PATHWAY'S FOR BECOMING AN ELITE ATHLETE

WHO RUNS TRACK AND FIELD?

International Paralympic Committee

United States Olympic Committee

Paralympic Division

Paralympic Track and Field

WHERE TO GO FOR INFORMATION?

Team USA. Org – Sports- Summer Sports- Paralympic Track and Field

International Paralympic Committee

Monthly Paralympic Track and Field Newsletters

U.S. Paralympic Facebook page

Emails from Tina Cain or Cathy Sellers

PAPERWORK FOR A PARA ATHLETE WHO HAS MET THE EMERGING STANDARD

1. Passport
2. IPC Licensing
3. Medical paperwork required for International Classification – 6 week prior- good for 1 year
4. Classification- International- 2 events– Desert/USP Nationals
5. IPC Approved events
6. Proof of Performance – website link
7. Team Selection

THE GAME OF THE GAMES

There are 170 events in the Track and Field program at the Paralympic Games

The IPC determines the number of athletes each country can send to the Games or World Championships

The IPC uses a formula to determine the number of athletes based on the number of athletes who have the World A or B Standard

SLOTS, SLOTS,SLOTS

STANDARDS– WHY SO MANY?

National Team A– Direct Athlete Support @ $600/month with a $300/month for coach

National Team B- Direct Athlete Support @ $300/month with a $150/month for coach

World A- Standard required for entry into the World or Paralympic Games

World B- Minimum standard to enter an event- used for second event or when they need to fill a field

All of the above- must be done at an IPC APPROVED EVENT

Emerging and Military

National Championships- Minimum needed to enter US Paralympic Track and Field Nationals

Jr. National- Minimum entry for athletes under the age of 19.

TEAM SELECTION

Classes	Event	Standard	MARK	Last Name	First Name	Birthdate	Wind	Date	Location	IPC Approved	14 A	14 B	% of A
33	200	PPAG Only	38.34	Roberts	John	11/15/1983	4.2	4/19	Oregon Relays	NO	44.55	45.66	116.20
33	200	PPAG Only	39.59	Roberts	John	11/15/1983	-1.5	6/26	Indy Int	Yes	44.55	45.66	112.53
33	200	PPAG Only	39.90	Roberts	John	11/15/1983	0.4	6/26	Indy Int	Yes	44.55	45.66	111.65
52	400	NAT A	56.89	Martin	Ray	1/2/1994		6/24	Fast Cow	Yes	62.58	64.58	110.00
51/52	1500	NAT A	3:34.40	Martin	Ray	1/2/1994		6/24	Fast Cow	Yes	3:51.28	4:04.10	107.87
52	400		58.77	Martin	Ray	1/2/1994		6/26	Indy Int	Yes	62.58	64.58	106.48
52	200	PPAG Only	30.02	Martin	Ray	1/2/1994	0.8	5/10	Desert Challenge	Yes	31.95	32.75	106.43
52	400		59.21	Martin	Ray	1/2/1994		6/22	US Nationals	Yes	62.58	64.58	105.69
33	100		19.98	Roberts	John	11/15/1983	2.6	4/19	Oregon Relays	NO	20.81	21.33	104.15
33	100		20.03	Roberts	John	11/15/1983	2.0	5/23	Oregon HS State	NO	20.81	21.33	103.89
20	400	NAT A	51.00	Murray	Michael	2/9/1991		4/13	Pomona Pit	Yes	52.71	54.30	103.35
52	400		60.66	Martin	Ray	1/2/1994		5/10	Desert Challenge	Yes	62.58	64.58	103.17
52	400		60.81	Martin	Ray	1/2/1994		6/26	Indy Int	Yes	62.58	64.58	102.91
20	400		51.23	Murray	Michael	2/9/1991		3/28	Aztec Invite		52.71	54.30	102.89
11	100	NAT A	10.92	Brown	David	10/19/1992	1.8	4/13	Pomona Pit	Yes	11.20	11.54	102.56
51/52	1500		3:46.29	Martin	Ray	1/2/1994		5/10	Desert Challenge	Yes	3:51.28	4:04.10	102.21
11	100		10.96	Brown	David	10/19/1992	2.1	4/13	Pomona Pit	Yes	11.20	11.54	102.19
45/46/47	400		48.37	Hart	Jaquvis	3/13/1995		3/22	Jim Mize	NO	49.28	50.60	101.88
51/52	1500	NAT A	3:47.09	Toyoji	Steven	1/22/1986		5/10	Desert Challenge	Yes	3:51.28	4:04.10	101.85
45/46/47	400		48.40	Hart	Jaquvis	3/13/1995		4/12	UTEP	NO	49.28	50.60	101.82
33	200	PPAG Only	43.81	Roberts	John	11/15/1983	-1.1	6/20	US Nationals	Yes	44.55	45.66	101.69
11	200		22.37	Brown	David	10/19/1992	2.3	5/10	Desert Challenge	Yes	22.73	23.39	101.61

WHY DO THINGS CHANGE ALL THE TIME?

1. Developing balance in events– any event added takes away another event to stay in the 170 event limit
2. Rule changes to address an issue
3. Classification changes to make measurements more uniform
4. Performance continue to improve each year
5. Refining selection procedures to ensure the best team possible is selected.

UNDERSTAND THE PROCESS

1. Good coaching improves performance
2. Daily Training is what it takes
3. Deliberate Practice is necessary
4. Pay attention to the small details
5. Know what you need to achieve
6. Be patient- 10,000 hours
7. Compete in at least 7-8 meets per year
8. Don’t limit yourself to only Paralympic events

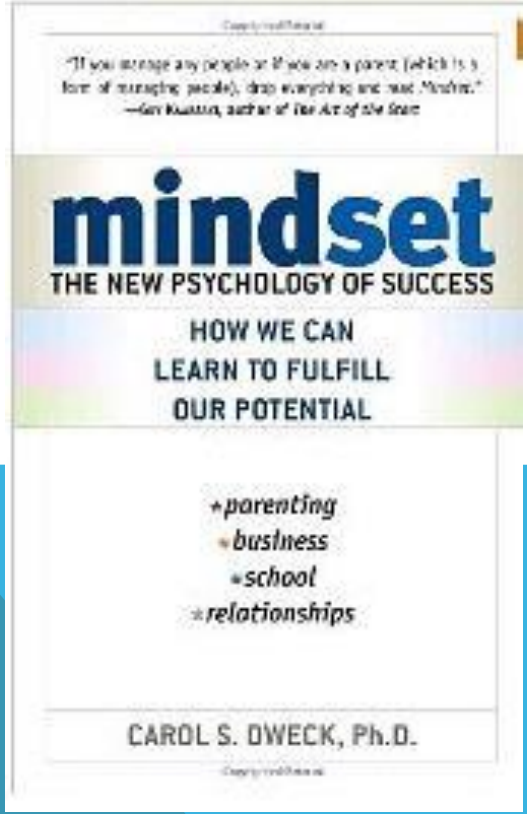
HOW TO BE A GOOD SPORT PARENT

Great Parent Statements….

- I love to watch you racing/ throwing/swimming….
- I love seeing you do things that I know you have been practicing.

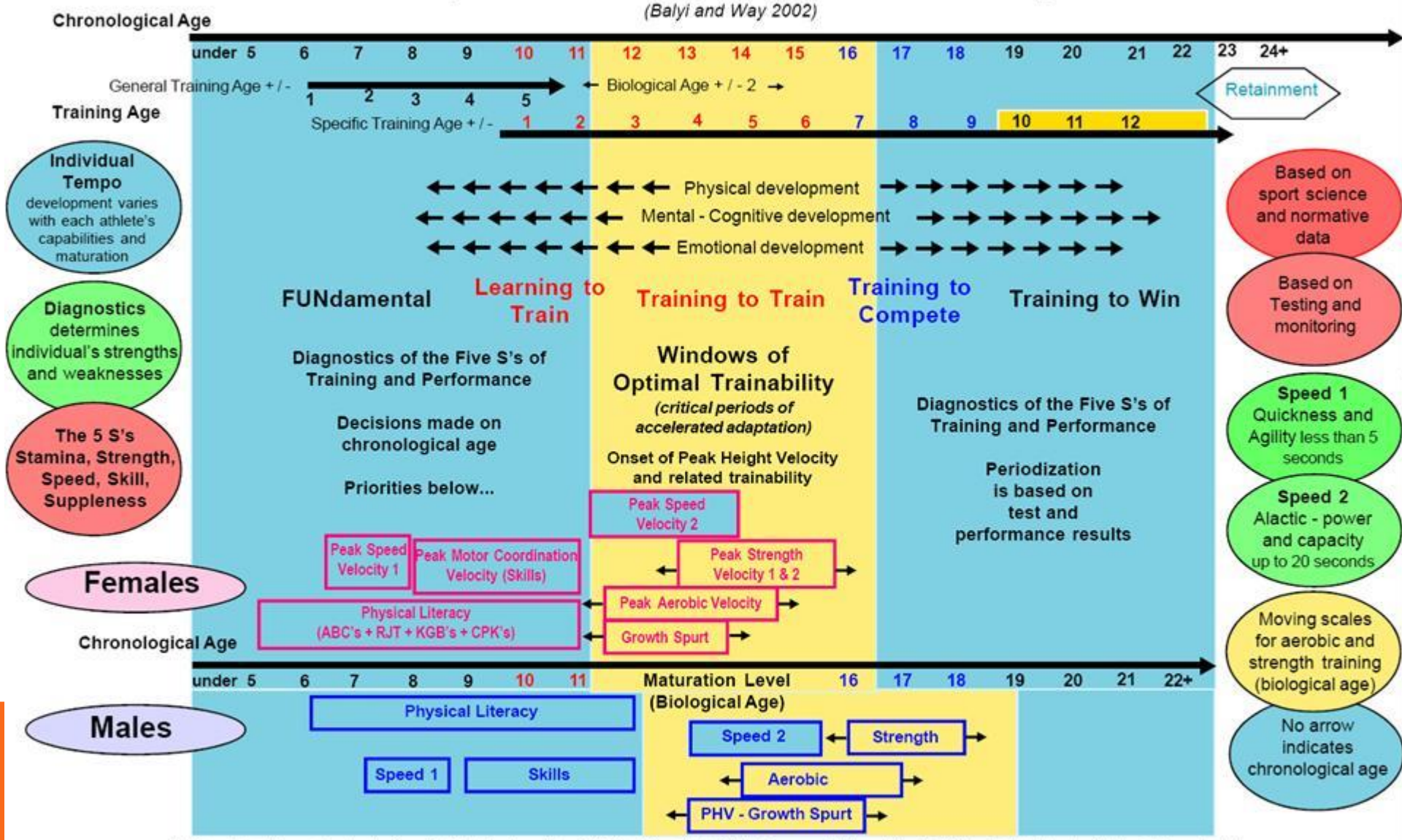
Love your child regardless of their performance

- Leave what happens on the track/field on the track/field



Adaptation to Training and Optimal Trainability

(Balyi and Way 2002)



(ABC's = Agility Balance Coordination Speed + RJT = Run Jump Throw + KGB's = Kinesthesia Gliding Bouyance Striking w/object + CPK's = Catching Passing, Kicking Striking w/body)

MAJOR UPCOMING COMPETITIONS

US PARALYMPIC S TRACK & FIELD NATIONAL CHAMPIONSHIPS- JUNE 20-22 IN SAN MATEO, CA

2015 PARALYMPIC TRACK & FIELD NATIONAL CHAMPIONSHIPS- TBD

PARA-PAN AMERICAN CHAMPIONSHIPS- AUGUST 3-15,2015- TORONTO, CANADA

IPC WORLD CHAMPIONSHIPS- NOVEMBER 13-28-9, DOHA, QATAR

SMART GOALS

S

- **Specific:** State exactly what you want to accomplish (Who, What, Where, Why)

M

- **Measurable:** How will you demonstrate and evaluate the extent to which the goal has been met?

A

- **Achievable:** stretch and challenging goals within ability to achieve outcome. What is the action-oriented verb?

R

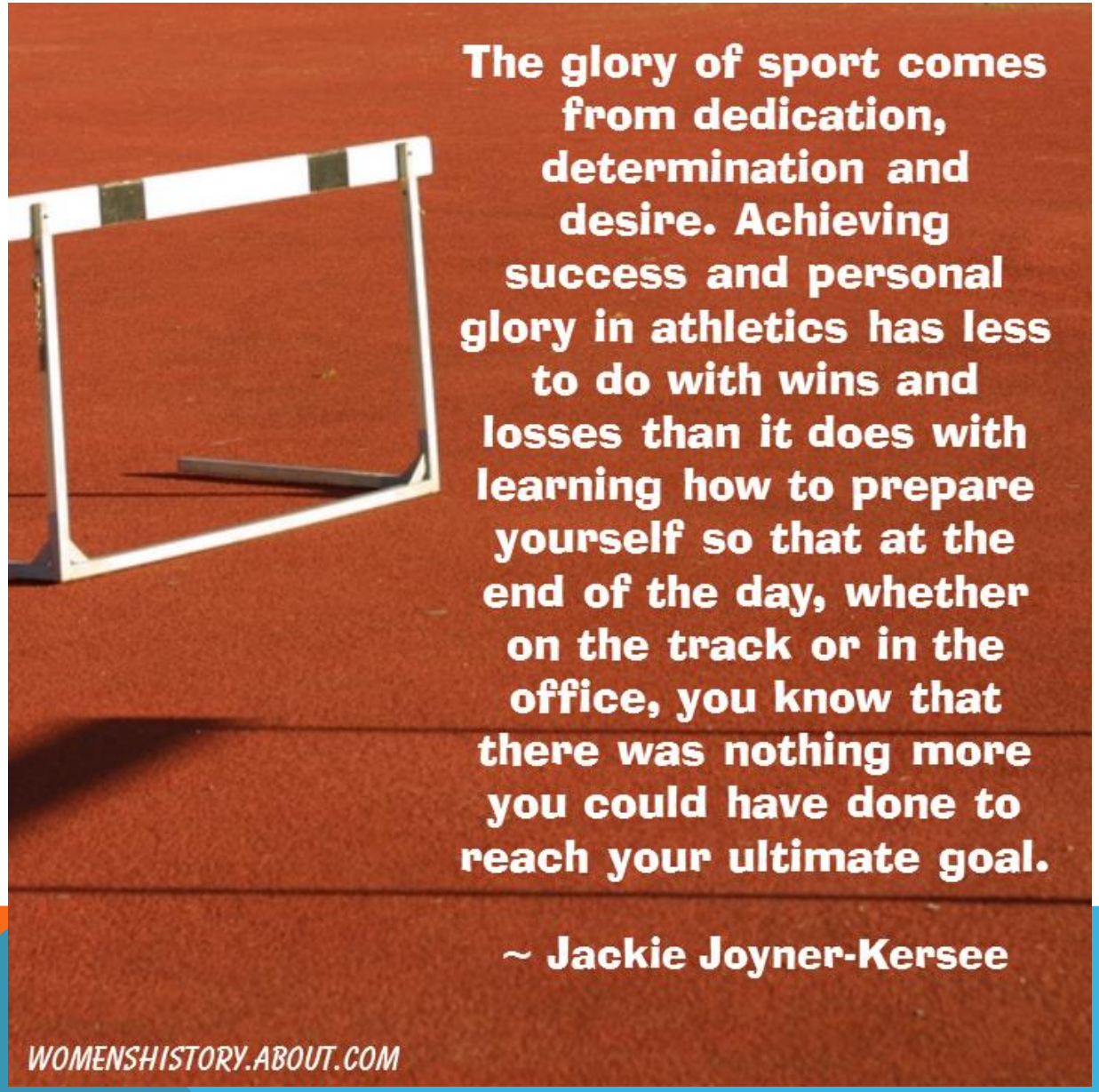
- **Relevant:** How does the goal tie into your key responsibilities? How is it aligned to objectives?

T

- **Time-bound:** Set 1 or more target dates, the "by when" to guide your goal to successful and timely completion (include deadlines, dates and frequency)

PARALYMPIC SMART GOALS

1. To be in the top three countries in the overall medal count and Gold medal count at the 2016 Games in Rio de Janiero
2. Have 175 athletes achieve the World A standard in 2014 and 2015
3. Maintain medals in classes that we typically place in, but expand the events by World Championships in 2015.
4. Develop new athletes in classes we don't have strength in: Women, Cerebral Palsy and VI– see improvement in 2015 at Para- Pans and World Championships


The glory of sport comes from dedication, determination and desire. Achieving success and personal glory in athletics has less to do with wins and losses than it does with learning how to prepare yourself so that at the end of the day, whether on the track or in the office, you know that there was nothing more you could have done to reach your ultimate goal.
~ Jackie Joyner-Kersee
WOMENSHISTORY.ABOUT.COM

QUESTIONS…