

**Long Track Athlete Services Grid 2023 - 2024 V1 - May 1, 2023**

Service	LT National Training Program (with AA signed)	Auto invites that declined NTP (with AA signed)	World Cup & World Team Qualified (with AA signed)	Sr & Jr World Teams Self-Funded (with AA signed)	LT FAST (& identified NTP 'Training Partners')	Long Track Level One	Long Track Level Two	Long Track Level Three
<b>Coaching Services</b>								
Access to USS National Team Coaches	Yes	Travel only	Travel only	Travel only	As agreed	No	No	No
UOO LT FAST Coaching	As agreed	No	No	N/A	At cost	At cost	At cost	At cost
<b>Facilities - UOO (subject to partner relationship)</b>								
Subsidized Long Track Ice Time (with FAST)	As agreed	No	No	N/A	Program benefit	Yes - 100%	Yes - 50%	No
Subsidized Short Track Ice Time (with FAST)	As agreed	No	No	N/A	Program benefit	No	No	No
Boardless Pad Systems per program	As scheduled	At cost	At cost	N/A	As scheduled	At cost	At cost	At cost
Running Track (Dryland training)	Yes	Yes	Yes	N/A	Yes	Yes	Yes	Yes
Weekend Time Trial fees waived	At cost	At cost	At cost	N/A	At cost	At cost	At cost	At cost
<b>Facilities- "The Speed Factory"</b>								
NTP Weight Room	As scheduled	As scheduled	As scheduled	N/A	As scheduled	No	No	No
NTP Locker Room	Yes	No	No	N/A	No	No	No	No
USS PT Room	As scheduled	As scheduled	As scheduled	N/A	As scheduled	As scheduled	As scheduled	No
USS Regeneration Areas	As scheduled	As scheduled	As scheduled	N/A	As scheduled	As scheduled	As scheduled	No
USS Athlete Kitchen and Lounge	Yes	Yes	No	N/A	No	No	No	No
USS Skate Tech Room (Coaches only - scheduled)	Coaches only	Coaches only	Coaches only	N/A	Coaches only	Coaches only	Coaches only	Coaches only
Access to KOPFC (training facilities)	Yes	If available	No	n/a	No	No	No	No
<b>Facilities - Pettit (subject to partner relationship)</b>								
Subsidized Long Track Ice Time	As agreed	No	No	N/A	At cost	Yes - 100%	Yes - 50%	No
Subsidized Short Track Ice Time	As agreed	No	No	N/A	At cost	No	No	No
Boardless Pad Systems per program (LT Only)	As scheduled	As scheduled	As scheduled	N/A	As scheduled	As scheduled	As scheduled	As scheduled
Running Track	Yes	Yes	Yes	N/A	Yes	Yes	Yes	Yes
Locker Room	Day use	Day use	Day use	N/A	Day use	No	No	No
Skate Tech Room	Coaches only	Coaches only	Coaches only	N/A	At cost	At cost	At cost	At cost
Weekend Time Trial Fees	At cost	At cost	At cost	N/A	At cost	At cost	At cost	At cost
Weight Room (Coach required)	As scheduled	As scheduled	As scheduled	N/A	As scheduled	No	No	No
PT Room	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>Equipment (Used in UOO or Speed Factory)</b>								
Inline Treadmill (supervision required)	Yes	As scheduled	No	N/A	Yes	No	No	No
USS & Oval - Slideboards	Yes	Yes	Yes	N/A	Yes	If available	If available	If available
UOO Stationary Bikes	Yes	Yes	Yes	N/A	Yes	Yes	Yes	Yes
USS Foam Rollers	Yes	Yes	Yes	N/A	Yes	No	No	No
USS Weight Shoes	Yes	Yes	No	N/A	Yes	No	No	No
USS Overspeed Winch (scheduled & supervision req.)	As scheduled	No	No	N/A	As scheduled	No	No	No
<b>Athletic Therapy (with AA signed)</b>								
National Long Track Team Designated Athletic Trainer	Yes	Yes - secondary	Yes - secondary	Yes - tertiary	EMRG only	No	No	No
<b>Medical Services (Sponsors/Partners)</b>								
Froedtert (USS)* (tbc)	User Pay	User Pay	User Pay	N/A	User Pay	User Pay	User Pay	User Pay
University of Utah (USS)*	As agreed	As agreed	As agreed	N/A	User Pay	User Pay	User Pay	User Pay
Rayus Radiology*	Yes - limited	Yes - limited	No	N/A	No	Yes - limited	Yes - limited	If available
Aurora/Advocate (PNIC-ASE)	User Pay	User Pay	User Pay	N/A	User Pay	User Pay	User Pay	User Pay
University of Utah (UOO)	User Pay	User Pay	User Pay	N/A	User Pay	User Pay	User Pay	User Pay
USOPC Travel Med	User Pay	User Pay	User Pay	N/A	User Pay	User Pay	User Pay	User Pay
USOPC Mental Health Services	Yes	Yes	Yes	Yes - limited	Yes - limited	Yes - limited	Yes - limited	Yes - limited
* pending sponsor agreement								
<b>Testing (with AA signed)</b>								
Annual Physical *	Yes	Yes	Yes	N/A	At cost	Yes	Yes	No
In house Baseline Testing *	Yes	As agreed*	As agreed*	N/A	At cost	Yes	As agreed	No
Specialized Testing*	Yes - tiered	as agreed*	As agreed*	N/A	At cost	As agreed	As agreed	No
Access to High Performance Database* (tbc)	Yes	Yes	As agreed*	N/A	As agreed	As agreed	As agreed	No
* As per Sponsorships, availability & budget								



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<b>Sport Specific Staff (with AA signed)</b>								
*Access to National Strength Coach	Yes	Yes - secondary	Yes - secondary	Yes - secondary	Clinics/intern	Resource/intern	Resource/intern	No
*Access to USS/USOPC Psychologist(s)	Yes	Yes - secondary	Yes - secondary	Yes - secondary	Clinics	Yes	Yes	No
*USS Designated Skate Tech	Yes	Yes - secondary	Yes - secondary	Yes - secondary	Clinics	Yes	Clinics	Clinics
*Access to USS/USOPC Designated Nutritionist	Yes	No (if available)	No (if available)	No (if available)	Clinics/intern	Yes	Clinics/intern	Clinics/intern
<i>*pending USS staffing and availability</i>								
<b>Staff</b>								
USS Marketing	Yes	As needed	As needed	As needed	As needed	As needed	As needed	As needed
USS PR- Communications	Yes	As needed	As needed	As needed	As needed	As needed	As needed	As needed
<b>Education</b>								
State of Utah - 'In-State Tuition'	If approved	If approved	If approved	If approved	If approved	If approved	If approved	If approved
Salt Lake Community college	If approved	If approved	If approved	If approved	If approved	If approved	If approved	If approved
<b>Apparel (with AA signed)</b>								
World Cup/ Champ Team (with funding time)	Upon qual.	Upon qual.	Upon qual.	As agreed	No	No	No	No
Junior World Package (with funding time)	Upon qual.	Upon qual.	Upon qual.	As agreed	No	No	No	No
Racing Speed Suits (with funding time)	Upon qual.	Upon qual.	Upon qual.	As agreed	No	No	No	No
NTP Apparel Package	Yes	No	No	No	No	No	No	No
<b>Sponsor Benefits (with AA signed)</b>								
USANA cafeteria access*	Yes	Yes	No	No	No	No	No	No
USANA Products*	Yes	Yes	No	No	No	No	No	No
Dairy West Products*	Yes	yes	No	No	No	No	No	No
Under Armour Discounts*	Yes	Yes	No	No	No	No	No	No
<i>*subject to sponsor relationship/availability</i>								
<b>Travel Costs (with AA signed &amp; Funding times required)</b>								
International Travel (time standards met & AA signed)	Upon qual.	Upon qual.	Upon qual.	At cost	Upon qual.	Upon qual.	Upon qual.	Upon qual.
Int.Travel per diem (time standards met & AA signed)	Upon qual.	Upon qual.	Upon qual.	No	Upon qual.	Upon qual.	Upon qual.	Upon qual.
World Championships Travel (time standards met & AA signed)	Upon qual.	Upon qual.	Upon qual.	Upon qual.	Upon qual.	Upon qual.	Upon qual.	Upon qual.
World Championship Travel Per diem	Upon qual.	Upon qual.	Upon qual.	Upon qual.	Upon qual.	Upon qual.	Upon qual.	Upon qual.
USS Training Camps (with AA signed)	Yes	If invited (cost tbd)	If invited (cost tbd)	If invited (cost tbd)	If invited (cost tbd)	If invited (cost tbd)	If invited (cost tbd)	If invited (cost tbd)

Yes	As agreed
No	Resource/intern
Yes - secondary	Yes - limited
Yes - tertiary	Clinics/intern
As needed	Coaches only
Travel only	As scheduled
User Pay	If invited (cost tbd)
Program benefit	As arranged
AA	Upon qual.
If approved	Day use
At Cost	EMRG only

NTP athletes are identified as skaters with a full-time commitment to the NTP. With respective designations there may be differences in services and benefits.

World Cup & World Senior Team Qualified- Service/benefits granted to athletes who have signed the USS Athlete Agreement, qualified and committed to participation with a Senior World Cup/World Team in the previous or current season.

The above information in this Athlete Services Grid is for the purpose of better understanding program and status benefits for US Speedskating athletes.

USS and the athletes recognize that many of the benefits outlined above are driven through partnership agreements. These agreements may be amended, terminated and or new partnerships may be put in place during the course of the competition season.

USS retains the right to change the intended services or benefits above determined by the terms of various USS partnership agreements.

If the intended services or benefits change during the season, athletes have the right to terminate their USS Athlete Agreement with written notification to their USS Program Director.