

USATF High Performance Plan Resources

New: European Circuit Medical Support. Through the support of our medical partner, St Vincent Sport Performance in Indianapolis, USATF will have an MD and two ATCs/LMTs in Europe from approximately July 2 through July 31. These providers would travel along the DL circuit and select additional meets. The goal would be to provide medical care to US athletes in the time between the US Championships and World Championships. Service would be prioritized for athletes who make the 2015 World Championships team, with other US athletes served on a time available basis. Information on providers' schedule, location, and method of contact will be provided at team sign up in Eugene.

New: USOC Elite Athlete Health Profile. A select group of approximately 40-50 athletes is being identified by the USOC and would be offered a "complete athlete health profile" from the USOC's National Medical Network. This profile would provide a comprehensive analytical assessment of the athlete's health and injury status, with a goal of identifying and mitigating future risks to healthy participation in training and competition. The Elite Athlete Health Profile would take place either at the US Olympic Training Center in Colorado Springs or at the University of California San Diego and the Chula Vista Olympic Training Center, with all costs associated with travel, lodging, meals, and medical care covered 100% by the USOC. The comprehensive health profile would include items such as: a full physical, blood testing, cardiac imaging, concussion baseline screening, movement screening to evaluate injury risk, additional imaging as needed (e.g. MRI, CT, DEXA), and nutritional and sport psychology profiling. Additionally, specific tests relative to Beijing and Rio, such as allergy / asthma testing are available. Athletes who are selected and identified will be contacted individually.

New: Horizontal Jumps Initiative. The USOC has provided funding to test short sprint athletes who may be interested in making the conversion to the horizontal jumps. A testing camp has been set at the Chula Vista Olympic Training Center December 5-7, 2014, with key medical, sport science, and development staff. A limited number of slots are available. If you have a short sprint athletes who may be interested, please contact Robert Chapman at Robert.Chapman@usatf.org.

New: Distance Altitude Initiative. A key performance-enhancing response to altitude training is the increase in hemoglobin in the blood. Measuring the total amount of hemoglobin in the body requires a special blood test and equipment. USATF has set up blood testing stations to determine total body hemoglobin in Flagstaff, Park City, and Colorado Springs. Distance athletes travelling to these locations for camps can receive free screening at the beginning and end of their camps. This information will help USATF scientists advise the athlete and coach on their individual response to altitude, including recommendations on how to optimize future altitude camps for best blood response. Interested athletes / coaches should contact Robert Chapman at Robert.Chapman@usatf.org at least 4 weeks prior to the start of the altitude camp.

New: Sprint / Strength Initiative. Strength experts are available to come in and observe what you do in your program for strength training, how you integrate it with track training, and how strength sessions can be maximized. To arrange, contact Bejan.Abtahi@usatf.org.

New: 400m / 400m Hurdles Initiative. 2012 saw a dramatic reduction in medals in the 400m and 400m IH compared to 2008. Our work suggests that our new post-collegiates in these events are utilizing different mechanics than our top elites. In an effort to reduce the time of the learning curve after college, the 400m / 400m H Initiative is designed to work with top collegiate coaches who are placing athletes in the finals of these events at NCAAs who have not traditionally been exposed to USATF's biomechanics seminars with Dr. Ralph Mann. Special on-track testing sessions will be arranged at several locations with coaches and top junior & senior athletes able to participate (any travel at USATF expense). Bejan Abtahi is coordinating (Bejan.Abtahi@usatf.org)

New: Throws Initiative. The USOC has provided special funding for throws athletes in their final preparation for the 2015 World Championships. Contact Robert Chapman for more information (Robert.Chapman@usatf.org)

USATF Sports Medicine Resources

USATF Excess Accident Medical Coverage. This insurance coverage is **free** to all USATF Members. Covers acute injuries that occur at competitions and regular practice. Coverage of up to \$10,000 with a \$200 deductible and 20% co-pay on the first \$5,000 of expenses. First medical expense for a covered injury must occur within 30 days of the injury and a claim must be filed within 90 days of the injury. Does not cover chronic injuries, only acute injuries. **Athletes MUST be a USATF member at the time of the injury to be covered. Renew USATF memberships NOW for 2015.**

USOC Elite Athlete Health Insurance. USATF is normally given 150 slots in this program. Slots awarded based on Tier status. View criteria for awarding EAHI at usatfhighperformance.com and click on Athlete Support. 10% co-pay in-network, 30% co-pay out-of-network. Annual physical covered at 100%. No deductible except for sport injuries (\$25,000), but sport injuries covered by USATF sport accident insurance. Eligible athletes will be identified and notified on or before February 1 and **athletes must enroll within 30 days.** Questions about EAHI: contact Beka Suggs at Sariyu.Suggs@usatf.org or Viola Cruz at Viola.Cruz@usoc.org

USATF Medical Stipend. Awarded to all Tier athletes. 2014 Amounts (will likely stay the same or increase for 2015)

Tier I \$1500 Tier II \$750 Tier III \$500

Athletes do not need to submit receipts for reimbursement. Once USOC and USATF forms / agreements / paperwork are completed, stipend will be processed. **Required forms:** USATF athlete agreement, USOC athlete support designee form, W-9 tax form, (optional) USOC direct deposit authorization form

St Vincent Sports Performance Center Partnership. Available at no cost to Tier athletes. Access at cost available to non-Tier athletes. Assist injured athletes by providing primary care or a second opinion at St Vincent Indianapolis facility, and work with athletes' primary care providers on a recovery plan.

Approved athletes get full access to St Vincent physicians, athletic trainers, and physical therapists, as well as necessary diagnostic services (MRI, X-ray, lab work, etc). **Athletes must contact Beka Suggs (Sariyu.Suggs@usatf.org) and complete an intake form.** Includes medical care, housing, airport transportation, and meals for 72 hrs. Athletes must purchase flights via USATF travel, but will be reimbursed for all but \$100 of cost.

New: USOC National Medical Network. New medical support program through the USOC. Includes treatment with partner medical groups at or near their training center sites in Colorado Springs, Chula Vista, and Lake Placid. Available to athletes who are EAHI eligible (not just enrolled). Funded through value-in-kind agreements with medical providers, resulting in little or no cost to the athlete. Travel assistance is available to approved athletes. To get approved and utilize this service, you must contact Cory Warner at the USOC (Cory.Warner@usoc.org).

US Olympic Training Center Short Term Medical Program. Access to basic rehabilitation services at US Olympic Training Centers (both Chula Vista and Colorado Springs). **Athletes must be approved in advance for this short term program.** Initial process is endorsement by USATF. Contact Duffy Mahoney at Duffy.Mahoney@usatf.org. Athletes who receive USATF endorsement at a minimum have access to the facility and can reside / dine on campus at their own cost. Athletes deemed qualified and endorsed by the USOC qualify for cost-free housing and meals.

Nutrition and Sport Psychology. Phone, email or in-person advising and counseling is available through USATF and USOC affiliated providers, with costs covered by USATF. Contact Bejan Abtahi or Robert Chapman at the contact info below if interested.

Questions or for more information, contact Bejan Abtahi, Sports Medicine and Science Manager, Bejan.Abtahi@usatf.org, or (317) 713-4669, or Dr. Robert Chapman, USATF Associate Director of Sports Science and Medicine, Robert.Chapman@usatf.org, or (812) 856-2452.