



HOW DO I BECOME A PARALYMPIAN?

Two things—train and compete!

It sounds simple and it really is, but it is the hardest thing that you will ever do. Below are five must-do steps:

- ✓ **Train**—minimum of five days per week of “focused” training. You must train with a plan and purpose.
- ✓ **Know what it takes to be good**—study the standards for your classification and event. Standards are the minimum requirements of a time, distance or height marker. US Paralympics has Track and Field standards established for:
 1. Entering the National Championships
 2. Becoming a member of the National Team
 3. Qualifying for entry into the Para-Pan American Games, World Championships and the Paralympic Games

U.S. Paralympics accepts marks from a meet with Fully Automatic Timing (FAT), Wind Gauge Reading (100,200, LJ and TJ) and USATF officials. To submit times, you will need to have the Proof of Performance (POP) form with you at all competitions and have the meet director sign the form when you have met a standard. Meets can be USATF meets (<http://www.usatf.org/associations/>), HS Meets, Wheel Chair and Ambulatory Sports USA (<http://www.wsusa.org/>) and NCAA meets. These meets only allow you to enter U.S. Paralympic Nationals or the Paralympic Trials (occurs the year of the Games). You can find the standards and POP form on the U.S. Paralympic Track and Field website at: <http://usparalympics.org/pages/570>

- ✓ **If you think that you will make the standards for Nationals or the National team you need to:**
 1. Compete in an IPC approved events- we have lots of IPC Approved events and they are located on the U.S. Paralympic Track and Field website address above
 2. Get IPC licensed—directions are on our website
- ✓ **Perform well enough at an IPC Approved event to be place on the World Ranking list.**
To be on the World Ranking list you must have an IPC license and a performance at an IPC approved event.
- ✓ **Compete at the U.S. Paralympic National Track and Field Championships (2011) or U.S. Paralympic Trials (2012).**
Our team selection procedures are posted on-line. Team selection is dependent on the number of athlete slots that the International Paralympic Committee determines for the USA.
Upcoming International events:
Para Pan-American Games—November 7-20 in Guadalajara, Mexico
2012 Paralympic Games- London