failure to remain compliant with USOPC, U.S. Paralympics Track & Field, and/or CVEATC policies, rules and guidelines.
- Recommendation of CVEATC staff for violation of Chula Vista policies.

Failure to comply with the rules, expectations and/or policies will result in the following actions:

1. Warning #1- Final Warning (Final warning can be given by Para Track & Field, USOPC and/or EAS/Chula Vista staff).
2. Warning #2- Access temporarily revoked.  
 On Campus Athletes: Removal from on campus housing at Chula Vista for five (5) days effective immediately. The athlete will be responsible for the full cost of offsite housing during the removal period however U.S. Para Track & Field may but is not required to provide outside housing support for the first (1st) night of removal.  
 Off Campus Athletes & Off Campus Athletes with Alternative Housing: Loss of access to Chula Vista for five (5) days to include facility access (weight room, track, dining).

Special considerations may be made dependent on the infraction for continued onsite sports medicine support as recommended by our USOPC sports medicine team.  
 Special considerations may be made dependent on the infraction for continued onsite psych services support.

3. Warning #3- Indefinite removal.  
 On & Off Campus Athletes: Immediate removal from the Chula Vista resident program to include dining, facility access, strength & conditioning support, housing support, sports medicine in person support indefinitely.

In addition, any code of conduct violations, resident rules and/or expectations violations, Chula Vista rule violations including possession of alcohol, weapons or drugs on campus, and other allegations may result in immediate removal without the aforementioned process for removal from the program being put into effect as determined by the Director.

## **STAFF**

If you have any questions about the program or the guidelines, please contact one of the U.S. Paralympics Track & Field staff members below:

***Joaquim Cruz | Senior Coach***  
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***Sally Baumann / Dietician***

***Gustavo Osorio / Strength & Conditioning***