

NORTHERN MICHIGAN UNIVERSITY
UNITED STATES OLYMPIC TRAINING SITE
RESIDENT ATHLETE APPLICATION

The primary objective of the Resident Athlete Program at Northern Michigan University's Olympic Training Site (NMU-OTS) is to provide an appropriate and encouraging environment for the academic, athletic and personal development of Olympic athletes. The initial qualification standards, as well as the program requirements and expectations are provided below. Residents will be evaluated on the information submitted as well as their performance.

Directions: Please submit your application by e-mail. Insert your answers in the spaces below, save to your desktop and send as an attachment. Applications must be submitted from the applicant's personal e-mail account.

Resident Program Information and Standards:

- Athletes must meet their current NGB's performance criteria.
- Tuition at the in-state rate is given to all athletes. — **Please note** that this may affect other aid offered by the University. Each athlete should check with the NMU financial aid office for details and for additional aid available.
- All residents - new or renewals – must prepare to make full payment or make payment plan arrangements for your tuition and fees bill before the start of each semester. Northern Michigan University offers three options for the payment of tuition and fees. Unless the Easy Pay Plan or Payment Plan is elected by the due date, students will be responsible for paying tuition and fees, less applicable financial aid awards, in full by the tuition due date.
- Resident athletes must be: 1) current United States citizens; 2) eligible to represent the U.S. in the Olympic or Paralympic Games in his/her sport; and 3) be accepted into a Northern Michigan University academic program.
- Each athlete must demonstrate progress in training and competition, including reaching performance measurements established by the athlete and their coach(s) for the year. Coaches will report each athlete's progress and specific performance standards each year.
- All new applicants will be placed on a 90-day probation period. This is designed to allow both the coach and the athlete to determine if the student-athlete has the potential to be successful, both in training and socially, within the structure of the current NGB resident program.
- Each athlete member must be physically able to engage in the NGB's daily and full training regime upon arrival to the program. If the athlete member is injured and not capable of fully training in all aspects of the daily training program, he/she **MUST** notify both the administration and the resident coach of their physical limitations. **Withholding such information may be cause to reject an athlete member from consideration in the resident training program.**
- Resident-athletes must be full-time students at Northern Michigan University (12 credit hours per semester).
- Athletes must be willing to follow exactly the training program as written for you by the resident coach.
- Travel to competitions and entry fees are the responsibility of the athlete. Athletes are expected to compete in events each year.
- Athletes must follow exactly the code of conduct and program participation expectations as delineated by the NMU-OTS, USA Weightlifting, the USOC, USADA and the resident coach.

Athlete Application

Sport and Discipline: _____

Application for:

(Check only 1 program type)

_____ Resident

On Site Off Site

_____ Facility-Use Only (training only)

BIOGRAPHICAL INFORMATION (please print)

Name: _____

Last Name

First Name

Middle Initial

Address: _____

Street

City

State

Zip: _____ E-mail Address: _____

Birth Date: ____/____/____ Gender: ____ Male ____ Female Cell Number: (____) _____

NMU IN # _____

US Citizen: Yes NO If No, what nationality _____

Race: African American Asian Caucasian Hispanic Pacific Islander Native American

Check all that apply

SKILL LEVEL

Please check your guest type for this program.

_____ Olympic Caliber _____ National Caliber _____ Jr National _____ Development

_____ Best official C&J _____ Competition and year

_____ Best official Snatch _____ Competition and year

_____ Best official total _____ Competition and year

Do the above numbers differ from your training numbers? If so, please list your training numbers. In addition, please include your best back squat and front squat.

Home Club _____ Personal Coach _____

Coach/Club Phone Number _____

USAW Membership # _____ Expiration Date: _____

Weight Category _____ Do you plan to stay in this weight category? **Yes** **No**

If No, what category do you plan to compete in? _____

Athlete Application

Please list national and international events in which you have competed together with years, Snatch, Clean & Jerk, and Total, and place. If you are an elite athlete currently competing in another sport, also indicate the results you have achieved in that sport as well as your weightlifting specific results.

| Competition History | | | |
|---------------------|------|----------|---------|
| Event | Date | Location | Results |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

1. Are you willing to participate in all aspects of the Athlete Residency 2016 - 2020 Program (i.e. training, sports science, recovery methods, extra-curricular activities, local competitions etc.) as delineated by the Resident and National Team Coach and USOC Sports Services?
2. Are you willing to follow exactly the training program as written for you by the Resident and National Team Coach?
3. Are you willing to accept the fact that specific and defined improvement, participation success, and cooperation in following all rules, regulations, and expectations of NMU, USA Weightlifting, the USOC, and the resident coach are the basis for continuation in the Athlete Residency 2016 – 2020 Program?

By signing this application:

- I acknowledge that all above answers are accurate to the best of my knowledge.
- Agree to follow all stipulations set forth by NMU, USA Weightlifting, the United States Olympic Committee, and the resident coach in regard to training, additional program participation, and discipline.
- Agree to periodic examination of performance and participation as a basis for remaining in the Athlete Residency 2016 - 2020 Program, or return to/placement in the Athlete Residency 2016 - 2020 Program.

Applicant signature _____ Date _____

Parent/Legal Guardian (for those under 18) _____ Date _____

Submit completed application to:

Northern Michigan University Olympic Training Site
Coach Adam Latella: alatella@nmu.edu