

WINTER GAMES

SPECIAL OLYMPICS INDIANA – 40 YEARS YOUNG



Dates: January 24, 25, 26, 2010
No alternate date.

Site: Ski Paoli Peaks
2798 West County Road 25 South
Paoli, Indiana 47454

Sports:

- Alpine Skiing
- Snowshoeing

Schedule:

Sunday, Jan 24	Registration	4:00 - 4:30 pm (Areas 1, 3, 4, 5, 6, 9) 4:30 - 5:00 pm (Areas 2, 7, 8, 10)
	Coach/Volunteer Orientation	4:00 pm - 5:00 pm
	Opening Ceremonies	6:00 pm
Monday, Jan 25	Training Schools	9:30 am - 11:00 am
	Practice	9:00 am - 12:30 pm
	Time Trials	1:30 pm - 4:30 pm
	Dance	8:00 pm - 10:00 pm
Tuesday, Jan 26	Competition	10:00 am - 12:00 pm

Entry Deadline: Monday, December 7, 2009

State Office Contact: Dave Breen (800) 742-0612 ext. 233 or dbreen@soindiana.org

Entry Fees:

- Activity fee for each athlete and coach: \$10.00
- Alpine Skiing and Snowshoeing Training School fee per coach: \$5.00
- Coach/Volunteer Orientation: Free

Housing:

French Lick Springs Resort
8670 West State Road 56
French Lick, Indiana 47432

Housing costs will range from \$125 to \$275 per room based on occupancy (exact rates not available at the publication date). Housing fees are paid directly to the French Lick Springs Resort upon check-in. A limited supply of roll-away beds are available upon request.

Coaches Training Schools

	<u>Coach/Volunteer Orientation</u>	<u>Alpine Skiing</u>	<u>Snowshoeing</u>
<i>Date:</i>	Sunday, January 24	Monday, January 25	Monday, January 25
<i>Time:</i>	4:00 pm - 5:00 pm	9:30 am - 11:00 am	9:30 am - 11:00 am
<i>Site:</i>	French Lick Springs	Paoli Peaks	Paoli Peaks

Housing fees are paid directly to the French Lick Springs Resort upon check-in. Rates will be provided at the entry deadline.





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Athletes may participate in one sport only (Alpine Skiing or Snowshoeing), although they may be entered in two events in that one sport.

Entry Information

1. County Programs must be registered with the State Office to enter this event.
2. All entry forms must be **IN HOUSE** by the deadline. They may be emailed, mailed or faxed to the State Office. Mailing Address: Special Olympics Indiana, 6100 W. 96th Street, Suite 270, Indianapolis, IN 46278. Fax: (317)328-2018. Email: entries@soindiana.org
3. The entry or registration fee will be transferred from the County account to the State account on the deadline date. Insufficient funds in the County account is cause to reject the entries or registration. The County Program is responsible to notify the Vice President of Programs *before* the deadline if special circumstances exist.
4. Once past the entry deadline, no refunds will be given. In the event of cancellation of the entire event, the County account will be credited for the entry fees.
5. All athletes and Unified Sports® partners must have an *Application for Participation* on file with the State Office. New Applications must be received in the State Office by the entry deadline for the athlete/partner to be eligible for that event.
6. A current and complete *Medical Form* must be completed for each Special Olympics athlete listed on the roster, and on-hand for any Special Olympics-related activity. *Medical Forms* will be checked at registration. Athletes without *Medical Forms* will **NOT** be allowed to participate.
7. All Class A volunteers (coaches/chaperones) entered by a County Program **MUST** be registered volunteers, have completed a *Coach/Volunteer Application*, have completed the Coach/Volunteer Orientation, and have completed the Online Protective Behaviors training.
8. No qualification score is necessary prior to entry. Athletes will have the opportunity to compete in preliminaries on Monday afternoon at Ski Paoli Peaks.
9. Athletes may participate in one sport only (Alpine Skiing or Snowshoeing), although they may be entered in two events in that one sport. See the *Alpine Skiing Skills Assessment* form for assistance in determining the skill levels of your athletes in Alpine Skiing.
10. Individuals and teams will be placed in competitive divisions for the finals by the Winter Games Sport Management Team, according to type and age group. Individuals and teams who are disqualified during their qualifying competition will be placed in the highest division of competition for the finals.

TRADITIONAL EVENTS

ALPINE SKIING

- Alpine - Glide I
- Alpine - Glide II
- Alpine - Super Glide
- Alpine - Novice Giant Slalom
- Alpine - Intermediate Giant Slalom
- Alpine - Advanced Giant Slalom
- Alpine Slalom

SNOWSHOEING (order of events in parenthesis)

- Snowshoeing 50m (3)
- Snowshoeing 100m (5)
- Snowshoeing 200m (1)

UNIFIED EVENTS

ALPINE SKIING

- Unified Glide I
- Unified Glide II
- Unified Super Glide
- Unified Novice Giant Slalom
- Unified Intermediate Giant Slalom
- Unified Advanced Giant Slalom
- Unified Alpine Slalom

SNOWSHOEING (order of events in parenthesis)

- Unified Snowshoeing 50m (4)
- Unified Snowshoeing 100m (6)
- Unified Snowshoeing 200m (2)



WINTER GAMES RULES

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The Official Special Olympics Sports Rules for Winter Games shall govern all Special Olympics competitions. Special Olympics has created these rules based upon International Sports Federations (ISF) rules [Alpine Skiing - Federation Internationale de Ski (FIS); Snowshoeing - Special Olympics, Inc.], which shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Winter Games.

RULES OF COMPETITION

UNIFORM SPECIFICATIONS

1. All participants in Winter Games must have a uniform that conforms to the current concept of the appropriate.
2. Dress should enhance and not detract from the skier's technical proficiency.
3. The Winter Games Sport Management Team or sport official shall have authority to bar offenders from competition until they comply with this rule.



GENERAL RULES

1. During competition, if the competitor moves out of the general direction of the line of the course (fall, miss a gate, lose a ski or shoe, etc.), he/she shall have a time limit to re-enter the course.
 - a. A competitor who fails to adhere to this time limit, or receives assistance of any kind, shall be disqualified.
2. Whenever possible, electric timing shall be used.
 - a. When this tool is not possible, hand-held timing may be used.
 - b. Gate judges shall be responsible for timing the two minutes for the two (2) - minute rule (*see two (2) - minute rule*).
3. The watch or timer is stopped when the tip of the competitor's ski/shoe crosses the finish line.
4. Physically assisting a competitor may result in his/her disqualification.
5. The competitor must finish with both skis/shoes on.
6. Competitors may NOT crawl during competition.

He/she must stand before advancing through the course.

EQUIPMENT

1. The ski area shall provide adequate snow grooming and venue preparation for all events. For deteriorating snow conditions, course maintenance tools will be used and are the responsibility of the ski area.
2. Competition equipment, such as skis, boots, and poles, must pass all appropriate safety guidelines.
3. All competitors must wear competition bibs for both times trial and finals races.
4. All athletes must wear appropriate ski helmets when participating in Alpine (Downhill) Skiing.
 - a. They must wear helmets in both time trial and finals competition.
 - b. Helmets are recommended in other competition courses, but are not required.
5. The minimum length/rating for a ski is 140.
6. The minimum length for a snowshoe is 25 inches.
 - a. Snowshoes should measure at least 8 inches by 25 inches.
 - b. It is not necessary for snowshoes to have a "tail" provided the snowshoe meets these minimum size standards.
7. Tying the athlete's boot heel to the snowshoe is prohibited: snowshoes cannot be altered in any way.



ALPINE SKIING SKILLS ASSESSMENT

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The following skill levels and the detailed tasks under each will be used for Alpine Skiing training and competition at the Winter Games. The Glide Prep is for beginning skiers or those needing a refresher course from previous years. Glide Prep is not an event, rather a beginning point for training. The first event for this ability group would be Glide I.



Glide Prep *(Not an event)*

- Walks with one ski on in a straight line
- Changes ski to other foot and walk in a straight line
- Walks with both skis in a straight line
- Side-steps on flat ground
- Side-steps up a gentle slope with assistance
- Side-steps up a gentle slope without assistance
- Stands up after falling with assistance
- Refastens skis with assistance
- Stands up independently
- Stands up and refastens skis independently on incline

Glide I (Station #1)

- Glides using a straight run
- Uses gliding wedge
- Uses braking wedge
- Uses braking wedge and stops

Glide II (Station #2)

- Learns to turn and point skis downhill without moving
- Links wedge turns with different size wedges
- Links wedge turns
- Wedge-turns to the right and stop
- Wedge-turns to the left and stop
- Review braking wedge

Super Glide (Station #3)

- Review braking wedge
- Review wedge turns
- Introduction to traverses
- Introduction to sideslipping
- Traverses with sideslipping
- Linked-turns with skidded finish
- Skis around 3-4 gates (depending upon terrain)

Novice Giant Slalom (Station #4)

- Review sideslipping
- Introduction to wedge garlands
- Introduction to absorbing uneven terrain
- Skis around 3-5 gates (depending upon terrain)
- Learns to ride lift
- Introduction ski poles (REQUIRED)

Intermediate Giant Slalom (Station #5)

- Review wedge garlands
- Review traverse
- Introduction to linked turns with skidded finish
- Review riding lift
- Learns to match skis at end of turn
- Learns to ski 10 gates
- Learns to ski blue runs
- Introduction to ski poles (REQUIRED)

Advanced Giant Slalom (Station #6)

- Review linked-turns with skidded finish
- Review matching skis at end of turn
- Review skiing blue runs
- Learns to skate
- Learns to use ski poles
- Introduction to matching skis before the fall-line
- Introduction to linking medium short radius turns
- Introduction to tactics of speed play
- Learns to ski 20 to 25 gates

Alpine Slalom (Station #6)

- Has more physical skills
- Is stronger
- Possesses agility
- Review short swing turns
- Review use of gates
- Review slalom course strategy

