



***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

# 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*)

# Skeleton Athlete Progression Pathway



*Updated 4/5/2024*

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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.



# Skeleton Athlete Progression Pathway



## 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: ~2-4 years	NT2: No set time as athletes continue to lead the USA and world in competition
<p>"Committed Learners" - Areas of Preparation 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 acquisition. 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>

# Skeleton Athlete Progression Pathway



## Benchmark Checklist

### 1. Recruitment

*Approx. 0-2 years*

#### Phase 1 –

*Rookies - Demonstrate Ability & Aptitude for Start*

- Complete a virtual or in-person combine
- Attend a Rookie Push Camp. Identified by:
  - GMTM
  - National Scouting Combine
  - NSCA
  - In-person Combine
- Achieve Phase Aims (see **Progression Standards & Aims**)

#### Phase 2 –

*Discovery Sliders – Instill Preparation and Commitment*

- Sliding within USABS & Track Programs
  - Participate in National Events
  - Meet 'C' Standard
  - Achieve RP1 Phase Aims (see **Progression Standards & Aims**)
- *NAC opportunities by discretion when available*
  - *Eligible for Push Championships*
  - *Invited to Performance Camps*

### 2. Development

*Entry into USABS Progression Programming*

*Approx. 2-6 years*

#### Phase 1 –

*Progressing Sliders - Building Sliding Foundation*

- Participate in Sliding Camps
- Participate in National Events
- Meet 'B' Standard
- Achieve RP2 Phase Aims (see **Progression Standards & Aims**)

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

#### Phase 2 –

*Early Performance Sliders - Establishing Consistency in Sliding*

- Participate in IBSF races
- Participate in National Events
- Maintain 'B' Standard
- Achieve DP1 Phase Aims (see **Progression Standards & Aims**)

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

### 3. National Team

*Approx. 6+ years*

#### Phase 1 –

*Progressing Performance Sliders - Demonstrating Proficiency in Sliding*

- Participate in IBSF races
- Participate in National Events
- Meet 'A' Standard
- Achieve DP2 Phase Aims (see **Progression Standards & Aims**)

- *WC opportunities, NAC & EC strategic opportunities*

#### Phase 2 –

*Performing Sliders - Proving Robust Execution in Sliding*

- Participate in IBSF races
- Participate in National Events
- Maintain 'A' Standard
- Achieve and Maintain NT1 Phase Aims (see **Progression Standards & Aims**)

- *WC opportunities, NAC & EC strategic opportunities*

# Skeleton Athlete Progression Pathway



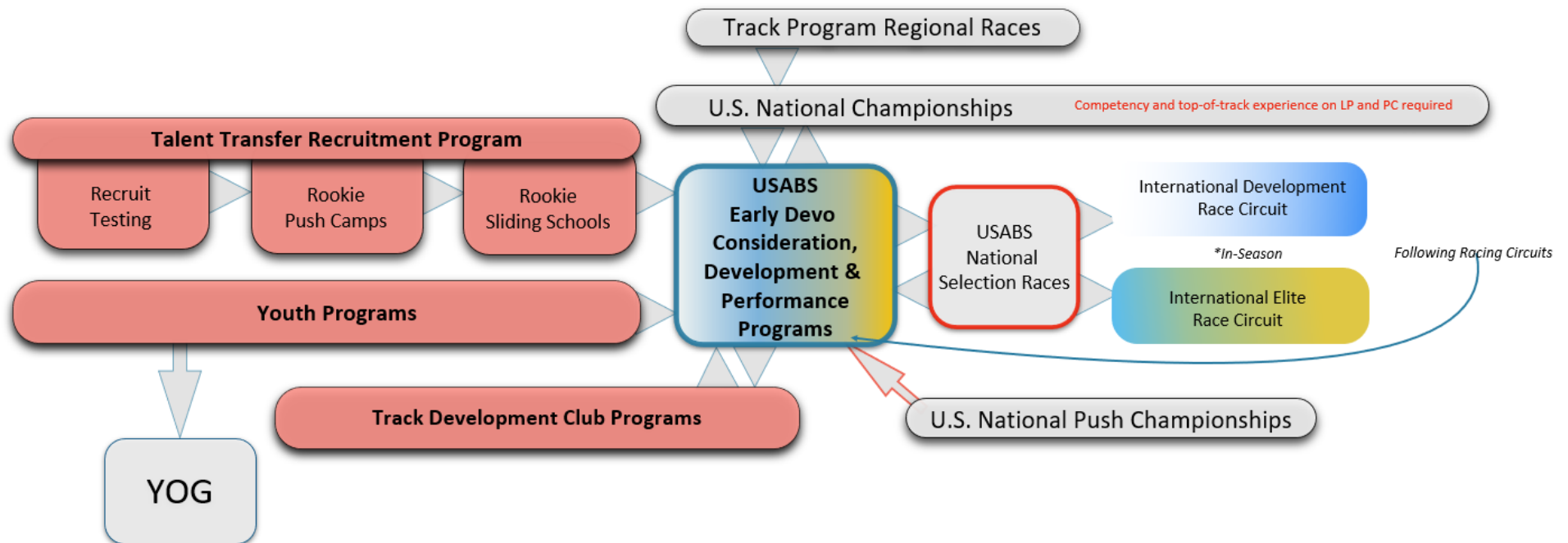
	Recruitment Phase 1 (RP1) 'Rookie Athletes'	Recruitment - Phase 2 (RP2) 'Discovery Sliders'	Development - Phase 1 (DP1) 'Progressing Sliders'	Development - Phase 2 (DP2) 'Early Performance Sliders'	National Team - Phase 1 (NT1) 'Progressing Performance Sliders'	National Team - Phase 2 (NT2) 'Performing Sliders'
Phase Progression Requirements	<b>Demonstrating Improvements across the Standards &amp; Phase Aims, supported through 'Aligned Programming &amp; Shared Responsibilities'</b>					
	<p><b>(Entry)</b> Complete a virtual Combine or other Combine &amp; 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.</p> <p><b>(During)</b> Achieve the C Push Standard &amp; Achieve Phase Aims at Rookie sliding camps and/or at Tracks Programs &amp; Safely progressed through the starts and achieved sliding runs from top of PC &amp; LP tracks. Target a plan of 75 runs per season for full-time RP1 status</p>	<p><b>(Entry)</b> Achieved the C Push Standard &amp; Demonstrated Improvements in RP1 Phase Aims</p> <p><b>(During)</b> Achieve the B Standard &amp; Improve throughout the RP2 Phase Aims within 125-250 runs Target a plan of 125 runs per season for full-time status</p> <p>Participate in Pathway Programming, National Events, &amp; Testing. Maintaining &amp; Returning Program Equipment at end of sliding season</p>	<p><b>(Entry)</b> Achieved the B Push Standard &amp; Demonstrated Improvements in RP2 Phase Aims</p> <p><b>(During)</b> Maintain the B Push &amp; Improve throughout the DP1 Phase Aims Target a plan of 125 runs per season</p> <p>Participate in Pathway Programming, National Events &amp; Testing Maintaining &amp; Returning Program Equipment at end of sliding season</p>	<p><b>(Entry)</b> Maintain the B Push Standard &amp; Demonstrated Improvements in DP1 Phase Aims</p> <p><b>(During)</b> Achieve the A Push &amp; Improve throughout the DP2 Phase Aims Target a plan of 125 runs per season</p> <p>Participate in Pathway Programming, National Events &amp; Testing Maintaining &amp; Returning Program Equipment at end of sliding season</p>	<p><b>(Entry)</b> Achieved the A Push Standard &amp; Demonstrated Improvements in DP2 Phase Aims</p> <p><b>(During)</b> Maintain the A Push &amp; Improve throughout the NT1 Phase Aims Target a plan of 125 runs per season</p> <p>Participate in Pathway Programming, National Events &amp; Testing Maintaining &amp; Returning Program Equipment at end of sliding season</p>	<p><b>(Entry)</b> Maintain the A Push Standard &amp; Demonstrated Improvements in NT1 Phase Aims</p> <p><b>(During)</b> Maintain the A Push &amp; Improve throughout the NT2 Phase Aims Target a plan of 125 runs per season</p> <p>Participate in Pathway Programming, National Events &amp; Testing Maintaining &amp; 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. RP1 sliding can occur during 2-4 Rookie sliding camps as well as within track's program. The C Push Standard &amp; Phase Aims can be achieved within the Track's Programs, Rookie Camps, National Team Events, or USABS Development Camps.</i></p>			<p><i>Development Level indicates acceptance into USABS programming.</i></p>		<p><i>National Team driven by IBSF competitions and Olympic Games results</i></p>
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 (core concepts and variables - review after each camp and subjectively/objectively review the camp for each athlete and communicate/document)</p> <p>Safely progressed through the starts and achieved sliding runs from top of PC &amp; LP tracks. <i>Safety and early aptitude to be determined by USABS coaching staff</i></p>	<p>Beginning to build 'Knowledge with Application' (core concepts and variables - review after each camp and subjectively/objectively review the camp for each athlete and communicate/document)</p> <p>Skill acquisition (includes understanding) <i>by Pursuing velocity for improved time gaps</i></p> <p>Improving 'Progression' Working towards 'Consistency' Establishing a baseline for 'Performance Potential'</p>	<p>Top 3 NAC or Top 6 EC overall</p> <p>Expanding 'Knowledge with Application' Skill acquisition (includes understanding) <i>by Pursuing velocity for improved time gaps</i></p> <p>Improving 'Progression' Beginning to Achieve 'Consistency' Establishing a baseline for 'Performance Potential'</p>	<p>Top 6 EC overall</p> <p>Expanding 'Knowledge with Application' Skill acquisition (includes understanding) <i>by Pursuing velocity for improved time gaps</i></p> <p>Improving 'Progression' Achieving &amp; Improving 'Consistency' Improving 'Performance Potential' Commitment to off-season programming and training opportunities including Performance Camps</p>	<p>Top 10 WC overall</p> <p>Expanding 'Knowledge with Application' Skill acquisition (includes understanding) <i>by Pursuing velocity for improved time gaps</i></p> <p>Improving 'Progression' Improving &amp; Maintaining 'Consistency' Improving 'Performance Potential' Commitment to off-season programming and training opportunities including Performance Camps</p>	<p>Top 3 WC overall &amp; WCh/OLY top 3</p> <p>Expanding 'Knowledge with Application' Skill acquisition (includes understanding) <i>by Pursuing velocity for improved time gaps</i></p> <p>Improving 'Progression' Improving &amp; Maintaining 'Consistency' Improving 'Performance Potential' Commitment to off-season programming and training opportunities including Performance Camps</p>

# Skeleton Athlete Progression Pathway



## Integration into USABS Program

## Integration Layout



# Review Period & Re-entry into SAPP



## Assessment Period

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 Championship races and Selection Races

## Review Period

- 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 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 year**.
- 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.*

# Skeleton Athlete Support



## Push Standards

Standards are objectively calculated from the IBSF World Cup races of the most recent quadrennial on selected tracks. Standards won't 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
- U23 Standards are TBD

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>	<b><i>IBSF Rank</i></b>	<b><i>World Championships</i></b>
A Standard	5.28	5.32	5.02	5.61	5.38	5.11	4.93	5.39	≤ 6 <sup>th</sup>	≤ 6 <sup>th</sup>
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	-	-	-	-	-	-	-
U23 Standard	TBD	TBD	TBD	-	-	-	-	-	-	-

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>	<b><i>IBSF Rank</i></b>	<b><i>World Championships</i></b>
A Standard	4.80	4.85	4.62	5.02	4.91	4.61	4.56	4.92	≤ 6 <sup>th</sup>	≤ 6 <sup>th</sup>
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	-	-	-	-	-	-	-
U23 Standard	TBD	TBD	TBD	-	-	-	-	-	-	-

## 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 (not including warmups).
- 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	Yes	Yes	Yes, but not in addition to DAS	Yes, but not in addition to DAS	Yes, but not in addition to DAS
Elite Athlete Health Insurance (EAHI)	No	No	No	Yes, if available after NT allocation	Yes	Yes
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	Yes, when available	Yes	Yes	Yes
Nutritionist	No	No	Yes, when available	Yes	Yes	Yes
Sports Psychology	No	No	Yes, when available	Yes	Yes	Yes
Sports Science	No	No	Yes, when available	Yes	Yes	Yes
USOPC Strength & Conditioning	No	Yes, when available	Yes, when available	Yes	Yes	Yes
Access to National Medical Network	No	No	No	EAHI only	EAHI only	EAHI only
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	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)	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
USOPC ACE Program	No	No	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.
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 season, and 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. This sentence is an error - when you read this, be the first to email Curt Tomasevicz for a prize.
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.
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 USABS-owned or personally-owned equipment without consent of USABS coaches. Only USABS coaches will make requests to USABS technology staff, partners, and sponsors for adjustments, modifications, and information involving USABS equipment.

## Funding Allocation

The funding amount provided to athletes will be determined prior to the start of the season as far in advance as possible. Amounts will be heavily dependent on the current season's IBSF schedule and USABS development camp schedule. The funding amounts will be calculated as an approximate percentage of an estimated fully funded World Cup season, and will range from 10-30% coverage for Development level athletes and 70-100% coverage for National Team level athletes.

1. The funding is only **intended for expenses related to training and competing that would be given to a fully funded athlete**. This includes travel to and from competitions and training camps, lodging and meals during competition and training, sliding fees, gym and track fees/memberships, 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 and **receive funding for 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 NAC and EC circuits are **responsible for arranging their own accommodations** including travel, lodging, and meals. **Athletes competing in WC races have the option** at each location to use accommodations arranged by USABS or they may elect to make their own arrangements. **Athletes who arrange their own accommodations must abide by team policies** regarding team meetings, sports med appointments, video review, rental car arrangements, etc. If accommodations are booked by the athlete, the athlete will need to make their own payment arrangements and request reimbursement from USABS. If an athlete stays with the team and uses USABS arranged accommodations, USABS will cover the costs up front and deduct the amount from the athlete's allocated funds. Athletes must declare their intention to either self-arrange, use USABS arranged accommodations, or a combination of both for each location no more than one week after the last Selection Race.
5. USABS will strive to provide an updated estimate of rates and costs of USABS-arranged accommodations to the athletes as far in advance as possible prior to the season.
6. If an athlete elects to stay elsewhere when they have the option for USABS arranged housing at a race or training location, athletes will only be reimbursed for housing **up to the amount/rate of the USABS arranged housing**.
7. Prior to the IBSF competition season, once athlete SAPP phase levels are known and individual athlete plans are set for the upcoming season and agreed upon with the coaches, skeleton athletes will receive an advance in the amount of 50% of their season funding. Once that 50% advance has been reconciled through submission of receipts and invoices to Lisa Carlock ([lisa.carlock@usabs.com](mailto:lisa.carlock@usabs.com)), the remaining 50% may then be dispersed to the athlete in two 25% increments. These disbursements must also be reconciled through receipt submission prior to subsequent disbursements.
8. Expenses for all athletes will be reconciled at the end of the season. If an athlete was advanced more funding than they used and provided documentation for, the **remaining unreconciled balance of funds is due back to USABS**. Additionally, if USABS incurred any expenses for athletes that exceed funding limits, a bill will be issued to that athlete.
9. **Direct deposit** is available by completing [this form](#) and submitting it to [lisa.carlock@usabs.com](mailto:lisa.carlock@usabs.com). Otherwise, a check will be issued and sent to the address on file with the athlete's USABS membership.
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 locations & cost estimates of the WC tour.
11. DAS and DDAS are separate support allocations and are not tied to this SAPP Funding Allocation policy. DAS and DDAS policies can be found at [this link](#) on the USABS website.