



Special Olympics

Wyoming

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DATE: November 24, 2009
TO: Local Programs & Area Directors
RE: Winter Games Registration Information

Wax up your skis and boards, check the binding system on your snowshoes and get ready for great competition and fun because Special Olympics Wyoming is gearing up for Winter Games February 9-11, 2010 in Jackson!

The Games begin with dinner and Opening Ceremonies on Tuesday. Competition begins Wednesday morning with time trials at the Jackson Hole Mountain Resort. Breakfast and lunch will be served Wednesday with a victory banquet and dance on Wednesday evening at Snow King. Breakfast and lunch will be served on Thursday. Please note: The Thursday evening chili dinner and karaoke has been cancelled due to previous lack of participation.

We hope you will be able to join us at this year's event!

In this packet you will find general information, schedule of events and hotels. In addition the following forms have been included:

- Invoice/Cover Sheet
- Coaches' Roster
- Athlete Registration Form
- Team Entry Form
- Current list of athlete and partner form status
- List of volunteers and their status

If you would like this packet mailed to you - contact skiesner@specialolympicswy.org (307) 235-3062 or (800) 735-8345 or go online to www.specialolympicswy.org

The following items are **DUE** by **Friday, January 22, 2010**

- 1 Invoice/Cover Sheet**
- 2 Coaches' Roster**
- 3 Athlete Registration Form**
- 4 Team Entry Form**


Return to:
Special Olympics Wyoming
232 E. 2nd Street
Suite #201
Casper, WY 82601
Fax (307) 235-3063

GENERAL INFORMATION

Please note: This packet includes all the information you will need to enter the athletes from your program for the 2010 Special Olympics Wyoming Winter Games.

Medical Forms—Put Program Names on all forms to ensure they are filed properly. Each Local Program is expected to travel with athlete and partner forms. Programs must be able to provide that information at registration. The Application for Participation and the Release are two different forms and must be on file with Special Olympics Wyoming prior to participants training or competing. If medical forms are not completed, athletes will not be allowed to compete at Winter Games. Athletes with Down Syndrome competing in Alpine Skiing or Snowboard events must have a cervical x-ray to determine Atlanto-Axial status. Please direct any questions concerning various forms to staff.

HOUSING

<u>MOTEL</u>	<u>PHONE</u>	<u>SINGLE</u>	<u>DOUBLE</u>	<u>Contact</u>
	733-5200	\$65.00	\$65.00	Sara Meyer

Snow King as agreed to serve as the host hotel for the 2010 Winter Games. We encourage programs to contact them to book your rooms. **Room rates are guaranteed until December 27, 2009.**

Local programs are responsible for making their own room reservations for Winter Games!

TRAINING

The official Special Olympics rules governing Winter Sports can be found on the Special Olympics Wyoming website at www.specialolympicswy.org.

Athletes must have completed training requirements and competed at an Area Games before competing in State Winter Games.

The following Area Games dates have been tentatively set.

AREA GAMES DATES

Thursday, January 28, 2010 • White Pine Ski Area, Pinedale

Saturday, February 6, 2010 • Hogadon, Casper

Tuesday, January 19, 2010 • Terry Peak, Lead, S.D.

Area 1 will not be hosting a Winter Games this year.

Minimum Training Requirements

Special Olympics has established minimum standards for athletes to prepare for competition. The purpose of training is to assure that athletes have the skills and stamina to compete safely at area and state competition. All athletes (and partners) should participate in a training program for at least 8 weeks, and if/when possible, longer.

When programs are unable to find adequate snow or facilities strength and conditioning programs should be implemented to supplement but not replace sport specific training.

COMPETITION

--Athletes must enter consecutive distance events in Cross-Country and Snowshoe, i.e. 10 meter, 25 meter and 25 meter or 100 meter, 500 meter and 1 kilometer, etc.

--Athletes entered in relays must compete in a time trial for the individual event which constitutes one "leg" of the relay.

-- Athletes may **not** compete in the same event as an individual and then as a member of a Unified Sports team.

-- Athletes must compete at the same level for all three Alpine or Snowboarding events. For entry level alpine athletes the progression is 10 Meter Race - Glide - Super Glide - Super G Level 1

- In order to properly division athletes for time trials **it is imperative that times be included on the registration forms for each event for which an athlete is registered.** These times are due at the time the registration materials are due (January 22, 2010).

Please note that *Events in italics are designed for lower ability athletes*

ALPINE

Events (I=noVICE, II=intermediate, III=advanced) **Levels must be included**

Glide Event *Sit-skiers events – please note on registration*

10 meter Walk

Super Glide

Super G Slalom I, II, III *Sit-skiers events – please note on registration*

Giant Slalom I, II, III

Slalom I, II, III

(Level 1 athletes may be entered in an assisted event which allows for a coach on the course - please indicate this on the registration form)



SNOWBOARD

Events (I=noVICE, II=intermediate, III=advanced) **Levels must be included**

Super Glide

Super G Slalom I, II, III

Giant Slalom I, II, III

Slalom I, II, III



****A helmet is required for all athletes training and/or competing in Alpine or Snowboard events****

CROSS-COUNTRY

Events

10 meter Ski Race

50 meter Cross Country Ski Race

500 meter Cross Country Ski Race

3 kilometer Cross Country Ski Race

4x1 kilometer Cross Country Relay

Times must be included

25 meter Ski Race

100 meter Cross Country Ski Race

1 kilometer Cross Country Ski Race

5 kilometer Cross Country Ski Race

4x1 kilometer Unified Sports Relay

***Cross Country athletes compete in one event per block plus one relay overall.**



SNOWSHOE

Events

25 meter Race
100 meter Race
400 meter Race

Times must be included

50 meter Race
200 meter Race
800 meter Race
1600 meter Race
4x400 meter Relay
4x400 meter Unified Sports Relay



***Snowshoe athletes compete in one event per block plus one relay overall.**

*Each Athlete is allowed to compete in one sport only**

Please see the accompanying Block Schedule for events (*pick one event per block). All athletes will compete in a time trial on Wednesday morning (in cross country and snowshoe they may compete in two). The Games Management software will automatically enter athletes in appropriate time trial events.

UNIFIED SPORTS® EVENTS

- Athletes **may not** compete in the same event in Unified Sports **AND** non-Unified Sports competition.
- Please make every effort to match athletes with partners of similar age and ability.
- Unified Sports partners "Application for Participation" must be on file with Special Olympics Wyoming prior to training and competition.

FOLLOW-UP

A follow-up packet will be e-mailed, after registration is complete, to all those participating programs by **Monday, February 1, 2010**. Information will include:

- Confirmation of registration
- Status of athletes & partners release forms
- Volunteer status forms
- Updated schedule of events and sports times
- Lift ticket information
- Menus for breakfasts, lunches and dinners
- Other information as appropriate to assure your successful participation in the 2010 Winter Games.

Any questions please contact Shane at Special Olympics Wyoming at (307) 235-3062 or outside of Casper (800) 735-8345 or via e-mail at skiesner@specialolympicswy.org



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2010 WINTER GAMES

Athlete Entry Form (Make additional copies as needed)

Local Program _____

Local Program Contact _____

ATHLETE INFORMATION	Sport: _____ Events:	Level	Time Min: Sec. Tent
Name: _____ <i>Last</i> <i>First</i>	1		: .
Sex: M or F Age _____	2		: .
Wheelchair Y or N Athlete or Partner	3		: .
	Relay:		
ATHLETE INFORMATION	Sport: _____ Events:	Level	Time Min: Sec. Tent
Name: _____ <i>Last</i> <i>First</i>	1		: .
Sex: M or F Age _____	2		: .
Wheelchair Y or N Athlete or Partner	3		: .
	Relay:		
ATHLETE INFORMATION	Sport: _____ Events:	Level	Time Min: Sec. Tent
Name: _____ <i>Last</i> <i>First</i>	1		: .
Sex: M or F Age _____	2		: .
Wheelchair Y or N Athlete or Partner	3		: .
	Relay:		
ATHLETE INFORMATION	Sport: _____ Events:	Level	Time Min: Sec. Tent
Name: _____ <i>Last</i> <i>First</i>	1		: .
Sex: M or F Age _____	2		: .
Wheelchair Y or N Athlete or Partner	3		: .
	Relay:		



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Two teams per page
Make additional
Copies as needed



Team Entry Form

<input type="checkbox"/> Cross Country 4x1 k Relay	<input type="checkbox"/> Unified Sports CC 4x1 k Relay
<input type="checkbox"/> Snowshoe 4x100 meter Relay	<input type="checkbox"/> Unified Sports Snowshoe 4x100m Relay
<input type="checkbox"/> Snowshoe 4x400 meter Relay	<input type="checkbox"/> Unified Sports Snowshoe 4x400m Relay

Coaches Names: _____

Local Program(s): _____

Competitors Name Last Name	First Name	Athlete or Unified Sports Partner	Team Name	Individual Time	Team Time

<input type="checkbox"/> Cross Country 4x1 k Relay	<input type="checkbox"/> Unified Sports CC 4x1 k Relay
<input type="checkbox"/> Snowshoe 4x100 meter Relay	<input type="checkbox"/> Unified Sports Snowshoe 4x100m Relay
<input type="checkbox"/> Snowshoe 4x400 meter Relay	<input type="checkbox"/> Unified Sports Snowshoe 4x400m Relay

Coaches Names: _____

Local Program(s): _____

Competitors Name Last Name	First Name	Athlete or Unified Sports Partner	Team Name	Individual Time	Team Time

2010 Winter Games Block Schedule

All athletes will compete in a time trial on Wednesday morning (in cross country and snowshoe they may compete in two).
The Games Management software will automatically enter athletes in appropriate time trial events.

Note: Athletes entered in relays must compete in a time trial for the individual event that constitutes one “leg” of the relay.

***Athletes should choose one event per block. (Exception: CC & SS may add one relay)**

	February 10 Wednesday AM	February 10 Wednesday PM	February 11 Thursday AM	February 11 Thursday PM
Alpine	Time Trials (Modified Giant Slalom for all Alpine Athletes)	<i>Glide Event</i> Slalom I,II,III	<i>Super Glide</i> Giant Slalom I, II, III	<i>10 Meter Walk</i> Super G Slalom I, II, III
Snowboard	Time Trials (Modified Giant Slalom for all Snowboard Athletes)	Slalom I,II, III	Giant Slalom I, II, III	Super G Slalom I, II, III
Cross Country	Time Trials *Short Distances (10m, 25m, 50m) will complete a 25m time trial *Medium (100m & 500m) will complete a 100 meter time trial *Long (1k, 3k, 5k) will complete a 1k time trial	<i>10 meter Ski Race</i> <i>100 meter CC Ski Race</i> 3 kilometer CC Ski Race	<i>25 meter Ski Race</i> 500 meter CC Ski Race 5 kilometer CC Ski Race	<i>50 meter CC Ski Race</i> 1 kilometer CC Ski Race 4x1 kilometer CC Relay 4x1 kilometer Unified Sports Relay
Snowshoe	Time Trials *Short Distances (25m, 50m, 100m) will complete a 50m time trial *Long (200m, 400m, 800m, 1600m) will complete a 200 meter time trial	800 meter Race <i>100 meter Race</i> 4x400 meter Relay 4x400 meter Unified Sports Relay	400 meter Race <i>50 meter Race</i> 4x100 meter Relay 4x100 meter Unified Sports Relay	200 meter Race <i>25 meter Race</i> 1600 meter Race

