



Member, United States
Olympic & Paralympic Committee

USA PARA POWERLIFTING

2021 ATHLETE AND SPORT PROGRAM PLAN

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LOGAN UNIVERSITY AND USA PARA POWERLIFTING

Logan University's (Logan) commitment to the sport of Paralympic Powerlifting (PWR) in the US and the Paralympic movement as a whole has increased over the last four (4) years. Logan has evolved from peripherally supporting the sport to a fully embracing of the sport, its unique culture, and its role in the Paralympic movement. As Logan's support has evolved, it has adapted to the needs of not only the sport of PWR in the US but the climate and culture of adapted sports domestically and internationally. In March of 2019, the Paralympic Operations Department (POD) was created at Logan to accommodate and promote the growth of PWR in the US and Paralympic movement domestically and internationally.

MISSION, VISION, VALUES

LOGAN'S PARALYMPIC OPERATIONS DEPARTMENT

MISSION

Logan's POD is committed to excellence in High-Performance (HP) Paralympic Sport services that are athlete centered and create unique educational and service opportunities for its community.

VISION

Logan's POD will be a leader in services initiatives and athlete experience/outcomes among HP Paralympic Sports programs domestically and internationally.

VALUES

Athlete-centered, Innovation, Awareness, Community Investment

STATEMENT OF COMMITMENT TO USA PARA POWERLIFTING

Logan's POD fully supports and is committed to USA Para Powerlifting (USAPP) and its unique mission, vision and values.

USA PARA POWERLIFTING

MISSION

USAPP is committed to creating the highest quality opportunities and programs to ensure the identification and development of the best talent for the sport of PWR across the US.

VISION

USAPP strives to represent the US as the best in sport on the international stage and ensure podium potential on a global scale.

VALUES

Respect, Compassion, Integrity, Talent Development, Public Awareness, and Engagement

IMPORTANT ABBREVIATIONS, ACRONYMS, AND DATES

As a nationally recognized summer Paralympic Sport USAPP competition season operates on the calendar year. **Table 1** show the specific duration of the competition season for 2021. **Table 2** provides an explanation for important abbreviations and acronyms used though out the 2021

Athlete and Sport Program Plan. The table also helps to highlight the relationship among the various agencies and organizations involved with (directly and indirectly) the sport of Paralympic Powerlifting in the United States of America.

Table 1: 2021 Season

Season Year	Dates
2021	Start: November 7 th , 2020 End: December 31 st , 2021

Table 2: Important Abbreviations and Acronyms

Abbreviation	Term	Relevance
IPC	International Paralympic Committee	International Governing body for all Paralympic Sports
IF	International Federation	Recognized by the IPC as the governing agency for specific Paralympic sport
WPPO	World Para Powerlifting Organization	Recognized by the IPC as the International Federation for Paralympic Powerlifting
PWR	Paralympic Powerlifting	Recognized by the IPC as a Paralympic Summer Games sport
USAPP	USA Para Powerlifting	Recognized by WPPO as the sport in the United States of America
USOPC	United States Olympic and Paralympic Committee	Governing agency for all Paralympic and Olympic Sports in the United States of America
HPMO	High Performance Management Organization	Recognized by the USOPC as the governing agency for a Paralympic sport in the United States of America
NGB	National Governing Body	Recognized by the USOPC as the governing agency for an Olympic sport in the United States of America
Logan	Logan University	Recognized by the USOPC as the HPMO for USAPP
DAS	Direct Athlete Support	Monetary support provided to Logan qualified USAPP athletes and provided by USOPC
EAHI	Elite Athlete Health Insurance	Health insurance provided to Logan qualified USAPP athletes and provided by USOPC

WADA	World Anti-Doping Agency	International governing agency for doping in Paralympic and Olympic sports
USADA	United States Anti-Doping Agency	Governing agency in the United States of American for doping in Paralympic and Olympic sports
HP	High-Performance	-
Dev	Development	-

PROGRAM GOALS

2021-2024 Program Goals/Initiatives

There are two primary goals for the 2021-2024 quad, including qualification of athletes to upcoming Paralympic Games and continued and sustained development of athletes, coaches, and technical support staff.

2021-2024 Program Goal 1

Qualify more than one (1) athlete for the postponed 2020 Tokyo Summer Paralympic games in 2021

Qualify more than one (1) athlete for the scheduled 2024 Summer Paralympic Games in Paris.

2021-2024 Program Goal 2:

Ensure the athlete development pipeline (ADP) and Dev Coaches, technical support staff pipelines (DevPip) are healthy and able to prepare the next generation of USAPP athletes.

Figure 1 shows the relationship of the 2021-2024 Program Initiatives and the 2021 Specific Program Goals.

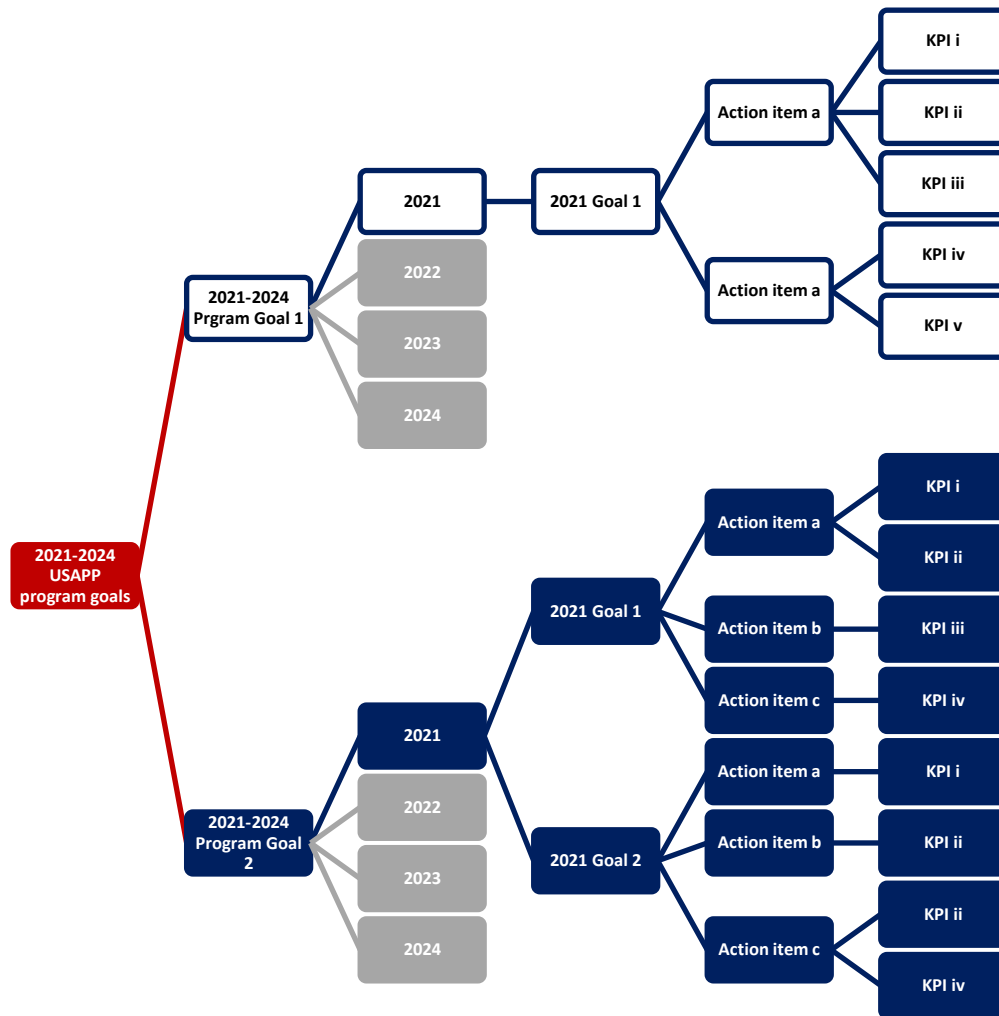


Figure 1: 2021-2024 Program Goals, Action Items and KPIs

2021 GOAL 1: QUALIFY TWO (2) ATHLETES BY DIRECT INVITATION AND/OR BIPARTITE INVITATION TO POSTPONED 2020 TOKYO SUMMER PARALYMPIC GAMES IN 2021

2021 Goal 1 is grounded supporting and growing the sport’s HP athletes. In order to achieve 2021 Goal 1, USAPP will be committed to the following action items and KPIs. **Figure 2** shows the relationship of the 2021 Goal 1 and its associated action items and KPIs.

ACTION ITEMS

- a) Host and fund two (2) HP athletes camps leading up to postponed 2020 Tokyo Summer Paralympic Games in 2021
- b) Prepare current USAPP HP and Dev athletes to place in the top five (5) at 2021 domestic and international competition(s) by increasing opportunities

KPIs

- i. Improvement (placing) of individual performances of identified HP athletes at domestic and international events
- ii. Increase the number of identified USAPP HP athletes by 15% based on division standards
- iii. Develop one (1) new HP service for athletes
- iv. Increase number of domestic opportunities for WPP0 pathway events by 25%
- v. Increase the number of WPP0 events current USAPP HP and Dev athletes can participate in by 25%

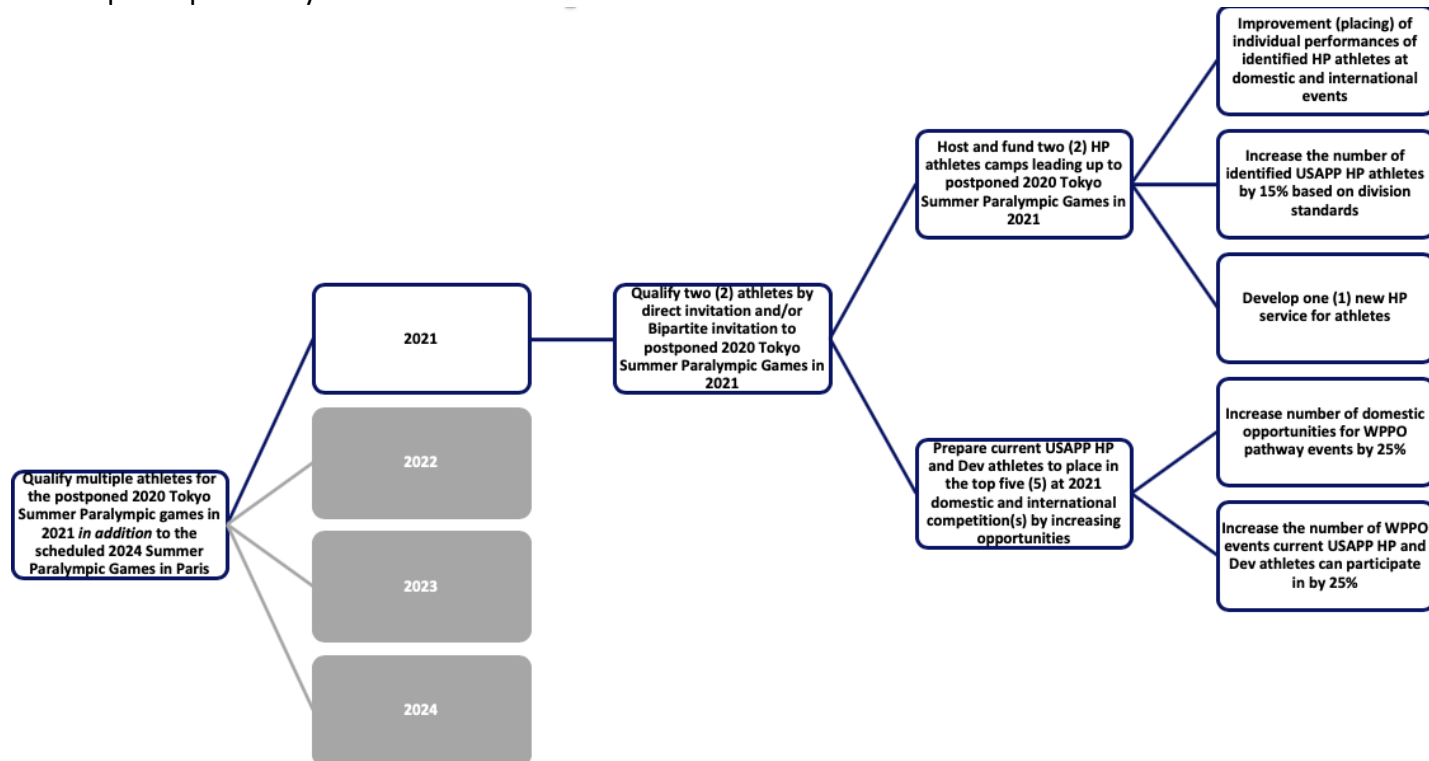


Figure 2: 2021 Goal 1 associated Action Items and KPIs

2021 GOAL 2: ESTABLISH AND ENFORCE YOUTH/JR AND MASTER'S DIVISIONS

2021 Goal 2 addresses the need to properly identify, supporting, and growing the sport's Youth/Jr and Master's Division athletes. In order to achieve 2021 Goal 2, USAPP will be committed to the following action items and KPIs.

ACTION ITEMS

- a) Visit any combination of six (6) high schools, universities, colleges, and disability specific sport organizations
- b) Host one (1) Youth/Jr and/or Master's USAPP event
- c) Expand involvement with MASP

KPIs

- i. Establish two (2) Youth/Jr focused RH
- ii. Identify two (2) Youth/Jr athletes by division standards to be placed on the pathway for the 2023 World Championships
- iii. Recruit 15% of participants from Youth/Jr focused visits and/or MSAP camp for USAPP domestic competition
- iv. Visit two (2) military branches and host advanced USAPP athlete and coaches' camp

2021 GOAL 3: INCREASE OPPORTUNITIES OF USAPP DEVPIP AND ADP

2021 Goal 3 is supports the DevPip and ADP. The goal ensures the DevPip is provided with structured educational opportunities that allow for cohesiveness across each group. Goal 3 also provides the DevPip the opportunity to be involved in the development of governance that will help ensure USAPP will be committed to the following action items and KPIs. **Figure 3** shows the relationship of the 2021 Goals 2 and 3 and their associated action items and KPIs

ACTION ITEMS

- a) Development of Technical Committee
- b) Development of Coaches education and program committee
- c) Lay foundation for Athlete Development Model (ADM)

KPIs

- i. Host one (1) educational forum for Technical officials in conjunction with approved competition
- ii. Level 2 Certification program
- iii. Establish ADM committee
- iv. Develop Athlete Mentor Program (AMP) standards

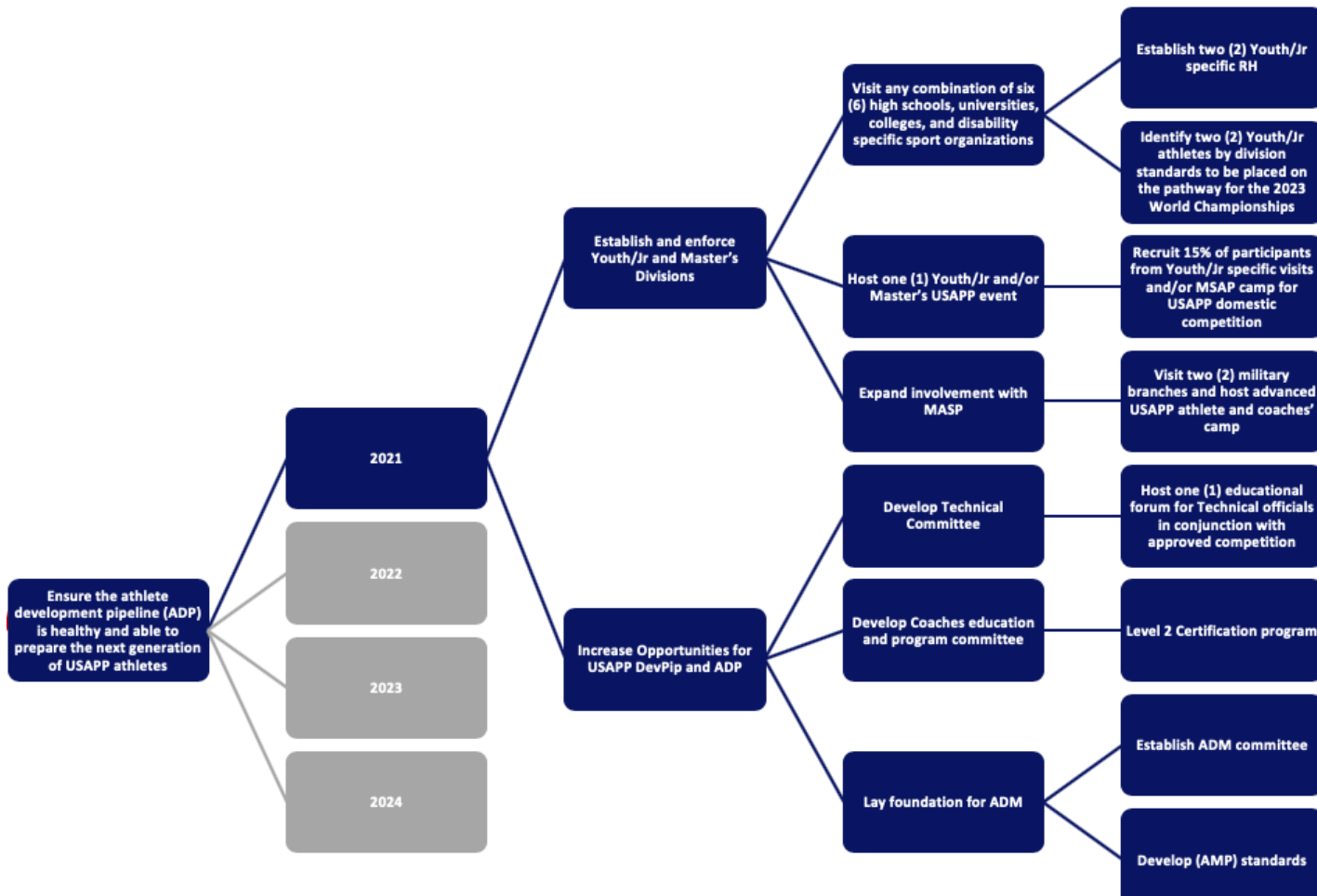


Figure 3: Goals 2 and 3 associated Action Items and KPIs

DIVERSITY INITIATIVES

Each program goal of the 2021 year inherently includes opportunities for the development of the technical support staff needed for the sport. Additionally, the diversification of the RHs will help to diversify the athlete population as well as the coaching and technical staff population. It is the goal of USAPP to acquire one (1) new female TO by the end of 2021 in line with previous diversity initiatives to increase female participation in the sport across all member categories.

OTHER INITIATIVES

Ensure a sound funding and governance structure is important of the future of USAPP. As a result, Logan’s POD will be investing time and resources into establishing the following programs/projects.

Athlete giving platform

Logan’s POD will be collaborating with Logan’s Institutional Advancement department to establish a giving platform specially for the athletes. This platform will be housed on the sports

webpage within Logan's website. Donors will have the opportunity to give directly to the athlete of their choice and to support them and their goals for athletic excellence.

Pathway to Gold and Excellence Fund

Logan will also be using its resources to form a funding program to help support the program's operations. This platform was created to ensure that program cost do not interfere with direct athlete support funds.

Formalization of fundraising committee

Logan's POD will be formalizing the fundraising group that was established by the sport in 2018. The group will fall under the direction of the AHC and governed by the mission, vision, and values of USAPP. The committee will be responsible for reviewing of projects aimed at generation support for the sport and its athletes as well as managing the delegation of the funds raised by their efforts. The AHC will be responsible for quarterly reports that will be provided the ED of the POD.

POD Handbook Athlete Advisory committee

The POD will be implementing a department handbook. This Handbook will ensure the department is in compliance with the new USOPC standards and in a position to be granted designation as a Paralympic Sport Organization (PSO) by the USOPC.

As the sport is athlete-centered it is important that the athlete's voice be present in the sport's governance. Logan's POD will be taking the first steps to formalize this by creating an Athlete Advisory Committee for the sport in 2021 in line as one of many steps towards better aligning with the department's mission and the USOPC standards.

USAPP NATIONAL TEAMS: OPEN A, B, C, YOUTH/JUNIOR AND MASTER'S

In line with the program goals for 2021; USAPP will be making the following changes to its National standards team.

NOMINATIONS

Athletes will be nominated to a USAPP National Team for 2021, based on the athletes' performances at designated events. Performances are judged against the national division standards. The current standards, based on Bronze medal performance at the 2016 Summer Paralympic games in Ri de Janeiro, Brazil, will remain in effect through the 2021 competition year. This is due to the postponement of the 2020 Tokyo Summer Games. At the conclusion of the postponed 2020 Summer Paralympic Games in Tokyo, Japan, new standards will be set. These new standards will go into effect on January 1, 2022.

The 2021 competition year will include the newly developed Youth/Jr and Master's Division standards. These standards, like the Open Division standards are based on the Bronze medal

performance at the 2016 Summer Paralympic games in Rio de Janeiro. These standards will be updated after the conclusion of the postponed 2020 Summer Paralympic Games in Tokyo, Japan. Once established, these new standards will go into effect on January 1, 2022.

Master's Division standards will be created; however, a Master's National Team will not be recognized by USAPP and individuals that attain the Master's Division standards will not be eligible for Direct Athlete Support (DAS) or other athlete support services found in the 2021 NATIONAL TEAM BENEFITS section of this document. Only athletes that attain the Open and/or Youth/Jr Division standards will be named to the National team and will be eligible for the DAS or other athlete support services found in the 2021 NATIONAL TEAM BENEFITS section of this document. The current national division standards can be found in

APPENDIX A

DESIGNATED EVENTS

designated event (denoted with an asterisk) listed in **Table 3** will be nominated to the respective 2021 national team. All 2021 Designated Events are subject to change per the WPPO publication of required events for the postponed Paralympic games and the Paralympic games scheduled for summer of 2024.

Athletes looking to become eligible for the Open National team will be required to attend all of the events listed in **Table 3**. Athletes will only be required to attend one WPPO International event. Athletes will only have to attend the Postponed 2021 Tokyo Summer Paralympic Games if they are selected to the team by WPPO.

Athletes looking to become eligible for the Youth/Junior National team will be **required** to attend the events denoted with an asterisk (*). Additionally, these athletes will only have to attend one (1) WPPO International Event in 2021.

Table 3: 2021 Designated Events

Month	Event	Location
Oct/Nov (2020)	Qualifier/Camp*	Virginia
January	HP Open Team Camp	Virginia
February	Domestic Camp/Regional Qualifier*	TBD
March	WPPO International Event	TBD
April	Youth/Junior and Master's Event Tournament*	TBD
May	WPPO International Event	TBD
June	Military Cup/Regional Qualifier/Camp	Logan University 1851 Schoettler Rd Chesterfield, MO 63017 http://www.logan.edu/usapp
	HP Open Team Camp	Virginia or New York
July	HP Open Team Camp	USOPTC
	Junior Nationals*	TBD
August	Postponed 2020 Tokyo Summer Paralympic Games	Tokyo, Japan
September	Postponed 2020 Tokyo Summer Paralympic Games	Tokyo, Japan
October	Domestic Camp/Regional Qualifier*	Virginia or New York
November	-	-
December	WPPO International Event	TBD

TEAM NOMINATION DATES, REQUIREMENTS, AND STANDARDS

Due to the COVID-19 pandemic, the USAPP 2021 national team status will apply from October 1, 2020 through December 31, 2021. National Team status and benefits are only conferred upon athletes who accept, sign and remain current with the Logan HP Service & National Team Athlete Agreement. National Master's Team members will not be required to accept, sign and remain current with the Logan HP Service & National Team Athlete Agreement as they are not eligible for DAS or other athlete support services outlined in the 2021 NATIONAL TEAM BENEFITS section of this document.

Athletes who meet a national team standard during 2021, at a designated event, become eligible for national team benefits and will retain their national team status through December 31, 2021. Athletes will be nominated to the team on a quarterly basis and will be eligible at the start of the quarter following achievement of the national team standard as outlined in **Table 4**.

Athletes nominated to the 2021 Open A and B National Team per the approved USOPC nomination process will be added to the United States Anti-Doping Agency (USADA) Registered Testing Pool (RTP) and will be responsible for remaining compliant with all forms, updates and tutorials as required by USADA. More information regarding USADA can be found in **Error! Reference source not found.**

Table 4: 2021 Season Quarterly Nomination Dates.

Quarter	Date
1	January 15
2	April 15
3	July 15 th
4	October 15

Athletes nominated to the Open A, B, C, or Youth/Jr National Team must have undergone national or international classification evaluation and hold a national or international Paralympic-eligible sport class, as per the USOPC National Classification master list or the WPPO master list and hold a current season license for PWR from WPPO.

2021 NATIONAL TEAM BENEFITS

OPEN A, AND B NATIONAL TEAM

Table 5 list items the National Open A and B Team members may be eligible for. Athletes must meet all of the criteria set forth in the TEAM NOMINATION DATES, REQUIREMENTS, AND STANDARDS section of this document.

Table 5: Open A and B National Team Benefits

Item	Provider	Additional information
Additional Athlete Support Programs	Provided by Logan	See Error! Reference source not found. for details
DAS	Provided by USOPC	See APPENDIX B for details
Eahi	Provided by USOPC	See Error! Reference source not found. for details
Travel expenses associated with designated domestic training camps and competitions	Provided by Logan	Includes air transportation (or ground equivalent), lodging, ground transportation, meal per diem and coaching supported for specified events (if applicable)
Merchandise discounts	Provided by USOPC Provided by Logan	Athletes that stay at the Olympic and Paralympic Training Center will be given a discount of 15% off of all merchandise. Simply present the OTC ID to receive this discount. Athletes will receive 15% off all merchandise with via membership number and promotional code from the Logan USAPP online store
Airline discount	Provided by USOPC	United Airlines offers a “friends and family” discount for USOPC meetings and events. Athletes, friends and family paying their own way to travel to a USOPC function can contact the United Airlines Olympic Travel Desk (1-800-841-0460), and request that the reservation agent apply the USOPC discount when paying with their personal credit card.
Career Development	Provided by USOPC Athlete Career Program (ACE)	See Error! Reference source not found.
Academic Services	Provided by USOPC/DeVry Provided by Logan	Supported by USOPC/DeVry Academic Performance Partnership Supported by Logan Contact Executive Director of Paralympic Operation or HP Manager for USAPP for details and information
Tuition Grants	Provided by USOPC Provided by Logan	See Error! Reference source not found. for details Contact Executive Director of Paralympic Operations and HP Manager of USAPP for details and information
National Team	Provided by USOPC	Use of designation of National team

Designation	Provided by Logan	member in non-commercial situations
National Team Uniform	Provided by Logan	Reimbursed for purchase of Singlet
Additional Resources	http://www.teamusa.org/For-Athletes	

OPEN C NATIONAL TEAM

Athletes who meet the Open C National Team standards during 2021, at a designated event, may be invited to participate in selected Logan USAPP events should they meet all of the criteria associated with the Open C National Team status (see TEAM NOMINATION DATES, REQUIREMENTS, AND STANDARDS). Invitation for participation is at the discretion of USAPP’s HPM.

Additionally, Open C National Team Athlete may be eligible for the items listed in **Table 6** and be given the opportunity to purchase the Logan USAPP National Team uniform.

Table 6: Open C National Team Benefits

Item	Provider	Additional information
Additional Athlete Support Programs	Provided by Logan	See Error! Reference source not found. for details
Athlete Stipend	Provided by USOPC	See APPENDIX B for details
Merchandise discounts	Provided by USOPC Provided by Logan	Athletes that stay at the Olympic and Paralympic Training Center will be given a discount of 15% off of all merchandise. Simply present the OTC ID to receive this discount. Athletes will receive 15% off all merchandise with via membership number and promotional code from the Logan USAPP online store
Academic Services	Provided by Logan	Supported by Logan’s Contact Executive Director of Paralympic Operation or HP Manager for USAPP for details and information
National Team Designation	Provided by USOPC Provided by Logan	Use of designation of National team member in non-commercial situations
Tuition Grants	Provided by Logan	Contact Executive Director of Paralympic Operations and HP Manager of USAPP for details and information

YOUTH/JR NATIONAL TEAM

Athletes who meet the Youth/Jr National Team standards during 2021, at a designated event, may be invited to participate in selected Logan USAPP events should they meet all of the criteria associated with the national team status (see TEAM NOMINATION DATES, REQUIREMENTS, AND STANDARDS). Invitation for participation is at the discretion of USAPP’s HPM.

Additionally, Youth/Jr National Team Athletes *may* be eligible for the items listed in **Table 7** and be given the opportunity to purchase the Logan USAPP National Team uniform.

Table 7: Youth/Jr National Team Benefits

Item	Provider	Additional information
Athlete Stipend	Provided by USOPC	See APPENDIX B for details
Merchandise discounts	Provided by USOPC Provided by Logan	Athletes that stay at the Olympic and Paralympic Training Center will be given a discount of 15% off of all merchandise. Simply present the OTC ID to receive this discount. Athletes will receive 15% off all merchandise with via membership number and promotional code from the Logan USAPP online store
Academic Services	Provided by Logan	Supported by Logan Contact Executive Director of Paralympic Operation or HP Manager for USAPP for details and information
Tuition Grants	Provided by Logan	Contact Executive Director of Paralympic Operations and HP Manager of USAPP for details and information

2021 NATIONAL TEAM DESIGNATED EVENTS

The 2021 national team(s) designated events can be found in **Table 3**. Athletes will be required to attend all the activities listed in Table 10 unless otherwise noted in the HP service agreement. The HP services agreement which will be developed in conjunction with the USAPP’s HPM, HC, and HT.

Each athlete is responsible for individual arrangements (including expenses) to attend these activities (i.e. travel, lodging, accommodation, entries) *unless otherwise indicated* in the activity listing or HP service agreement (as applicable).

ATHLETE FUNDING OPPROTUNITIES

2021 OPERATION GOLD FUNDING

USOPC will award Operation Gold funds in PWR based off of the results at the postponed 2020 Tokyo Summer Games in 2021, the World Para Powerlifting Championships in 2023 and the 2024 Summer Games as outlined in **Table 8**. Note, eligible performances at the postponed 2020 Tokyo Summer Paralympic Games in 2021 and the 2024 Summer Paralympic Games will be eligible for the Paralympic games year payment schedule listed below.

Table 8: Operation Gold Funding

Olympic & Paralympic Sport Payment Schedule				
Place	1st Year of Quad	2nd Year of Quad	3rd Year of Quad	Paralympic Games Year*
1 st	\$6,250	\$6,250	\$7,500	\$37,500
2 nd	\$5,000	\$5,000	\$6,250	\$22,500
3 rd	\$4,375	\$4,375	\$5,000	\$15,000
4 th	\$3,750	\$3,750	\$4,375	
5 th	\$3,125	\$3,125	\$3,750	
6 th	\$3,125	\$3,125	\$3,750	
7 th	\$2,500	\$2,500	\$2,500	
8 th	\$2,500	\$2,500	\$2,500	

In the Paralympic year, multiple Operation Gold Awards will be paid to qualifying athletes. In non-Olympic and Paralympic years, Operation Gold Awards are limited to one award per athlete in a program year.

For Paralympic sports in non-Paralympic years, individuals must finish in one of the top eight (8) places and among the top 50% of the athletes who started the event to qualify for Operation Gold Awards. Qualifying events will be listed in the annual statement of performance from Logan for the sport PWR in the US.

PARALYMPIC OPERATIONS DEPARTMENT PRIZE MONEY PROGRAM

For international events in 2021 (not including the Paralympic Games). Logan's Paralympic Operations department will provide the prize money for athletes that place in the top six (6) as shown in **Table 9** and **Table 10**.

Table 9: Open Division Prize Money of International Events

Paralympic Operations Department Prize Money for International Events – Open Division	
1 st	\$5,000.00
2 nd	\$4,500.00
3 rd	\$4,000.00
4 th	\$3,500.00
5 th	\$3,000.00
6 th	\$2,500.00

Table 10: Junior Division Prize Money for International Events

Paralympic Operations Department Prize Money for International Events – Junior Division	
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1 st	\$2,500.00
2 nd	\$2,000.00
3 rd	\$1,750.00
4 th	\$1,500.00
5 th	\$1,250.00
6 th	\$1,000.00

Prize money will be disbursed after each qualifying event. Athletes competition at qualifying international events in both the Open and Junior division will **only** receive prize money from one division. The athlete will receive the higher of the prize awards and not the sum of both.

If an athlete competes in the open division and places 3rd and in the junior division and places 6th the athlete will receive the prize money **only** from the open division place finish as it is the higher of the two prize awards.

DAS

Logan’s Paralympic Operations Department will nominate National Team members to the A, B or C National Teams in 2021 on behalf of USAPP based upon an athlete’s ability to achieve the National A, B or C Team standards listed in the **Table 11**. Athletes who achieve National A, B or C Team standards will be eligible for Athlete Stipend disbursements in 2021. The maximum total Athlete Stipend disbursement an athlete can be awarded for the year is equal to the highest National Team standard achieved by the athlete at eligible events in 2021. Athlete Stipends will be paid in full up to the maximum total disbursement allowed for the National A, B or C Team standards based on the schedule below. If an athlete achieves a higher standard between scheduled payments periods, the difference in the previous Athlete Stipend payment and maximum total disbursement for the standard achieved will be paid.

Athletes achieving National A, B or C Team standards in 2021 can only receive the maximum total disbursement in the year as outlined below in **Table 11**.

Table 11: 2021 DAS Funding

National Team Standard	DAS Fund Disbursement	Disbursement Schedule	Annual Amount Requested
National Open A Team	\$10,000.00	One-time Disbursement	\$10,000.00
National Open B Team	\$5,000.000	One-time Disbursement	\$5,000.00
National Open C Team	\$2,5000.00	One-time Disbursement	\$2,500.00
National Youth/Junior Team	\$1,250.00	One-Time Disbursement	\$1,250.00

DAS will be disbursed once the standard for the team is achieved. Athletes will be eligible to hit standards any of the competitions/qualifiers listed in **Table 3**.

USAPP Competition Team Minimum Qualifying Standards (MQS)

Athletes must have achieved the respective US Minimum Qualification Standard (MQS) for their respective weight category in which they are entered at a designated competition to qualify to compete at a WPPPO approved/sanctioned event.

The MQS are based on the current National Open A and Youth/Jr A standards as shown in **Table 12** and **Table 13**.

Athletes the meet competition team MQS **do not** qualify for the USAPP National Open or Youth/Jr Team. The standards for these teams can be found in Appendix A.

Table 12: Open Division MQS

Men's Open Division	MQS	Women's Open Division	MQS
Up to 49kg	72.00kg	Up to 41kg	48.00kg
Up to 54kg	81.00kg	Up to 45kg	51.00kg
Up to 59kg	88.00kg	Up to 50kg	51.00kg
Up to 65kg	97.00kg	Up to 55kg	58.00kg
Up to 72kg	105.00kg	Up to 61kg	64.00kg
Up to 80kg	104.00kg	Up to 67kg	54.00kg
Up to 88kg	105.00kg	Up to 73kg	64.00kg
Up to 97kg	115.00kg	Up to 79kg	66.00kg
Up to 107kg	113.00kg	Up to 86kg	59.00kg
Over 107+ kg	117.00kg	Over 86kg	65.00kg

Table 13: Youth/Jr Division

Men's Youth/Jr Division	MQS	Women's Youth/Jr Division	MQS
Up to 49kg	66.00kg	Up to 41kg	41.00kg
Up to 54kg	69.00kg	Up to 45kg	44.00kg
Up to 59kg	75.00kg	Up to 50kg	44.00kg
Up to 65kg	83.00kg	Up to 55kg	49.00kg
Up to 72kg	90.00kg	Up to 61kg	55.00kg
Up to 80kg	88.00kg	Up to 67kg	46.00kg
Up to 88kg	90.00kg	Up to 73kg	54.00kg
Up to 97kg	98.00kg	Up to 79kg	56.00kg
Up to 107kg	97.00kg	Up to 86kg	50.00kg

Over 107+ kg	100.00kg	Over 86kg	56.00kg
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APPENDIX A

2021 NATIONAL TEAM STANDARDS

NATIONAL OPEN TEAM STANDARDS

Weight Class	National A (Rio Bronze) (kg)	National B (93% of Rio Bronze) (kg)	National C (90% of Rio Bronze) (kg)
Men			
Up to 49kg	155.00	144.15	139.50
Up to 54kg	162.00	150.66	145.80
Up to 59kg	176.00	163.68	158.40
Up to 65kg	193.00	179.49	173.70
Up to 72kg	210.00	195.30	189.00
Up to 80kg	207.00	192.51	186.30
Up to 88kg	210.00	195.30	189.00
Up to 97kg	229.00	212.97	206.10
Up to 107kg	226.00	210.18	203.40
Over 107kg	234.00	217.62	210.60
Women			
Up to 41kg	95.00	88.35	85.50
Up to 45kg	102.00	94.86	91.80
Up to 50kg	102.00	94.86	91.80
Up to 55kg	115.00	106.95	103.5
Up to 61kg	128.00	119.04	115.20
Up to 67kg	108.00	100.44	97.20
Up to 73kg	127.00	118.11	114.30
Up to 79kg	131.00	121.83	117.90
Up to 86kg	117.00	108.81	105.30
Over 86kg	130.00	120.90	117.00

YOUTH/JUNIOR AND MASTER'S STANDARDS

Weight Class	National A Youth/Junior (15% of Rio Bronze) (kg)	National B Youth/Junior (13% of Rio Bronze) (kg)	Master's Standard (kg)
Men			
Up to 49kg	132	135	138
Up to 54kg	138	141	145
Up to 59kg	150	154	157
Up to 65kg	165	168	172
Up to 72kg	179	183	187

Up to 80kg	176	181	185
Up to 88kg	179	183	187
Up to 97kg	195	200	204
Up to 107kg	193	197	202
Over 107kg	199	204	209
Women			
Up to 41kg	81	83	85
Up to 45kg	87	89	91
Up to 50kg	87	89	91
Up to 55kg	98	101	103
Up to 61kg	109	112	114
Up to 67kg	92	94	97
Up to 73kg	108	111	114
Up to 79kg	112	114	117
Up to 86kg	100	102	105
Over 86kg	111	114	116

APPENDIX B

2021 LOGAN UNIVERSITY U.S. PARALYMPICS POWERLIFTING DIRECT ATHLETE SUPPORT

- DAS is processed monthly on the first Friday of each month.
- Athletes are eligible for DAS at the beginning of the month following nomination to the National Team.
- DAS is provided to athletes that are in compliance with 2021 Logan HP Service & National Team Athlete Agreement, personal performance plan obligations, and Logan USAPP USA Code of Conduct. If an athlete is not current with the agreement/plan obligations and/or USADA on the first day of the month in which the payment is being made, the athlete's payment will be withheld until he/she is compliant.
- USOPC will provide DAS for a multi-sport athlete in ONLY one sport at any given time. In conjunction with the respective NGB/HPMO HP Managers the multi-sport athlete shall designate the primary ("A") sport in which they wish to receive DAS.
- Athletes sanctioned by USADA, WADA and/or the respective sport IF for a doping violation are not eligible for DAS, regardless of any National Team(s) status, during the period of such sanction.
- Athletes sanctioned by the IPC and/or the respective sport IF for classification Intentional Misrepresentation are not eligible for DAS, regardless of any National Team(s) status, during the period of such sanction.
- DAS will only be paid once the Athlete Support Designee Form has been completed and submitted (annual basis).
- Athlete support is paid directly to the athlete. National Team athletes are responsible for understanding and maintaining their own eligibility status with other organizations where applicable (i.e. NCAA, NFHS, etc.), and may choose to decline direct athlete support payments in order to retain high school or collegiate eligibility.

Appendix C

2021 LOGAN UNIVERSITY U.S. PARALYMPICS POWERLIFTING ADDITIONAL ATHLETE SUPPORT PROGRAMS TRAVEL SUPPORT

Logan University USA Para Powerlifting does **not** fund National Team athletes to attend events unless otherwise stated; however, attendance at an event may be required as per the athlete's personal performance plan.

LOGAN SPONSORED ATHLETE SUPPORT PROGRAMS

ACADEMIC SCHOLARSHIP PROGRAM

OVERVIEW

USAPP National Team athletes that met the eligibility requirements in the [National Team Benefits](#) section of this document will be eligible for the following an Academic Scholarship in one (1) of Logan's academic programs.

Logan agrees to cooperate in providing a pathway into one (1) of its following programs:

- Doctor of Health Profession Education
- Doctor of Chiropractic (DC)
- Masters in Sports Science & Rehabilitation
- Masters in Nutrition and Human Performance
- Masters in Health Informatics
- Bachelor in Human Biology and Bachelor in Life Science (3+1 into the DC program)

APPLICATION PROCESS

Eligible National Team athletes seeking entrance into Logan's programs are required to complete an electronic application through Logan's Admissions webpage. Students applying to Logan's programs under this program will qualify for their application fee to be waived by contacting their admissions coordinator. Students admitted under this agreement must submit the required tuition deposit within 30 days of admittance to secure their position in their respective program. Failure to comply may result in forfeiture of admission to, or position in, the respective program.

SCHOLARSHIPS

Logan will honor the following scholarships for eligible athletes for the specific programs below:

DOCTOR OF CHIROPRACTIC PROGRAM – Three Years & Four Months Program (10 trimesters)

- National Team Athlete Scholarship: \$10,000
- Term: \$1,000 per trimester (10-trimester total)
- GPA Requirement: Cumulative 3.0 while in the program

BACHELOR OF SCIENCE IN LIFE SCIENCE (3+1 INTO THE DC PROGRAM) (ONLINE/ON-CAMPUS)

- National Team Athlete Scholarship: 10% Discount on tuition
- Standard Tuition is \$275/credit hour for the 19-20 Academic Year
- Students qualify for reduced tuition with an entrance GPA of 3.5 or higher - \$200/credit hour for the 19-20 Academic Year
- GPA Requirement: Cumulative 2.5 while in the program
- *Must complete the first year of the Chiropractic program to receive Life Science degree.

BACHELOR OF SCIENCE IN HUMAN BIOLOGY (ONLINE)

- National Team Athlete Scholarship: 10% Discount on tuition
- Standard Tuition is \$275/credit hour for the 19-20 Academic Year
- Students qualify for reduced tuition with an entrance GPA of 3.5 or higher - \$200/credit hour for the 19-20 Academic Year
- GPA Requirement: Cumulative 2.5 while in the program

MASTER OF SCIENCE IN NUTRITION AND HUMAN PERFORMANCE (ONLINE)/REGISTERED DIETITIAN TRACK COMPLETED IN ST. LOUIS

- ACE Athlete Scholarship: 10% Discount on tuition
 - Standard Tuition is \$450/credit hour
- GPA Requirement: Cumulative 3.0 while in the program

MASTER OF SCIENCE IN SPORTS SCIENCE AND REHABILITATION (ONLINE)/INTERNSHIP TO BE COMPLETED IN FINAL TRIMESTER

- ACE Athlete Scholarship: 10% Discount on tuition
 - Standard Tuition is \$450/credit hour
- GPA Requirement: Cumulative 3.0 while in the program

MASTER OF SCIENCE IN HEALTHCARE INFORMATICS (ONLINE)

- National Team Athlete Scholarship: 10% Discount on tuition
- Standard Tuition is \$450/credit hour for the 19-20 Academic Year
- GPA Requirement: Cumulative 3.0 while in the program

DOCTORATE OF HEALTH PROFESSION EDUCATION (ONLINE)

- National Team Athlete Scholarship: 10% Discount on tuition
- Standard Tuition is \$650/credit hour for the 19-20 Academic Year
- GPA Requirement: Cumulative 3.0 while in the program

GENERAL CONSIDERATIONS

Athletes are responsible for all applicable tuition and fees.

APPENDIX D

2021 LOGAN UNIVERSITY U.S. PARALYMPIC POWERLIFTING EAHI

ELIGIBILITY AND CRITERIA

- The USOPC agrees to provide up to two (2) EAHI slots to athletes who meet the eligibility and criteria. The approved EAHI eligibility and criteria for EAHI is as follows:
- Athletes can achieve Elite Team Member status by meeting the A or B standard at a 2021 designated event. Only athletes with Elite Team Member status will be eligible for consideration for EAHI.
- Should more than two (2) athletes achieve Elite Team Member status, the two (2) athletes with the highest percentage lift at one of the 2021 designated events, as compared to the relevant Tokyo Bronze, will be considered eligible for EAHI.
- Should more than two (2) athletes be eligible after the above criteria is applied, the two (2) athletes with the highest IPC World Ranking as of June 30, 2021 will be considered eligible for EAHI.
- Once an insurance slot is offered to an athlete, they will have 30 days to activate his/her coverage.
- Athletes not activating their coverage within 30 days of notification of eligibility will forfeit their slot.
- Should there be any available EAHI slots left after all eligible athletes have either accepted or declined, those slots will remain unused.

ADDITIONAL INSURANCES AND COVERAGE

MEDEX INSURANCE

Every athlete enrolled in the EAHI program also receives MEDEX Plus as part of the benefits.

MEDEX Plus provides:

Service	Details
Medical Assistance Services	Locate nearest doctors or hospitals, facilitate hospital payments, and monitor case*
Travel Assistance	Replacement of lost/stolen travel documents, translation services, travel arrangements*
Destination Services	Pre-travel information, travel & health information, real-time security intelligence*
Personal Security Services	Political evacuation, security evacuation *
Medical Evacuation	In the event of a medical emergency, MEDEX will arrange & pay for a medically supervised evacuation to the nearest medical facility or return to point of origin.
Repatriation Services	In the case of an injury or an unexpected illness resulting in death, MEDEX will coordinate & pay for the return of remains to your home country.

*This is assistance only and does not cover the cost of any services provided.

TRAVELMED ABROAD

MEDEX Assist also offers a benefit referred to as TravMed Abroad. This supplemental benefit is offered at an additional cost to the athlete, of \$3/day, and can only be purchased when traveling outside the U.S.

TravMed provides the same services as MEDEX Plus, but in addition, TravMed covers the cost of medical services on a secondary basis to any personal insurance already in place after a \$25.00 deductible. If you have no personal insurance, TravMed becomes the primary insurer. Illness and injuries, including sport injuries, are covered by TravMed Abroad.

Some reasons why the USOPC, NGB and HPMO team members may consider purchasing TravMed Abroad are as follows:

- Personal travel outside the US
- Athletes traveling outside the US for training or competition
- Delegates & family members traveling with athletes
- High deductible medical plans

To purchase, call 1-800-732-5309. There is a \$13/per trip for a maximum of 30 days or an annual pass at a cost of \$34 per year with unlimited use for MEDEX Plus; or \$3/day for TravMed Abroad

To receive the above discounted rate, you must identify that you are an elite athlete with the USOPC. For more information on please contact the USOPC by phone (800.933.4473 ext 3), fax (719.866.2213) or email (eahi@usoc.org).

USOC NATIONAL DENTAL REFERRAL PROGRAM

EAHI does not include a dental plan. However, basic dental services may be available through the USOPC National Dental Referral Program which consists of a network of volunteer dentists who have agreed to provide screening exams and/or routine (non-elective) dental care to Elite Athletes only. Dependents are not covered under this program.

For further information or to determine if there is a volunteer dentist in your area, please visit <http://www.teamusa.org/For-Athletes/Medical-Services/National-Medical-Network/Medical-Provider-Database/Dentist> or call the USOPC's Sports Medicine Department at 1-800-933-4473 Ext. 2 or email nmn@usoc.org.

VISION PLAN

EAHI does not include a vision plan. However, the USOPC Sports Medicine Department currently runs a vision program for athletes eligible for EAHI to receive up to a year supply of Johnson & Johnson or Bausch and Lomb contact lenses free of charge. Dependents are not covered under this program.

To participate in this program, please send a current prescription (within the past six months) to:

USOPC Sports Medicine Department
Attn: Vision Program
One Olympic Plaza
Colorado Springs, CO 80909

You can fax the information to (719) 632-9282 or email the information to nmn@usoc.org.

Please include

Name

Date of birth

Sport

U.S. mailing address where contact lenses should be mailed

APPENDIX E

U.S. ANTI-DOPING AGENCY (USADA)

INFORMATION ON MEDICATIONS AND SUPPLEMENTS

Three key resources for athletes are Global Drug Reference Online (Global DRO), Drug Reference Line (DRL), the wallet card, the USADA websites.

Global Drug Reference Online (Global DRO)	www.globaldro.com
Drug Reference Line (DRL)	Available Monday – Friday 8:00AM – 4:00PM within the US (800.233.0393) outside of the US (719.785.2010)
Wallet Card	Available in the USADA publications link http://www.usada.org/resources/publications-and-policies/
USADA	Everything on medications, supplements, and Therapeutic Use Exemptions (TUEs) http://www.usada.org/substances Everything related to testing can be found at http://www.usada.org/testing Key USADA resources can be found at http://www.usada.org/resources

TESTING

The USOPC, NGBs, HPMOs, and the World Anti-doping Agency (WADA) Code have authorized USADA to test any athlete who

- Is a member of a license holder of a NGB/HPMO
- Is participating at an event or competition sanctioned by the USOPC or a NGB/HPMO or participating at an event or competition in the United States sanctioned by an IF
- Is a foreign athlete who is present in the United States
- Has given his/her consent to Testing by USADA or who has submitted a Whereabouts Filing to USADA or an IF within the previous 12 months and has not given his/her NGB/HPMO written notice of retirement
- Has been named by the USOPC or an NGB/HPMO to an international team or who is included in the USADA Registered Testing Pool (USADA RTP) or is competing in a qualifying event to represent the USOPC or NGB/HPMO in international competition
- Is a United States Athlete or foreign Athlete present in the United States who is serving a period of ineligibility on account of an anti-doping rule violation and has not given prior written notice of retirement to the his/her NGB/HPMO and USADA or the applicable foreign anti- doping agency or foreign sport association
- Is being tested by USADA under authorization from the USOPC, an NGB/HPMO, IF, any National Anti-Doping Organization (NADO), WADA, the International Olympic Committee (IOC), IPC, or the organizing committee of any event or competition

Some of these athletes may be added to the USADA RTP if they meet NGB/HPMO, USOPC, or USADA criteria. Athletes are notified by e-mail of their inclusion in the pool and rights and responsibilities as being a part of the pool.

Everything for anti-doping testing can be found at <http://www.usada.org/testing> Also, the Sample Collection Video: <http://www.usada.org/collection/> is a helpful tool for those who have never been through the process.

APPENDIX F

ATHLETE CAREER AND EDUCATION PROGRAM (“ACE”)

ABOUT ACE

The ACE Program delivers high quality, comprehensive career and education services aimed at enhancing performance and personal development to both current and retired Team USA athletes. Since its launch in April 2014, the USOPC is committed to working with the nation's top employers and educational institutions to guide Team USA athletes in their successful transition away from elite sport.

The ACE Program helps place eligible athletes in flexible job and education opportunities that afford them the time and financial resources necessary to train and prepare for competition. Through the program, athletes gain valuable, hands-on work experience, as well as essential tools and training to make informed decisions about their career transition, including:

- Career planning and development
- Job-placement assistance
- Transition counseling and support
- Networking opportunities
- Academic advising

ACE SERVICES

CAREERS

Whether you are looking for a part-time job while training, preparing for your career transition, or determining next steps, athlete career coaches provide individual support and connect you with the best resources to achieve success.

EDUCATION

The ACE Program has a number of education resources to meet your unique needs. Team USA athletes are eligible for scholarships through DeVry University and the USOPC.

MENTORSHIP – COMING SOON

ACE Mentor Network offers 1-on-1 live video mentorship with a network of Olympians, Paralympians, and business professionals who help Team USA athletes achieve their goals.

ACE OPPORTUNITIES

DICK’S SPORTING GOODS IS HIRING!

DICK’s Sporting Goods is providing Team USA hopefuls with employment opportunities to help you focus on training for the Olympic or Paralympic Games. DICK’s is committed to supporting athletes with flexible schedules and competitive compensation. Login to the ACE Portal at www.TeamUSA.org/ACE and explore the employment opportunities that are available.

REGISTER FOR THE ACE PROGRAM

Through the online platform, athletes have the ability to proactively seek advice from a career coach, search and apply for jobs, learn more about resume building, interview preparation,

professional seminars and other networking opportunities. Register at www.TeamUSA.org/ACE.

APPENDIX G

2021 LOGAN UNIVERSITY U.S. PARALYMPIC POWERLIFTING NATIONAL TEAM OBLIGATIONS

Failure to comply with the athlete obligations listed below, will result in a suspension of DAS or EAHI, a fine, and/or removal from the 2021 National Team.

- National team members must wear Logan USAPP issued national team apparel at all designated events and competitions.
- National Team members must maintain compliance with Logan HP Service & National Team Athlete Agreement.
- National Team members must maintain compliance with their respective 2021 personal performance plans
- National Team members must comply with USADA, IPC and WADA Anti-Doping policies.
- National Team members must maintain compliance with the US Center of SafeSport training, code and policies
- National Team members must maintain compliance with the USOPC Background check policy
- National team members must uphold and abide by the Logan USAPP Code of Conduct

Fines include but are not limited to failure to meet the body weight class for an international event within 3 days of departure. The following fines will be enforced for not meeting body weight class as previously specified

5lbs-6lbs (2g-3kg) over highest end of weight class	\$75.00
6lbs-10lbs (3kg-4kg) over highest end of weight class	\$125.00
10+ lbs (4+kg) over highest end of weight class	\$175.00