



Skeleton Athlete Progression Pathway (SAPP)

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

Revised – June 21, 2023

Aligned Programing & Shared Responsibilities

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

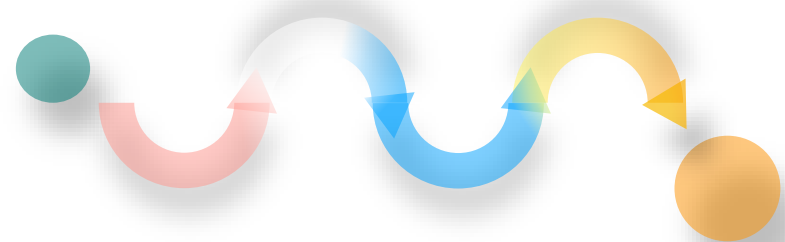
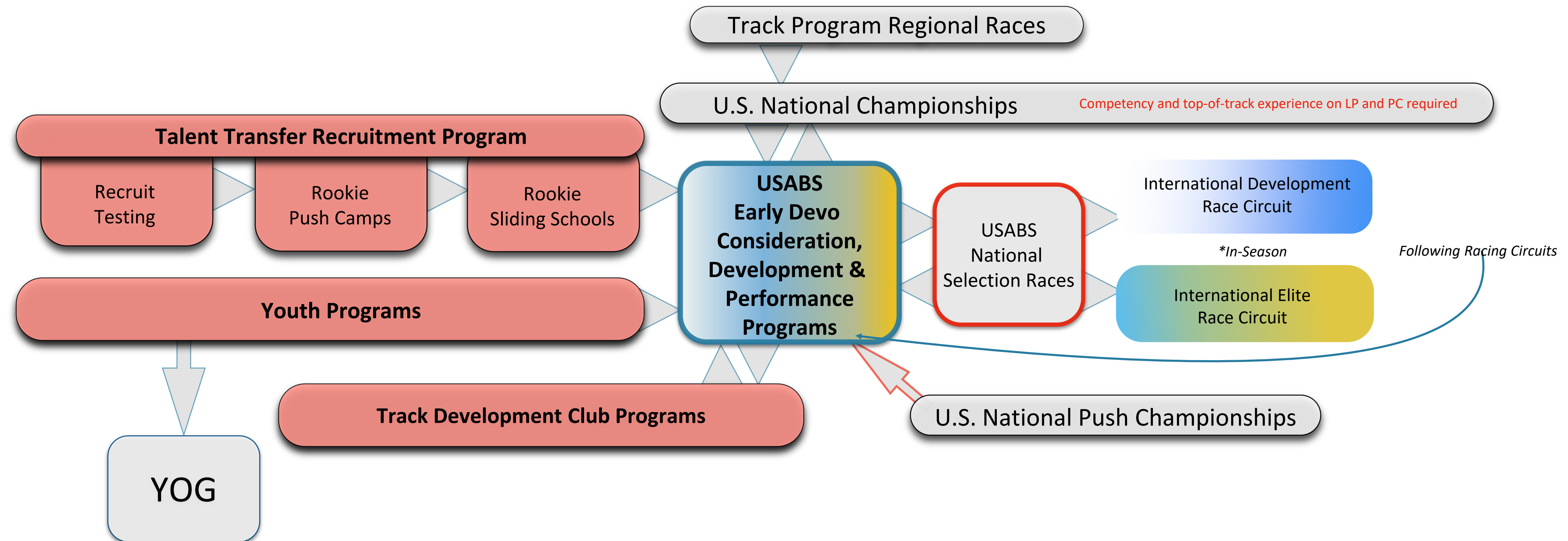
Full-time Commitment

Integration

Programming - Program coordinated, Coach & Performance Staff Led

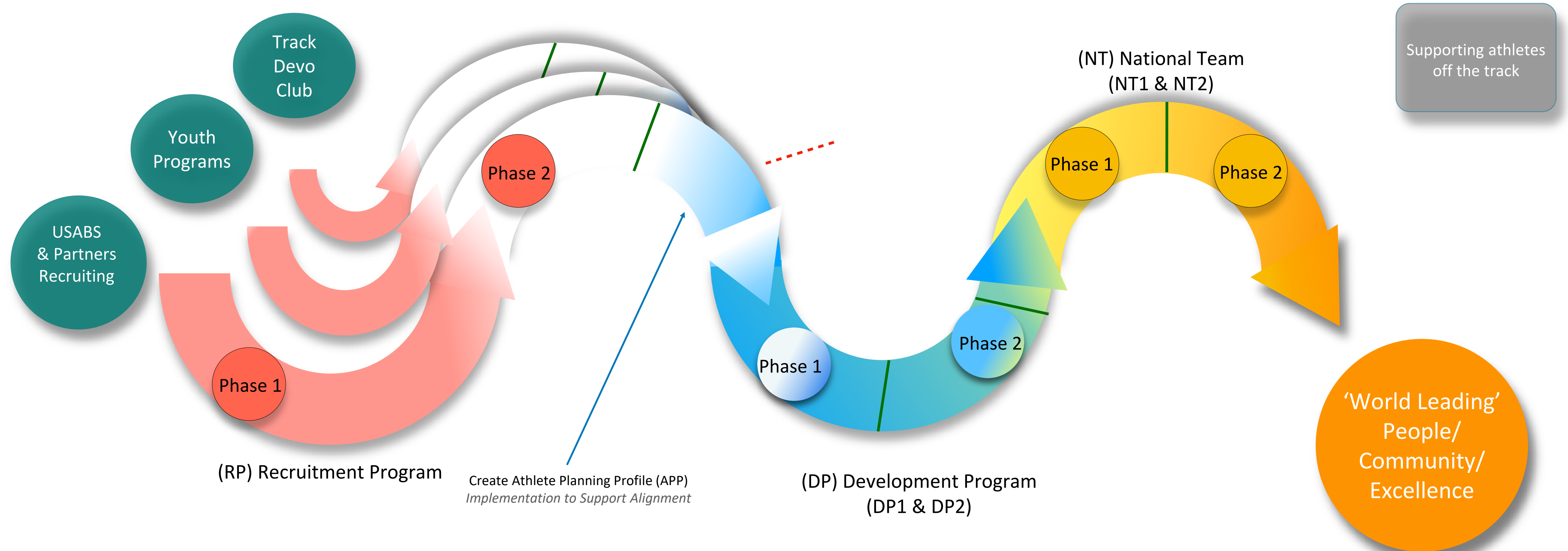
APPs - Coach/Performance Staff Guided & Athlete Driven
(Coach/Athlete Relationship)

Integration Layout



Progression Flow

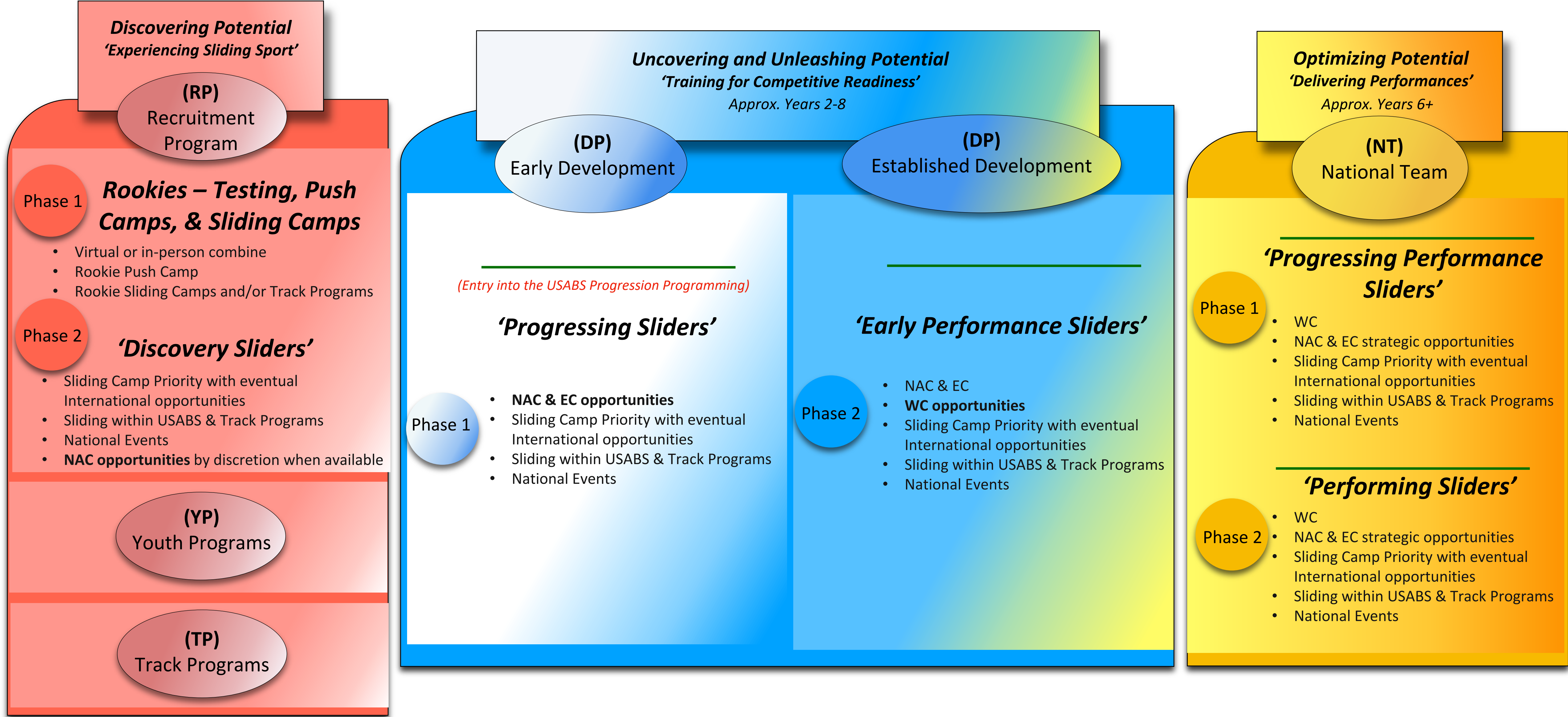
Striving for World Leading Performance & Well-Being



Progression Standards & Aims - Short Version

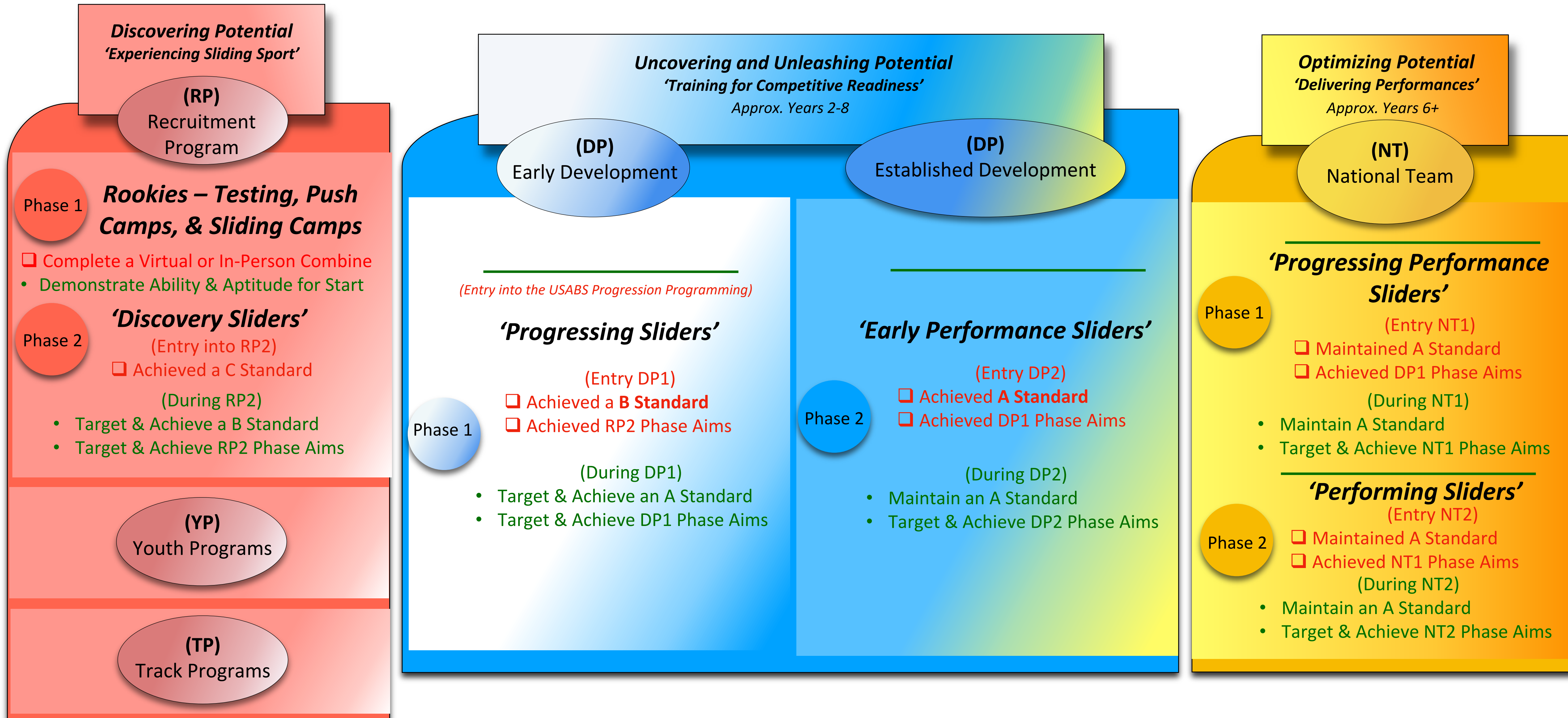


Demonstrating Improvements across the Standards & Phase Aims, supported through 'Aligned Programming & Shared Responsibilities'



Progression Standards & Aims - Short Version

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



Progression Standards & Aims - Detailed Version

| | 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 Progression Requirements | Demonstrating Improvements across the Standards & Phase Aims, supported through ‘Aligned Programming & Shared Responsibilities’ | | | | | |
| | <p>(Entry)</p> <p>Complete a virtual Combine or other Combine & Demonstrated Improvements with the Skeleton Push Start during Rookie Push Camps or pushing at Tracks.</p> <p>Participated in a Rookie Push camp during the off-season preceding Rookie Sliding Schools.</p> <p>(During)</p> <p>Achieve the C Push Standard & Achieve Phase Aims at Rookie sliding camps and/or at Tracks Programs & Safely progressed through the starts and achieved sliding runs from top of PC & LP tracks.</p> <p>Target a plan of 75 runs per season for full-time RP1 status</p> | <p>(Entry)</p> <p>Achieved the C Push Standard & Demonstrated Improvements in RP1 Phase Aims</p> <p>(During)</p> <p>Achieve the B Standard & Improve throughout the RP2 Phase Aims within 125-250 runs</p> <p>Target a plan of 125 runs per season for full-time status</p> <p>Participate in Pathway Programming, National Events, & Testing.</p> <p>Maintaining & Returning Program Equipment at end of sliding season</p> | <p>(Entry)</p> <p>Achieved the B Push Standard & Demonstrated Improvements in RP2 Phase Aims</p> <p>(During)</p> <p>Achieve the A Push & Improve throughout the DP1 Phase Aims</p> <p>Target a plan of 125 runs per season</p> <p>Participate in Pathway Programming, National Events & Testing</p> <p>Maintaining & Returning Program Equipment at end of sliding season</p> | <p>(Entry)</p> <p>Achieved the A Push Standard & Demonstrated Improvements in DP1 Phase Aims</p> <p>(During)</p> <p>Maintain the A Push & Improve throughout the DP2 Phase Aims</p> <p>Target a plan of 125 runs per season</p> <p>Participate in Pathway Programming, National Events & Testing</p> <p>Maintaining & Returning Program Equipment at end of sliding season</p> | <p>(Entry)</p> <p>Maintain the A Push Standard & Demonstrated Improvements in DP2 Phase Aims</p> <p>(During)</p> <p>Maintain the A Push & Improve throughout the NT1 Phase Aims</p> <p>Target a plan of 125 runs per season</p> <p>Participate in Pathway Programming, National Events & Testing</p> <p>Maintaining & Returning Program Equipment at end of sliding season</p> | <p>(Entry)</p> <p>Maintain the A Push Standard & Demonstrated Improvements in NT1 Phase Aims</p> <p>(During)</p> <p>Maintain the A Push & Improve throughout the NT2 Phase Aims</p> <p>Target a plan of 125 runs per season</p> <p>Participate in Pathway Programming, National Events & Testing</p> <p>Maintaining & Returning Program Equipment at end of sliding season</p> |
| | <p><i>RP1 Full time status has a maximum period of one year . Following full-time status, if an athlete does not advance to RP2, sliding opportunities move into Track's Devo/Club programs until RP2 entry standards are achieved.</i></p> <p><i>RP1 sliding can occur during 2-4 Rookie sliding camps as well as within track's program.</i></p> <p><i>The C Push Standard & Phase Aims can be achieved within the Track's Programs, Rookie Camps, National Team Events, or USABS Development Camps.</i></p> | | <i>Development level indicates acceptance into USABS programming.</i> | | <i>National Team driven by IBSF competitions and Olympic Games results</i> | |
| Phase Aims & Targets | <p>Gain familiarity and foundational learning through rookie sliding camps or Tracks Program sliding.</p> <p>Areas of Relevance: body position, fundamental driving with understanding for the concepts, fundamental awareness, fundamental equipment maintenance</p> <p><i>(core concepts and variables - review after each camp and subjectively/objectively review the camp for each athlete and communicate/document)</i></p> <p>Safely progressed through the starts and achieved sliding runs from top of PC & LP tracks.</p> <p><i>Safety and early aptitude to be determined by USABS coaching staff</i></p> | <p>Target Improvements for Sliding Foundation</p> <p>Beginning to build ‘Knowledge with Application’</p> <p><i>(core concepts and variables - review after each camp and subjectively/objectively review the camp for each athlete and communicate/document)</i></p> <p><i>Skill acquisition (includes understanding) by Pursuing velocity for improved time gaps</i></p> <p>Improving 'Progression'</p> <p>Working towards 'Consistency'</p> <p>Establishing a baseline for 'Performance Potential'</p> | <p>Target Improvements for Sliding</p> <p>Top 3 NAC or Top 6 EC overall</p> <p>Expanding ‘Knowledge with Application’</p> <p><i>Skill acquisition (includes understanding) by Pursuing velocity for improved time gaps</i></p> <p>Improving 'Progression'</p> <p>Beginning to Achieve 'Consistency'</p> <p>Establishing a baseline for 'Performance Potential'</p> | <p>Target Improvements for Sliding</p> <p>Top 6 EC overall</p> <p>Expanding ‘Knowledge with Application’</p> <p><i>Skill acquisition (includes understanding) by Pursuing velocity for improved time gaps</i></p> <p>Improving 'Progression'</p> <p>Achieving & Improving 'Consistency'</p> <p>Improving 'Performance Potential' Commitment to off-season programming and training opportunities including Performance Camps</p> | <p>Target Improvements for Sliding WC Race Results</p> <p>Top 10 WC overall</p> <p>Expanding ‘Knowledge with Application’</p> <p><i>Skill acquisition (includes understanding) by Pursuing velocity for improved time gaps</i></p> <p>Improving 'Progression'</p> <p>Improving & Maintaining 'Consistency'</p> <p>Improving 'Performance Potential'</p> <p>Commitment to off-season programming and training opportunities including Performance Camps</p> | <p>Target Improvements for Sliding WC, WCh, & OG Race Results</p> <p>Top 3 WC overall & WCh top 3</p> <p>Expanding ‘Knowledge with Application’</p> <p><i>Skill acquisition (includes understanding) by Pursuing velocity for improved time gaps</i></p> <p>Improving 'Progression'</p> <p>Improving & Maintaining 'Consistency'</p> <p>Improving 'Performance Potential'</p> <p>Commitment to off-season programming and training opportunities including Performance Camps</p> |

Phase Skills & Tools

| Recruitment Phase | Development Phase | National Team |
|--|--|--|
| RP1: ~1 year | DP1: ~1-2 years | NT1: ~4 years |
| RP2: No set time, athletes use club sliding or designated devo camps until entering USABS programming. | DP2: ~2-6 years | NT2: No set time as athletes continue to lead the USA and world in competition |
| <p>"Committed Learners" - Areas of Preperation and Learning: Sliding, Pushing, Physical Training, Sport and Rules, Equipment, Organizational Infrastructure</p> <p>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.</p> <p>Commit to regular sliding opportunities in season and a foundational off-site training program during the offseason.</p> <p>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.</p> | <p>"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.</p> <p>Develop an understanding of corners and shapes, and application to steers on track. 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.</p> <p>Commit to sliding in season and on-site USABS training opportunities during the offseason.</p> <p>Increased track exposure for new skill aquisitions. Utilization of USOPC Performance Services. Work towards and maintain appropriate push standard.</p> | <p>"National Team Performers" - Athletes proficient in all areas of high performance and ready to compete at world class levels.</p> <p>Robust track exposure at high levels of competition. Quick adaptation to new tracks and variables/scenarios. Mental strength to perform in high pressure/competition settings.</p> <p>Commit to sliding in season and on-site USABS training opportunities during the offseason.</p> <p>Utilization of USOPC Performance Services. Maintain appropriate push standard.</p> |

Push Standards

- Standards are objectively calculated from the IBSF World Cup races of the most recent quadrennial from selected tracks. (Standards will not be updated annually.)
- A Standards** are the average of the start times of the top 10 finishers
- 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

| Women | | | | | | | | | | |
|------------|--------------------|--------------------|------------------|------------------|------------------|----------------|-----------------|-------------------|-------------------|----------------------------|
| | <u>Ice House *</u> | <u>Lake Placid</u> | <u>Park City</u> | <u>Altenberg</u> | <u>Innsbruck</u> | <u>Sigulda</u> | <u>Whistler</u> | <u>Winterberg</u> | <u>IBSF Rank</u> | <u>World Championships</u> |
| A Standard | 5.28 | 5.32 | 5.02 | 5.61 | 5.38 | 5.11 | 4.93 | 5.39 | ≤ 6 th | ≤ 6 th |
| B Standard | 5.41 | 5.45 | 5.14 | 5.75 | 5.51 | 5.24 | 5.06 | 5.53 | - | - |
| C Standard | 5.54 | 5.58 | 5.27 | - | - | - | - | - | - | - |

| Men | | | | | | | | | | |
|------------|--------------------|--------------------|------------------|------------------|------------------|----------------|-----------------|-------------------|-------------------|----------------------------|
| | <u>Ice House *</u> | <u>Lake Placid</u> | <u>Park City</u> | <u>Altenberg</u> | <u>Innsbruck</u> | <u>Sigulda</u> | <u>Whistler</u> | <u>Winterberg</u> | <u>IBSF Rank</u> | <u>World Championships</u> |
| A Standard | 4.80 | 4.85 | 4.62 | 5.02 | 4.91 | 4.61 | 4.56 | 4.92 | ≤ 6 th | ≤ 6 th |
| B Standard | 4.92 | 4.97 | 4.73 | 5.15 | 5.03 | 4.73 | 4.68 | 5.04 | - | - |
| C Standard | 5.04 | 5.09 | 4.85 | - | - | - | - | - | - | - |

Push Standard Opportunities

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

- IBSF International Races (individual or team 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.

Evaluation Opportunities

Within a season, **three assessment opportunities** will take place allowing for entry into the USABS Development Level (DP1) and progression up through 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 races and Selection Races

Review Periods

- If both Standards and Phase Aim Improvements are not achieved within the run window, then a Review Period goes into effect for 1 year.
- If the Standards and Phase Aim Improvements are not achieved during the Review Period, then sliding opportunities shift to personally arranged sliding within the track development programs and USABS funding and support will cease.

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 DP2, NT1, or NT2 phase; 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 year**.
- If a **DP1** athlete takes a leave (not including IBSF 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.

Athlete Support Table



| | Recruitment | | Development | | National Team | |
|--|---------------------------------|---------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| | Phase 1 | Phase 2 | Phase 1 | Phase 2 | Phase 1 | Phase 2 |
| Direct Athlete Support - DAS (Stipend) | No | No | No | Yes | Yes | Yes |
| Development Direct Athlete Support – DDAS (Devo Stipend) | No | Yes | Yes | Yes, but not in addition to DAS | Yes, but not in addition to DAS | Yes, but not in addition to DAS |
| OTC Housing Program | Program Housing | Program Housing | Residency/Short Term, as available | Residency/Short Term, as available | Residency/Short Term, as available | Residency/Short Term, as available |
| OTC Facility Access | During programs | During programs | Yes – when available | Yes – when available | Yes | Yes |
| OTC Sports Med Staff | Emergency only | Emergency only | Yes, when available | 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 | When available | Yes | Yes | Yes |
| Nutritionist | USOPC Services “Menu” | USOPC Services “Menu” | USOPC Services “Menu” | USOPC Services “Menu” | USOPC Services “Menu” | USOPC Services “Menu” |
| Sports Psychology | USOPC Services “Menu” | USOPC Services “Menu” | USOPC Services “Menu” | USOPC Services “Menu” | USOPC Services “Menu” | USOPC Services “Menu” |
| Sports Science | USOPC Services “Menu” | USOPC Services “Menu” | USOPC Services “Menu” | USOPC Services “Menu” | USOPC Services “Menu” | USOPC Services “Menu” |
| USOPC Strength & Conditioning | USOPC Services “Menu” | USOPC Services “Menu” | USOPC Services “Menu” | USOPC Services “Menu” | USOPC Services “Menu” | USOPC Services “Menu” |
| Access to National Medical Network | No | No | No | EAHI only | EAHI only | EAHI only |
| Coaching (Driving, Push Coach) | During programs | During programs | During programs | Yes | Yes | Yes |
| USABS Sports Med Staff | When available | When available | When available | Yes | Yes | Yes |
| USOPC Mental Health | 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 |
| Sled Equipment (Leasing Program) | Camps – provided when available | Camps – provided when available | Allocation criteria | Allocation criteria | Allocation criteria | Allocation criteria |
| Sled Storage | N/A | N/A | N/A | N/A | N/A | N/A |
| Elite Athlete Health Insurance | No | No | No | Yes | Yes | Yes |
| USABS CMO Access | Emergency only | Emergency only | Yes | Yes | Yes | Yes |
| USOPC ACE Program | No | No | Yes | Yes | Yes | Yes |

Sled & Equipment Allocation

1. USABS equipment, to include sleds and runners can only be allocated by USABS skeleton coaches or Director of Sport Performance.
2. Athletes are eligible for season-long allocation of USABS equipment upon entering USABS programming, DP1 and higher.
3. Equipment will be offered in alignment of 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 season, and season to season, so long as the athlete continues to meet phase requirements. If an athlete no longer is 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 allocations.
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 and approval of athletes wishing to retain sleds for push training.
7. Equipment being mistreated or insufficiently maintained 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.

Reference

SAPP - Skeleton Athletes Progression Pathway

APP - Athlete Planning Profile

IAP - Individual Athlete Plans

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

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

Pillars - Physical, Push Start, Mindset, Sliding