

Bobsled Athlete Progression Pathway

(Updated 7/11/2023)



By implementing the Bobsled Athlete Progression Pathway (BAPP), 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. All athletes will experience a Rookie Push Camp before deciding whether to pursue pushing or driving. Pilots will then attend Rookie/Development Sliding Camps at either or both tracks to begin learning the basic concepts of driving as well as equipment care.

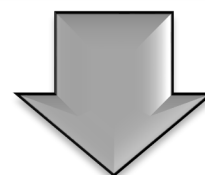
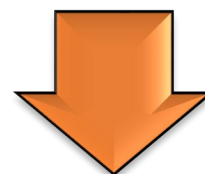
The **DEVELOPMENT** level will provide the greatest opportunity for *growth* for both push athletes and pilots. Athletes are eligible to race in development circuit races (NAC/EC/Jr. Worlds) as they demonstrate pushing and/or driving ability by meeting push standards and driving competency during USABS 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 driving 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, the **PROVISIONARY** level 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 pilots per year to be considered for entry into the Development 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.

			'A' Standard	'B' Standard	'C' Standard
Ice-House Push Standards	Push Athletes	Men	< 5.16	< 5.26	< 5.50
		Women	< 5.65	< 5.80	< 6.00
	Pilots	Men	< 5.20	< 5.30	< 5.50
		Women (Mono)	< 5.70 (< 5.90)	< 5.80 (< 6.00)	< 6.00 (< 6.20)
8-item Combine Score (Not valid after 2022/23 season)		Men	740	700	660
		Women	740	700	660



Bobsled Athlete Progression Pathway (Pilot)



1. Recruitment

Phase 1 –

- Attend a Rookie Push Camp. Identified by:
 - GMTM
 - National Scouting Combine
 - NSCA
 - In-person Combine

Phase 2 – (~ Year 1)

- Meet 'C' Standard
- Eligible for Jr. World
- Attend 1+ Rookie Sliding Camp (hosted by local tracks w/ USABS support)
- Show "Sliding Aptitude" (Assessed on approx. ~20 runs from the top of combination of both tracks)***
- Attend National Championships or 2nd Development Sliding Camp during first year
- Athletes may only participate in Recruitment Phase 2 for a maximum of 2 years.

2. Development

Phase 1 –

- Attend 2+ Development Sliding Camps (hosted by USABS w/ local track support)
- Attend National Championships or 2nd Sliding Camp
- Meet 'B' push standard
- Race in IBSF NAC/EC competition(s) based on discretion
- Show "Sliding Aptitude" (Assessed on approx. ~40+ runs from top of combination of both tracks) ***

Phase 2 –

- Attend National Championships and 1+ Sliding Camps
- Race in IBSF WC/NAC/EC competition(s) based on discretion
- Meet 1 of the following 3 benchmarks:
 - Achieve 'A' Push Standard
 - IBSF rank of top 6 any discipline from previous season or top 6 at most recent World Championships / Olympics
 - Top 2 finisher in combined rank from Selection Races (including Byes)
- Show "Sliding Aptitude" (Assessed on approx. ~40+ runs from top of combination of both tracks) ***
- Athletes may only participate in Development until age 28 (2 years after Jr. Worlds eligibility) or a maximum of 4 years without progression.

3. National Team

Phase 1 –

- Meet 2 of the following 3 benchmarks:
 - Achieve 'A' Push Standard
 - IBSF rank of top 6 in any discipline from previous season or top 6 at most recent World Championships / Olympics
 - Top 2 finisher in combined rank from Selection Races (including Byes)

Phase 2 –

- Meet all of the following 3 benchmarks:
 - Achieve 'A' Push Standard
 - IBSF rank of top 6 any discipline from previous season or top 6 at most recent World Championships / Olympics
 - Top 2 finisher in combined rank from Selection Races (including Byes)

Local Tracks

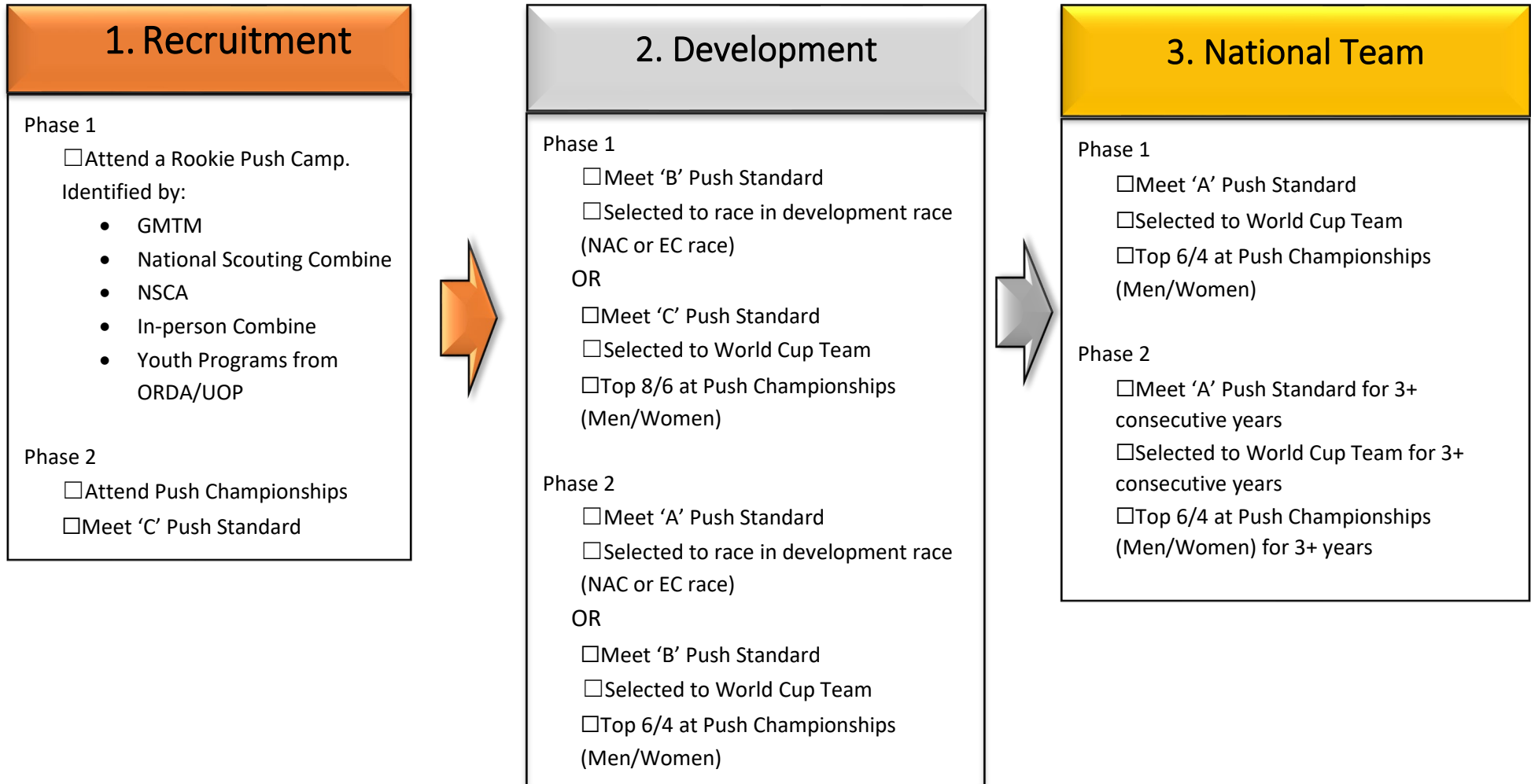
Local tracks may identify bobsled pilots through their youth program, club program, or other sliding opportunities.

Provisionary

- Continue to show "Sliding Aptitude" ***
- Progressed out of Development due to time spent in Development level
- Race in IBSF competition(s) based on Selection Races (discretion selection does not count)
- Only 2 male and 2 female pilots may be in Provisionary Level. If more than 2 pilots are in Provisionary, the shortest tenured pilot will remain.
- Athletes may only participate in Provisionary for 2 years.

*** Sliding Aptitude – Establish and meet individual benchmarks and goals. These can be agreed upon with the development coach at the beginning of a camp and/or season as part of individual athlete plan. Essentially, athletes are sliding with purpose to meet coaches' daily expectations and progressing as a pilot.

Bobsled Athlete Progression Pathway (Push Athlete)



Review Period & Re-entry into BAPP



Assessment Period

Athletes will have the opportunity to meet the Push Standard requirements prior to the IBSF competitive season at the annual National Push Championships. Additional opportunities may become available during Performance Camps to meet Push Standards. The same protocol must be followed at all assessments including, but not limited to, sled weight, number of pushes (no practice pushes), starting block, etc. These opportunities are for the purpose of meeting the Push Standards and do not replace results from the Push Championships.

If athletes are returning from an injury, a return-to-play protocol will be implemented that will include an opportunity for an athlete to meet the Push Standards and other sliding requirements. Again, the same protocol must be followed that includes, but not limited to, sled weight, number of pushes (no practice pushes), starting block, etc.

Review Period

If an athlete fails to meet a Push Standard or other requirement of their current phase, that athlete may go into a *Review Period* of 1 year in which they may continue to receive USABS support (if available) as if they had met the phase requirement. After the one-year period, if the athlete is still not able to meet the requirement, they will be re-assigned within the pathway or guided to local track sliding opportunities.

Re-entry into BAPP

If a *National Team* athlete elects to take a year away from sliding, the athlete must meet the standards and requirements of the same level and phase as at the time of their departure. If an athlete fails to meet the National Team requirements, they will re-enter as a *Development, Phase 1* athlete.

If a *Development* athlete elects to take a year away from sliding, the athlete will re-enter into the BAPP as a *Recruitment, Phase 2* athlete.

If any athlete elects to take a leave of more than one season, they will be required to enter the BAPP in the *Recruitment, Phase 1* level and progress through the pathway from the beginning.

***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.*

Bobsled Athlete Support



	Recruitment		Development		(Provisionary)	National Team	
	Phase 1	Phase 2	Phase 1	Phase 2	-	Phase 1	Phase 2
Stipend (DAS)	No	No	No	Yes	No	Yes	Yes
Development Funding (DDAS)	No	Yes	Yes	Yes, but not in addition to DAS	No	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	Program Housing	Residency/Short Term, as available	Residency/Short Term, as available
OTC Facility Access	During programs	During programs	Yes – when available	Yes – when available	During programs	Yes	Yes
OTC Sports Med Staff	Emergency only	Emergency only	Yes, when available	Yes, when available	Emergency Only	Yes	Yes
Recovery Center Access	LP only when available	LP only when available	LP only when available	Yes	LP only when available	Yes	Yes
Massage	No	No	When available	Yes	No	Yes	Yes
Nutritionist	USOPC Services “Menu”	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”	USOPC Services “Menu”
Sports Science	USOPC Services “Menu”	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”	USOPC Services “Menu”
Access to National Medical Network	No	No	EAHI only	EAHI only	EAHI only	EAHI only	EAHI only
Coaching (Driving, Push Coach)	During programs	During programs	During programs	Yes	During programs	Yes	Yes
USABS Med Staff	When available	When available	When available	Yes	When available	Yes	Yes
USOPC Mental Health	Available for consultation	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	No	As available by team rank	As available by team rank
Sled Equipment (Leasing Program)	N/A	Camps – provided when available Competitions - no	Camps - provided when available	Allocation criteria	When available	Allocation criteria	Allocation criteria
Sled Storage	N/A	During programs	As available by team rank	As available by team rank	As available by team rank	As available by team rank	As available by team rank
Elite Athlete Health Insurance	No	No	No	Yes	No	Yes	Yes
USABS CMO Access	Emergency only	Emergency only	Yes	Yes	Yes	Yes	Yes
USOPC ACE Program	No	No	Yes	Yes	Yes	Yes	Yes

Bobsled Athlete Support



Equipment Allocation

USABS equipment, to include sleds (may include crates and scabbards) and runners will be allocated by the Bobsled Head Coach and Director of Sport Performance. Sleds and equipment will be allocated with the goal of top results at: 1. Upcoming and future Olympics. 2. World Championships 3. World Cup races. Sleds and equipment will not be distributed with the sole intention of filling race quota spots or available development camp spots.

Rental fees and other details are outlined in the Athlete Handbook.

1. Equipment allocation priority will align with the BAPP. This includes sled and runner allocation for IBSF competitions, development camps, and selection races.
2. USABS-owned equipment will not be allocated to athletes who fail to possess the requisite skills to use and maintain the equipment, which will be evaluated by the Bobsled Head Coach and bobsled coaching staff. This includes upkeep and basic maintenance and repair skills.
3. All athletes using USABS equipment must sign the non-disclosure agreement.
4. All USABS owned equipment usage must be approved by USABS.
5. *USABS is not required to allocate all available sleds and equipment.*
6. The Bobsled Head Coach and Director of Sport Performance will continue to review and allocate equipment throughout the season as needed.
7. Equipment rules:
 - a) USABS owned bobsleds and USABS owned runners may NOT be altered by an athlete without written permission from the USABS Head Bobsled Coach.
 - b) Only USABS authorized staff may authorize inspections of the equipment by others.
 - c) Athletes sharing USABS owned equipment or technology, directly or indirectly with anyone, will lose privileges to use USABS owned equipment.
 - d) USABS owned runners will be allowed to be used on USABS owned sleds or athletes' athlete owned sleds as long as no alterations to the runners are required.
 - e) USABS Intellectual Property regarding runner and sled technology may only be shared among USABS athletes, coaches, and staff under written agreement.