



# U.S. OLYMPIC & PARALYMPIC TEAM TRIALS

## TEAM USA ATHLETE RESOURCES

We know this is an exciting and incredibly demanding time as you work toward your Olympic and Paralympic dream. We want to ensure you have access to the information and support you need. In addition to the resources outlined below, please consult your NGB for specific criteria and procedures for team selection and qualification, which are defined by your NGB and vary by sport.



**Team USA Athlete Benefits and Resources:** For a full overview of resources and benefits, check out our [Athlete Benefits page](#) at USOPC.org. You can always bookmark this page and come back to it to learn more. If you have a question or need guidance, our USOPC Athlete Services team is here to help. Reach out at any time to [athleteservices@usopc.org](mailto:athleteservices@usopc.org).

**Mental Health:** For those in need of mental health support, USOPC Psychological Services is available at [psychservices@usopc.org](mailto:psychservices@usopc.org), or you can connect with a licensed mental health provider 24/7 through the USOPC Psychological Services Support Line at 719-866-2255. You can also visit [TeamUSA.org/psychservices](http://TeamUSA.org/psychservices) for information about all available resources or complete our referral link at [go.teamusa.org/referrals](http://go.teamusa.org/referrals) to get connected.



Video



FAQ



Guidelines

**Trials Participant Rules – Commercial Markings:** Before you compete at Trials, review the USOPC policies and practices related to the use or display of commercial marks at Trials events. For more information, check out this [short video from our Athlete Marketing Classroom Series](#) and the [FAQ for Commercial Markings at Trials](#). For questions, please contact Tammie Liddie with our NGB Services team at [Tammie.Liddie@usopc.org](mailto:Tammie.Liddie@usopc.org).

**Athlete Ombuds:** The Team USA Athlete Ombuds offers independent, confidential advice and assistance should you need help in raising or responding to a concern, finding support resources, or navigating grievance processes, including those of your NGB, the USOPC, USADA, or the U.S. Center for SafeSport. Should you need legal counsel or individual representation, the Ombuds also offers an Athlete Legal Aid program for eligible Team USA Athletes. Visit the Ombuds website for more information or reach out directly at [ombudsman@usathlete.org](mailto:ombudsman@usathlete.org) or 719-866-5000.



**Team USA Athletes' Commission:** The Team USA AC is available to help ensure your voice is heard. Please contact [TeamUSA.AC@teamusa-ac.org](mailto:TeamUSA.AC@teamusa-ac.org) or your athlete rep.