HPC Minutes
Tuesday, November 23, 2021

Attendance:
Wyatt Allen
Yaz Farooq
Sara Hendershot
Matt Imes
Meghan Musnicki
Robin Prendes

Introductions

- Working to finalize DAS options today and discuss how Period 1 can be allocated across athletes

Direct Athlete Support (DAS)

- Pulled together a list of athletes to look at how numbers would align based on the distribution of USOPC funds in Period 1
    - List of athletes included all Tokyo Olympics, all athletes currently on 2021 Period 3 DAS, and all athletes who performed in the top 3 of Fall Speed Order
- The three options presented included the following:
    - Fund 32 athletes across three tiers of support
    - Fund 32 athletes while reserving a performance pool for Trials and WC
    - Fund 39 athletes by adding developmental athletes and reserving a performance pool
- Discussion regarding how many athletes are committed to returning - there are about half a dozen who have been "undecided"
    - This is not clear right now and needs follow up
- After discussion from all members, agreement among the group that the performance pool was not necessary and funding in the moment of training is more impactful than at a singular moment like Trials or after WC.
    - This eliminated Option 2 or 3
- Looking at Option 1 and working to decide if the tiers are built appropriately and the right athletes would be included under those numbers to ensure we are adequately supporting
    - What amount is meaningful enough to allow an athlete to reduce or eliminate outside job? Landed on maintaining a $2k per month stipend to achieve this
    - We are able to execute this by tiering the Olympians and making line be top 50% of competition.
- Next steps: Outreach to athletes to get a final count on how many are returning and will commit to this so that we have firm numbers to work with.

    - Need to increase the commitment and proof of training and progress until selection events begin.
    - Suggestion of erg tests to track standards
- Discussion of what we could propose for tracking:
    - Landed on two erg tests (Jan and March) as a 6k and 2k with a benchmark time to hit
    - Training Peaks account to upload training to
    - The erg tests would be target times. Those who meet the targets automatically remain on DAS, those who do not could possibly be removed.
    - Intention is to ensure that there is true fitness progress and real training
- Add in language about injury - work on getting this from the medical committee.