

UNITED STATES *LUGE* ASSOCIATION

Monthly Gym Expense Reimbursement Guidelines for Sr. National / Sr. National Select Athletes

Purpose: To reimburse Senior National and Senior National Select athletes for their off-site gym expenses during the spring and summer months considered "off-season."

Reasoning: An athlete who is a member of the Sr. National or National Select team is in a position to make a fully educated decision about where they train in the off-season. Because of this, athletes who choose not to train full time in Lake Placid should not be burdened with off-season gym expenses.

Athletes training "off-site" are entitled to reimbursement for monthly gym memberships as long as they meet the following criteria...

1. Athletes must be categorized as "Senior National" or "Senior National Select" team members.
2. Athletes must make an honest effort in contacting the local gym of their choice for a sponsorship or discount. The USLA's strength/conditioning coach will make a final decision on whether or not such "honest effort" was made. USLA also reserves the right to contact the gym chosen by the athlete directly to seek out a sponsorship or discount. USLA may suggest other local gyms for the athlete to use but the final decision rests with the athlete.
3. The athlete must be able to "verify" "regular" attendance at the gym. Verification can be in any form the athlete wishes as long as it is acceptable to the USLA's strength/conditioning coach. "Regular" attendance will be jointly agreed upon between the athlete and USLA's strength/conditioning coach, taking into account things like work, school, USLA marketing appearances, USLA camps, time off/vacations, and even the athlete's personal style for utilizing such a gym membership. USLA's intent is not to monitor daily usage of a gym but to ensure blatant abuse of the policy does not occur.
4. The monthly gym expenses will be budgeted as a maximum allowable amount annually per athlete. Any amount in excess of the per-athlete cost will be the responsibility of the athlete. The minimum commitment from USLA must be at least \$40 per month per athlete. If the gym expenses are under \$40, and the gym is adequate, then only the actual expense will be reimbursed.

Gym expenses will only be reimbursed for the portion of the season categorized as "off season" training. This portion of the season will begin no earlier than March 1st and end no later than Oct. 1st. The USLA will have final decision on what actually will be considered "off season". Per USLA policy, reimbursement will only be made after proper receipts are provided.