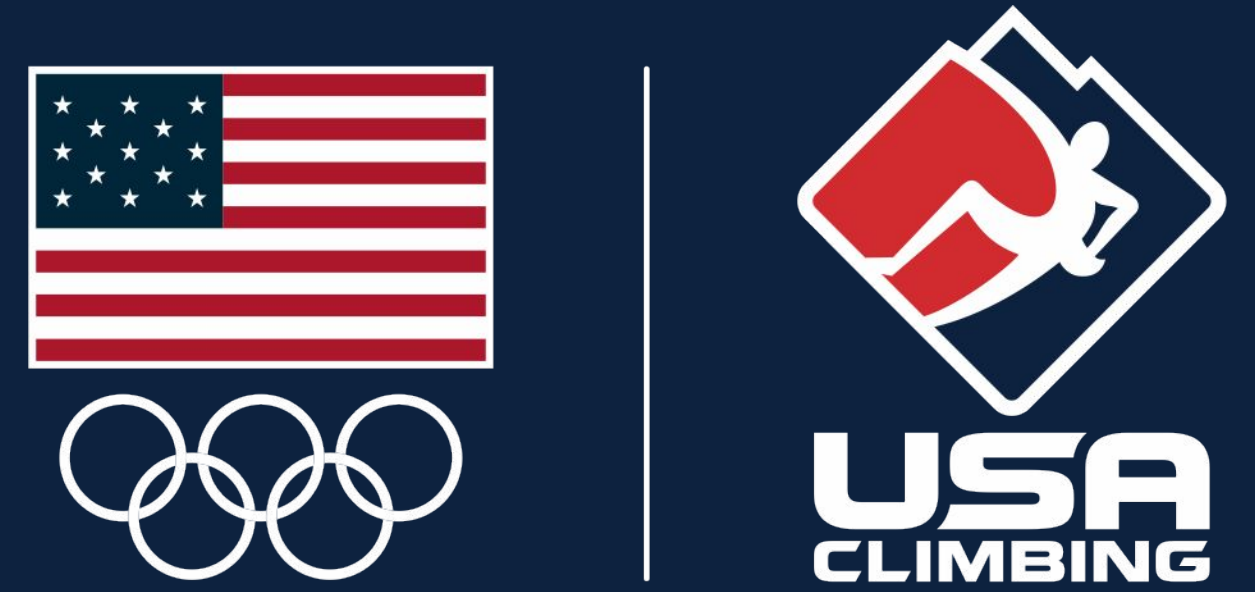


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# 2025 US ELITE TEAM ATHLETE UPDATE

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Where Olympic Journeys Begin

# ZOOM RECORDING

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*Recording:* [LINKED HERE](#)

*Password:* 8%D1mN\$A





# National Team Ranking Points



# CUWR Bonus Points

Same as before.

- 2.1.5 National Team Ranking Bonus points are as follows:
- a) At the conclusion of the National Championship, IFSC CUWR Top-40 National Team Ranking Bonus points are awarded in each of the Lead, Boulder, and Speed Disciplines, where their points are determined from their CUWR top-40 rank in the Discipline using the table below:

National Team Ranking Bonus – CUWR Top-40							
CUWR	Bonus Pts	CUWR	Bonus Pts	CUWR	Bonus Pts	CUWR	Bonus Pts
1	1000	11	392	21	230	31	137
2	824	12	370	22	217	32	133
3	721	13	352	23	208	33	129
4	649	14	334	24	194	34	127
5	590	15	316	25	185	35	124
6	545	16	298	26	175	36	121
7	509	17	284	27	165	37	118
8	473	18	266	28	156	38	117
9	442	19	253	29	150	39	115
10	415	20	239	30	143	40	113

Table 2-6 National Team Ranking Points – Bonus Points – CUWR Top-40



## How National Teams are formed!

National Team: Preselected athletes plus top X of the National Team Ranking, not to exceed 5 athletes on each team.

Development Team: Remainder of athletes in the top 10 of the National Team Ranking who are not on the National Team.

## Team Selection Discretion

Reminder: Team Selection Discretion proposals may be submitted by the USA Climbing AAC (as well as the USA Climbing High Performance staff as before).

## Speed Considerations

Athletes must have run a competition start benchmark time to be eligible for competition start.



# National Team

# National Development Team

# Competition Starts

## National Team, National Development Team, and Competition Starts

Reminder: Elite Competition Starts are subject to having the first allocated competition start for each event being subject to Team Selection Discretion. This can result in an athlete who is not on the relevant National Team receiving a competition start ahead of an athlete who is on the National Team.

All athletes on the National Development Team are subject to Competition Start priority/order based on Team Selection Discretion based on a proposal from USA Climbing High Performance staff or AAC.

Performance and Top 40 is a priority and any discretionary proposal will follow these priorities.



## National Team, National Development Team, and Competition Starts

US Projected IFSC Quota for 2025 World Cups as determined by the IFSC policy:

- Boulder Men (4)      Lead Men (3)      Speed Men (6)
- Boulder Women (6)      Lead Women (4)      Speed Women (6)

US Projected IFSC Quota for 2025 World Championships as determined by the IFSC policy:

- Boulder Men (5)      Lead Men (4)      Speed Men (5)
- Boulder Women (5)      Lead Women (5)      Speed Women (5)

**By name WCh: Adriene Akiko Clark (B) and Nate Sato (L)**



## Funding

- Funding will be provided to the top 3 team members for each discipline and gender for specific events.
- Funding may be denied based on performance or lack of commitment to High Performance. Criteria to be defined but for example:
  - Not placing within the top 40
  - Not training
- Funding may be provided to a Development team member based on objective performance criteria that the HP Staff will provide. For example, having placed in the top 30 at a World Cup in the discipline.

## Funded / Non-Funded Events

- Funded:  
Keqiao CHN, Wujiang CHN, Bali INA, SLC USA, Denver USA Prague CZE, Bern SUI, Innsbruck AUS, Krakow POL, Chamonix FRA, Madrid ESP, Seoul KOR (World Champs)
- Unfunded: Curitiba BRA, Klagenfurt AUS, Chengdu CHN (World Games, Koper SLO)

## Registration of Interest / Athlete Info

Registration of interest for international competition starts will take place through a google form this season.

Athletes must complete the athlete info google form

World Cup Startsheets on Team USA page contain who is interested in an international start along with who has confirmed starts.

Travel spreadsheet

# Athlete Agreement / Minor Travel Policy

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# Health Screenings and Resources

## - Zack DiCristino

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## Pre-Participation Physical Examinations (PPEs)

- **Mandatory** for ALL National and Development Team Athletes
- **Complete your PPEs after Team Trails:**
  - Use USAC PPE and questionnaire forms ([USAC website link](#)).
  - Ensure **heart rate, blood pressure, weight, height** and **BMI** are measured.
  - Email **all completed forms** to Dr. Julia Rawlings at [Julia.rawlings@hsc.utah.edu](mailto:Julia.rawlings@hsc.utah.edu) and [Zack@usaclimbing.org](mailto:Zack@usaclimbing.org).
- PPEs with USAC Team Physicians at USAC Training Center on **March 26, 2025 – 3:00pm-5:00pm**. Sign up [link](#)

# Health Screening for RED-S

## IFSC Relative Energy Deficiency in Sport (RED-S) Health Certification

All athletes requesting an IFSC International Athlete License must complete a health screening to be approved to participate. This screening includes:

1. Heart rate, blood pressure, weight, height and BMI measurements.
2. Two assigned questionnaires screening for Low Energy Availability.

### KEY TAKEAWAYS:

Step 1: Complete PPE (include heart rate, blood pressure, weight, height, BMI) and questionnaires.

Step 2: Email all forms to Dr. Julia Rawlings and Zack DiCristino per emails above.

Step 3: USAC Medical Staff will submit this information to the IFSC.

\*If any of these are found to be outside the normal ranges, the athlete will need to undergo further testing.

The IFSC will conduct random health screenings (BMI, heart rate, blood pressure) at competitions **the morning before your competition start**. If any of these measures fall outside of the normal range, the case will be reviewed by an independent committee and a decision will be provided on the same day. **Failure to show up for the screening will result in disqualification for that competition.**



## Anti-Doping Testing:

### Who is subject to testing?

- 2025 National Team Athletes

### Testing Pools:

- “Education Pool” (EP) vs “Registered Testing Pool” (RTP)

### Education Resources: USADA, IFSC, ITA: webinars, online tutorials:

- IFSC Anti-Doping ([link](#))
- USADA website: ([link](#))

### KEY TAKEAWAYS:

1. Know your responsibilities for the testing pool you are in (EP vs RTP).
2. Check your medications on the WADA Prohibited List or GlobalDro: ([link](#))
3. Apply for any necessary Therapeutic Use Exemptions (TUEs) at least **30 days before** competition.
4. Check the supplements you are using: Supplement Connect ([link](#))
5. Filing Whereabouts for RTP athletes: USADA – Filing Whereabouts ([link](#))

# Healthcare Resources

## Eligibility:

- 2025 Elite National Team

**Select services through Intermountain Health Medical Partner in Salt Lake City.**

- Physicals (PPEs)
- Blood labs
- Diagnostic imaging (X Rays, MRIs, ultrasound)
- Physician consultations

**Physical Therapy at USAC Training Center for both National and Development Team**

**Discounted dexascans through Dexabody (SLC, San Diego an Atlanta locations)**

**Massage Therapy: 10% discount through Rocksteady Bodyworks in Holladay, UT.**



## USOPC Sports Performance Resources:

### Eligibility:

- 2025 Elite National Team

### Resources:

- Sports Dietitian
- Psychological Services
- Physiologist
- Strength and Conditioning

## USOPC Sports Medicine Resources:

### Eligibility:

- 2024 Olympians
- Top 10 IFSC World Ranking 2024 season
- Discretion for athletes that achieve top 10 IFSC World Rank during the 2025 season.

### Resources:

- Sports Medicine Clinics in Colorado Springs, CO and Chula Vista, CA
- Elite Athlete Health Insurance (EAHI) – Included travel insurance
- National Medical Network

USA Climbing will provide support staff to all international competitions.

Funded athletes are eligible for a flight stipend and in some cases a stipend toward accommodations.

Designated team meals and some transportation will be provided for all attending athletes at designated funded events.



## Additional Benefits

National Team members are eligible for memberships at the following commercial climbing gyms:

- Momentum
- The Front
- Movement
  - Need names, birthdate and preferred Movement gym of NT athletes ASAP

USA Climbing has set aside a fund for National Team members who live outside of SLC in support of their training. The criteria and how much is available for each athlete is still under discussion.





## Training Center / Personal Coaches

Training center access is defined in the Training Center Access Protocol on the Team USA page.

A new check in process is being developed so that we can ensure athletes compliance.

- Paid access
- SafeSport
- Background Screen
- Waiver
- USA Membership

New Interim Training Center update

Personal Coaches



# Training Camps

## - Josh Larson

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# US Elite National Team Kit

## Personal Sponsors

## Media

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# Questions?

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For more information, contact John Muse or Toya Eastman  
[john@usaclimbing.org](mailto:john@usaclimbing.org) | [teastman@usaclimbing.org](mailto:teastman@usaclimbing.org)