



Member, United States  
Olympic & Paralympic Committee

# USA PARA POWERLIFTING

2022 ATHLETE AND SPORT PROGRAM PLAN

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10-December-2021

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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 has increased over the last five (5) 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 2022. **Table 2** provides an explanation for important abbreviations and acronyms used though out the 2022.

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: 2022 Season**

Season Year	Dates
2022	Start: January 1, 2022 End: December 31 <sup>st</sup> , 2022

**Table 2: Important Abbreviations and Acronyms**

Item	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	-
HPM	High-Performance Manager	-
ED of POD	Executive Director of Paralympic Operations	-

## 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 one (1) athlete via direct invitation or bipartite 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.

### 2022 GOAL 1: HAVE TWO (2) ATHLETES RANKED IN THE TOP 25 ACCORDING TO THE WPPO WORLD RANKINGS

2022 Goal 1 is grounded supporting and growing the USAPP's HP athletes. To achieve 2022 Goal 1, USAPP will be committed to the following Action Items and KPIs.

**Table 3:** HP Specific Goal 1, Action Items, and KPIs

Goal	Action Item	KPI
Have two (2) athletes ranked in the top 25 according to the WPPO World Rankings	a) Host and fund two (2) HP athlete camps	Improvement (placing) of identified HP athlete at domestic and international events
	b) Prepare current USAPP HP and Dev athletes to place in the top five (5) at 2022 domestic and international competitions by increasing opportunities	Host WPPO America's Regional Championship
		Increase the number of identified USAPP HP athletes by 20% based on division standards (2021 baseline = 2)
		Increase the number of WPPO events current USAPP HP and Dev athletes can participate in by 10% (2021 baseline
		Increase number of domestic opportunities for WPPO pathway events by 10% (2021 baseline = 2)

#### 2022 GOAL 2: ESTABLISH AND SUSTAIN YOUTH/JR AND NON-TRADITIONAL DIVISIONS

2022 Goal 2 addresses the need to properly identify, support, and grow USAPP's Youth/Jr Division athletes. In 2021, the organization found that focusing on a Master's Division proved to not be very beneficial for the organization and its athletes. As a result, in 2022 the organization will focus on creating a broader division in the Non-traditional Division. This division will encompass the Master's Division and a special one arm division. To achieve 2022 Goal 2, USAPP will be committed to the following Action Items and KPIs.

**Table 4:** HP Specific Goal 2, Action Items, and KPIs



: Goal	Action Item	KPI
Establish and Sustain Youth/Jr and Non-Traditional Divisions	a) Visit any combination of six (6) high schools, universities, colleges, and/or disability-specific sport organizations	Increase Youth/Jr specific RHs by 10% (2021 Baseline = 2)
	b) Host two (2) Youth/Jr and/or Non-Traditional USAPP event	Identify two (2) Youth/Jr athletes by division standards to be placed on the pathway for the 2027 World Championships (2021 baseline = TBD)
		Recruit 15% of participants from Youth/Jr specific visits and/or Military Adaptive Sports' Programs (MASP) camp for USAPP domestic competition (2021 baseline = TBD)
	c) Maintain involvement with Military Adaptive Sports Program (MASP)	Visit two (2) military branches and host advanced USAPP athlete and coach's camp

#### 2022 GOAL 3: INCREASE OPPORTUNITIES OF USAPP DEVPIP AND ADP

2022 Goal 3 is supports the DevPip and ADP. The goal ensures the DevPip is provided with structured educational opportunities that allow for cohesiveness among the groups. Goal 3 also provides the DevPip the opportunity to be involved in the development of governance that will help ensure USAPP has proper representation across its membership community. The organization will be dedicated to the following Action items and KPIs.

**Table 5:** HP Specific Goal 3, Action Items, and KPIs

Goal	Action Item	KPI
Increase opportunities for USAPP members	a) TO and Classifier Committees are established and operational	Host two (2) educational forum for TOs in conjunction with approved competition
		Approved standards for National Classifiers and TO
	b) Coach's education and program committee established and operational	Established in person/practical component for all USAPP Coach Certifications
		Revise of the Coach's Pathway
	c) ADM in active development	Phase 1: "Discover =, Learn and Play" of the ADM developed and implemented
	d) Lay foundation for USAPP Athlete Advisory Committee (AAC)	Write Committee policies and procedures of USAPP AAC

#### DIVERSITY INITIATIVES

The POD and the sports commitment to an inclusive environment in the adapted sport movement. To achieve this Goal, USAPP will be committed to the following action items and KPIs.

**Table 6: DEI Initiative**

Goal	Action Item	KPI
Establish DEI	Partner with Logan's community on DEI plan created in 2021 for implementation within the department and across its programs	Phase I of DEI plan implemented. Metrics will be created based on the plan developed

#### 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 has formalized 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 is 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 is responsible for quarterly reports that will be provided the ED of the POD.

### POD Handbook Athlete Advisory committee

The POD has implemented a department handbook. This Handbook will ensure the department follows 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 has taken the steps to formalize an Athlete Advisory Committee for the sport to better align the department's mission and with the USOPC standards.

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

In line with the program goals for 2022; USAPP will be making the following changes to its National standards team.

### **NOMINATIONS**

Athletes will be nominated to a USAPP National Team for 2022, based on the athletes' performances at designated events. Performances are judged against the national division standards. The standards are based on Bronze medal performance at the 2021 Summer Paralympic games in Tokyo, Japan, will remain in effect through the 2022 competition year.

The 2022 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 2021 Summer Paralympic games in Tokyo, Japan.

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 2022 NATIONAL TEAM BENEFITS section of this document. Only athletes the 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 2022 NATIONAL TEAM BENEFITS section of this document. The current national division standards can be found in

<b>Men's Youth/Jr Division</b>	<b>MQS (kg) (ages 15-17) 40% off Tokyo Gold</b>	<b>MQS (kg) (ages 18-20) 45% off Tokyo Gold</b>	<b>Women's Youth/Jr Division</b>	<b>MQS (kg) (ages 15-14) 40% off Tokyo Gold</b>	<b>MQS (kg) (ages 18-20) 45% off Tokyo Gold</b>
Up to 49kg	69	78	Up to 41kg	43	49
Up to 54kg	70	78	Up to 45kg	43	48
Up to 59kg	75	84	Up to 50kg	48	54
Up to 65kg	79	89	Up to 55kg	50	56
Up to 72kg	91	103	Up to 61kg	52	59
Up to 80kg	94	105	Up to 67kg	53	60
Up to 88kg	92	104	Up to 73kg	55	62
Up to 97kg	91	102	Up to 79kg	56	63
Up to 107kg	98	110	Up to 86kg	60	68
Over 107kg	96	108	Over 86kg	61	69

## APPENDIX A

### DESIGNATED EVENTS

Designated event (denoted with an asterisk) listed in **Table 7** will be nominated to the respective 2022 national team. All 2022 Designated Events are subject to change per the WPPO publication of required events for the Paralympic games scheduled for summer of 2024.

Athletes looking to become eligible for the Open National team will be required to attend all the events listed in **Error! Reference source not found.**

**Table 7:**2022 Designated Events

Month	Event	Location
Nov (2021)	REQUIRED (International Pathway) WPPO SANTIONED INTERNATIONAL COMPETEITION: WPPO World Championship	Tbilisi, Georgia
January	TBD	TBD
February	TBD	TBD
March	Domestic/Regional Qualifier (Domestic Pathway) for America's Championships, Chesterfield, Missouri	San Antonio, Texas
April	TBD	TBD
May	TBD	TBD
June	OPTIONAL: Domestic/Regional Qualifier (Domestic Pathway) for WPPO World Cup, Fazza, Dubai	Edmond, Oklahoma
July	REQUIRED WPPO SANTIONED INTERNATIONAL COMPETEITION: WPPO America's Championship	Chesterfield, Missouri
August	TBD	TBD
September	TBD	TBD
October	TBD	TBD
November	TBD	TBD
December	OPTIONAL (International Pathway) WPPO SANTIONED INTERNATIONAL COMPETITION: WPPO World Cup	Fazza, Dubai

\*Please not that this schedule is subject to change per changes to WPPO's Pathway.

### TEAM NOMINATION DATES, REQUIREMENTS, AND STANDARDS

The USAPP 2022 national team status will apply from January 1, 2022, through December 31, 2022. 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 2022 NATIONAL TEAM BENEFITS section of this document.

Athletes who meet a National Team standard during 2022, at a designated event, become eligible for national team benefits and will retain their national team status through December 31, 2022. 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 8**.

Athletes nominated to the 2022 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.**

Athletes will be required to meet all standards and criteria as set forth for DAS funding in the 2022 USA Para Powerlifting Statement of Performance.

**Table 8:** 2022 Season Quarterly Nomination Dates.

Quarter	Date
1	January 15
2	April 15
3	July 15 <sup>th</sup>
4	October 15

Athletes nominated to the Open A, B, C, or Youth/Jr National Team must

1. Athlete must be a national of the United States at the time of selection.
2. Athlete must hold a valid U.S. travel passport that will not expire for six months after the conclusion of the 2022 competition season
3. Athlete must hold an active World Para Powerlifting Organization (WPPO) License for the 2022 season.
4. Athletes must be internationally classified with a “New” or “Confirmed” sport class status or a “Review” sport class status with a review date set for after the 2021 World Championships. Athletes who have never been internationally classified and/or have designated sport class status of “R” (Review) will/may be required to go through International Classification prior to receiving DAS
5. Must be a member in good standing of USAPP
6. Must be in compliance with, at all times, with Logan’s POD adoption of the US Center for SafeSport (USCSS) Code
7. Must be in compliance with, at all times, with Logan’s POD adoption of the USOPC’s Background check policy
8. Must be in compliance with, at all time, Logan’s POD membership and code of anti-doping and education requirements for USAPP

9. Must have successfully completed a USAPP Level I athletes camp prior to attending a selection event
10. Must be in compliance with, at all times, with the USA Para Powerlifting Team Rules
11. Must be in compliance with, at all times, with the USA Para Powerlifting Direct Athlete Support and High-Performance Service Program Agreement (if applicable)
12. Must be in compliance with, at all times, with all applicable USA Para Powerlifting Travel Agreement(s)

## 2022 NATIONAL TEAM BENEFITS

### OPEN A, AND B NATIONAL TEAM

**Table 9** list items the National Open A and B Team members may be eligible for. Athletes must meet all the criteria set forth in the TEAM NOMINATION DATES, REQUIREMENTS, AND STANDARDS section of this document.

**Table 9:** Open A and B National Team Benefits

Item	Provider	Additional information
Additional Athlete Support Programs	Provided by Logan	See Appendix C for details
DAS	Provided by USOPC	See APPENDIX Bfor details
EAHI	Provided by USOPC	See APPENDIX D <b>Error! Reference source not found.</b> for details
Travel expenses associated with designated domestic (non-WPPO sanctioned) 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 Logan	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	TBD as the USOPC has changed airline partners.
Career Development	Provided by USOPC Athlete Career Program (ACE)	See <b>Error! Reference source not found.</b>
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	See <b>Error! Reference source not found.</b> for

	Provided by Logan	details Contact ED of POD and HPM of 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
National Team Uniform	Provided by Logan	Reimbursed for purchase of Singlet
Additional Resources	<a href="http://www.teamusa.org/For-Athletes">http://www.teamusa.org/For-Athletes</a>	

#### OPEN C NATIONAL TEAM

Athletes who meet the Open C National Team standards during 2022, at a designated event, may be invited to participate in selected Logan USAPP events should they meet all 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 10** and be given the opportunity to purchase the Logan USAPP National Team uniform.

**Table 10:** Open C National Team Benefits

Item	Provider	Additional information
Additional Athlete Support Programs	Provided by Logan	See Appendix C for details
Athlete Stipend	Provided by USOPC	See APPENDIX B for details
Merchandise discounts	Provided by Logan	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 ED of the POD Operation or HPM 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 ED of POD and HPM of USAPP for details and information

#### YOUTH/JR NATIONAL TEAM

Athletes who meet the Youth/Jr National Team standards during 2022, 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 11** and be given the opportunity to purchase the Logan USAPP National Team uniform.



**Table 11:** Youth/Jr National Team Benefits

Item	Provider	Additional information
Athlete Stipend	Provided by USOPC	See APPENDIX B for details
Merchandise discounts	Provided by Logan	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 ED of POD or HPM for USAPP for details and information
Tuition Grants	Provided by Logan	Contact ED of POD or HPM of USAPP for details and information

**2022 NATIONAL TEAM DESIGNATED EVENTS**

The 2022 National Team(s) designated events can be found in **Table 7**. Athletes will be required to attend all the activities listed in **Table 7** 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 the athlete's HP service agreement (as applicable).

**ATHLETE FUNDING OPPROTUNITIES****2022 OPERATION GOLD FUNDING**

USOPC will award Operation Gold funds in PWR based off 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 12**. Note, there is no designated operation Gold Event by the USOPC for PWR in 2022.

**Table 12:** Operation Gold Funding

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

6 <sup>th</sup>	\$3,125	\$3,125	\$3,750	
7 <sup>th</sup>	\$2,500	\$2,500	\$2,500	
8 <sup>th</sup>	\$2,500	\$2,500	\$2,500	

In the Olympic and Paralympic year, multiple Operation Gold Awards may 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. Note, there is no designated operation Gold Event by the USOPC for PWR in 2022.

#### PARALYMPIC OPERATIONS DEPARTMENT PRIZE MONEY PROGRAM

For international events in 2022 (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 13** and **Table 14**.

**Table 13:** Open Division Prize Money of International Events

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

**Table 14:** Junior Division Prize Money for International Events

Paralympic Operations Department Prize Money for International Events – Junior Division	
1 <sup>st</sup>	\$2,500.00
2 <sup>nd</sup>	\$2,000.00
3 <sup>rd</sup>	\$1,750.00

Prize money will be disbursed after each qualifying event. Athletes' competing 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. An example of this is if an athlete competes in the open division and places 3<sup>rd</sup> and in the junior division and places 6<sup>th</sup> the athlete will receive the prize money only from the open division place finish as it is the higher of the two prize awards.

**Table 15** list the international event eligible for the Logan Paralympic Operations Department Prize Money program.

**Table 15:** 2022 Logan Paralympic Operations Department Prize Money Eligible Events

Event	Location
REQUIRED (International Pathway) WPPO SANTIONED INTERNATIONAL COMPETEITION: WPPO America's Championship	Chesterfield, Missouri

#### DAS

Athletes that hit the National Open A, B, or C team standard at designated 2022 competition year event(s) listed in **Table 7**. The National Open A, B, and C team standards will be updated throughout the competition year in accordance with the updates made to the international MQS established by WPPO. The standards will be reviewed each quarter and updated accordingly. Standards and an updated competition calendar will be posted at [www.logan.edu/usapp](http://www.logan.edu/usapp)

National A, B, and C Teams standards will be evaluated at the beginning of each quarter (February, May, and November). There will be no carry over if an athlete's MQS the previous quarter now meets the next quarters standards. When the new quarter starts, the athletes will need to hit the MQS within that quarter at a designated event in order to meet the current standard. Funds and EAHF will be eligible to individuals who meet the following criteria:

Athletes that meet the National Open A team standard will receive a total of \$10,000. This amount will be disbursed in monthly installments and **only** after it has been verified the athlete meets all the criteria listed above once the standard is achieved. This will be processed the first Friday of each month and split into equal payment distributions starting the month the athlete achieved the standard through December.

Athletes that meet the National Open B team standard will receive a total of \$5,000. This amount will be disbursed in monthly installments and **only** after it has been verified the athlete meets all the criteria listed above once the standard is achieved. This will be processed the first Friday of each month and split into equal payment distributions starting the month the athlete achieved the standard through December.

Athletes that meet the National Open C team standard will receive a total of \$2,500. This amount will be disbursed in monthly installments and **only** after it has been verified the athlete meets all the criteria listed above once the standard is achieved. This will be processed the first Friday of each month and split into equal payment distributions starting the month the athlete achieved the standard through December.

All athletes that meet the National Open A, B, and C Team Standards will be eligible for EAH through December 2022.

If an athlete achieves a higher standard throughout the calendar year, they will receive the difference between the standards, an athlete can only receive a maximum of \$10,000 per calendar year.

Athletes achieving National A, B or C Team standards in 2022 can only receive the maximum total disbursement in the year as outlined below in **Table 16**.

If it is found at any time that an athlete fails to meet any of the criteria listed above the athlete will have DAS funds withheld for that funding distributed period. The athlete will have until the next funding distributed period to come into compliance with the criteria listed above. If the athlete fails to come into compliance twice in the 2022 competition year, the athlete will forfeit the remaining balance of his/her/their DAS funds.

**Table 16:** 2021 DAS Funding

National Team Standard	DAS	Disbursement Schedule	Quarterly Amount Requested
National Open A Team	\$10,000.00	Quarterly Disbursement	\$2,500.00
National Open B Team	\$5,000.000	Quarterly Disbursement	\$1,250.00
National Open C Team	\$2,5000.00	Quarterly Disbursement	\$625.00
National Jr/Youth Team	\$1,250.00	Quarterly Disbursement	\$312.50

DAS will be disbursed once the standard for the team is achieved. Athletes will be eligible to hit standards at any of the competitions/qualifiers listed in **Table 7**.

#### **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 WPPO approved/sanctioned events. The US MQS will be equal or greater than WPPO's MQS to ensure athletes selected to international teams will be competitive at international competitions. US MQS are set by the USAPP HP Team and will be adjusted quarterly as WPPO adjusts its MQS.

The MQS are based on the current National Open A and Youth/Jr A standards as shown in **Table 17** and **Table 18**.

**Note: Standards will be updated quarterly according to the posted international MQS**

**established by WPPPO:**

Athletes that 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 17:** Open Division MQS

Men's Open Division	MQS (kg) (60% of Tokyo Gold Medal)	Women's Open Division	MQS (kg) (60% off Tokyo Gold Medal)
Up to 49kg	104	Up to 41kg	65
Up to 54kg	104	Up to 45kg	64
Up to 59kg	112	Up to 50kg	72
Up to 65kg	119	Up to 55kg	75
Up to 72kg	137	Up to 61kg	79
Up to 80kg	140	Up to 67kg	80
Up to 88kg	139	Up to 73kg	82
Up to 97kg	136	Up to 79kg	85
Up to 107kg	147	Up to 86kg	91
Over 107 kg	145	Over 86kg	92

**Table 18:** Youth/Jr Division

Men's Youth/Jr Division	MQS (kg) (ages 15-17) 40% off Tokyo Gold	MQS (kg) (ages 18-20) 45% off Tokyo Gold	Women's Youth/Jr Division	MQS (kg) (ages 15-14) 40% off Tokyo Gold	MQS (kg) (ages 18-20) 45% off Tokyo Gold
Up to 49kg	69	78	Up to 41kg	43	49
Up to 54kg	70	78	Up to 45kg	43	48
Up to 59kg	75	84	Up to 50kg	48	54
Up to 65kg	79	89	Up to 55kg	50	56
Up to 72kg	91	103	Up to 61kg	52	59
Up to 80kg	94	105	Up to 67kg	53	60
Up to 88kg	92	104	Up to 73kg	55	62
Up to 97kg	91	102	Up to 79kg	56	63
Up to 107kg	98	110	Up to 86kg	60	68
Over 107kg	96	108	Over 86kg	61	69

## APPENDIX A

### 2022 NATIONAL TEAM STANDARDS

**Note: Standards will be updated quarterly according to the posted international MQS established by WPPO:**

#### NATIONAL OPEN TEAM STANDARDS

Weight Class	National A (kg) (3% off Tokyo Gold Medal)	National B (kg) (5% off Tokyo Gold Medal)	National C (kg) (7% off Tokyo Gold Medal)
<b>Men</b>			
Up to 49kg	168	164	161
Up to 54kg	169	165	162
Up to 59kg	181	178	174
Up to 65kg	192	188	184
Up to 72kg	221	217	212
Up to 80kg	227	222	218
Up to 88kg	224	219	215
Up to 97kg	220	216	211
Up to 107kg	238	233	228
Over 107kg	234	229	224
<b>Women</b>			
Up to 41kg	105	103	100
Up to 45kg	104	102	100
Up to 50kg	116	114	112
Up to 55kg	121	119	116
Up to 61kg	127	124	122
Up to 67kg	129	126	124
Up to 73kg	133	130	127
Up to 79kg	137	134	131
Up to 86kg	146	143	140
Over 86kg	148	145	142

#### YOUTH/JUNIOR STANDARDS

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Weight Class	National Team (kg) (9% off Tokyo Gold Medal)
<b>Men</b>	
Up to 49kg	157
Up to 54kg	158

Up to 59kg	170
Up to 65kg	180
Up to 72kg	207
Up to 80kg	213
Up to 88kg	210
Up to 97kg	207
Up to 107kg	223
Over 107kg	219
<b>Women</b>	
Up to 41kg	98
Up to 45kg	97
Up to 50kg	109
Up to 55kg	114
Up to 61kg	119
Up to 67kg	121
Up to 73kg	125
Up to 79kg	128
Up to 86kg	137
Over 86kg	139

## APPENDIX B

### 2022 LOGAN UNIVERSITY U.S. PARALYMPICS POWERLIFTING DIRECT ATHLETE SUPPORT (DAS)

- DAS is processed quarterly.
- 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 2022 Logan HP Service & National Team Athlete Agreement, personal performance plan obligations, Logan USAPP USA Code of Conduct, and all POD policies and procedures. 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/they are 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 the 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

### 2022 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

### 2022 LOGAN UNIVERSITY U.S. PARALYMPIC POWERLIFTING EAH

#### ELIGIBILITY AND CRITERIA

- The USOPC agrees to provide up to two (2) EAH slots to athletes who meet the eligibility and criteria. The approved EAH eligibility and criteria for EAH is as follows:
  - Athletes can achieve Elite Team Member status by meeting the A or B standard at a 2022 designated event. Only athletes with Elite Team Member status will be eligible for consideration for EAH.
  - Should more than two (2) athletes achieve Elite Team Member status, the two (2) athletes with the highest percentage lift at one of the 2022 designated events, as compared to the relevant Tokyo Bronze, will be considered eligible for EAH.
  - Should more than two (2) athletes be eligible after the above criteria is applied, the two (2) athletes with the highest WPPO World Ranking as of June 30, 2021 will be considered eligible for EAH.
- 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 EAH 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 EAH 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](mailto: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](mailto: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](mailto: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)	<a href="http://www.globaldro.com">www.globaldro.com</a>
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 <a href="http://www.usada.org/resources/publications-and-policies/">http://www.usada.org/resources/publications-and-policies/</a>
USADA	Everything on medications, supplements, and Therapeutic Use Exemptions (TUEs) <a href="http://www.usada.org/substances">http://www.usada.org/substances</a> Everything related to testing can be found at <a href="http://www.usada.org/testing">http://www.usada.org/testing</a> Key USADA resources can be found at <a href="http://www.usada.org/resources">http://www.usada.org/resources</a>

#### 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/their 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 his/her/their 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](http://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](http://www.TeamUSA.org/ACE).

## APPENDIX G

### 2022 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 2022 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 and all applicable policies and procedures.

Fines include, but are not limited to, failure to meet the body weight class for an international event within three (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	<b>\$75.00</b>
6lbs-10lbs (3kg-4kg) over highest end of weight class	<b>\$125.00</b>
10+ lbs (4+kg) over highest end of weight class	<b>\$175.00</b>