



## Unlocking Para Potential in Your High School

Every day, students with physical disabilities show up, train, and compete in high school sports, but many may not realize that they could be eligible for Paralympic sport opportunities with Team USA. As a coach or athletics administrator, you're on the front lines to recognize these athletes and may already know someone who is eligible for Para sport.

Team USA needs your help to identify high school athletes with Para-eligible impairments, so we can connect them with opportunities in Para sport.

### WHO ARE WE LOOKING FOR?

We're looking for high school athletes with a physical, visual, or intellectual impairment who:

- Compete in any high school sport (track, swimming, wrestling, soccer, basketball, etc.)
- Have competitive drive and love sports
- May not realize there could be a pathway to compete for Team USA

### ELIGIBLE IMPAIRMENTS & UNDERLYING HEALTH CONDITIONS IN PARA SPORT

Paralympic Eligible Impairment	Example Underlying Health Conditions*
Coordination impairment	Cerebral palsy, traumatic brain injury, stroke, neurological impairment, ataxia, multiple sclerosis, Parkinson's disease
Impaired muscle power	Spinal cord injury, paralysis, spina bifida, post-polio, transverse myelitis, arthrogryposis, muscular dystrophy
Impaired muscle range of movement (ROM)	Brachial plexus injury, Erb's palsy, club foot, osteogenesis imperfecta, Charcot-Marie-Tooth disease
Limb deficiency and/or limb length difference	Congenital amputees, limb differences, rotationplasty, amniotic band syndrome, proximal femoral focal deficiency
Short stature	Achondroplasia
Vision impairment	Retinitis pigmentosa, macular degeneration, congenital blindness
Intellectual impairment	Athletes must have an IQ of less than 75 and have been diagnosed prior to 18 years of age.

*\*This is not a complete listing of underlying health conditions, for more information, please visit <https://www.paralympic.org/classification>.*

### TAKE ACTION: REFER AN ATHLETE TODAY

If you know a student-athlete with a physical, visual, or intellectual impairment, we encourage you to refer them directly or share our Athlete Interest Form with a parent and/or guardian.

- [Refer a high school athlete today!](#) – Refer an athlete and we'll do the rest!
- Share the [Para Athlete Interest Form](#) with an athlete's parent and/or guardian

### QUESTIONS?

Email us at [ParalympicSport.Info@usopc.org](mailto:ParalympicSport.Info@usopc.org).