

# US Paralympic Shooting Resident Athlete and User Day Procedures

## Para resident program and user day requirements

1. Mandatory range training hours are 8:30 to 11:30, Monday through Friday
  - a. Be ready to shoot by 8:30
  - b. This is minimum training
2. 1:00 to 3:00 is for Gym, sports Psychology and other training.
  - a. Or additional range 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 and finals they are registered for
  - a. Exceptions are due to verified illness or verified gun malfunction
7. 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 counseled and 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
8. Any deviation from the normal training program requires authorization or approval from the National coach or Assistant national coach.
  - a. Time off
  - b. Absence from the OTC
  - c. Appointments
  - d. ETC...
9. See also Resident athlete application, Resident requirements and code of conduct

Signing this document means that you agree to abide by the rules set forth for resident and/or user day program with the US Paralympic Shooting Team

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Athlete Signature

\_\_\_\_\_  
Coaches Signature

\_\_\_\_\_  
Athlete Printed Name

\_\_\_\_\_  
Coaches signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

