



***Special
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Pennsylvania***



Winter 2024-2025

**Alpine Skiing
Snowboarding**

Nov. 18, 2024

Today's Agenda

- Alpine Skiing / Snowboarding Updates
- Pre-Season Reminders
- 2025 State Competition
- Questions

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Alpine Skiing Snowboarding UPDATES



SOPA Website - Sports Offered Page

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- Links to all the sport pages

- [Sports Offered](#)
- [Seasonal Sign-up](#)
- Lots of great resources!

Winter Sports Sign-Ups!

We are gearing up for our **Winter season** and invite all athletes and volunteers to **SIGN UP TODAY!**

Whether you're a new or returning athlete or volunteer, [follow this link to sign up for Winter Sports!](#)



Winter Sports

Winter Season Rollout	>
Alpine Skiing	>
Bowling	>
Figure Skating	>
Floor Hockey/Floorball	>
Snowboarding	>
Snowshoeing	>
Speed Skating	>

SOI Sport Rules & Resources

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Special Olympics Resources

- Coaches Guide
- Fact Sheets
- Rules (2024)
- Rule Changes (2024)

Direct Links:

[Alpine Resources](#)

[Snowboarding Resources](#)



Rule Book - No New Rules



New Coaches Guides



Attire

- Socks, Helmet, Goggles, Insulated Gaiters for Neck, Waterproof Gloves
- Snowboarding: snowboarding boots - Lace Up or Button Wire System, snowboard
- Alpine skiing: ski boots, ski poles, and skis
- Clothing Layers
 - Inside Layer - Wicking Layer
 - Long Underwear (Synthetic material / quick dry material to reduce wet clothes from sweat)
 - Middle Layer - Insulating Layer
 - Wool, Fleece or Sweatshirt Material
 - Outer Layer - Blocking Layer
 - Insulated Pants or Insulated Overall Pants



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Brand and Uniform Guidelines

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- New Resource that include SO brand and uniform guidelines
- Includes mock-ups of sport specific uniforms

[SOPA Brand and Uniform Guidelines](#)

Alpine Skiing Uniform

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Alpine Skiing

- Ski Jacket
- Ski Pants
- Gloves



Snowboarding Uniform

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Snowboarding

- Ski Jacket
- Ski Pants
- Gloves



Helmet Requirement

HELMET REQUIREMENT: All competitors and forerunners must wear a crash helmet for official training as well as for the race that meets the FIS Equipment Specifications. Soft ear protection is only permitted for helmets used in Slalom. All helmets must carry an approved tag. Competitors without an approved tag will not be allowed to start. (FIS rule 707)



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Accessories for both

- Rain Gear
- Sunscreen
- Ski Mask/Neck Warmer



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PRE-SEASON REMINDERS



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Season at a Glance



SEASONS AT A GLANCE



	FALL	WINTER	SPRING
Training Site Registration (see link below)	April 1 - May 1	Sept. 1 - Oct. 1	Nov. 1 - Dec. 1
Athlete, Unified Partner, Volunteer Signup	May 15 - July 15	Oct. 15 - Nov. 15	Dec. 15 - March 1
Season Length	August 9 - Nov. 3	Dec. 1 - March 2	March 14 - June 7
Eligibility Deadline	August 23	December 20	March 28
Sports Offered	Bocce, Bowling, Flag Football, Long Distance Running /Walking, Powerlifting, Soccer, Volleyball	Alpine Skiing, Bowling, Figure Skating, Floor Hockey, Snowboard, Snowshoe, Speed Skating	Athletics (Track & Field), Basketball, Equestrian, Gymnastics, Swimming, Tennis

- **Sign-ups Athletes and Volunteers - November 15**
- After this deadline anyone interested in signing-up must contact the Regional Sport Director.
- Season officially begins December 1
- Seasonal Eligibility/Age Group Exemption deadline – **December 20**

Sports Season Prep

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Important Winter Dates:

- **Winter Calendar:**

- <https://specialolympicspa.org/images/2024/Competition/winter-2024.25-calendar.pdf>

- Since due dates are different for each Sectional, there is one calendar per section of the state.

- Found on SOPA website under sports then competition

- **Eligibility Deadline: December 20**

- **Season Dates:** December - March

Air Quality

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If air quality levels are in an Unhealthy Zone (151) or above, no outdoor activities should occur (social or active); as indicated within the documents these activities should be rescheduled or moved indoors.



You can monitor Air Quality levels at <https://www.airnow.gov/> enter your location and the current status will be provided.



You can use this [Air Quality Guide](#) document as an overall reference.

Athlete & Volunteer Eligibility

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Athlete Requirements: Medical on file WITH signature + expiration dates

- Athlete Medical / Registration Form & Health History under Certifications.
- Valid for 3 years.
- Save attachments under "Attachments" within a person's profile vs. anywhere else in the profile.

Class A Volunteer Requirements: Class A Trainings + Background Check on file

- Background Results under Background Checks, Valid for 5 years.
- General Orientation under Training, Valid for life.
- Protective Behaviors, under Training, Valid for 3 years.
- Concussion Training, under Training, Valid for 3 years.

Coaches will check the trackers to ensure athletes and volunteers have completed their eligibility requirements.

Volunteer Eligibility: Volunteer Classifications

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Volunteers who CANNOT supervise athletes and volunteers:

- **Unified Partner**: volunteer who trains and competes alongside an athlete. Required to have a volunteer application, background clearance, Protective Behaviors training, General Orientation training and health history form.
- **General Volunteer**: volunteer who assists only occasionally at a local training site and has limited contact with athletes, only under the supervision of coaches. They do NOT supervise, chaperone or travel with the team to competitions. These may be individuals who only are able to attend a few practices, or who want to better understand SOPA before becoming more involved. Required to have completed a volunteer application.

Head Coaches are expected to enforce these classifications.

Volunteer Eligibility: Volunteer Classifications

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Volunteers who CAN supervise athletes and volunteers:

- **Head Coach:** Volunteer who creates, organizes and leads a comprehensive sport training program for a team. Required to complete a volunteer application, background check, Protective Behaviors training, General Orientation training, Concussion training and a sports certification.
- **Assistant Coach:** Volunteer who helps organize practice and assist athletes in acquiring sports skills. Required to complete a volunteer application, background check, Protective Behaviors training, General Orientation and Concussion Training.
- **Chaperone/Training Site Volunteer:** Volunteer who supports a training site/team to cover the 1:4 ratio. Chaperones don't help with sports training, but they may support a team through supervision and administrative support. Chaperones are able to supervise athletes and travel with the team to competitions. Required to have a volunteer application, background check, Protective Behaviors Training, General Orientation and Concussion training.

Head Coaches are expected to enforce these classifications.

Athlete as Coach

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- Athletes can participate in sports in more ways than just an athlete.
- Prior to each sports season, SOPA provides seasonal webinars to any current/interested Athletes as Coaches to help them learn what is expected as a coach vs. an athlete and how to go about getting certified.
- In addition to athletes, these webinars are also for coaches, Team Leaders and other volunteers to better understand how they can support current/potential Athletes as Coaches.
- In the event an interested Athlete as Coach does not want to wait for the next webinar, here is the link to the recording of the most recent one: [Athlete as Coach Webinar](#)
- All interested Athletes as Coaches must fill out the Athletes as Coaches [request form](#) with approval from the head coach they would be working with. From there, they will be interviewed by their Regional Sports Director to determine if they are appropriate to attend a training school.
- Please contact Jordan Schubert at jschubert@specialolympicspa.org with any questions about Athletes as Coaches.

Coaching Requirements



Coach requirements for training and competition:

Team Sports:

- Must have at least one (1) certified coach per team

Individual Sports and Team Individual Skills:

- Must have at least one (1) certified coach per 25 athletes



In-Season Communication

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SOPA Communication

- SOPA is in the midst of a communication overhaul and will be rolling a new communication plan starting with the Spring Sports Season, however there are a couple ways the plan will affect the Winter Sport Season:
 - All participants who qualify for a statewide competition event will get a "Welcome to Winter Games" or "Welcome to Indoor Winter Games" email which will highlight important updates and features for the games
 - Text Messaging – SOPA will be utilizing Text Message notifications at all Statewide competition events and to promote sports sign ups; please don't unsubscribe and add this number to your contacts:
1-267-341-0663

Head Coach Communication Reminders

- Please be sure that you are communicating with all your assistant coaches going into the season and during – *especially any new coaches!*
- Please be sure that you are using the most to up to date contact information for your athletes and their guardians, this can be found in the trackers

Qualifiers

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- **Bowling is the only winter sport that is a qualifier to Indoor Winter Games.**

- **Qualifying events will be Regional Bowling Tournaments**

- Games Advancement slots per Regional will be dependent on total number of slots at Indoor Winter Games and % of interest in advancing from each Regional event.

WINTER

- Alpine Skiing
- **Bowling**
- Figure Skating
- Floor Hockey/Floorball
- Snowboarding
- Snowshoeing
- Speed Skating

New Portal

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- Volunteers can log into our new [Online Portal](#) (portals.specialolympics.org) to check and update their eligibility requirements.
- Any volunteer who has not logged into the new portal and needs support with claiming their profile can reach out to us at portalsupport@specialolympicspa.org.
- **New volunteers:** When a new volunteer registers in the portal, they will need to click on "Do More with Special Olympics" to sign up for the role of their choice (coach, chaperone, Unified Partner, etc.).



Portal = Coach Training Schools

- Sign up for event – Training School Registration
- Virtual Training School will be offered for Snowshoeing, Bowling
- In-person Training Schools will need to be scheduled for Alpine Skiing, Snowboarding, Floorball, Figure Skating, Speed Skating
- Please contact your Regional Sports Direction ASAP if you need an in-person training scheduled in your Region

	Shift Name:	Role:	Date:	Spots:
<input type="checkbox"/>	Showshoeing Virtual Training: 6:00 PM EST - 8:00 PM EST	General Volunteer	11/19	9 / 30
<input type="checkbox"/>	Snowshoeing Virtual Training: 8:30 AM EST - 10:30 AM EST	General Volunteer	11/23	1 / 30
<input type="checkbox"/>	Bowling Virtual Training: 6:00 PM EST - 9:00 PM EST	General Volunteer	11/21	11 / 45
<input type="checkbox"/>	Bowling Virtual Training: 12:00 PM EST - 3:00 PM EST	General Volunteer	11/23	6 / 45

Tracker Updates

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TRACKER- is now the ONE place to manage your team: Attendance, eligibility and event registration.
Every individual that signed-up for your training site via the Sign-Up form will appear on your Tracker.

TABS:

- **Instruction:**
 - Explains what is contained on each tab and what needs to be completed by the coach during the season.
 - Includes total people count and verifies 1:4 ratio is being met.
- **Athlete/Volunteer:**
 - View Sign-ups, pull contact information, check eligibility
 - Actions to take here - complete LOI, track attendance
- **Sport Specific Roster:**
 - Manage roster, track athlete data throughout the season
 - Actions to take here: assign roles for events, enter sport specific data required for events
- **Rating Form (Team Sports):**
 - We have added a roster to this page, please complete along with jersey number
 - Enter player initials into appropriate box under each evaluation category.
- **Athlete Performance Training (APT):**
 - Data collection tool for training sites participating in this program (WE ENCOURAGE YOU ALL TO DO THIS)

Tracker (Tab 1) - Instruction Tab

Training Site Info and Data

ROSTER STATUS	ACTIVE ▾	Team Name	Lycoming County	Training Site	Faxon Lanes	Sport	Bowling
Traditional/Unified	Traditi... ▾	Training Site Lead Name	Lester Loner	Email		Cell Phone	
Meets 4:1 Ratio	NO	# Athletes	41	# Unified Partners	4	# General Volunteer	5
# Head Coaches	3	# Assistant Coaches	4	# Total Head/Asst Coaches	7	# Certified Coaches	7

TRACKER COMPLETION INSTRUCTIONS: Team Roster, Attendance & Competition Participation



Tracker:
This tracker is **EXTREMELY IMPORTANT** and the **ONE** place the Head/Assistant Coach/Site Coordinator will enter all **KEY** information for the season for each team/training site participant. Event LOI and registration will now be pulled directly from this form.

Populating Your Tracker:
Participants will automatically populate to your tracker when a SIGN UP form is completed for your site. Athletes and volunteers **MUST** complete the online sign up form. The participant data (Columns A - J) are **locked and cannot be modified**. If you need someone removed from your roster or something is incorrect, you must reach out to your **Regional Sport Director** - they will be happy to update the form.

Athlete / Volunteer Tab:
Columns A-J will populate automatically from the SIGN-UP form
Eligibility: Column I will indicate Eligibility for participation as an athlete, coach or volunteer.
* **RED** - indicates that an athlete, assistant/head coach is either missing or has an expired **Required** item(s), these are listed in **Column J** and are **INELIGIBLE** to participate until

Form
Instructions

Tracker (Tab 2) - Athlete/Volunteer Tab

Eligibility, LOI, Attendance

Eligibility - Red
 Event Interest - Yellow
 Attendance – Blue

A, B, C are frozen and will remain as you scroll over

A	B	C	D	E	F	G	H	I	J	K
AGE EXEMPTION REQUEST FORM	AGE GROUPING POLICY							ELIGIBILITY: GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4	BR - Background Clearances GO - General Orientation PB - Protective Behavior CO - Concussion Training	This will be used for attend an
PARTICIPANT TYPE	FIRST NAME	LAST NAME	GEN DER	DOB	AGE	EMAIL	PHONE #	RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE = General Vol CANNOT supervise athletes within 1:4	REQUIRED Missing or Expired Items	LOI - Interest in Attending Local/Invit Competition
					124					
					124					
					124					

Specific Column instructions can be found in first 2 rows

			ELIGIBILITY: GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4	BR - Background Clearances GO - General Orientation PB - Protective Behavior CO - Concussion Training	This will be used for your LOI - if ATHLETE is planning to attend an event mark with an "X"			At end of the season Head Coach will need to mark which athletes have list practice dates in					
PARTICIPANT TYPE	FIRST NAME	LAST NAME	RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE = General Vol CANNOT supervise	REQUIRED Missing or Expired Items	DEADLINE	DEADLINES: Regional Bowling Event: 01/12/2025 This column due 12/28/2024	Deadline:	Athlete Trained for 8 weeks	10/5/24	10/12/24	10/19/24	10/26/24	11/2/24
General/Sport Volunteer	Gerald	Anderson	Eligible - Can Participate		x	x							
Athlete: Special Olympian	Timothy	Balzer	Eligible - Can Participate		x	x							
Athlete: Special Olympian	Amir	Beckett	Eligible - Can Participate		x	x			x	x			
Athlete: Special Olympian	Kevin	Boyles	Eligible - Can Participate		x	x			x	x			
Athlete: Special Olympian	Sean	Brink	Eligible - Can Participate		x	x			x	x			
Athlete: Special Olympian	Andrew	Butters	Eligible - Can Participate							x			

RSDs will sort alphabetically, if you would like a specific sort just ASK them!

Tracker - Athlete/Volunteer Tab (cont)

Eligibility

- The ELIGIBILITY tab on each of your attendance trackers will be updated on a weekly basis from Oct 15 – Dec 13 by your Regional Team. **PLEASE encourage and assist your athletes and volunteers in meeting our eligibility requirements.**
- The deadline to make sure athletes and volunteers meet eligibility requirements for the Winter is December 20th**
- Athletes and Volunteer CANNOT participate in trainings if they have not met all eligibility requirements - it is **YOUR** responsibility to track this.

ELIGIBILITY: GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4	<i>BR - Background Clearances</i> <i>GO - General Orientation</i> <i>PB - Protective Behavior</i> <i>CO - Concussion Training</i>
RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE = General Vol CANNOT supervise athletes within 1:4	REQUIRED Missing or Expired Items
eligible	
not eligible	Missing PB
not eligible	Missing Medical
expiring	BR 10/1/2024, PB 10/5/2024
Eligible BUT CAN NOT supervise athlete	

Tracker - Athlete/Volunteer Tab (cont)

			This will be used for your LOI - if ATHLETE is planning to attend an event mark with an "X"		
PARTICIPANT TYPE	FIRST NAME	LAST NAME	DEADLINE	DEADLINES: Regional Bowling Event: 01/12/2025 This column due 12/28/2024	Deadline:
General/Sport Volunteer	Gerald	Anderson	x	x	
Athlete: Special Olymp	Timothy	Balzer	x	x	
Athlete: Special Olymp	Amir	Beckett	x	x	
Athlete: Special Olymp	Kevin	Boyles	x	x	
Athlete: Special Olymp	Sean	Brink	x	x	
Athlete: Special Olymp	Andrew	Butters			
Athlete: Special Olymp	Airik	Carey	x	x	
Athlete: Special Olymp	Jacob	Carey	x	x	
Assistant Coach: Help	Pamela	Carev	x	x	

- LOIs will be collected in the same way these always have, this is just a place for you to keep track of who is interested in attending events.
- LOI request will come from your Regional team or Program Leadership

Here is where you will complete your INTENT to participate in an event – indicating with an "X" for both athletes and volunteers

Tracker - Athlete/Volunteer Tab (cont)

Attendance

	A	B	C	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB
1	AGE EXEMPTION REQUEST FORM	AGE GROUPING POLICY	At end of the season Head Coach will need to mark which athletes have and have not attended 8 weeks of practice. Attendance tracking is required and MUST be tracked here. Please list practice dates in the boxes below and mark attendance with an "X" in each box														
2	PARTICIPANT TYPE	FIRST NAME	LAST NAME	Athlete Trained for 8 weeks	8/	8/	8/	8/									
3																	
4																	
5																	

At end of the season Head Coach will

	O	P	Q

Athlete Trained for 8 weeks

8/

8/

YES

NO

Tracking attendance is required BUT tracking attendance week by week in this document is not required; this can be a good tool to keep everything in one place.

At the end of the season the Head Coach must be able to come back into this document and for every athlete/UP indicate if they attended training for the minimum of 8 weeks.

Tracker (Tab 3) - SPORT Roster Tab

Event Commitment and Registration

Instructions:			EVENT ROSTER			BOWLING										
STEP 1: Complete Yellow Box - Event Roster for each event by selecting role for each individual. STEP 2: Complete Blue boxes - Event Registration with event, team name, skill score. Each athlete may only be entered in 1 event.			DEADLINE	DEADLINES: Regional Bowling Event: 01/12/2025 This column due 12/28/2024	Deadline:	COACH CERTIFIED IN THIS SPORT?	Event: Select event for each athlete Team Name: Each Team should have a unique name that begins with the C Game Scores: Complete this form with scores from every game bowled during practice. registration - you must meet the minimum # of games by scratch/activation/score up register. Please be sure the scores are updated in thi EVENT REGISTRATION DEADLINE: Local - XX (XX) Regional - XX (XX) Indoor Winter Game									
Participant Type: Athlete, Unified Partner, Head Coach, Assistant Coach, General Volunteer	FIRST NAME	LAST NAME	Attending Local Event - MARK Role	Attending Regional - MARK Role	Attending IWG - MARK Role	Event	Team Name (if Singles leave blank)	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6			
General/Sport Volunteer: Vol	Gerald	Anderson				No										
Athlete: Special Olympics at	Timothy	Balzer						42	102	23	83					
Athlete: Special Olympics at	Amir	Beckett						135	148	131	141	141	15			
Athlete: Special Olympics at	Kevin	Boyles						56	81	74	60	61	4			
Athlete: Special Olympics at	Sean	Brink						180	145	145	158	122	16			
Athlete: Special Olympics at	Andrew	Butters						44	21	5	3	36	2			
Athlete: Special Olympics at	Airik	Carey						98	165	116	94	112	9			
Athlete: Special Olympics at	Jacob	Carey						136	114	90	112	74	10			
Assistant Coach: Help to org	Pamela	Carey				Yes										

Event Commitment and Role

Event – Sport specific Registration

Tracker - SPORT Roster Tab (cont)

Event Commitment

EVENT ROSTER		
DEADLINE	DEADLINE: CFS - Aug 26 WFS - Sept 2 EFS - Sept 9	DEADLINE: September 30
Attending Local Event - MARK Role	Attending Sectional - MARK Role	Attending Fall Fest - MARK Role
▼	▼	▼
▼	Athlete	▼
▼	Unified Partner	▼
▼	Head Coach	▼
▼	Assistant Coach	▼
▼	Athlete Coach	▼
▼	HOD	▼
▼	Asst HOD	▼
▼	1:1	▼
▼	Delegation Volunteer	▼
▼	General Volunteer (not in 1:4)	▼
(Tracker/LOI) ▼	Young Athlete Chaperone	gistra

Select role for each individual attending the event (can not exceed the total # of your final allocations)

G	H
EVENT ROSTER	
DEADLINE	DEADLINE: CFS - Aug 26 WFS - Sept 2 EFS - Sept 9
Attending Local Event - MARK Role	Attending Sectional - MARK Role
▼	▼
Athlete	▼

Once a selection is made you can pull down on the blue circle in lower right corner to copy that selection to cells below.

G	H
EVENT ROSTER	
DEADLINE	DEADLINE: CFS - Aug 26 WFS - Sept 2 EFS - Sept 9
Attending Local Event - MARK Role	Attending Sectional - MARK Role
▼	▼
Athlete	▼
▼	▼
Athlete	▼
▼	▼
Athlete	▼
▼	▼
Athlete	▼
▼	▼
Athlete	▼
▼	▼
Athlete	▼
▼	▼
Athlete	▼
▼	▼
Assistant...	▼
▼	▼
Assistant...	▼
▼	▼
Assistant...	▼
▼	▼
Assistant...	▼
▼	▼
Head Co...	▼

Tracker - SPORT Roster Tab

Event Registration

Event	Team Name (if Singles leave blank)	Game 1	Game 2	Game 3
Single		42	102	23
Traditional Doubles		135	148	131
Traditional Team		56	81	74
Unified Doubles		180	145	145
Unified Team		44	21	5
Alternate		98	165	116
NOT COMPETING		136	114	90
		65	94	117
		112	101	106
		91	96	71
		96	128	97
		79	61	74

EVENT REGISTRATION					
ALPINE SKIING					
<p>EVENT: Select events for each individual, up to 3 events per person EVENT TIMES should be entered with just periods (not colons), i.e.: 23.24.55</p> <p>You should track your athletes events and times in this document, please be sure the times are updated in this document by: WINTER GAMES REGISTRATION DEADLINE: January 23, 2025</p>					
EVENT 1	EVENT 1 TIME	EVENT 2	EVENT 2 TIME:	EVENT 3	EVENT 3 TIME:
		Advanced - Giant Slalom			
		Advanced - Slalom			
		Advanced - Super G			
		Intermediate - Giant Slalom			
		Intermediate - Slalom			
		Intermediate - Super G			
		Novice - Giant Slalom			
		Novice - Slalom			
		Novice - Super G			
		Entry Level - 10M Walk			
		Entry Level - Glide			

Tracker - Instruction Tab – APT instructions

TRACKER COMPLETION INSTRUCTIONS:

Athlete Performance Training

Below are the instructions on how collect and report your athletes health and fitness metrics if your team is participating in Athlete Performance Training. See tab labelled 'APT Tracker'. For more information on Athlete Performance Training and to sign up, visit <https://specialolympicspa.org/apt>.

Reporting Instruction includes:

- Instructions for data collection
- Instructions for data reporting

Key includes:

- Color- coded key to indicate ranges that athlete data falls into for: 6 Minute Run/Walk, BMI, and Blood Pressure (OPTIONAL)

Final Pre & Post Data Collection includes:

- Report athlete information
- **Athlete Number:** Automatically filled
- **First Name:** Enter athletes first name
- **Last Name:** Enter athletes last name
- **Age:** Enter athletes age in years
- **Gender:** Enter athletes gender, M for male, F for female
- **Height:** Enter the height in inches (i.e. a 5 foot 6 inch tall athletes= 65 inches)
- **Weight:** Enter weight in pounds
- **Systolic Blood Pressure (OPTIONAL):** Enter the systolic bp number (top number)
- **Diastolic Blood Pressure (OPTIONAL):** Enter the diastolic bp number (bottom number)
- **6 Minute Run/Walk:** Enter the 6 Minute run/walk test score
- **BMI:** Automatically calculated (based on the height and weight)
- **Nutrition:** Enter the athletes answer from the nutrition question from the lifestyle survey
- **Hydration:** Enter the athletes answer from the hydration question from the lifestyle survey
- **Physical Activity:** Enter the athletes answer from the physical activity question from the lifestyle survey
- Compare pre and post data using color coded key



INSTRUCTIONS

Athletes / Volunteers Attendance

Alpine Roster (Event Registration)

APT Tracker

Tracker (Last tab) - APT Data Collection Form

Key															
Blood Pressure Key								6 Minute Run/Walk Key				BMI Key			
Normal								Very Good		Developing 1		Underweight			
Elevated								Good		Developing 2		Healthy			
High Blood Pressure (Hypertension) Stage 1								Average		Developing 3		Overweight			
High Blood Pressure (Hypertension) Stage 2								Advancing		Developing 4		Obese			
Hypertensive Crisis															
Pre Data: First Training															
Athlete #	First Name	Last Name	Gender	Age	Height in inches (pre)	Weight (pre)	Systolic BP (pre)	Diastolic BP (pre)	6 Minute Run/Walk (pre)	BMI (pre)	Nutrition (pre)	Hydration (pre)	Physical Activity (pre)	Height in inches (post)	Weight (post)
1										n/a					
										n/a					
										n/a					
										n/a					
										n/a					
										n/a					
										n/a					

- We HIGHLY encourage you to add Athlete Performance Training to your practice routine.
- If opting in this is where you will keep the data collect during the season
- This is a great way to help the athlete set personal Health and Fitness goals and improve their overall well-being



Athlete Performance Training

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ATHLETE PERFORMANCE TRAINING

If you are looking to volunteer or learn more, please reach out to [Charla Stein, Healthy Communities Coordinator](#),
610-630-9450 ext. 254.



WINTER SEASON COMPETITIONS



Local, Invitational, Regional Competitions

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- We would like to develop a comprehensive **SOPA Competition Calendar**, but we need your HELP!
- We want to better capture ALL the AMAZING work that you and our volunteers are doing within the community
- We also want to create as many opportunities as possible, having a better understanding of when and where events are already occurring will help the Regional Teams to plan out a season

We are asking event leads to fill out this quick form to let us know when you have competitions planned.

[SOPA Competition Calendar Submission Form](#)

Winter Events

Winter Games

- Seven Springs Resort
February 11-13, 2025

Indoor Winter Games:

- York, PA
March 1-2, 2025



Winter Games: Tues. February 11 - Thurs. February 13, 2025

Seven Springs Mountain Resort: Seven Springs,
PA

- Reg Info: Will be out by **12/13**
- LOI: Due 1/9
- Final Allocations: 1/10
- Rosters: Due 1/13
- Google links sent: 1/16
- Registration: Due 1/23
- Scratch/Activation: Due 2/4



Indoor Winter Games: March 1-2, 2025

Various Venues throughout
York, PA

- Reg Info: Will be out by **1/3**
- LOI: Due 1/23
- Final Allocations: 1/24
- Rosters: Due 1/27
- Google links sent: 1/28
- Registration: Due: 2/6
- Scratch/Activation: Due 2/20





Pre-Season Webinars

Winter Pre-Season Coach Meetings

Date	Pre-season Coaches Meeting	Time	Registration Link
Tuesday, November 19th	Bowling	7:00 pm	Bowling Pre-Season Meeting
Wednesday, November 20th	Figure skating & Speed Skating	7:00 pm	Figure Skating & Speed Skating Pre-Season Meeting

THANK YOU