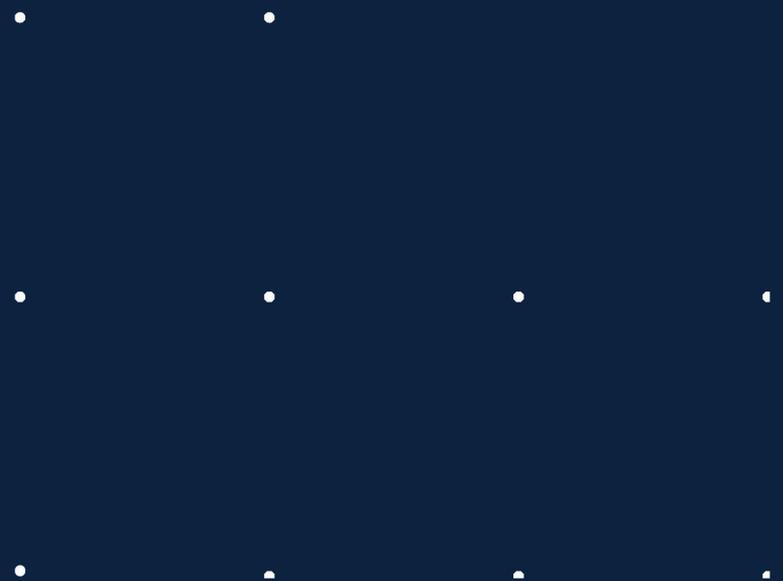




# 2026 US PARACLIMBING TEAM ATHLETE UPDATE



Where Olympic Journeys Begin

# ZOOM RECORDING

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*Recording:* [LINKED HERE](#)

*Password:* **G9.1jfV\$**



# Staff Intro:

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- John Muse (Chief of Sport)
- Emmett Cookson (Para National Team Head Coach)
- Toya Eastman (National Team Manager)
- Nick Purcell (Para Team PT)
- Zack DiCristino (USAC Staff PT)
- Additional contractors (PT, Coaches)
  - Sam Brown
  - Matt Jones
  - Phil Bonyhadi
  - Jess Malloy
  - Intermountain Health PTs

# National Team:

- Top 3 from the National Ranking plus preselelects
- Preselelects for 2026

## 2026 Paraclimbing National Team PreSelects

Name	Category	Event
Seneida Biendarra	Women B2	2025 Para World Championship Seoul/2025 Para WC Innsbruck
Linn Poston	Women B3	2025 Para World Championship Seoul/2025 Para WC SLC
Daliya Hansen	Women AL2	2025 Para World Championship Seoul
Corey Ramos	Men AL2	2025 Para World Championship Seoul
Ellie Rubin	Women AU2	2025 Para World Championship Seoul
Brian Zarzuela	Men AU2	2025 Para World Championship Seoul/2025 Para WC SLC
Mason Keough	Men AU3	2025 Para WC Laval
Melissa Ruiz	Women RP1	2025 Para World Championship Seoul/2025 Para WC Laval/2025 Para WC SLC
Emily Seelenfreund	Women RP2	2025 Para World Championship Seoul
Nat Vorel	Women RP3	2025 Para World Championship Seoul/2025 Para WC Innsbruck/2025 Para WC SLC
Ben Mayforth	Men RP2	2025 Para WC Innsbruck



# Competition Schedule:

- Salt Lake City - May 13th through 16th
  - PI and VI Classification
- Innsbruck - June 13th through 16th
  - PI and VI Classification\*
- Laval - August 28th and 29th
- Gunsan - October 30th through November 1st
  - PI Classification\*
- Fukuoka - TBD

# Agreements:

## Athlete/Caller Agreement

- 3.k EAHI Eligibility and Criteria Approved for this Term.
  - Top 10 World Ranked in Paralympic eligible categories
- 4.f Physical and Mental Health Screening and the Preparticipation Physical Exam.
  - **Mandatory** for all National Team athletes. Team PPEs on 3/28/26.
- 4.h Hazardous Activities.
  - Reimbursement to USA Climbing

## Minor Athlete Travel Policy

Aide Code of Conduct - new this year, Aides will be required to sign a Aide Code of Conduct.



# Competition Starts:

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- Quota for all World Climbing Para Series Events is 5 for each gender category
- First to National Team (preselected team members are ranked first) then pass down to Dev team by National Team rank
- [Para Series Event Startsheets](#)
- World Climbing License
- World Climbing Classification

### 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](#) under “Health Screening and REDS”).
  - 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 28th, 2026 – 10:00am-1:00pm**. Sign up [link](#)

## Registration of Interest / Athlete Info

World Climbing License- Athletes have to complete PPE and additional health screening requirements in order for USA climbing to register the athlete to World Climbing events.

Registration of interest for international competition starts will take place through the google form on the [Para Climbing Resources Page](#).

Athletes must complete the [2026 USAC Para Registration of Interest Form](#)

VI Callers/Aides must complete the [USA Climbing World Cup Para VI Caller/Aide Information](#)

[World Climbing Series Startsheets](#) on Team USA page contain who is interested in an international competition start along with who has confirmed starts.



# Funding:

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- Paralympic eligible categories - 16 starts total (i.e., top two ranked athletes on the National Team) (preselects are ranked first then goes by rank from Para Nats)
- Passdown funding available this year to National Team, not Dev Team
- Partial funding will be extended to the funded B athlete's Callers
- A competition stipend will be provided to top 2 athletes in Non-Paralympic Eligible categories at certain events.
- As of now, Salt Lake and Laval will not be funded for Non-Paralympic Eligible Categories other than sending Coaching support

# Funding Details:

## Paralympic Eligible Sport Classes:

- SLC
  - \$500 travel stipend
- Innsbruck, Laval, Gunsan, Fukuoka
  - \$1500 travel stipend
  - \$75/night accommodation stipend
  - \$500 caller stipend

## Non-Paralympic Eligible Sport Classes:

- Innsbruck, Gunsan, Fukuoka
  - \$500 travel stipend
  - \$250 caller stipend

# Clean Sport and Traveling Abroad:

“In sport, athletes assume strict liability for every substance they ingest, so they must be aware of the ingredients in the products they use. This can be tricky to navigate when traveling abroad. USADA has identified three common considerations for athletes when traveling abroad, including foreign medications, clenbuterol, and coca. This resource provides information as well as tips to help athletes protect themselves and clean sport. “

This resource can be found on the [USAC website](#)

# Verkada and Training Center Access:

- Refer to the [Para Climbing National Team Resources Page](#). This is your resource for the Cup schedule, team meetings, start sheets and the application process.
- Refer to the [Training Center Access Doc](#) if you need a refresher on tier access.  
Training Center Access Tier: Platinum – Unpaid / Unlimited: National Team athletes -  
Gold – Unpaid / Limited: Paraclimbing Development Team - Access may be limited at times due to other training scheduled for the Tier 1 National Team athletes.
- You must be current on your USAC membership. For anyone 18 or older, a current safesport training and background screen are required.
- I will send out an email with instructions on setting up access.
- Be sure to use your government name in all official documents. For example, when you sign your athlete or aide agreement, do not use nicknames. Write in your name as it appears on official government docs such as your drivers license or birth certificate.

# Training Center Resources:

- Please let Emmett know at least 2 weeks ahead of your visit to the Training Center.
- Top Rope wall with Para-specific comp climbs
- Short Speed wall with sections
- Grasshopper Board
- Boulder Terrain that can be used for Para specifics as needed
- Hangboards, Campus Boards, pretty much all the climbing basics
- Strength and Conditioning gym with lots of different equipment and machines
- Outdoor Lead/TR wall and Speed wall in the warmer weather months
- Spray Walls of pretty much every angle
  - Vertical and 10 degree overhang sprays, set up for moves and traverses
  - Slabby No-hands Practice wall
  - 30, 35, and 45 degree spray walls

# Apparel:

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- Team jacket to National Team, not Dev Team. A jacket will be provided on loan should a Dev member make a final/podium, same applies to pants
- Each B National Team member will receive one additional jacket for their Caller
- A team jersey will be provided to athletes who take a competition start at a World Cup or World Champs
- Shorts or pants will be supplied if available in the same way as a jersey. If not provided, only non-branded black shorts/pants are allowed
- Hats are allowed but must not have conflicting sponsors on them and must be approved
- Apparel will be provided at the SLC WC to those attending athletes and for those not attending, it will be mailed to the athletes
- Personal sponsors are allowed according to the athlete agreement on shorts/pants and hats but must not have conflicting sponsors

# Athlete Promotion and Social Media

## **Participation in Media Sessions**

- Athlete agrees to participate in media sessions, including photo and video shoots, as reasonably requested by USA Climbing.

## **Promotional Efforts**

- Athlete is required to tag or mention USA Climbing in one post per competition start.

## **Training Center Media Guidelines**

- Athlete is required to tag or mention USA Climbing when posting content created inside the Training Center.

Connect with @usacimbing and @usaparaclimbing on social media.



# National Team Benefits:

- Medical
- Gym memberships: Momentum, The Front, Bouldering Project
- Movement
  - Need names, birthdate and preferred Movement gym of NT athletes choice
- Training Center access
- Coaching
- Training Camps

# Training Camps:

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- Pre-Nationals Camp @ CRG Arsenal Yards, January 17th & 18th
- Pre-SLC Para Event Camp @ TBD, May 7th & 8th
- LA28 Prep Camp @ TBD, August
- 4th Camp @ TBD, September

# Questions?

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For more information, contact Toya Eastman and Emmett Cookson  
[teastman@usaclimbing.org](mailto:teastman@usaclimbing.org) | [ecookson@usaclimbing.org](mailto:ecookson@usaclimbing.org)