



USAT Certified Performance Center Criteria

Performance Center needs to have the following facilities:

- Performance Lab
- 25 meter pool or an endless pool
- Recovery center: ice bath, hot tub, sports massage

Performance Center must have the following staff:

- Minimum of 2 USAT Certified Coaches
- 1 USAT Level II Certified Coach

Performance Center must provide the following services:

- Provide USAT membership information (brochures, flyers)
- USAT Testing protocols-Vo2 and Lactate
- Bike Fit
- Video Analysis for run and swim (Dartfish preferred)
- Nutrition Consult by a Registered Sports Dietician with triathlon experience
- Athletic Trainer/Physical Therapy services
- Access to a Sport Psychologist
- Free coaching to at least one elite or junior/U23 who competes at nationals
- Sponsorship to one local tri club with more than just a discount (product, cash, etc.)

Performance Center must provide the following discounts:

- 20% off select services to USAT members and USAT Certified Coaches

If your facility meets these requirements or if you have any questions, please contact Angie Murphy for more information. Angie@usatriathlon.org or 719.955.2811.