

# USA SHOOTING

## RESIDENT ATHLETE CRITERIA & REQUIREMENTS

July 2018

### I. The USA Para Shooting Resident Athlete Program:

#### A. Mission Statement

The primary mission of the Resident Athlete (RA) program is to provide qualifying developing elite and elite athletes with an environment and opportunities to develop and maximize medal winning potential in major international competitions with emphasis on the Olympic Games.

#### B. Resident Athlete Allocations and Distribution

1. The number of RA spaces and allocation of those spaces to the National Governing Bodies (NGBs) is awarded by the United States Olympic Committee (USOC) on an annual basis. RA awards are based on athletic performance, demonstrated potential, work ethic and a commitment to USAS and the shooting sport.
2. Criteria determining USAS discipline resident allocations and athlete selection:
  - a. Number of Paralympic Team berths per discipline.
  - b. Demonstrated performance level of all discipline athletes, current resident athletes and qualified athletes seeking resident status.
  - c. Developmental needs of each discipline.

### II. Acceptance and/or Continuation in the Resident Athlete Program

#### A. Application Criteria for Resident Athlete Status.

1. All athletes seeking resident status or current RAs desiring to retain resident status must submit an application requesting consideration for the next resident year in accordance with application criteria and timeframes. The USAS resident year is typically from January 4 through December 15. However, individuals may apply and be admitted to the program through the year on a case by case basis. Applications for residency will include the following:
  - a. The current USOC resident athlete application form (obtained from the discipline National Coach) completed in its entirety.
  - b. A listing of all competitions attended during the most recent 18 months and scores for each competition.

- c. The athlete's current monthly training plan.
  - d. National Coach's endorsement of application containing identification of the World Shooting Championship and/or Olympic year the applicant is projected to medal.
  - e. The applying athlete will work with the National Coach to develop a performance plan outlining yearly improvement objective from current performance average to projected competition goals as well as goals and accountabilities for the upcoming resident year. Goals and accountabilities will be written and may exceed the number referenced on the USOC RA application.
  - f. All information provided in the RA application process is considered confidential between the athlete and USAS staff.
  - g. All resident athlete applicants must be 18 years of age.
2. The Director of Operations and National Coaches will review the applications and recommend selected resident athletes for approval to the USOC. Those recommendations will be determined by those athletes forecasted to have the best medal winning potential both present and future.
  3. Status as a RA is a privilege and requires full compliance with the USOC and USAS Codes of Conduct, policies, requirements and rules as established and modified from time to time.
  4. RA status is a substantial commitment by the athlete and USA Shooting requiring best efforts by both to achieve mutual goals.
- B. Criteria for all new or returning resident athletes.
1. All resident athletes will develop, with their national coach and approved by the Director of Operations, a specific performance plan for yearly progression from the current performance level to that level required to reach the podium in ISSF competition. The plan will address the following:
    - a. Specific performance and outcome goals for the upcoming year.
    - b. Expected yearly performance average increase in events of participation.
    - c. Expected WSPS Championship Teams the athlete is forecasted to qualify to and expected results.
    - d. New resident athletes will be on probationary status for 120 days. Specific expectations will be established for that time period which will include performance, work ethic, demonstrated potential, social skills and the ability to contribute to the Team chemistry and harmony.

2. Each RA will discuss goal and accountability attainment with his or her National Coach before submitting an application for the next resident year. Agreed upon goals and accountabilities will be written. The review of the current resident year will be conducted in the fall after the completion of the major competition season.
  3. Residents are expected to achieve a minimum of 70% of established annual goals to be retained in the resident program. Some flexibility based on personal circumstances will be considered when determining goal attainment.
  4. RAs are expected to qualify to for the finals in an WSPS competition within two years and earn a berth on a USA Shooting Team (World Championships, Paralympics) within four years as a minimum. RAs should be WSPS medal contenders within four years
  5. RAs must meet and abide by the USA Shooting Code of Conduct and Participant's Agreement as well as all requirements established by USOC and USA Shooting.
  6. RAs will participate in USOC sponsored community service and personal development programs as requested as well as USA Shooting and USA Shooting Team Foundation promotional and fundraising activities. Such commitments will be coordinated with the athlete's training and competition plan through their National Coach.
  7. RAs are allowed to have a part-time job but at no time work more than 20 hours per week or allow work to interfere with training or performance improvement. This includes participation in all programs adopted by USAS designated to be performance enhancing.
  8. RAs are encouraged to further their education but may not take more than nine (9) college credit hours without specific approval from the National Coach and Director of Operations. At no time are classes to be scheduled that interfere with attainment of the established goals and accountabilities established in the athlete's plan.
  9. Both work and education commitments are to be coordinated with the National Coach prior to making such commitments.
  10. RAs will train per their approved training plan, during designated training times established by the national coach, unless the coach specifically approves a planned absence. More than one absence per week to established training times must be approved by the Director of Operations. Unexcused absence(s) from training may result in dismissal from the resident program. RAs will have range and training access in addition to formally scheduled training.
- C. Resident athletes dismissed from the program or who are not selected for retention may appeal to USA Shooting's Executive Director.

I, \_\_\_\_\_, have read carefully and completely the USA Shooting Resident Athlete Criteria and Requirements. I understand that participation in the USA Shooting Resident Athlete Program is based on my performance. I also understand that should I not meet the established criteria and requirements agreed upon with my National Coach and USA Shooting, I may be dismissed from the program at any time. Further, I understand that I am accountable for my actions under the USA Shooting Code of Conduct and Participant's Agreement and that any infraction could result in disciplinary action under the Code of Conduct and possible dismissal from the program.

\_\_\_\_\_  
Resident Athlete Signature

\_\_\_\_\_  
Date

#### Para resident program requirements

1. Mandatory range training hours are 8:30 to 11:30, Monday through Friday
  - a. Be ready to shoot by 8:30
2. 1:00 to 4:00 is for Gym, sports Psychology and other training.
  - a. Be on the range if no gym, sports psych or other training
  - b. Appointments need to be made in the afternoons unless otherwise approved
3. The athletes are responsible for their own gear, equipment and gun for training
4. Training plans and other documents are required to be turned into either National Para coach or assistant National Para coach
5. Resident athletes will compete in all PTO events available (depending on international schedule)
6. Athletes will compete in all events they are registered for
  - a. Exceptions are due to verified illness or verified gun malfunction
7. Athletes will be available for and compete in all finals opportunities
  - a. Exceptions are due to verified illness or verified gun malfunction
8. Resident athletes will be reviewed every 90 days
  - a. Athletes not training, showing up late, not turning in training plans and or documents will be removed from the resident program and given a Facility use pass
  - b. Athletes with facility use not training, competing, showing up late, not turning in training plans and or documents will be removed from the Facility use program