



HOW DO I BECOME A PARALYMPIAN? *Two things—train and compete!*

It sounds simple, but it is the hardest thing that you will ever do. Below is an outline of the requirements:

- ✓ **Train** a minimum of five days per week with a coach or training group. You must have “focused” training—train with a plan and purpose.
- ✓ **Know what it takes to be good.** Study the standards for your classification and event(s). Standards are the minimum requirements of a time, distance or height. There are different standards established for:
 1. Entering Trials/National Championships
 2. Becoming a member of the U.S. Paralympics Track and Field National Team
 3. Qualifying for entry into international competitions (i.e., Para-Pan American Games, World Championships, Paralympic Games, etc.)
 - U.S. Paralympics accepts results from official competitions (i.e., IPC Athletics Approved events, USATF, NCAA/NAIA or NJCAA events, WASUSA Level 3 events, State High School Championships, etc.). To be accepted the event must have automatic/electronic timing, wind gauge readings for 100m, 200m, Long Jump and use IPC or USATF certified officials to conduct the competition.
 - Selection Procedures are published for each international competition. Read these documents so that you know the qualification criteria.
- ✓ **Compete** in a minimum of 6-8 competitions per season (about March – August). Submit a proof of performance form/ or website link for results for each competition that you attend. POP forms are on the website.
- ✓ **Once you achieve the Emerging Standards you need to:**
 1. Get a Passport- You will need it to get your IPC license and for any international travel.
 2. Obtain an IPC License-required for National Team status, classification and for results to count from any IPC Approved events- it is an annual license- we recommend that you renew the license each year in January or when you achieve the Emerging standard.
 3. Complete the necessary medical documentation- that paperwork can be found on our website.
 4. Compete in IPC approved events-required for results to count for the IPC Athletics World Ranking List(s), IPC World and Regional record applications, U.S. Paralympics Track and Field National Team status and IPC international competitions (i.e., World Championships, Paralympic Games, Parapan Am Games, etc.).
 5. Register for an IPC International Classification- the US only host 1-2 opportunities/year.
- ✓ **Compete at the U.S. Paralympics Track and Field National Championships or Trials**

The “selection meet” is an eligibility requirement as outlined in the Selection Procedures for each international competition. Upcoming international events include:

 - 2015 Parapan American Games- Toronto, Canada
 - 2015 World Championships- Doha, Qatar
 - 2016 Paralympic Games- Rio de Janiro, Brazil

Helpful links:

- IPC Athletics Approved events: <http://www.paralympic.org/athletics>
- USA Track and Field calendar of events: <http://www.usatf.org/calendars/index.asp>
- U.S. Paralympics clubs: <http://findaclub.usparalympics.org/>
- IPC Licensing: <http://www2.teamusa.org/US-Paralympics/Sports/Track-and-Field/IPC-Licensing.aspx>
- IPC Athletics World Rankings: <http://www.paralympic.org/Athletics/Results/Rankings>
- IPC Athletics Classification: <http://www.paralympic.org/Athletics/Rulesandregulations/Classification>
- Selection Procedures and Proof of Performance form: <http://www2.teamusa.org/US-Paralympics/Sports/Track-and-Field/Athlete-and-Sport-Program-Plan>

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