



## Resident Team Program Colorado Springs Olympic Training Center

USA Paratriathlon is continuing the Resident Team Program at the Colorado Springs Olympic Training Center (CSOTC) beginning on January 7<sup>th</sup>, 2022 with continuance through the 2024 Paralympic Games.

Athletes will reside in dormitories at the CSOPTC (at USAT's expense) or off campus (at their own expense). Primary benefits of the program include but are not limited to: CSOPTC facility access, meals on campus, housing on campus, daily coached session, group training as appropriate, sport science testing, sports psychology sessions, nutritional counseling, community outreach and media training. Specific training and competition will be tailored to individual athletes' needs while utilizing the daily training environment to maximize group synergy as much as is practical. Coached sessions will include multiple swim, bike, run, and strength sessions per week.

### **PARTICIPANTS & PROGRAM SIZE**

*2022 The program will be capped at 10 athletes, six (6) on campus and four (4) off-site athletes. Program size is not guaranteed and must be approved by USOPC Paralympic Sport Performance. Program maximum does not mean the cap must be reached*

*2020 Program maximum size may vary from year to year.*

*Athletes are required to apply annually.* Accepted athletes are expected to commit to a full calendar year and be training towards a podium finish at the 2024 Paralympic Games. Natural break periods for visits to family/friends will be built into the Resident Team Program training cycles.

Accepted athletes must suspend working with their current triathlon coach once the Resident Team Program has begun. The Resident Team Head Coach will take over as the sole coach of the resident athlete from that point forward.

Athletes living on-campus will have their housing and meals paid for by USAT/USOPC.

Athletes living off-campus will be responsible for the cost of living in the Colorado Springs area. Access to meals and training facilities, at the OPTC, will be paid for by USAT/USOPC.

### **APPLICATION & ACCEPTANCE**

An application for the Resident Team Program is available at [www.usaparatriathlon.org](http://www.usaparatriathlon.org). Any athlete who wishes to participate must apply and be formally accepted into the Resident Team Program. Acceptance to the Resident Team Program will be at the sole discretion of USA Triathlon and approved by the USOPC Paralympic Sport Performance. All positions in the Resident Team Program will not necessarily be filled.

For consideration applicants must:

- Be at least 18 years of age
- Be a current U.S. Citizen eligible to represent the U.S. in the Paralympic Games
- Be Tokyo 2020 Games eligible
- Have completed High School or earned an equivalent degree
- Maintain a 2.5 GPA for college classes taken while a resident athlete (if applicable)
- Be willing to submit to a complete health profile coordinated by USOPC Support Providers including thorough medical history, comprehensive physical examination, nutritional and psychological profile.
- Sign the USAT Resident Program Agreement
- Be fully vaccinated against COVID-19 per USOPC policy

Evaluation of athletes for acceptance to the Resident Team Program will consider a wide range of factors including:

- Space availability
- Relevant performance data from current quadrennium
- Athlete's current "home" training environment
- Potential for athlete to medal at the World Triathlon Para Championships, the World Triathlon Para Series, the 2023 World Triathlon Paris Test Event, and 2024 Paralympic Games
- Impact of the Resident Team Program on the athlete's medal potential
- Athlete's desire and willingness to commit fully to an extended training period (1-3 years) in the Resident Team program
- Personality and coaching philosophy cohesion between resident team head coach and potential resident athlete
- Personality and cohesion between athletes in the resident program

### **IMPORTANT DATES**

*October 1, 2021 – Application period begins*

*October 18, 2021 – All applications for resident program are due to the Paratriathlon Director (Amanda.Duke@usatriathlon.org)*

*Week of November 8th 2021 – Applicants will be notified of their status/acceptance into the Resident Program*

*January 7, 2022 – Resident Team Program Moving- In Day*

*January 10, 2022 – first day of training at OPTC*

### **CSOPTC WAIVER AND PARTICIPATION FORMS**

Upon acceptance into the Resident Team Program, all participants are required to sign the following CSOTC forms:

- USOC Waiver and Release of Liability
- Participation Consent
- Participant Code of Conduct
- Resident Team Athlete Application
- United States Olympic Training Center Participant Biography
- Olympic Training Center Participant Medical History Questionnaire

- HIPAA Form

**\*Beginning November 1, 2021, all coaches and athletes who access the OPTC MUST be vaccinated against COVID -19. Vaccination card will need to be provided for verification.**

### **EXPECTATIONS OF PARTICIPANTS**

All participants in the Resident Team Program are responsible for fulfilling program commitments as detailed below and in **Attachment A: USA Paratriathlon Resident Team Program Rules & Responsibilities**. Failure to meet Resident Team Program requirements may result in removal from the Resident Program.

- Resident Athletes are expected to commit to the Resident Team Program for a minimum period of one year and potentially through *the 2024 Paralympic Games*
- Resident Athletes are expected to attend all scheduled practices and participate in all scheduled competitions throughout the Resident Team Program period, unless excused by the Paratriathlon Program Director prior to the competition or the Resident Team Head Coach prior to the scheduled practice
- Sports Medicine resources will be utilized to keep Resident Athletes healthy and injury-free. However, if a Resident Athlete sustains a long-term illness or serious injury that compromises his/her ability to train over an extended period of time, continued participation in the Resident Team Program may not provide the athlete with a significant performance benefit and the athlete may be removed from the Resident Team Program.
- Resident Athletes are expected to be mature, responsible, and behave accordingly at the CSOPTC and at all Resident Team Program activities
- Resident Athletes in the Resident Team Program will sign and abide by the USAT Code of Conduct
- Resident Athletes are strongly encouraged to attend school, be employed part time and/or volunteer regularly however, school and work schedules must be arranged around training times. Work and school schedules must be reviewed and APPROVED by the Resident Team Head Coach and Paratriathlon Program Director prior to beginning the school and/or work activity. The Resident Team Head Coach and Paratriathlon Program Director have the ability to set a maximum time spent working and going to school such that such time away has a minimal impact on training

### **COACHING STAFF**

The Paratriathlon Resident Team Program will be directed by the Resident Team Head Coach. USOPC Sport Performance staff will assist with sport science, weight room conditioning support, nutrition support, and sport psychology support.

*If you have any questions please contact:*

*Derick Williamson*  
*Paratriathlon Resident Team Head Coach*  
[derick.williamson@gmail.com](mailto:derick.williamson@gmail.com)

*Amanda Duke Boulet*  
*Paratriathlon Program Director*  
[Amanda.duke@usatriathlon.org](mailto:Amanda.duke@usatriathlon.org)

*Swim Specialist*

*TBD*

### **Resident Team Head Coach Bio**

Derick has been the USA Paratriathlon resident team head coach since the program's inception in 2018. During this time, resident team athletes have achieved numerous World Paratriathlon Series and World Championship podiums. After the postponement of the 2020 Paralympic Games, he and his team shifted their energy to a fundraiser to support the local community and USA Triathlon members that had been financially impacted by COVID. They rode across the state of Colorado as a team relay in less than a day raising over \$20,000 in the process! Derick takes this same approach of a team accomplishing more than an individual into his pursuit of numerous medals at Tokyo in 2021. At the postponed Tokyo Paralympic Games, Derick took 4 of the resident team program athletes to two gold medals, one silver medal, and one 5<sup>th</sup> place finish.

Derick has worked closely with the USA Triathlon's Collegiate Recruitment Program since 2012 as well as a lead instructor for USA Cycling's education curriculum. Derick is a faculty member for Center of Creative Leadership working with global executives to enhance their leadership skills through the implementation of a healthy and active lifestyle.

Derick holds a master's degree in Sports Science and Nutrition from the University of Texas at Austin, as well as an undergraduate degree in Health Promotion and minor in Exercise Science from Appalachian State University in Boone, North Carolina. He was named the 2018 USAT Paralympic Coach of the Year.

When not working he spends times chasing adventures with his wife and young son in the mountains of Colorado!

**ATTACHMENT A**  
**USA Paratriathlon Resident Team Program**  
**Rules & Responsibilities**

USAT has established a Resident Team Program at the U.S. Olympic and Paralympic Training Center – Colorado Springs (CSOPTC), *beginning in April 2018 and continuing through the 2024 Paralympic Games. The Resident Team Program is directed by the Paratriathlon Resident Team Head Coach along with the Paratriathlon Program Director.*

The Resident Team Program has been created to enable paratriathletes who have demonstrated the capacity to medal at the Paralympic Games the opportunity to increase the chances of realizing that potential through participation in a comprehensive, full-time training program. The Resident Team Program is appropriate for athletes committed to a full-time training plan in a small group setting under the leadership of USAT's High Performance team.

*Participation in the Resident Team Program does not entitle the athlete to participate in World Championships, the Paralympic Games, or other major international competitions. To be named to these competitions an athlete must qualify through the respective selection procedures. Participation in the program does not affect national team status. Participation in the Resident Team Program is voluntary and is contingent upon agreement to and compliance with the specific terms and conditions of the Resident Program.*

**Athlete Benefits**

Athletes accepted to the Resident Team Program will be eligible to receive the following benefits:

- On campus: room and board at the CSOPTC at no cost to the athlete
- Day-to-day group and individual training sessions led by the Resident Team Head Coach
- Access to sports medicine, nutrition counseling, sports psychology, and other USOPC sport performance services as directed by the Resident Team Head Coach and approved by USOPC Paralympic Sport Performance
- Access to the Resident Team Toyota Sienna, if valid drivers license and personal insurance is submitted to USAT, to get to and from trainings as needed *\*not for personal use*

**Athlete Obligations and Responsibilities**

Each athlete participating in the Resident Team Program is required to:

- Cover his/her own expenses for moving to Colorado Springs (airfare, gas, shipping costs, etc.).
- Commit to a full calendar year term in the Resident Team Program and be prepared to live and train at the CSOPTC up until the 2024 Paralympic Games. *All resident athletes will be required to re-apply annually*
- Follow the individualized training program defined by the Resident Team Head Coach
- Develop short, mid, and long-term performance markers with the Resident Team Head Coach, pursue achievement of those markers, and keep a written log of training and results as required by the Resident Team Head Coach

- Attend training sessions, competitions and other team activities (meetings, media training, community appearances, OPTC special events, etc.) as directed by the Resident Team Head Coach and/or Paratriathlon Program Director.
- Participate in all sport science testing, sport psychology sessions and nutrition counseling as directed by the Resident Team Head Coach
- Wear USAT uniforms, competition wear and other clothing at official competitions and functions as directed by the Resident Team Head Coach and/or Paratriathlon Program Director
- Provide his/her own clothing and equipment appropriate for training and competition, except when required to wear USAT provided uniforms and competition wear
- Abide by the USA Paratriathlon National Team Athlete Agreement (if applicable) or the USA Paratriathlon Resident Team Athlete Agreement
- Abide by the rules of the CSOPTC
- Secure pre-approval by the Paratriathlon Program Director and Resident Team Head Coach if they have a job or attend school and not let the job or school commitments interfere with their training schedule

Athletes participating in the Resident Team Program are specifically prohibited from soliciting training programs from other external coaches without the prior consent and approval of the Resident Team Head Coach or the Paratriathlon Program Director.

#### **Removal from the Resident Team Program**

Athlete participation in the Resident Team Program, while intended to be long-term lasting through the 2024 Paralympic Games, may be terminated at any time by USA Triathlon or the USOPC.

Notice of removal from the Resident Team Program will be provided to the athlete in writing and will be effective immediately upon such notice or as specified in the notice. If the athlete wishes to contest removal from the Resident Team Program the athlete shall follow the USAT Grievance Procedures included as a part of the Resident Team Program Agreement.

Removal from the Resident Team Program may result from any reason determined valid by USAT including the following:

- Failure to meet the requirements to qualify for the national team (annually) or meet defined development/emerging standards
- Failure to qualify for a U.S. team to a major international competition (such as the World Championships, Paralympic Games, or other major international competition)
- Failure to meet the performance markers or other elements of the athlete's personal performance plan
- Inability to train over an extended period of time due to long-term illness or serious injury
- Any conduct that is deemed by USAT to be detrimental to the Resident Team Program or the US Paratriathlon program in general