The SAPP is established to support and align with the guiding principles of the 2026-2030 USABS Strategic Plan set forth by the USABS Board of Directors

USABS Mission: *Develop USA bobsled and skeleton athletes to compete at their best, on the track and in life.*

USABS Vision: *A future where USA Bobsled/Skeleton sets the standard, wins the podium, and leads the world.*

USABS Values: *Stronger together, Lead Forward, Invest in People, Drive Excellence, and Expand the Sport*

Skeleton Athlete Progression Pathway ("SAPP")

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

Integration

Programming - Program coordinated, Coach & Performance Staff Led
APPs - Coach/Performance Staff Guided & Athlete Driven *(Coach/Athlete Relationship)*

Updated 9/28/26. Updates and changes from 2025/26 season are highlighted in yellow.

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Outline

By implementing the Skeleton Athlete Progression Pathway (SAPP), 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. Athletes will then attend Rookie/Development Sliding Schools/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 athletes. Athletes are eligible to race in development circuit races (NAC/EC/Jr. Worlds) as they demonstrate pushing and/or sliding ability by meeting push standards and sliding 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 sliding 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, a review period will provide athletes, who are not achieving growth via push standards and/or driving aptitude over time, a continued opportunity to slide, race, and compete. However, their support and resources may be reduced. This review period will also be limited in time, but if athletes are able to demonstrate an ability to achieve the previously missed standards and benchmarks, they may be reinstated into the main pathway.

Additionally, the local tracks may nominate up to 2 athletes per year to be considered for entry into the Recruitment 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.

Note that the USOPC's established definition of a *Team USA Athlete* is separate from the qualification criteria of this pathway. USOPC resources such as Elite Athlete Health Insurance, continuing education, professional development, and others are available only for Team USA Athletes. USABS bobsled and skeleton athletes qualify to be Team USA Athletes by meeting the accomplishments listed in *Appendix A*.

Skeleton Athlete Progression Pathway

Entry and Maintain Benchmark

1. Recruitment
Approx. 0-2 years

Phase 1 – *Rookies*

☐Complete a virtual or in-person combine
☐ Attend a Rookie Push Camp. Identified by:
- GMTM
- National Scouting Combine
- NSCA
- In-person Combine

☐ Attend a Sliding School
☐ Achieve RP1 **Phase Progression Requirements**

Phase 2 – *Discovery Sliders*

Entry into USABS Progression Programming

- *NAC opportunities by discretion when available*
- *Eligible for Push Championships*
- *Invited to Performance Camps, Development Camps, or Rookie Camps when available*

Entry -
☐ Sliding within USABS & Track Programs
☐ Participate in National Events
☐ Meet 'C' Standard (or 'U23' Standard for U23 Athletes)
☐ Achieve RP2 **Phase Progression Requirements**

Maintain (within rolling two season window) -
☐ 2x top-6 NAC results or
NAC end-of-season rank of top-8
☐ Maintain RP2 **Phase Progression Requirements** and work toward RP2 **Phase Aims and Targets**

2. Development
Approx. 2-6 years

Phase 1 – *Progressing Sliders*

- *NAC & EC opportunities*
- *Eligible for Selection Races*

Entry -
☐ Participate in Sliding Camps
☐ Participate in National Events
☐ Meet 'B' Standard
☐ Achieve DP1 **Phase Progression Requirements**

Maintain (within rolling two season window after a one season acclimation period) -
☐ 4x top-3 NAC results or
NAC end-of-season rank of top-3 or
4x top-12 EC results or
EC end-of-season rank of top 12
☐ Maintain DP1 **Phase Progression Requirements** and work toward DP1 **Phase Aims and Targets**

Phase 2 – *Early Performance Sliders*

- *NAC & EC opportunities, WC opportunities by discretion when available*

Entry -
☐ Participate in IBSF races
☐ Participate in National Events
☐ Maintain 'B' Standard
☐ Achieve DP2 **Phase Progression Requirements**

Maintain (within rolling two season window after a one season acclimation period) -
☐ 6x top-10 EC results or
EC end-of-season rank of top 6 or
4x top-20 WC results or
WC end-of-season rank of top 20
☐ Maintain DP2 **Phase Progression Requirements** and work toward DP2 **Phase Aims and Targets**

3. National Team
Approx. 6+ years

Phase 1 – *Progressing Performance Sliders*

- *WC opportunities, NAC & EC strategic opportunities*

Entry -
☐ Participate in IBSF races
☐ Participate in National Events
☐ Meet 'A' Standard
☐ Achieve NT1 **Phase Progression Requirements**

Maintain (within rolling two season window after a one season acclimation period) -
☐ 4x top-12 WC results or
WC end-of-season rank of top 12 or
6x top-6 EC results or
EC end-of-season rank of top 4
☐ Maintain NT1 **Phase Progression Requirements** and work toward NT1 **Phase Aims and Targets**

Phase 2 – *Performing Sliders*

- *WC opportunities, NAC & EC strategic opportunities*

Entry -
☐ Participate in IBSF races
☐ Participate in National Events
☐ Maintain 'A' Standard
☐ Achieve NT2 **Phase Progression Requirements**

Maintain (within rolling two season window after a one season acclimation period) -
☐ 4x top-6 WC results or
WC end-of-season rank of top 6
☐ Maintain NT2 **Phase Progression Requirements** and work toward NT2 **Phase Aims and Targets**

Skeleton Athlete Progression Pathway

	Recruitment Phase 1 (RP1) 'Rookie Athletes'	Recruitment - Phase 2 (RP2) 'Discovery Sliders'	Development - Phase 1 (DP1) 'Progressing Sliders'	Development - Phase 2 (DP2) 'Early Performance Sliders'	National Team - Phase 1 (NT1) 'Progressing Performance Sliders'	National Team - Phase 2 (NT2) 'Performing Sliders'
Phase Requirements	(Entry) •Complete a virtual Combine or other Combine & Demonstrated Improvements with the Skeleton Push Start during Rookie Push Camps or pushing at Tracks. •Participated in a Rookie Push camp during the off-season preceding Rookie Sliding Schools. (During) •Achieve the C Push Standard • Rookie sliding camps and/or at Tracks Programs & Safely progressed through the starts and achieved sliding runs from top of PC & LP tracks. •Target a plan of 75 runs per season for full-time RP1 status	(Entry) •Achieved the C Push Standard •Demonstrated Improvements in RP1 Phase Aims (During) •Achieve the B Standard •Achieve 2x top-6 NAC results in two seasons or a NAC end-of-season rank of top-8 •Improve throughout RP2 •Target a plan of 125 runs per season for full-time status •Participate in Pathway Programming, National Events, & Testing. •Maintaining & Returning Program Equipment at end of sliding season	(Entry) •Achieved the B Push Standard •Demonstrated Improvements in RP2 Phase Aims (During) •Maintain the B Push Standard •Achieve 4x top-3 NAC results in two seasons or a NAC end-of-season rank of top-3 or achieve 4x top-12 EC results in two seasons or a EC end-of-season rank of top 12 after a acclimation season** •Improve throughout the DP1 •Target a plan of 125 runs per season •Participate in Pathway Programming, National Events & Testing •Maintaining & Returning Program Equipment at end of sliding season	(Entry) •Maintain the B Push Standard •Demonstrated Improvements in DP1 Phase Aims (During) •Achieve the A Push Standard •Achieve 6x top-10 EC results in two seasons or a EC end-of-season rank of top 6 or achieve 4x top-20 WC results in two seasons or a WC end-of-season rank of top 20 after a acclimation season** •Improve throughout DP2 •Target a plan of 125 runs per season •Participate in Pathway Programming, National Events & Testing •Maintaining & Returning Program Equipment at end of sliding season	(Entry) •Achieved the A Push Standard •Demonstrated Improvements in DP2 Phase Aims (During) •Maintain the A Push Standard •Achieve 4x top-12 WC results in two seasons or a WC end-of-season rank of top 12 or achieve 6x top-6 EC results in two seasons or A EC end-of-season rank of top 4 after a acclimation season** •Improve throughout NT1 •Target a plan of 125 runs per season •Participate in Pathway Programming, National Events & Testing •Maintaining & Returning Program Equipment at end of sliding season	(Entry) •Maintain the A Push Standard •Demonstrated Improvements in NT1 Phase Aims (During) •Maintain the A Push Standard •Achieve 4x top-6 WC results in two seasons or a WC end-of-season rank of top 6 after a acclimation season** •Improve throughout NT2 •Target a plan of 125 runs per season •Participate in Pathway Programming, National Events & Testing •Maintaining & Returning Program Equipment at end of sliding season
Phase Aims & Targets	Gain familiarity and foundational learning through rookie sliding camps or Tracks Program sliding. Areas of Relevance: body position, fundamental driving with understanding for the concepts, fundamental awareness, fundamental equipment maintenance Safely progressed through the starts and achieved sliding runs from top of PC & LP tracks as determined by USABS coaching staff.	Beginning to build 'Knowledge with Application' Skill acquisition (includes understanding) *by Pursuing velocity for improved time gaps* Improving 'Progression' Working towards 'Consistency' Establishing a baseline for 'Performance Potential'	Expanding 'Knowledge with Application' Skill acquisition (includes understanding) *by Pursuing velocity for improved time gaps* Improving 'Progression' Beginning to Achieve 'Consistency Establishing a baseline for 'Performance Potential'	Expanding 'Knowledge with Application' Skill acquisition (includes understanding) *by Pursuing velocity for improved time gaps* Improving 'Progression' Achieving & Improving 'Consistency' Improving 'Performance Potential' Commitment to off-season programming and training opportunities including Performance Camps	Expanding 'Knowledge with Application' Skill acquisition (includes understanding) *by Pursuing velocity for improved time gaps* Improving 'Progression' Improving & Maintaining 'Consistency' Improving 'Performance Potential' Commitment to off-season programming and training opportunities including Performance Camps	Expanding 'Knowledge with Application' Skill acquisition (includes understanding) *by Pursuing velocity for improved time gaps* Improving 'Progression' Improving & Maintaining 'Consistency' Improving 'Performance Potential' Commitment to off-season programming and training opportunities including Performance Camps

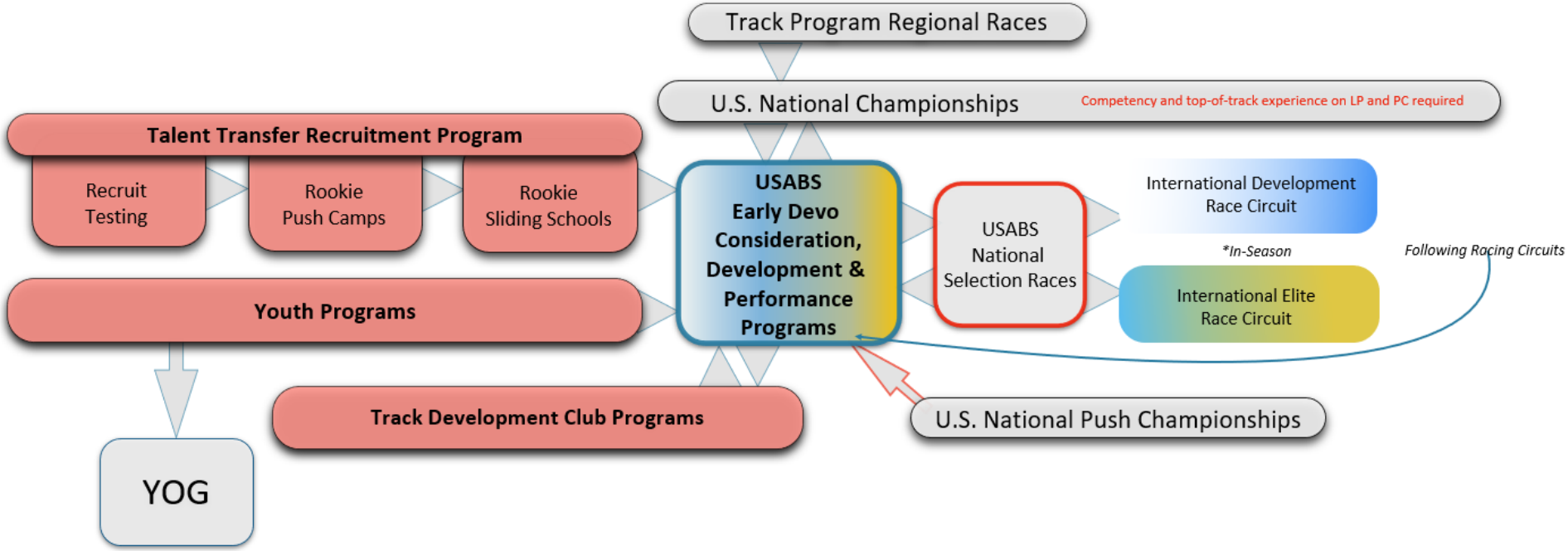
Skeleton Athlete Progression Pathway

Phase Skills & Tools

Recruitment Phase	Development Phase	National Team
RP1: ~1 year	DP1: ~1-3 years	NT1: ~4 years
RP2: ~2 year	DP2: ~2-4 years	NT2: n/a
"Committed Learners" - Areas of Preparation and Learning: Sliding, Pushing, Physical Training, Sport and Rules, Equipment, Organizational Infrastructure • Develop the fundamental understandings of sliding, pushing, and preparation practices related to performance. • Understanding the racing and rules within the sport. • Working toward a strong sliding foundation of form, composure, connection, and velocity. • Understanding and use of accurate steering input, timing, and intensity. • Understanding and practicing basic equipment maintenance and setup. Commit to regular sliding opportunities in-season and a foundational off-site training program during the offseason. Understand USABS structures and points of contact. Develop an understanding of USOPC Support Services and relationship with USABS. Understand the USABS pathway and associated support. Work towards appropriate push standard.	"Developing Performers" - Building upon the foundation of RP1/RP2 sliding fundamentals while working towards consistency and high levels of performance to create world class sliding athletes. • Develop an understanding of corners and shapes, and application to steers on track. • Demonstrate proper body positioning/form and awareness through a variety of lines and track positions • Demonstrate situational decision making while sliding. • Understanding of sled and runner interactions with athlete, track, and ice/weather conditions. • Mental training/visualization of tracks and competitions. • Engaging in USABS pathway planning while having a self-driven development plan. Commit to sliding in-season and on-site USABS training opportunities during the off-season. Increased track exposure for new skill acquisition. Utilization of USOPC Performance Services. Work towards and maintain appropriate push standard.	"National Team Performers" - Athletes proficient in all areas of high performance and ready to compete at world class levels. • Master an understanding of corners and shapes, and application to steers on track • Maintain proper body positioning/form and awareness through a variety of lines and track positions • Sustain robust track exposure at high levels of competition. • Demonstrate expedited adaptation to new tracks and variables/scenarios. • Possess mental strength to perform in high pressure/competition settings. Commit to sliding in-season and on-site USABS training opportunities during the offseason. Utilization of USOPC Performance Services. Maintain appropriate push standard.

Integration into USABS Program

Integration Layout



Skeleton Athlete Progression Pathway

Timeline of Progression

Recruitment
(~2-4 years total)

RP1
(~1 year)

RP2
(~1-3 years)

Integration ~1 year → Acclimation 1 year → Assessment 1-2 years

Development
(~3-6 years total)

DP1
(~1-3 years)

DP2
(~2-4 years)

Acclimation → Assessment → Review

Acclimation → Assessment → Review

National Team
(~4+ years)

NT1
(~3 years)

NT2
(∞ years)

Acclimation → Assessment → Review

Acclimation → Assessment → Review

Skeleton Athlete Progression Pathway

Benchmark Assessments and Assessment Period

In addition to Phase Progression Requirements for *entry* into a phase level, IBSF competition results and/or rankings will be required to *maintain* a phase level. In-season race circuit rankings that can fluctuate week to week will not be considered as part of the review. Only end-of-season rankings will be considered. Competition results will be evaluated on a 2-season rolling window called an *Assessment* Period. For athletes just entering a phase, an *Acclimation* Season will be allowed before the Assessment Period begins for athletes in DP1, DP2, NT1, and NT2. If an athlete competes on multiple circuits during their time at a phase level that could affect a fair evaluation, the skeleton coaches and Director of Sport Performance will review and evaluate the athlete's results and rankings to determine if the requirements have been met on a case-by-case basis.

Acclimation Season

An Acclimation Season (DP1-NT2) is intended to allow an athlete a full season of competing on a racing circuit before a 2-season Assessment Period in which the 'Maintain Benchmarks' are reviewed. During the Acclimation Season, an athlete's focus will be primarily gaining experience with the intent of minimized pressure to perform for the sole purpose of ranking and results.

An Acclimation Season will start with an athlete's first race on a particular circuit at the beginning of the IBSF season with no interruption for change of racing circuit, and no Acclimation Period will start mid-season. No subsequent Acclimation Season will start until a prior Acclimation Season is completed.

Situations involving missed races due to injury or maternity leave will be reviewed case-by-case by the coaches and Director of Sport Performance in consultation with the Sports Med Lead to determine any pauses in Acclimation, Assessment, or Review periods are appropriate.

Assessment Opportunities

Within a season, **three assessment opportunities** will take place allowing for entry into the USABS Recruitment Phase 2 (RP2) and progression up through DP1, DP2, NT1, and NT2.

1) Beginning-of-season sliding aligning with Selection Races and prior to the first IBSF races.
2) Mid-season review at the break in the IBSF World Cup racing circuit.
3) End-of-season sliding aligning with National Championship races and Selection Races

Review Period

- If both Standards and Phase Aim Improvements are not achieved each season and an athlete does not achieve the benchmark requirements to maintain a phase level within the run window, then a **Review Period goes into effect for 1 season** for DP1 athletes through NT2 athletes. Recruitment level athletes are not eligible for the Review Period.
- If an athlete fails to meet the Standards and Phase Aim requirements after a review period, the athlete will move down no more than two phase levels.

Re-entry into SAPP

- An athlete that utilizes the IBSF **Maternity Leave** policy will re-enter the SAPP at the same level and phase at which she was prior to the maternity leave.

- If a **DP2, NT1, or NT2 athlete** takes a leave (not including a maternity leave) for a season, the athlete will have two opportunities to re-enter the pathway as a DP2, NT1, or NT2 athlete; beginning-of-season and end-of-season. If the athlete fails to meet DP2, NT1, or NT2 Phase Standards at the time of attempted re-entry, the athlete will begin a **Review Period of 1 season**.
- If a **DP1** athlete takes a leave (not including maternity leave) for a season, the athlete will have two opportunities to re-enter the pathway; beginning-of-season and end-of-season. If the athlete fails to meet the Phase Standards at the time of attempted re-entry, **no Review Period will be granted**.
- Any athlete that takes a leave for **more than one season** will be allowed re-entry, but **no Review Period will be granted** if the Phase Standards are not met.

***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.*

Regression Phases

If, after a Review Period, an athlete drops to a lower phase level, the phase level will be noted with a minus sign "-". I.e. DP2-, NT1-, etc. This will indicate that an athlete is not *progressing* up the pathway, but was previously in a higher phase level. The athlete will be eligible to receive the same resources within the phase as a progressing athlete, however, the following points will be implemented when allocating resources. The athlete…

- will not have an Acclimation Season in the phase and will start the Assessment Period of that phase.
- is not eligible for another Review Period at any phase level.
- remains eligible for EAHI if they meet the Team USA Athlete definition, but will not receive EAHI if USABS has more Team USA Athletes than EAHI allocations.
- will be allocated sleds and equipment only after the *progressing* athletes in the same phase level have been allocated sleds and equipment.
- will be considered for all other resources from the Athlete Support Table only after the *progressing* athlete in the same phase.

Skeleton Athlete Support

Push Standards

Standards are objectively calculated from the IBSF World Cup and World Championship races of the most recent Olympic quadrennial on selected tracks. Standards won't be updated annually. All push standards below are enforced starting at the time of the publication of the SAPP to the USABS website. No retroactive pushes will be recognized.

- A Standards are the average of the start times of the top 10 finishers during the most recent Olympic quadrennial. New Push Standards will be added for additional tracks if sufficient data from the previous quadrennial can support the updates.
- B Standards are 2.5% increase of the 'A' standard of the corresponding track
- C Standards are 5.0% increase of the 'A' standard of the corresponding track
- U23 Standards are 8.0% increase of the 'A' standard of the corresponding track. A U23 standard only applies while an athlete meets the IBSF definition of U23. Afterward, an athlete must hit a 'C' standard to be considered as having met the RP2 requirement.

Women											
	Ice House	Lake Placid*	Park City	Whistler	Altenberg*	Innsbruck	Sigulda*	Winterberg*	Lillehammer*	***IBSF Rank***	***World Championships***
A Standard	5.28	5.32	5.02	4.93	5.58	5.38	5.13	5.39	5.12	***≤ 6th***	***≤ 6th place***
B Standard	5.41	5.45	5.14	5.05	5.72	5.51	5.26	5.53	5.25	-	-
C Standard	5.54	5.58	5.27	5.17	-	-	-	-	-	-	-
U23 Standard	5.70	5.74	5.42	5.32	-	-	-	-	-	-	-
Men											
A Standard	4.80	4.84	4.62	4.56	4.99	4.91	4.60	4.94	4.74	***≤ 6th***	***≤ 6th place***
B Standard	4.92	4.96	4.73	4.67	5.12	5.03	4.71	5.06	4.86	-	-
C Standard	5.04	5.08	4.85	4.79	-	-	-	-	-	-	-
U23 Standard	5.18	5.22	4.98	4.93	-	-	-	-	-	-	-

**updated for the 2030 quad*

Push Standard Opportunities

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

- IBSF International Races
- U.S. National Championships Races
- U.S. Selection Races
- U.S. Push Championships
- IBSF Push Championships
- Other events approved by Head Skeleton Coach & Director of Sport Performance

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

- Forerunning for IBSF Races
- Off-season Performance Camps
- Development Camps

Ice House Push Standard Protocol

- Starts must be witnessed by a USABS coach or USABS designated person.
- Starts will be from the 'B' block.
- Pushes must be done with an IBSF race-legal sled including all dimensions and materials including runners.
- Sled and athlete must be weighed immediately after the push by USABS approved personnel or coach.
- For 'A' and 'B' Standards, minimum weight of athlete plus sled is 114 kg for men & 96.9 kg for women. Maximum weight of the sled is 45 kg & 38 kg.
- For 'C' Standards, minimum weight of athlete plus sled is 108 kg for men & 91.8 kg for women. Maximum weight of the sled is 45 kg & 38 kg.
- The maximum number of attempts during an off-season Performance Camp or Development Camp is 6 in a single session.
- Every effort will be made to provide clean ice including spritz prior to the session and sweeping prior to the push.

Skeleton Athlete Support

Athlete Support Table

	Recruitment		Development		National Team	
	Phase 1	Phase 2	Phase 1	Phase 2	Phase 1	Phase 2
Stipend (DAS)	No	No	No	Yes	Yes	Yes
Development Funding (DDAS)	No	Included in Funding Allocation	Included in Funding Allocation	Included in Funding Allocation	Included in Funding Allocation	Included in Funding Allocation
Elite Athlete Health Insurance (EAHI)	Team USA Athlete	Team USA Athlete	Team USA Athlete	Team USA Athlete	Team USA Athlete	Team USA Athlete
OPTC Housing	Program Housing	Program Housing	Residency/Short Term, as available	Residency/Short Term, as available	Residency/Short Term, as available	Residency/Short Term, as available
OPTC Facility Access	During programs	During programs	Yes, when available	Yes, when available	Yes	Yes
OPTC Sports Med Staff	Emergency only	Emergency only	Yes, when available with NGB provider	Yes, when available	Yes	Yes
Recovery Center Access	LP only when available	LP only when available	LP only when available	Yes	Yes	Yes
Massage	No	No	Yes, when available with NGB provider	Yes	Yes	Yes
Nutritionist	No	No	Yes	Yes	Yes	Yes
Sports Psychology	No	No	Team USA Athlete	Team USA Athlete	Team USA Athlete	Team USA Athlete
Sports Science	No	No	Yes	Yes	Yes	Yes
USOPC Strength & Conditioning	No	No	Yes	Yes	Yes	Yes
USOPC Medical Network	Team USA Athlete	Team USA Athlete	Team USA Athlete	Team USA Athlete	Team USA Athlete	Team USA Athlete
United Benefits Health Insurance	No	Yes	Yes	Yes	Yes	Yes
Coaching (Driving, Push Coach)	During programs	During programs	Yes	Yes	Yes	Yes
USABS Med Staff	When available	When available	When available	Yes	Yes	Yes
USOPC Mental Health	No	No	Team USA Athlete	Team USA Athlete	Team USA Athlete	Team USA Athlete
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
Sled Equipment (Leasing Program)	N/A	Camps – provided when available	Camps - provided when available	Allocation criteria	Allocation criteria	Allocation criteria
Sled Storage	N/A	N/A	N/A	N/A	N/A	N/A
USABS CMO Access	Emergency only	Emergency only	Yes	Yes	Yes	Yes

Equipment Allocation

1. USABS equipment, to include sleds and runners can only be allocated by USABS skeleton coaches or Director of Sport Performance. Sled rental fees must be paid prior to utilization as outlined in the Athlete Handbook.
2. Athletes are eligible for season-long allocation of USABS equipment upon entering USABS programming, DP1 and higher. Athletes in RP2 may have access to T14 sleds during schools and camps.
3. Equipment will be offered in alignment with the athlete's status within the SAPP, in order of NT2 down to DP1.
4. Allocation of equipment is on an "as available" basis and not guaranteed. USABS is not required to allocate all available sleds and equipment.
5. Equipment that is allocated to an athlete remains their allocation within a season as well as season-to-season, so long as the athlete continues to meet phase requirements. If an athlete is no longer meeting phase requirements and the review year has been exhausted, then that athlete's equipment may be reallocated if needed to fulfill requests of other athletes.
6. Any equipment allocated that is not being used is to be returned to USABS immediately. All USABS equipment is to be returned at the end of season for inventorying, with the exception of athletes wishing to retain sleds for push training if approved by USABS skeleton coaches.
7. Equipment being mistreated or insufficiently maintained may be repossessed by USABS and may affect future allocation. USABS owned equipment is not to be altered by an athlete without consent of a USABS coach.
8. Athletes must sign and agree to the USABS sled rental agreement located in the Athlete Handbook.
9. Athletes using USABS equipment are expected to participate in all data collection efforts organized by USABS skeleton coaches that will benefit the U.S. program. Failure to participate with complete collaboration will result in the reallocation of the equipment. All athletes will make every effort to protect Intellectual Property and knowledge gained by the USABS equipment program. Sharing competitive information to non-USABS athletes will not be tolerated.
10. Athletes are not allowed to individually benefit financially or in any way utilizing USABS owned equipment that does not benefit the whole program without prior approval from the Head Coach or Director of Sport Performance.
11. USABS technology staff, partners, and sponsors will work with the USABS skeleton program as a whole and will not customize any USABS-owned equipment without consent of USABS coaches. Athletes will not work directly with USABS technology staff, partners, and sponsors for adjustments, modifications, and information involving USABS equipment without involving USABS coaches.

Skeleton Athlete Support

Funding Allocation

1. The funding is only **intended for expenses related to training and competing that would be provided to a fully funded athlete**. This includes travel to and from competitions and training camps, lodging and meals during competition and training, rental cars and fuel, sliding fees, gym and track fees, etc. Sled, runner, and other equipment purchases and maintenance are not included.
2. The funding is to only be used to **support the *intended* athlete**. 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 the privilege of funding.
3. Athletes injured while competing or training will continue to be supported as their funding can be applied to **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. Athletes competing on the WC circuit will have their allotted funding (full or partial) applied toward USABS-arranged accommodations, rental vehicle, weight room fees, and race fees. Athletes electing to stay separate from the team hotel and arrange their own accommodations will be responsible for the full cost. No SAPP funding may be applied to housing not arranged by USABS.
   USABS will not arrange housing specific to individual athlete needs. This includes families, caregivers, personal coaches/sport med providers, etc. Athletes on the WC circuit must declare their intention to either self-arrange accommodations with personal funds or use USABS-arranged accommodations for each location no more than one week after the last Selection Race.
5. Athletes competing on NAC, EC, and AC circuits are **responsible for arranging their own accommodations** including travel, lodging, and meals.
6. Despite decentralized housing on the NAC, EC, and AC tours**, athletes must abide by team policies** regarding attendance at team meetings, sports med appointments, video review, rental vehicle arrangements, etc.
7. Athletes in SAPP phases DP1 – NT2 will receive the funding amounts shown in the table below. Prior to the IBSF competition season, once athlete SAPP phase levels are determined and individual athlete plans are set for the upcoming season and agreed upon with the coaches, athletes competing on the NAC, EC, and AC circuits will receive 50% of their season funding. Once an athlete has spent the first 50% of their funding, they may request the remaining 50% with an email to Lisa Carlock lisa.carlock@usabs.com . If an athlete does not participate in a full season of competition and/or camps, their allotted amount will be reduced to reflect the percentage of the season in which they do participate.

Race Circuit or Event	Development		National Team	
	Phase 1	Phase 2	Phase 1	Phase 2
NAC/devo camps	$2,500	$5,000	-	-
EC	$3,250	$6,500	$7,500	$9,000
WC	-	50% Team Housing 100% Rental Vehicle, Weight Room Fees, and Race Fees	Team Housing, Rental Vehicle, Weight Room Fees, and Race Fees	Fully-funded (Team Housing, Flights, Rental Vehicle, Weight Room Fees, Training and Race fees)

SAPP Funding Allocation Table

8. RP2 athletes will receive a $300 funding allocation *per event*, not a monthly allocation. An *event* can include, but not limited to, an IBSF competition, forerunning for IBSF competitions, a USABS sliding school or camp, or a UOP/ORDA school or camp. Selection Races do not count as an event. These events must occur between the months of November through March. The funding will be dispersed the month following the event. (RP1 athletes are not eligible for SAPP funding.)
9. **SAPP disbursements will be made by direct deposit.** Athletes must complete this Docusign form . Athletes are not required to submit receipts or invoices for expenses. Athletes will be sent a 1099 tax document at calendar year-end for SAPP funding received.
10. If an athlete changes phases within the SAPP at a point mid-season, their funding amount will be updated starting at that time and prorated by the remaining portion of the season.
11. DAS is a separate support allocation and is not tied to this SAPP Funding Allocation policy. The DAS policy can be found at this link on the USABS website.
12. Athletes that are qualified and invited to USABS Performance Camps (DP1+) must attend **at least one of the two scheduled camps** prior to the season in order to receive their full allocation. If an athlete fails to attend at least one Performance Camp, they will receive 75% of their originally allocated amount. Exceptions may be considered by the Skeleton Head Coach and Director of Sport Performance for personal-, military-, and family-related emergencies and situations.

Appendix A – USOPC Team USA Athlete

Athletes that meet the USOPC definition of a Team USA Athlete will be afforded additional support. The UOSPC uses the criteria at this link to define a Team USA Athlete.

https://www.usopc.org/TeamUSA-Eligibility

https://www.usabs.com/athlete-resources

The additional NGB criteria set for USABS bobsled and skeleton athletes meet the qualifications by…

- Team USA Athlete – Tier A.
    - 2026 Olympian, including Ap credentialed athlete. (An athlete that meets this criterion will be a Team USA Athlete through at least the 2027-28 season.)
- Team USA Athlete – Tier B.
    - Selected to compete in the previous season's IBSF World Championships. (This criterion does not apply to post-Olympic seasons in which no World Championships took place in the previous season.)
    - Finished the previous season (2025-26 season) with a World Cup rank in the top 20 in any Olympic discipline. (This criterion applies only to skeleton athletes in the individual discipline and bobsled pilots in any discipline.)
    - Bobsled push athletes selected to the current or previous season World Cup team and finished in the top 6/4 (men/women) at 2025 Push Championships. (This criterion only applies to bobsled push athletes since the rank criterion above can only be applied to skeleton athletes and bobsled pilots.)

Here are the resources available to Team USA Athletes.

https://www.usopc.org/athlete-benefits-and-resources

Appendix B – United Benefits Health Insurance

Athletes that do not meet the definition of Team USA Athlete and are subsequently not EAHI-eligible, but are, at minimum RP2 or higher, are eligible to use the United Benefits and USA Sports Benefits resource outlined below. Athletes must individually contact United Benefits Health Insurance at this phone number (888) 333-5285 .

Additionally, athletes seeking International Travel Medical Insurance are encouraged to use this link to utilize the United Benefits resource.

UNITED BENEFITS + USA SPORTS BENEFITS

USA SPORTS BENEFITS HAS PARTNERED WITH UNITED BENEFITS TO MEET YOUR INDIVIDUAL HEALTH INSURANCE NEEDS

ACA Marketplace Coverage for Athletes
A Practical Individual Health Insurance Option

Why ACA Marketplace Coverage Works for Many Athletes

- **Often lower cost for younger athletes:** Premiums are priced by **age and state**, which can make ACA plans especially cost-effective for younger athletes.
- **Income-based premium tax credits (subsidies):** Many athletes may qualify for **premium tax credits** based on income or household size, which can significantly reduce monthly costs.
- **Affordable options when subsidies apply**: In some cases, athletes may see **monthly premiums $100 or less**, depending on age, income, state, and plan availability.
- **State-specific provider networks**: Plans are built around state networks, which may align well with where athletes live or train.
- **Comprehensive protections**: ACA plans cover essential health benefits and **cannot deny coverage for pre-existing conditions.**
- **Nationwide availability**: ACA Marketplace coverage is available in all states, with plan options and pricing varying by location.

How Athletes Access Enrollment Support

- **Simple, streamlined experience**: Athletes can use **one dedicated phone number** to work with a **single experienced team**, available to assist athletes in any state.

QUESTIONS? REACH OUT BY CALLING 888.333.5285