USAT Certified Training Center Criteria

Training Center needs to have the following facilities:

- A 25 meter pool (6 lane +)
- A 400 meter track
- Trainer/spin room- multi rider preferred
- Treadmills that go up to 12-15 mph
- Access to trails within 1 mile
- Access to hotel within 1 mile
- Within 30 minutes drive to a major airport
- Performance Lab
- Recovery Center- Ice bath, hot tub, sports massage
- Locker rooms with showers
- Meeting room that comfortably seats 50+ people with AV

Training Center must have the following staff:

- Minimum of 2 USAT Certified Coaches
- 1 USAT Level II Certified Coach
- Access to qualified presenters

Training Center must provide the following services:

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

Training Center must provide the following discounts:

- 20% off services for USAT members and coaches
- 2 free passes per USAT member
- Membership discount TBD

If your facility meets these requirements or if you have any questions, please contact Ellis Schieman for more information at Ellis.Schieman@usatriathlon.org or 719-955-6019