Welcome to 2017 Special Olympics North Carolina Winter Games
– Alpine Skiing and Snowboarding!

Instruction and competition management will be managed by instructors with the French-Swiss Ski College. Please make sure to thank our volunteers with the Raleigh Ski & Outing Club! If you have any questions at all during the event, please do not hesitate to ask any games management team member or SONC Staff.

General Reminders

- Refer to the schedule for all the where’s and when’s of the event.
- Please remember that no electrical items are allowed in the ski lodge at any time. This includes, but is not limited to, toasters, coffee pots, microwaves, crock pots, etc. Coolers are allowed.
- Whenever an athlete goes on the slope, either first thing in the morning, after breaks, or after lunch, coaches/chaperones need to make sure the athlete:
  - Has their race bib on and outside of their ski clothes where it can be easily seen
  - Name tag on the front and back of the bib
  - Go to Restroom
  - Boots buckled and snug
  - Pants over the boots
  - Gloves on
  - Helmet On (required)
  - Goggles
- It is helpful to have at least one parent, chaperone, or coach stay in the lodge where your delegation has placed your items for the day. This is to assist athletes if they come in to warm up, use the restroom, and as a place for them to rest. It also helps GMT members and SONC staff to know there is someone from your delegation in the lodge if we need to locate you in the event of an emergency.
- Please be prepared to gather your athletes Sunday afternoon around 4pm after training, Monday afternoon around 12pm for the lunch break, and then again starting around 2pm after awards have started.

The Snow Cloud room is always staffed with either SONC sport staff or a member of the GMT. If you have any questions or need assistance, please check there first.

Medical

HODs should have all athlete medical forms with them in case of an emergency or any other medical issue. If you are on the slopes and need medical assistance, please find any French Swiss Instructor, Ski Patrol, or any on-slope assistant with a radio to contact SONC/Games Management. You can also call Andrea Stamm at 919-818-4520. If a coach/chaperone/parent is needed, a text blast will go out to all coaches/chaperones/HOD’s and a page will go out over the loudspeakers. Medical volunteers are also in the Snow Cloud room (3rd floor of the lodge), and are available for athlete, coach, parent, or volunteer first aid needs.
The ski patrol medical area is located on the ground floor of the lodge. When coming in from the slopes, it is located to the right of ski rentals. This is where ski patrol will take any athlete or coach that is injured on the slopes for assessment.

**Head of Delegation Check-In**

Athletes and coaches/chaperones/HODs will receive credentials at check-in in the Snow Cloud room. For the safety of the athletes, they should not wear these credentials during competition. All other delegation personnel should wear their credentials at all times. Credentials will be needed for access to Monday dinner and the dance. Credentials can be turned in after the athlete has received their award.

**Ski/Snowboard Equipment Rental & Identification**

If an athlete is renting equipment:
1. Prepare athlete equipment forms – have all athlete equipment sizes and requirements ready so that you can fill out the equipment forms. (Height, Weight, Age, Gender, Shoe Size.)
2. Check out equipment: Go the ski rental check-out area on the ground floor and check out skis, snowboards, and boots. You must have an equipment form for each athlete.
3. Identify ski equipment: Make sure boots, skis, snowboards are tagged with the athlete’s bib numbers – usually white tape with bib number on it.

If an athlete brought their own equipment:
1. Identify ski equipment: Make sure boots, skis, snowboards are tagged with the athlete’s bib numbers – usually white tape with bib number on it.

If a coach/chaperone/HOD is renting equipment:
1. Fill out an equipment form (one form will be needed each day that person is renting the equipment).
2. Check out equipment: Go the ski rental check-out area on the ground floor and check out skis, snowboards, and boots.
3. Return equipment to the rental check-out area at the end of the day. **Coach rental equipment is not stored overnight.**

If a coach/chaperone/HOD brought personal equipment, no check out or identification is needed.

**Ski/Snowboard Equipment Storage**

- During breaks in the day between training/competition, athlete and coach skis should be kept in the Special Olympics designated ski corral near the Yellow instruction/competition area/near the cauldron. Athlete skis and snowboards will be
sorted according to their bib number. **Athletes must wear their bib in order to claim their skis.**

- At the conclusion of training/competition on **Sunday**, all athletes should bring their skis/snowboards/boots to the SONC equipment room located in the room behind the video games. Coaches that brought their own equipment may store it in this room overnight. Coaches/chaperones that rented equipment **must return this equipment to the rental area.**
- On **Monday morning**, athlete skis/snowboards will be brought down to the ski corral. Athletes must come to the equipment room **with their bib on** to pick up and put on their boots. Coaches/chaperones with their own equipment must pick it up at the SONC equipment room. Coaches/chaperones **renting equipment** must fill out the second rental form and pick up their equipment in the rental area. Remove all ski equipment identification tags (white tape with bib numbers) before turning in the equipment.
- On **Monday after competition when the athletes are finished skiing**, athletes and coaches/chaperones that rented skis/snowboards must return them to the rental area, **not the ski corral.** Athletes and coaches/chaperones with their own equipment take with them to pack as necessary.

**Coach/Chaperone Ski Instruction**

- Instruction is available on Sunday for coaches/chaperones who are skiing or snowboarding from 2:30-3:30 PM. Go to the “Ski School Meets Here” sign for your class. This class will help improve your personal skiing/snowboarding skills so you can in turn help your athletes.
- On bathroom runs, leave equipment in the Special Olympics equipment corral.

**Coach/Chaperone Assistance on the Slopes**

- Ski/snowboard coach/chaperones are needed to help with their athletes during skiing and snowboarding practice and competition.
- If your athletes are in the advanced groups (blue and black) and you are able to help with green or yellow, we can definitely use your help! Keron Poteat will collect names of coaches/chaperones and where you want to assist after each coaches/HOD meeting.
- When assisting on the slopes, make sure to identify yourself to the ski instructors and games management team members. You will be part of a team lead by French-Swiss instructors. Watch the team leader to improve your instructional ability.
- We always have a need for coaches/chaperones to act as awards runners Monday afternoon. Let Keron know if you are able to help in this capacity after the HOD meeting on Monday morning.
Competition Rules & Reminders

- Official snowboard or ski helmets are required for all levels of snowboarding and skiing.
- Due to the range of ability levels and the variety of terrain needed for each level, some modifications have to be made to help the athletes be successful and at the same time retain their level of independence.
- During competition, if a competitor should move out of the general direction of the line of the course (fall, miss a gate, ski comes off, etc.), he/she shall have 2 minutes from the time of the deviation to re-enter the course. A competitor who fails to adhere to this 2-minute time limit or receives assistance of any kind shall be disqualified. Disqualification shall be determined by the gate judge assigned the gate closest to where the infraction(s) occurred.
- A competitor is disqualified if he/she fails to complete the course on both skis with the following exceptions:
  1. He/she finishes on one ski from the last gate before the finish line.
  2. When a competitor falls in the immediate finish area he/she must cross the finish line with both feet. With hand timing, the time is taken when the competitor’s foot crosses the line. The finish referee is responsible for all such decisions.
- Assisted competition (Exception)
  - Athletes that require assistance during competition will be assigned to the yellow 3 group. Yellow is the universal color for “caution.” Athletes in the yellow 3 group can be assisted. Assistance during a race may not be given in the yellow 1 or 2, green, blue, or black groups.
- Timing during competition
  - Athletes will be timed with stopwatches by experienced volunteers.
  - Athletes will be released with a cadence of “3, 2, 1, Go.”
- Course design
  - Courses will be designed for skiers of differing ability levels. The courses will be challenging, yet minimize undue trauma or risk. Glide, slalom and giant slalom are events at the SONC Games.
- Tips for coaches
  - Make sure your athlete is at the starting area several minutes before the competition is to begin.
  - If you want to watch the competition, observe from either the start area or the finish area.
Do not position yourself along the race course because it can distract your athlete and you will be tempted to assist them!

Athletes must be at the race course start area at the time set for the competition to begin. Athletes will be disqualified from the competition if they don’t show up.

After all runs are completed, make sure your athlete goes to the awards areas for the presentations with their division. Do not remove an athlete from their group.

Direct any questions about the rules to Michael Welch, Michael Maybee, or Andrea Stamm.

Awards

When athletes complete all of the runs for their competition, they need to wait for everyone in their heat to finish; then, as a group, go the area outside the dining room annex. They will be staged by volunteers on the porch, and then led into the awards presentation area by volunteers. Make sure you get a seat in the dining room annex to get pictures!

Thank you!

It takes many volunteers to make this event a success. Please be sure to thank the volunteers!

This event could not happen with all the hard work you put into training your athletes. Thank you for your dedication to the athletes of Special Olympics North Carolina!
2nd Floor/dining room annex & equipment room

- Dining Room Annex (Awards)
- Arcade
- SONC equipment room
- Concessions
- Snow Cloud Room
- Porch (Opening Ceremonies/Awards Staging)
- Dining Room
- Fireplace

Results
Sunday January 8

Lunch on your own  The Cafeteria at Appalachian Ski Mtn. can prepare special price lunches on request. Contact Carla at 828-295-7828. Be sure to specify your county.

12-12:45 PM  Check in @ Appalachian Ski. Mtn., Snow Cloud Room
Please Be On Time

12:00 or 12:30 PM  Coaches meeting, Snow Cloud Room. Required for all coaches/chaperones (Must attend one of these sessions).

12:45 PM  Go through regular equipment check out.
GET BOOTS FIRST, PUT ON, THEN GET SKIS or SNOWBOARD

Make sure the tape with the bib# is on boots and skis

1:45 PM  Opening Ceremonies

2:00 PM  Athletes will go to color coded staging areas for grouping of classes.
YELLOW: Meet at “Ski School” sign
GREEN: Green flag at #1 chairlift
BLUE: Blue flag left of #2 chairlift
BLACK: Black flag at left of #2 chairlift
Snowboard Group Red Flag at Base of #3 chair

2:15-4:15 PM  Instruction for Athletes

2:30-3:40 PM  Instruction for Coaches - Meet at the “Ski School Meets Here” Sign

4:00 PM  Athletes’ equipment and coaches’ (with their own equipment) will be stored in the Special Olympics equipment room behind the video games. Coaches renting equipment will return equipment downstairs where it was checked out.

Depart for Hotel – Hotel check in available after 3pm

6:30 PM  Banquet at the Meadowbrook Inn

8:00-9:30 PM  Dance
Monday January 9

7:00-8:30 AM Breakfast at hotel/check out of hotel

8:30-9:00 AM Depart for Appalachian Ski Mtn.

9:15 AM Head of Delegation meeting in Snow Cloud room.

9:00-9:45 AM Equipment check-out at Appalachian Ski Mtn.

Coaches (with their own equipment) & athletes get **boots** from the equipment room behind the video games on the 2nd floor of the lodge. Pick up skis in front of the lodge at the ski corral.

Coaches renting equipment go downstairs to rental area *(you must fill out a new rental form each day for your equipment).*

10:00 AM- 12:30 PM Instruction and time trials.
Meet at color coded staging area on the snow.

12:30-1:45 PM Return skis to ski corral
Lunch on your own

1:45 PM All athletes meet group at color coded staging areas on the snow.

2:00 PM Yellow competition begins
Snowboard competition begins

2:15 PM Green competition begins

2:30 PM Blue & Black competition begins

Awards given after each division concludes competition

*Athletes and coaches may continue to ski after completion of awards. Please turn in equipment to the rental department downstairs and race bibs to the French-Swiss office prior to departure.*

Finished Skiing Depart for home
# 2017 Special Olympics North Carolina Winter Games Evaluation

*(Please return to French Swiss Office before you leave)*

Delegation_______________________  Name *(optional)______________________________

<table>
<thead>
<tr>
<th>PRE-EVENT COMMUNICATION:</th>
<th>EXCELLENT</th>
<th>VERY GOOD</th>
<th>FAIR</th>
<th>POOR</th>
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<tbody>
<tr>
<td>A. Registration Material</td>
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<tr>
<td>B. Coaches Information</td>
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<tr>
<td>C. Coaches Meeting</td>
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**COMMENTS:**
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| SKIING | A. Equipment |           |       |       |       |
|        | B. Grouping  |           |       |       |       |
|        | C. Instruction |         |       |       |       |
|        | D. Competition |        |       |       |       |
|        | E. Awards    |           |       |       |       |
| C. Sunday Night Skiing   |           |           |       |       |

**COMMENTS:**
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| ACTIVITIES | A. Opening Ceremonies |           |       |       |       |
|            | B. Banquet/Dance      |           |       |       |       |

**COMMENTS:**
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<th>TRAINING</th>
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<tr>
<td>Did your athletes participate in Dryland Training prior to coming to the games? YES_____ NO_____</td>
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<td>If no, please let us know if there is anything we can do to help assist your dryland training program: ______________</td>
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<td>__________________________________________________________________________</td>
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