



## Resident Team Program Colorado Springs Olympic Training Center

USA Paratriathlon is continuing the Resident Team Program at the Colorado Springs Olympic and Paralympic Training Center (CSOPTC) beginning on January 2, 2025 with continuance through the LA 2028 Paralympic Games.

Athletes will reside in dormitories at the CSOPTC (at USAT's expense) or off campus (at their own expense). Primary benefits of the program include but are not limited to: CSOPTC facility access, meals on campus, housing on campus, daily coached session, group training as appropriate, strength & conditioning, sports medicine, sport science testing, sports psychology sessions, nutritional counseling, community outreach and media training. Specific training and competition will be tailored to individual athletes' needs while utilizing the daily training environment to maximize group synergy as much as is practical. Coached sessions will include multiple swim, bike, run, and strength sessions per week.

### **PARTICIPANTS & PROGRAM SIZE**

*2025 The program will be capped at 9 athletes. Program size is not guaranteed and must be approved by USOPC Paralympic Sport Performance. Program maximum does not mean the cap must be reached. Program size will vary year to year.*

*All athletes are required to apply for 2025. Accepted athletes are expected to commit to a full calendar year and be training towards a podium finish at the 2028 Paralympic Games. To be considered for consecutive years within the program, each athlete must meet performance metrics provided by the Resident Program Coach and show continued improvement. Natural break periods for visits to family/friends will be built into the Resident Team Program training cycles.*

Accepted athletes must suspend working with their current triathlon coach once the Resident Team Program has begun. The Program Coach will take over as the sole coach of the resident athlete from that point forward.

Athletes living on-complex will have their housing and meals paid for by USAT/USOPC.

Athletes living off-complex will be responsible for the cost of living in the Colorado Springs area. Access to meals and training facilities at the OPTC will be paid for by USAT/USOPC.

### **APPLICATION & ACCEPTANCE**

An application for the Resident Team Program is available at <https://www.teamworksapp.com/ext2/e0bcd310-971e-41b1-a1b3-5bb5ec05e846>. Any athlete who wishes to participate must apply and be formally accepted into the Resident Team Program. Acceptance to the Resident Team Program will be at the sole discretion of USA Triathlon and approved by the USOPC Paralympic Sport Performance. All positions in the Resident Team Program will not necessarily be filled.

For consideration applicants must:

- Be at least 18 years of age
- Be a current U.S. Citizen eligible to represent the U.S. in the Paralympic Games
- Be LA 2028 Games eligible
- Have completed High School or earned an equivalent degree
- Maintain a 2.5 GPA for college classes taken while a resident athlete (if applicable)
- Be willing to submit to a complete health profile coordinated by USOPC Support Providers including thorough medical history, comprehensive physical examination, nutritional and psychological profile.
- Sign the USAT Resident Program Agreement

Evaluation of athletes for acceptance to the Resident Team Program will consider a wide range of factors including:

- Space availability
- Relevant performance data
- Athlete's current "home" training environment
- Potential for athlete to medal at the World Triathlon Para Championships, the World Triathlon Para Series, and 2028 Paralympic Games
- Impact of the Resident Team Program on the athlete's medal potential
- Athlete's desire and willingness to commit fully to an extended training period (1-2 years) in the Resident Team program
- Personality and coaching philosophy cohesion between the Program Coach and potential resident athlete
- Personality and cohesion between athletes in the resident program

### **IMPORTANT DATES**

*Week of Monday, October 21, 2024 – Application period opens*

*Monday, November 18 – All applications for resident program are due to via the Teamworks application form*

*Week of December 2, 2024 – Applicants will be notified of their status/acceptance into the Resident Program*

*Thursday, January 2, 2024 – Resident Team Program Start Date*

### **CSOPTC WAIVER AND PARTICIPATION FORMS**

Upon acceptance into the Resident Team Program, all participants are required to sign the following CSOPTC forms:

- USOC Waiver and Release of Liability
- Participation Consent
- Participant Code of Conduct
- Resident Team Athlete Application
- United States Olympic Training Center Participant Biography
- OPTC Participant Medical History Questionnaire
- HIPAA Form

## EXPECTATIONS OF PARTICIPANTS

All participants in the Resident Team Program are responsible for fulfilling program commitments as detailed below and in **Attachment A: USA Paratriathlon Resident Team Program Rules & Responsibilities**. Failure to meet Resident Team Program requirements may result in removal from the Resident Program.

- Resident Athletes are expected to commit to the Resident Team Program for a minimum period of one year and potentially through *the 2028 Paralympic Games*
- Resident Athletes are expected to attend all scheduled practices and participate in all scheduled competitions throughout the Resident Team Program period, unless excused by the Paralympic Program Sr. Manager prior to the competition or the Program Coach prior to the scheduled practice
- Sports Medicine resources will be utilized to keep Resident Athletes healthy and injury-free. However, if a Resident Athlete sustains a long-term illness or serious injury that compromises his/her ability to train over an extended period of time, continued participation in the Resident Team Program may not provide the athlete with a significant performance benefit and the athlete may be removed from the Resident Team Program.
- Resident Athletes are expected to be mature, responsible, and behave accordingly at the CSOPTC and at all Resident Team Program activities
- Resident Athletes in the Resident Team Program will sign and abide by the USAT Code of Conduct
- Resident Athletes are strongly encouraged to attend school, be employed part time and/or volunteer regularly however, school and work schedules must be arranged around training times. Work and school schedules must be reviewed and APPROVED by the Program Coach and Paralympic Program Sr. Manager prior to beginning the school and/or work activity. The Program Coach and Paralympic Program Sr. Manager have the ability to set a maximum time spent working and going to school such that such time away has a minimal impact on training

## COACHING STAFF

The Paratriathlon Resident Team Program will be directed by the Program Coach, a position that will be filled by USAT in November 2024. USOPC Sport Performance staff will assist with sport science, weight room conditioning support, nutrition support, and sport psychology support.

*If you have any questions, please contact:*

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Paralympic Program Sr. Manager  
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## Resident Team Program History & Success

The USA Paratriathlon Resident Team Program was founded in 2018 to serve as the first supported, daily training environment for the best paratriathletes in the United States. Under the direction of Coach Derick Williamson (2018-2024), the resident team produced numerous World Para Series podiums, World Championship podiums, and Paralympic Games medals.

At the COVID postponed Tokyo 2020/2021 games, the resident team produced two Gold medals by Allysa Seely (PTS2) and Kendall Gretsche (PTWC) and one Silver by Hailey Danz (PTS2). The team built on that success, earning four medals at the Paris 2024 Paralympic Games: gold for

Hailey Danz (PTS2), silver for Kendall Gretsche (PTWC), silver for Mohammed Lana (PTS2), and bronze for Mark Barr (PTS2). Athletes in the Resident Team Program contributed to half of the medals the U.S. team earned in Paris 2024. The eight-medal performance is the best for any country in paratriathlon at a single Paralympic Games and the third straight Paralympic Games the U.S. has won the paratriathlon medal count.

**ATTACHMENT A**  
**USA Paratriathlon Resident Team Program**  
**Rules & Responsibilities**

USAT has established a Resident Team Program at the U.S. Olympic and Paralympic Training Center – Colorado Springs (CSOPTC), *beginning in April 2018 and continuing through the 2028 Paralympic Games. The Resident Team Program is directed by the Program Coach along with the Paralympic Program Sr. Manager.*

The Resident Team Program has been created to enable paratriathletes, who have demonstrated the capacity to medal at the Paralympic Games, the opportunity to increase the chances of realizing that potential through participation in a comprehensive, full-time training program. The Resident Team Program is appropriate for athletes committed to a full-time training plan in a small group setting under the leadership of USAT's High Performance team.

*Participation in the Resident Team Program does not entitle the athlete to participate in World Championships, the Paralympic Games, or other major international competitions. To be named to these competitions an athlete must qualify through the respective selection procedures. Participation in the program does not affect national team status. Participation in the Resident Team Program is voluntary and is contingent upon agreement to and compliance with the specific terms and conditions of the Resident Program.*

**Athlete Benefits**

Athletes accepted to the Resident Team Program will be eligible to receive the following benefits:

- On campus: room and board at the CSOPTC at no cost to the athlete
- Day-to-day group and individual training sessions led by the Program Coach
- Access to sports medicine, nutrition counseling, sports psychology, and other USOPC sport performance services as directed by the Program Coach and approved by USOPC Paralympic Sport Performance

**Athlete Obligations and Responsibilities**

Each athlete participating in the Resident Team Program is required to:

- Cover his/her own expenses for moving to Colorado Springs (airfare, gas, shipping costs, etc.).
- Commit to a full calendar year term in the Resident Team Program and be prepared to live and train at the CSOPTC up until the 2028 Paralympic Games.
- Follow the individualized training program defined by the Program Coach
- Develop short, mid, and long-term performance markers with the Program Coach, pursue achievement of those markers, and keep a recorded log of training and results as required by the Program Coach
- Attend training sessions, competitions, and other team activities (meetings, media training, community appearances, OPTC special events, etc.) as directed by the Program Coach and/or Paralympic Program Sr. Manager.
- Participate in all sport science testing, sport psychology sessions and nutrition counseling as directed by the Program Coach
- Wear USAT uniforms, competition wear and other clothing at official competitions and functions as directed by the Program Coach and/or Paralympic Program Sr. Manager

- Provide his/her own clothing and equipment appropriate for training and competition, except when required to wear USAT provided uniforms and competition wear
- Abide by the USA Paratriathlon National Team Athlete Agreement (if applicable) and the USA Paratriathlon Resident Team Athlete Agreement
- Abide by the rules of the CSOPTC
- Secure pre-approval by the Paralympic Program Sr. Manager and Program Coach if they have a job or attend school and not let the job or school commitments interfere with their training schedule

Athletes participating in the Resident Team Program are specifically prohibited from soliciting training programs from other external coaches without the prior consent and approval of the Program Coach or the Paralympic Program Sr. Manager.

#### **Removal from the Resident Team Program**

Athlete participation in the Resident Team Program, while intended to be long-term lasting through the 2028 Paralympic Games, may be terminated at any time by USA Triathlon or the USOPC.

Notice of removal from the Resident Team Program will be provided to the athlete in writing and will be effective immediately upon such notice or as specified in the notice. If the athlete wishes to contest removal from the Resident Team Program the athlete shall follow the USAT Grievance Procedures included as a part of the Resident Team Program Agreement.

Removal from the Resident Team Program may result from any reason determined valid by USAT including the following:

- Failure to meet the requirements to qualify for the national team (annually) or meet defined development/emerging standards
- Failure to qualify for a U.S. team to a major international competition (such as the World Championships, Paralympic Games, or other major international competition)
- Failure to meet the performance markers or other elements of the athlete's personal performance plan
- Inability to train over an extended period due to long-term illness or serious injury
- Any conduct that is deemed by USAT to be detrimental to the Resident Team Program or the US Paratriathlon program in general