

# Winter Games



## Special Olympics Connecticut



Connecticut  
Light & Power



Western Massachusetts  
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## COACHES HANDBOOK

**MARCH 5 & 6, 2011**

**CL&P, SIMSBURY**

**INTERNATIONAL SKATING CENTER OF CONNECTICUT, SIMSBURY**

**PRATT & WHITNEY HANGAR, EAST HARTFORD**

**SKI SUNDOWN, NEW HARTFORD**

**HARTFORD MARRIOTT, FARMINGTON**

**HAMPTON INN & SUITES, FARMINGTON**

**SHERATON HARTFORD HOTEL, EAST HARTFORD**



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***Special Olympics***  
***Connecticut***

**changing attitudes. changing lives.**

## **2011 WINTER GAMES MASTER SCHEDULE**

### **Saturday, March 5**

8:00 a.m. – 11:00 a.m.

#### **Volunteer Registration at all venues**

#### **Opening Ceremonies**

10:00 a.m.

9:30 a.m.

10:00 a.m.

10:00 a.m.

Opening Ceremonies, Floor Hockey @ Pratt & Whitney

Opening Ceremonies, Alpine Skiing @ Ski Sundown

Opening Ceremonies, Cross Country Skiing & Snowshoes @ CL&P

Opening Ceremonies, Speed & Figure Skating @ International Skating Center of Connecticut

#### **Competition**

8:30 a.m. – 4:00 p.m.

8:00 a.m. – 5:00 p.m.

10:30 a.m. – 3:00 p.m.

11:00 a.m. – 3:30 p.m.

10:30 a.m. – 12:30 p.m.

Speed Skating Time Trials @ International Skating Center of Connecticut

Floor Hockey Divisioning and Competition @ Pratt & Whitney

Alpine Competition @ Ski Sundown

Cross Country Skiing & Snowshoe Time Trials @ CL&P

Figure Skating Preliminaries @ International Skating Center of Connecticut

#### **Awards**

11:00 a.m. – 4:00 p.m.

12:45 p.m. – 3:30 p.m.

Alpine Awards @ Ski Sundown

Cross Country & Snowshoe Awards @ CL&P

#### **Olympic Town**

10:00 a.m. – 3:00 p.m.

Olympic Town @ International Skating Center of Connecticut, Pratt & Whitney & CL & P

### **Sunday, March 6**

8:00 a.m. – 10:00 a.m.

#### **Volunteer Registration at all venues**

#### **Competition**

8:30 a.m. – 4:00 p.m.

8:00 a.m. – 3:00 p.m.

9:00 a.m. – 2:00 p.m.

10:00 a.m. – 3:00 p.m.

10:00 a.m. – 12:30 p.m.

Speed Skating Competition @ International Skating Center of Connecticut

Floor Hockey Competition @ Pratt & Whitney

Alpine Competition @ Ski Sundown

Cross Country Skiing & Snowshoe Competition @ CL&P

Figure Skating Finals @ International Skating Center of Connecticut

#### **Awards**

9:30 a.m. – 3:00 p.m.

10:00 a.m. – 3:30 p.m.

12:00 p.m. – 3:30 p.m.

9:00 a.m. – 3:30 p.m.

1:30 p.m. – 2:00 p.m.

Alpine Awards @ Ski Sundown

Cross Country Skiing & Snowshoe Awards @ CL&P

Floor Hockey Awards @ Pratt & Whitney

Speed Skating Awards @ International Skating Center of Connecticut

Figure Skating Awards @ International Skating Center of Connecticut

#### **Olympic Town**

10:00 a.m. – 2:00 p.m.

10:00 a.m. – 2:00 p.m.

10:30 a.m. – 2:00 p.m.

Olympic Town @ International Skating Center of Connecticut

Olympic Town @ Pratt & Whitney

Olympic Town @ CL&P

# GENERAL INFORMATION

## OPERATIONS CENTER

Hartford Marriott - Farmington: Massachusetts Room 860-678-1000 - ask for the Special Olympics Connecticut Operations in the Massachusetts Room

Saturday: 7AM - 12PM(midnight)      Sunday: 7AM - 5PM

At the Operations Center you can report lost and found articles, call for information and assistance, review changes to housing lists, and check for updated schedule of activities.

## LOST ATHLETE

Any athlete who is lost should be escorted to the following areas:

Hartford Marriott - **Operations Center**

Sheraton Hartford, East Hartford- **Front Desk**

Ski Sundown - **Food Tent**

CL&P Service Center - **Information Trailer**

International Skating Center of Connecticut- **Front Desk**

Pratt and Whitney Hangar - **Medical Station**

Coaches should notify officials immediately at the above sites concerning lost athletes.

## LOST AND FOUND

All clothing, equipment, articles, valuables, etc., should be turned in to the Operations Center. All lost medals should be reported to the Operations Center. After the Games, all lost and found items will be transported to the Special Olympics Connecticut Headquarters in Hamden. Please contact Jim Dempsey at ext. 277.

## OLYMPIC TOWN

CL&P Service Center	Saturday & Sunday	10:00AM - 3:00PM
International Skating Center of Connecticut	Saturday & Sunday	10:00AM - 3:00PM
Pratt and Whitney Hangar	Saturday and Sunday	10:00 AM - 3:00 PM

## COACHES MEETING

Coaches meetings will be held at each venue. Please check with the Competition Director to locate the time and place of your meeting. Should there be any question about the weather, there will be a coaches meeting in the Hall of States Room at Farmington Marriott at 8:00 PM on Saturday evening. Special Olympics Connecticut staff will alert teams at the Sheraton Hartford Hotel, East Hartford.

## INCLEMENT WEATHER PROCEDURE

Please call (800) 443 - 6105 for any changes due to weather or call the Hartford Marriott and ask for the Operations Center at (860) 678 - 1000.

## MEDICAL EMERGENCIES

Contact the Operations Center or report to the Medical area at each venue.

# GENERAL INFORMATION

## SOUVENIRS

Listed below are where and when souvenirs will be sold.

<b>CL&amp;P Service Center</b>	Sat.	10 AM - 3 PM
	Sun.	10 AM - 12 PM
<b>International Skating Center of Connecticut</b>	Sun.	1 PM - 3 PM
<b>Pratt &amp; Whitney Hangar</b>	Sat. & Sun.	10 AM - 3 PM
<b>Farmington Marriott</b>	Sat.	5 PM - 10 PM

Campus Customs is the official supplier of Special Olympics Connecticut merchandise. Campus Customs will give Special Olympics Connecticut a 10% royalty on all new orders placed with Campus Customs. Support Special Olympics Connecticut and place your next order with Campus Customs. Phone number is 203-789-1608. Please visit their website at, <http://www.campuscustoms.com/soct>.

## FAMILY HOUSING

Centennial Inn Suites - Farmington 860-677-4647

## HOUSING - CHECK - IN

**Farmington Marriott: Ballroom Lobby on Saturday 4:00 PM**

– Skaters, Skiers, Cross Country Skiers, and Snowshoers

**Hampton Inn & Suites: Front Desk**

– Skaters, Cross Country Skiers

**Sheraton Hartford Hotel: Front Lobby on Saturday 4:00 PM**

– Floor Hockey Teams

**Only Local Coordinators or Official Delegates will be allowed to pick up room keys.**

## ROOMS

Movies and telephones will be turned off. Should you request movies, you will be responsible for payment.

If you make any changes to your room assignments, you must inform the Operations Center, as this will prevent any problems in locating/contacting individuals in your delegation.

## ROOM KEYS

On Sunday morning, please return keys to the front desks.

## COTS/ROLLAWAYS

A limited number of cots are available and will be distributed according to first come first serve basis based on your housing forms. Locals are asked to bring their own bedding for cots. Some rollaways are available from each hotel for an additional cost. Special Olympics Connecticut will bill programs for rollaways. These need to be requested ahead of time.

Please return cots Sunday morning. Programs will be billed for cots left in the rooms.

# GENERAL INFORMATION

## ATHLETE SCRATCHES

All scratches should be reported as follows:

- \* By February 18th - Please fax athlete scratches to the State Headquarters AND your Regional Offices.
- \* All other scratches should be reported at on-site registration the day of the event.

There will be no reimbursement of fees for any scratches after the scratch deadline of February 18, 2011.

Changes in team rosters may be made up to two weeks prior to competition. In the event that a substitution is requested after the two week deadline, the team will compete for a participation ribbon only.

## DANCES

There will be a dance at both the Farmington Marriott and the Sheraton Hartford Hotel from 7PM - 10PM. The theme will be "Country Western". Only athletes, coaches, and volunteers who are registered for the 2011 Winter Games are invited to attend the dances.

Hartford Marriott: Party Time DJs

Sheraton Hartford Hotel: DJ George & Gail Platt

## TRANSPORTATION

THERE IS NO PARKING AT SKI SUNDOWN or at CL&P.

Please be patient waiting for the shuttle buses. Shuttle service will be available from the following off-site parking areas for Ski Sundown and CL&P:

### Ski Sundown:

Perry Technology Corp., 120 Industrial Park Road, on left as you go up to ski area. All spectators and team members must use this shuttle lot.

CL&P: Tower Business Park on Route 10, just past CL&P. One on-site pass per program will be allowed at CL&P.

Special Olympics Connecticut will provide limited bus service for teams that responded to the survey.

Please see schedule on pages 8 & 9 of this coaches handbook.

## FOOD SERVICES

Meals will be provided from Saturday lunch through Sunday lunch for athletes, partners, coaches, chaperones, hometown escorts, and event (Class "B") volunteers who are registered for the 2011 Winter Games. Your credentials will serve as your meal ticket. All credentials must be presented at lunch time.

Families can purchase meals at the concession area at each venue.

### LUNCH SITES

Ski Sundown	Large Tent
International Skating Center of Connecticut	Ballet Room, upstairs
CL&P Service Center	Meal Tent
Pratt and Whitney Hangar	Lunch Area in Museum

### LUNCH - 11:00 AM - 1:00 PM (11:30 - 1:30 AT CL&P)

Saturday/Sunday - ALL VENUES

Hot dogs, turkey burgers, veggie burgers will be available both days. Everyone must wear their credentials to receive a meal. People with special dietary needs should bring their own bag lunch.

### SATURDAY DINNER - 5:00 - 7:00 PM

Hartford Marriott: Ballrooms

Sheraton Hartford Hotel: Ballrooms

*The meal, for athletes and coaches, will consist of garden salad, grilled chicken, roasted red potatoes, vegetables, rolls, dessert, fruit punch, water, chocolate milk, coffee, and tea.*

People with special dietary needs are asked to please contact Laurie-Jean, 203.230.1201 ext. 235.

### SUNDAY BREAKFAST - 6:30 AM - 9:00 AM

Hartford Marriott: Ballrooms

Sheraton Hartford Hotel: Ballrooms

Hampton Inn & Suites

*Breakfast will consist of scrambled eggs, potatoes, hot & cold cereal, sliced fresh fruit, muffins, bagels, and assorted pastries, orange juice, milk, chocolate milk, coffee and tea.*

## SATURDAY BUS SCHEDULE – MARCH 5, 2011

TIME	FROM	TO	EXPLANATION
6:30 a.m. – 4:00 p.m.	Perry Technologies New Hartford	Ski Sundown	Shuttle Service
7:30 a.m. – 4:00 p.m.	Tower Business Park Simsbury	Cross Country & Snowshoes	Shuttle Service

TIME	FROM	TO	TEAMS
7:30 a.m.	Farmington Marriott	Ski Sundown	Glastonbury Waterbury School program
7:45 a.m.	Farmington Marriott	Skating Center	Stamford Public Schools
7:45 a.m.	Hampton Inn	Skating Center	Massachusetts & NY teams
8:30 a.m.	Farmington Marriott	Cross Country & Snow- shoes	Oxford Waterbury School program
3:00 p.m.	Cross Country & Snowshoes	Farmington Marriott	Darien Lions Hartford Board of Ed Oxford SARAH Waterbury & Waterbury Schools Watertown Wethersfield
3:00 p.m.	Ski Sundown	Farmington Marriott	Oxford Tri Town Waterbury & Waterbury Schools West Hartford
4:00 p.m.	Skating Center	Farmington Marriott	Greenwich Norwich Free Academy Stamford Public Schools
4:00 p.m.	Skating Center	Hampton Inn	Massachusetts & NY Programs
4:30 p.m.	Pratt & Whitney	Sheraton	Groton West Hartford

**PLEASE BE AWARE OF OTHER TEAMS RIDING WITH YOU AND ASSURE THAT ALL PROGRAMS ARE ON BOARD BEFORE BUS DEPARTS.**

## SUNDAY BUS SCHEDULE – MARCH 6, 2011

TIME	FROM	TO	EXPLANATION
6:30 a.m. – 2:00 p.m.	Perry Technologies New Hartford	Ski Sundown	Shuttle Service*
7:30 a.m. – 3:00 p.m.	Tower Business Park Simsbury	Cross Country & Snowshoes	Shuttle Service

***\*PLEASE NOTE THAT THE LAST BUS FOR THE PARKING LOT LEAVES SKI SUNDOWN AT 2:00 P.M.***

TIME	FROM	TO	TEAMS
7:30 a.m.	Farmington Marriott	Ski Sundown	Darien Lions Oxford Tri Town Waterbury & Waterbury Schools West Hartford
7:30 a.m.	Farmington Marriott	Skating Center	Greenwich Norwich Free Academy Stamford Public Schools
7:30 a.m.	Hampton Inn	Skating Center	Massachusetts
8:00 a.m.	Sheraton (bus may leave earlier depending upon competition schedule)	Pratt & Whitney	Groton West Hartford
8:30 a.m.	Farmington Marriott	Cross Country & Snowshoes	Darien Lions Hartford Board of Ed Oxford SARAH Waterbury & Waterbury Schools Watertown Wethersfield

**PLEASE BE AWARE OF OTHER TEAMS RIDING WITH YOU AND ASSURE THAT ALL PROGRAMS ARE ON BOARD BEFORE BUS DEPARTS.**

## EMERGENCY AND MEDICAL INFORMATION

Please read this information carefully so that you are ready for any emergency. All athlete's medical, parent/release, and partner forms will be in the Hartford Marriott Operations Center. All Coaches should have copies on hand.

### EMERGENCY EVACUATION PROCEDURE

In the event of a life threatening or dangerous situation, the decision to evacuate a venue facility will be made by Special Olympics Connecticut Staff, Venue Director, and appropriate Security and Public Safety personnel. *The decision to evacuate a venue facility will be made when the threat of danger is imminent.*

Each venue site is unique, therefore the Venue Director will be responsible in formulating a standard evacuation procedure for that venue site.

In the event evacuation becomes necessary, it is recommended that the following steps be taken:

- All security and law enforcement personnel as well as volunteer security will be utilized for crowd management when possible.
- If an evacuation is ordered, people will be directed to the parking lots adjacent to the venue sites.
- The Venue Director will notify the Special Olympics Connecticut Vice President of Games and Sports Development and other appropriate personnel.
- Security and Public Safety Departments will continue to provide security around the evacuated venue area.

# ALPINE COMPETITION

Sponsored by: Otis

Venue	Ski Sundown, New Hartford
Venue Director	Barry Baiardi
Competition Directors	Paul Simcik and Jill Pinkey
Venue Liaison	Norman Bird
Sports Rules Committee	Mike Cenci, Steve Ringuette, Joyce Baiardi Fran Cappuccio, Russell Delemos

RENTAL EQUIPMENT - Must be returned to the rental shop each day.

Ski Equipment pick-up 8:30 - 10:00 am – Saturday & Sunday

Because of limited space, only athletes who are receiving equipment and the coach should be in the ski rental area. **Only those teams whose forms were received by Headquarters with Winter Games registration will receive equipment.** Coaches must bring their own skis. Rental skis are not to be removed from the Ski Sundown property. It is the coach's responsibility for all lost equipment.

## LIFTS/SLOPES

Athletes will use Lift A or C depending upon event. Athletes, coaches, and volunteers who will be on the mountain will be issued a lift ticket.

Athletes *cannot* run the course before a race; doing so will result in their being disqualified. They are welcome to ski practice runs on the regular mountain courses. Also, coaches cannot ski down beside (shadowing) the athlete giving directions.

All bibs must be returned to Special Olympics Connecticut. There will be a charge of \$10 per missing bib.

## EVENT KEY CODE

### *Giant Slalom*

GSNV = Giant Slalom Novice  
GSIN = Giant Slalom Intermediate  
GSAD = Giant Slalom Advance  
GSUF = Giant Slalom Unified Sports®

### *Super G*

SGNV = Super G Novice  
SGIN = Super G Intermediate  
SGAD = Super G Advanced  
SGUF = Super G Unified Sports®

### *Slalom*

SLNV = Slalom Novice  
SLIN = Slalom Intermediate  
SLAD = Slalom Advanced  
SLUF = Slalom Unified Sports®

WK = Walk  
SGL = Super Glide  
SGL2 = Super Glide II  
GL = Glide

- Schedule is dependent upon weather. Slalom/Giant Slalom races will consist of two timed runs. The combined times will determine the results for awards. Super G races will consist of one practice run and one timed run.
- Specific times for individual heats will be mailed out to teams prior to the event.
- Athletes are expected to be at the staging area for their event 15 minutes prior to the scheduled start time. If an athlete is not present for staging and misses their race, they will not be able to participate in that race.
- Awards are presented at the end of each event on Saturday and Sunday.

## ALPINE COMPETITION

Detailed Schedules will be e-mailed to coaches prior to the games.

### Saturday, March 5, 2011

#### *Scheduled Start Time*

9:30	Opening Ceremonies
10:30 – 3:00	Competition and Awards
11:00 – 1:00	Lunch will be available in the large tent
3:30	Coach's Meeting - <i>Large Tent</i>

Reminder: Athlete staging is at bottom of the mountain.

- Novice staging is at the Little Joe lift.
- Intermediate staging is at Lift A or C depending upon the event.
- Advanced staging is at Lift B.

Athletes should be at their staging area 15 minutes before their event starts.

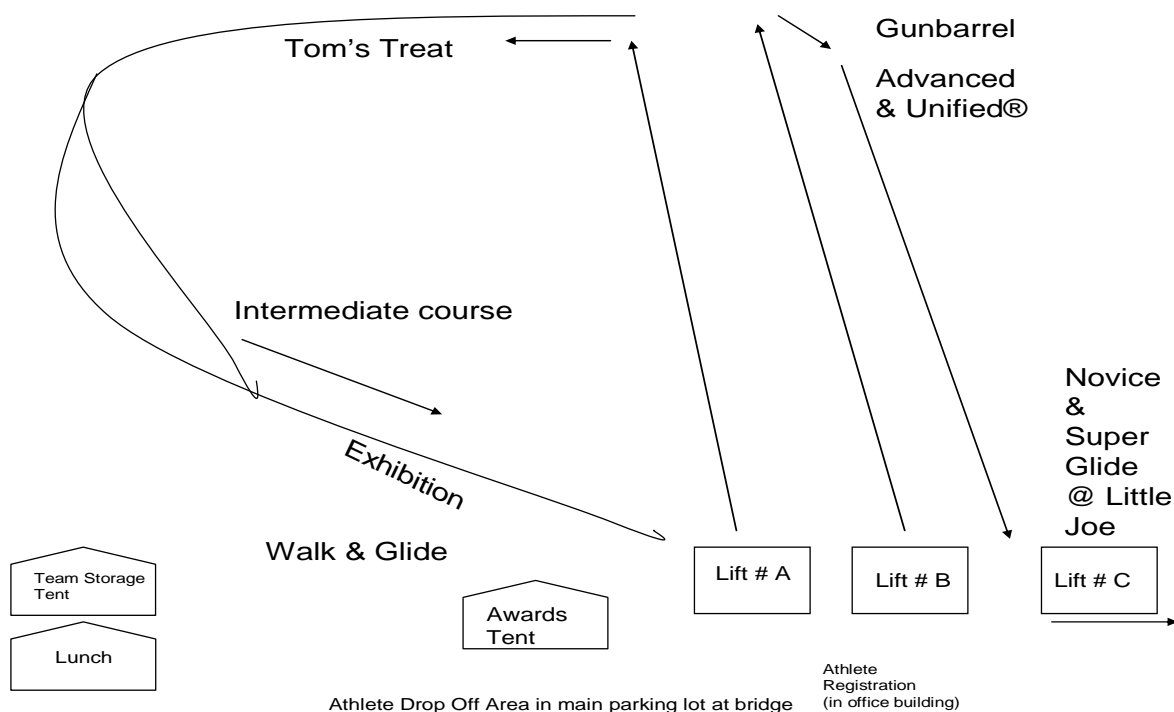
All Awards are presented at the end of each event on both Saturday and Sunday.

### Sunday, March 6, 2011

#### *Scheduled Start Time*

9:00 – 1:00	Competition and Awards
11:00 – 1:00	Lunch will be available in the large tent

# ALPINE SKI VENUE MAP



## ACCESS TO COURSES

### WALK/GLIDE

- The site for the Glide and Walk competitions will be adjacent to Lift A, at the base of the Exhibition.

### NOVICE/SUPER GLIDE

- Please use Lift C to access Little Joe, site for the Novice and Super Glide competitions. After exiting lift, proceed left and follow guides.

### INTERMEDIATE

- Please use Lift A to access Exhibition, site for Intermediate competitions. After exiting lift, proceed straight for Tom's Treat the easiest route to Exhibition. For intermediate route to Exhibition proceed to the left, after exiting lift, to Canyon Run.

### ADVANCED/UNIFIED®

- Please use Lift A to access Gunbarrel, site for Advanced/Unified® competitions. After exiting lift, proceed to right and follow guides.

AWARDS - All awards will be presented at the awards tent. Please walk around pond by way of driveway. DO NOT cut through lift line.

## SNOWSHOE COMPETITION

Sponsored by: CL&P, Yankee Gas, and Western Massachusetts Electric

Venue	CL&P, Simsbury
Venue Director	Luann Cataudella
Competition Directors	Bill Blanchard, Sandy Brown
Sports Rules Committee	Bill Blanchard, Girish Behal, Sandy Brown

## CROSS COUNTRY SKIING COMPETITION

Sponsored by: CL&P, Yankee Gas, and Western Massachusetts Electric

Venue	CL&P, Simsbury
Venue Director	Luann Cataudella
Competition Director	Diana Mahoney
Sports Rules Committee	Diana Mahoney, Tony Johnson, & Chris Keever

Awards will be presented after each heat as all athletes are available.

Please use shuttle service or path from Tower Business Park. Teams may drop-off athletes and equipment at CL&P.

Due to limited parking available at CL&P, each team may only park one vehicle. Parking passes will be mailed to Local Coordinators and must be shown upon arrival and left in the windshield.

2011 SPECIAL OLYMPICS CONNECTICUT  
COMPETITION SCHEDULE  
SATURDAY, MARCH 5, 2011



**Cross-Country Skiing**

**Snowshoeing**

Volunteer Orientation 9:00 Volunteer Orientation

Team Registration 9:15 Team Registration

Parade of Athletes 9:45 Parade of Athletes

Opening Ceremonies 10:00 Opening Ceremonies

10:45 Coaches Meeting (at course)

Time Trials 11:00-3 Time Trials

Lunch is served between 11:30 and 1:30 for both sports

Relay Competitions will be afternoon

Relay Competitions will be afternoon



# 2011 SPECIAL OLYMPICS CONNECTICUT COMPETITION SCHEDULE SUNDAY, MARCH 6, 2011



Volunteer Orientation	9:00	Volunteer Orientation
Team Registration	9:15	Team Registration
Coaches Meeting (by trailer)	9:30	Coaches Meeting (at course)
Competition Begins	9:45	Competition Begins

Lunch available between 11:30 and 1:30 for both sports

## RULES FOR COMPETITION—SNOWSHOE

1. Only officials and athletes competing in the race are allowed on the course (unless the athlete is visually impaired).
2. An athlete will be disqualified if, after crossing the start line and prior to crossing the finish line, he/she is assisted in any manner by a coach, volunteer or spectator (unless visually impaired). Verbal assistance is permitted.
3. An athlete will be disqualified if he/she impedes, obstructs, or pushes another athlete, thereby gaining an advantage.
4. A competitor may not progress forward more than three (3) meters unless they have both snowshoes attached to their feet.

**Special Olympics Connecticut**  
 NU / CL&P  
 Simsbury Service Center  
*Snowshoe Events*  
*Cross-Country Events*

**All Athletes Report to Parade Route by 9:40. Parade Begins at 9:45.**



# CROSS COUNTRY SKIING

## RULES FOR COMPETITION

1. Only skiers engaged in skiing competition are allowed on the race course. Athletes will be disqualified if their coach, team representative, parent or escort enter onto the race course, unless the skier is blind. **PLEASE SHARE WITH YOUR ENTIRE TEAM!**
2. If a skier falls during **TIME TRIALS** for the 25/50/100 meter events, he/she must return to the staging area and enter a new heat.
3. If a skier fails to complete the 100 meter **TIME TRIALS** in under 4 minutes, that skier will be automatically assigned to the 25 and 50 final events.
4. A skier will be disqualified if, after crossing the start line and prior to crossing the finish, he/she is **assisted in any manner** by a coach, volunteer, or spectator, except if the skier is blind. This includes any physical contact such as assistance in getting up after falling or assistance in putting on equipment after they have started their race. Verbal assistance is permitted.
5. A skier will be disqualified if the skier impedes, obstructs, or pushes another skier, thereby getting an advantage.
6. A skier will be disqualified if the skier short-cuts the race course or does not finish in the skier's designated lane in the 25, 50, and 100 meter events.
7. A skier will be disqualified during **FINAL COMPETITION**, if the skier falls and cannot rise after 2 minutes to continue the race.
8. A skier will be disqualified if the skier fails to ski the entire event wearing both skis in the 100M, 500M, 1KM, and the 3KM races. Skiers in the 25M and 50M races can finish wearing only one ski and not be disqualified.

## COMPETITION REMINDERS

Each morning, please register your team in the reception lobby inside Simsbury facility. Inform us of any athlete scratches. An attendant will be present to greet you and record any changes with your team.

Escorts will be available for athletes by your request, via the Athlete Escort Survey from Special Olympics Connecticut. We have worked hard to organize these volunteers and we would like to offer their services to you and your athletes in the best possible way. Escorts will be available after you register each morning. Please remember to pick them up.

Special bibs for Saturday's 4X1KM and 4X500M Unified® Relays will be distributed when you register your team upon arrival Saturday morning. Skiers in the other Unified® relays will wear their regular competition bibs.

For Saturday's time trials, simply get your athlete to the courses he/she is going to ski. If possible, have your skier ski their shortest event first. Men and women will ski against each other during time trials. We have lots of flexibility Saturday so everyone will get timed for his/her two events.

**ALL PARKING AT CHUBB/EXECUTIVE RISK TOWER BUSINESS PARK.**

## FIGURE SKATING and SPEED SKATING COMPETITION

Venue Director	Rob vanderHorst
Figure Skating Venue	International Skating Center of Connecticut (Olympic Rink)
Figure Skating Competition Director	Debbie Abromaitis
Figure Skating Sports Rules Committee	Debbie Abromaitis, Sarah Gleeson
Speed Skating Venue	International Skating Center of Connecticut, (NHL Rink)
Speed Skating Competition Directors	Alan Hughes, Chase Hughes, Emily Goss
Speed Skating Sports Rules Committee	Alan Hughes, Emily Goss, Chase Hughes, David Money Penny

### FIGURE SKATING SCHEDULE

#### SATURDAY, MARCH 5, 2011

8:45AM	Coaches Meeting
9:00AM	Registration
10:00AM	Opening Ceremonies (on-ice) <i>All athletes are to have their skates on prior to the Opening Ceremonies</i>
11:00AM - 12:30PM	Warm-ups, Compulsories, & Skills Evaluation
12:30AM - 1:30PM	Lunch

#### SUNDAY, MARCH 6, 2011

8:30AM	Stretching Clinic (upstairs)
10:00AM - 12:30PM	Warm-ups & Individual Program FINALS
12:30AM - 1:30PM	Lunch
1:30PM	Awards

### SPEED SKATING SCHEDULE

#### SATURDAY, MARCH 5, 2011

8:00AM	Registration
8:30AM	Coaches Meeting (VIP Lounge)
8:30AM	Warm - ups and Prelims
10:00AM	Opening Ceremonies (on-ice) <i>All athletes are to have their skates on prior to the Opening Ceremonies</i>
11:00AM - 4:00PM	Preliminaries
11:00AM - 1:00PM	Lunch
1:30PM-4:00PM	Preliminaries - 1000M Unified® and Individual Relay FINAL

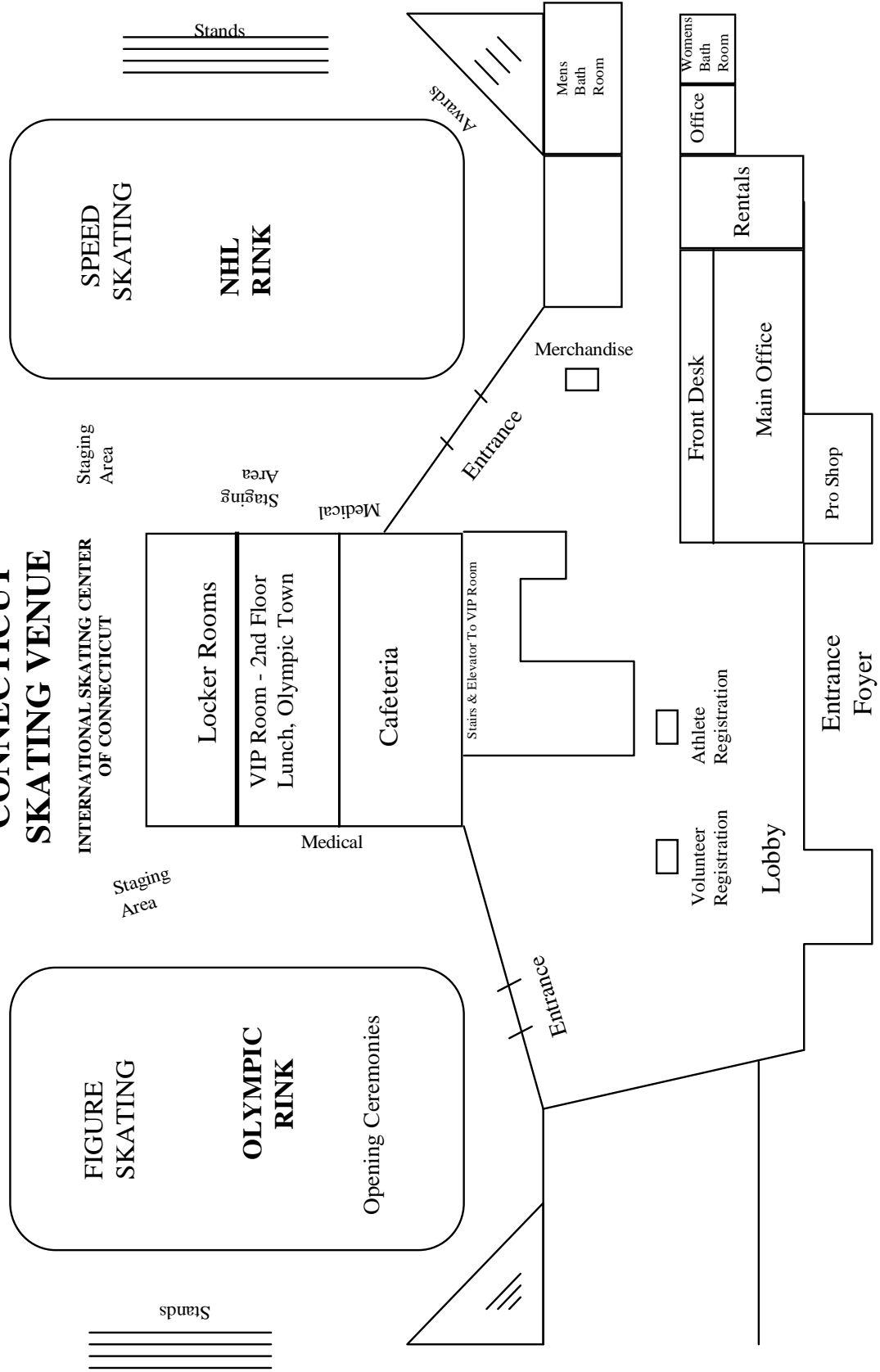
#### SUNDAY, MARCH 6, 2011

8:30AM	Warm - ups (for the 100M, 500M, & 1000M)
9:15AM	500M FINALS
10:10AM	Resurface Ice
10:20AM	25M FINALS
10:30AM	300M FINALS
11:00AM	1000M FINALS
11:00AM - 1:00PM	Lunch
12:20PM	Resurface Ice
12:30PM	Relays
2:30PM	50M FINALS
2:50PM	Resurface Ice
3:00PM	800M FINALS

Olympic Town at the International Skating Center of Connecticut will be open:  
10:00AM - 3:00PM on Saturday and 10:00AM - 2:00PM on Sunday

**FIGURE & SPEED SKATING VENUE MAP**

**SPECIAL OLYMPICS  
CONNECTICUT  
SKATING VENUE**



## FLOOR HOCKEY COMPETITION

Sponsored by: Pratt & Whitney

Venue	Pratt & Whitney Hangar, East Hartford
Venue Director	Dave Erasmus
Competition Director	Joyce Stille
Sports Rules Committee	Joyce Stille, Dave Erasmus, Marc D'Orvilliers, Gary Voccio, and Jen Williams

### SATURDAY, MARCH 5, 2011

8:00 AM	Registration
10:00 AM	Opening Ceremonies Stick Inspection prior to competition
8:30 AM	Divisioning Rounds - Team & Individual Skills
11:00 AM - 1:00 PM	Lunch
12:00 PM - 5:00 PM	Individual Skills Competition and Team Competition
6:00 PM	Coaches meeting @ Sheraton Hotel

### SUNDAY, MARCH 6, 2011

	Stick inspection prior to competition.
8:00 AM	Team Competition Individual Skill FINALS
11:00 AM - 1:00 PM	Lunch
2:30 PM	Closing Ceremonies/Awards

**NO PETS ALLOWED.**

**NO STICKS OR EQUIPMENT IN MUSEUM.**

Due to the strict increase in security at Pratt & Whitney, we have been asked to assure them that no one will loiter around the fence line or go up on the roof. Both areas are off limits.

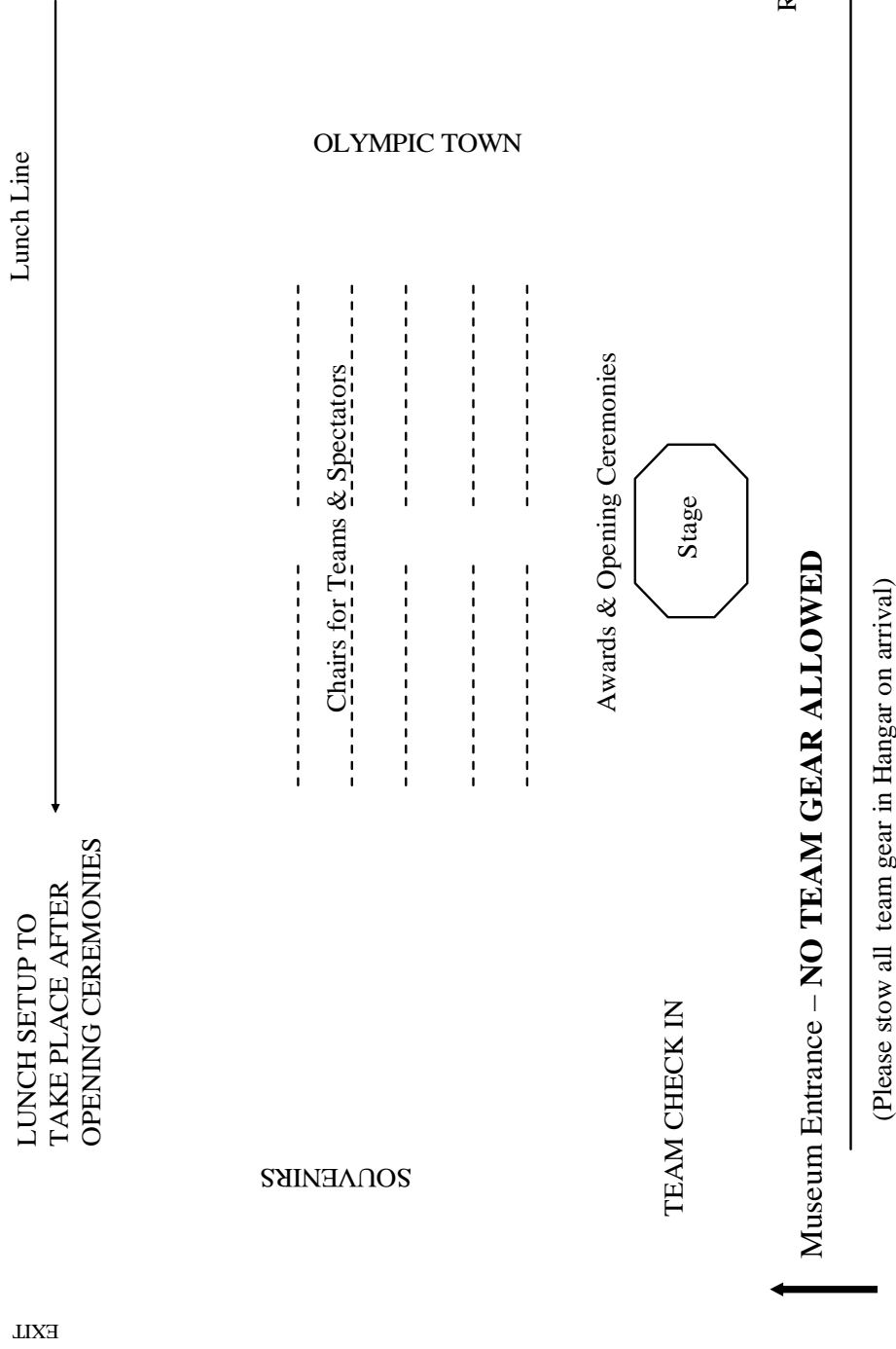
Pratt & Whitney is a **NO SMOKING** facility. This includes the parking lots. Smokers will need to go all the way out to the main road.

**No parking in front of hangar doors - drop-off only.**

**All Individual Skills events will take place on both days.**



**FLOOR HOCKEY Pratt & Whitney Hangar – Museum Side**



## DRIVING DIRECTIONS

### FIGURE SKATING AND SPEED SKATING

INTERNATIONAL SKATING CENTER OF CONNECTICUT, (ISCC), SIMSBURY  
1375 HOPMEADOW STREET, SIMSBURY, CT 06070

**Please note that directions are informational only. We make no warranties on the accuracy of their content, road conditions, or route availability or expeditiousness.**

#### **Traveling North or South on I-91**

Travel I-91 to Rte. I-84 west in Hartford. Travel west on I-84 to exit 39, Rte. 4 west in Farmington.\* Travel 2 miles to center of town, take right onto Rt. 10. Travel 5 miles to Rte. 44, take a left. Follow Rt. 10 and Rt. 44 for 1 mile then take a right onto Rt. 10 in Avon and proceed north on Rt. 10. It is 7 miles to the skating center on the left hand side of the road.

#### **Travel East or West on I-84**

Take exit 39, Rt. 4 west in Farmington. \*Follow as above.

#### **Traveling I-91 North Of Hartford/Windsor**

Take Exit 35B to Rt. 218 West. Continue past the Copaco Shopping Center to Rt. 185 in Simsbury. Follow to Rt. 10. Turn right onto Rt. 10. The skating center will be on the left approximately 4 miles.

## FLOOR HOCKEY

PRATT & WHITNEY HANGAR, EAST HARTFORD

LOCATED OFF SILVER LANE AND CAN BE ACCESSED THROUGH CABELLA'S PARKING LOT

**Please note that directions are informational only. We make no warranties on the accuracy of their content, road conditions, or route availability or expeditiousness.**

#### **Traveling South on I-91**

Travel 91 to I-84 east in Hartford. Take Exit 58, Silver Lane. Bear right off the exit, straight through the light to Pratt & Whitney. Stay to the right. Pass through one traffic light. Pass by the Customer Training Center. Turn left before the light and proceed straight through the gate to the back of the building. **When leaving Pratt & Whitney, turn left at end of driveway of hangar. Turn left towards Cabella's. Turn left at light after entrance to Cabella's.**

#### **Traveling North on I-91**

Travel 91 to I-84 east. Take the Silver Lane/Roberts Street exit. Go right off the exit. Go about ½ mile and at the 2<sup>nd</sup> traffic light, take a right into the Pratt & Whitney complex. Continue as above\*.

#### **Traveling East on I-84**

Exit 58, Silver Lane. Go right off of the exit, straight through the light to Pratt & Whitney. Continue as above\*.

#### **Traveling West on I-84**

Exit 58, Silver Lane. Go left off of the exit, straight through the light to Pratt & Whitney. Continue as above\*.

## DRIVING DIRECTIONS

### CROSS COUNTRY SKIING AND SNOWSHOEING

CL&P SERVICE CENTER, SIMSBURY  
34 HOPMEADOW STREET, SIMSBURY, CT 06070 (VENUE)  
82-86 HOPMEADOW STREET, SIMSBURY, CT 06070 (PARKING LOT)

\*\*\* THERE IS NO PARKING AT CL&P.

Parking for CL& P is at Tower Business Park on Route 10, just past CL&P

**Please note that directions are informational only. We make no warranties on the accuracy of their content, road conditions, or route availability or expeditiousness.**

#### **Traveling North or South on I-91**

Travel I-91 to Rte. I-84 west in Hartford. Travel west on I-84 to exit 39, Rte. 4 west in Farmington. Travel 2 miles to center of town, take right onto Rt. 10. Travel 5 miles to Rte. 44, take a left. Follow Rt. 10 and Rt. 44 for 1 mile then take a right onto Rt. 10 in Avon and proceed north on Rt. 10. Go past the CL&P Service Center to the **Tower Business Park/Chubb Insurance for parking**. Parking is located at 82-86 Hopmeadow Street. Shuttle bus transportation will be provided.

#### **Traveling East or West on I-84**

To exit 39, Rt.4 west in Farmington. \*Follow as above.

#### **Traveling I-91 North of Hartford/Windsor**

Take Exit 35B onto Rt. 218 West. Continue past the Copaco Shopping Center to Rt. 185 in Simsbury. Follow to Rt. 10. Turn left onto Rt. 10. **The Tower Business Park/Chubb Insurance will be on the left approximately 3.5 miles for parking**. Parking is located at 82-86 Hopmeadow Street. Shuttle bus service will be provided.

# DRIVING DIRECTIONS

## ALPINE SKIING

### SKI SUNDOWN

126 RATLUM ROAD, NEW HARTFORD, CT 06057 (VENUE)

120 INDUSTRIAL PARK ROAD, NEW HARTFORD, CT 06057 (PARKING LOT)

\*\*\* THERE IS NO PARKING AT SKI SUNDOWN.

Parking for Ski Sundown: is at Perry Technology Corp., 120 Industrial Park Road, on left as you go up to ski area

**Please note that directions are informational only. We make no warranties on the accuracy of their content, road conditions, or route availability or expeditiousness.**

**From I-84 E or W:** Exit 39 (Rt. 4 W), to Rt. 10 N, right on Rt. 10N for about 5 miles. Left on Rt. 44 W to Rt. 219 in New Hartford. Right on Rt. 219N. **Turn left onto Greenwoods Industrial Park and take the first right to park at the Perry Technologies lot.** A shuttle service will be available.

**Northern Hartford County (Bradley Airport area):** From I-91S, Exit 40 to Rt. 20 W (Granby) to Rt. 219S. Go past Ratlum Rd. and take right into Industrial Park Rd. \*Follow as above.

**Southern Hartford County & Middlesex:** Rt. 72W to Rt. 177N to Rt. 44W. Follow Rt. 44W to Rt. 219 in New Hartford. \*Follow as above.

**Southwest Fairfield County:** I-95N to Rt. 8N in Bridgeport. Stay on Rt. 8N to Exit 44. Take a right off exit onto Rt. 202E for 5.5 miles to Rt. 219N. Take left onto Rt. 219N. \*Follow as above.

**Northern Fairfield County - Danbury area:** I-84E to Rt. 8N in Waterbury. Stay on Rt. 8N to Exit 44. Take right off exit onto Rt. 202E for 5.5 miles to Rt. 219N. Take a left onto Rt. 219N. \*Follow as above.

**From Middlesex County, Northern New Haven County & Shoreline West:** Rt. 91N to Rt. 9N to Rt. 72W toward Plainville. Rt. 177N exit off Rt. 72. 12 miles to Rt. 44W. Turn left and follow Rt. 44W to Rt. 219 in New Hartford. Turn right onto Rt. 219N. \*Follow as above.

**From Greater New Haven County:** Rt. 34W to Rt. 8N in Shelton/Derby. Stay on Rt. 8N to Exit 44. Take right off exit onto Rt. 202 E to Rt. 219N. Take left onto Rt. 219N \*Follow as above.

**Shoreline East (New London County & East):** Rt. 2N to Hartford. I-84 W to Exit 39, Farmington (Rt.4W). Then turn right on Rt. 10N. Turn left and follow Rt. 44W to Rt. 219 in New Hartford. Turn right onto Rt. 219N \*Follow as above.

## DRIVING DIRECTIONS - HOTELS

**Please note that directions are informational only. We make no warranties on the accuracy of their content, road conditions, or route availability or expeditiousness.**

### **HARTFORD MARRIOTT, FARMINGTON**

15 FARM SPRINGS ROAD, FARMINGTON, CT 06032

**Traveling East on I-84:** Take exit 37, Finneman Road. Turn left at the end of exit, then right onto Farm Springs Road. The Marriott is located at the end of the road.

**Traveling West on I-84:** Take exit 37, Finneman Road. Go straight at the end of the exit onto Farm Springs Road. The Marriott is located at the end of the road.

**From Farmington Marriott Hotel To: CL&P and International Skating Center,** Turn left out of Farm Springs Road. Turn right onto I-84 east and follow directions to venues.

### **SHERATON EAST HARTFORD (FLOOR HOCKEY TEAMS)**

100 EAST RIVER DRIVE, EAST HARTFORD, CT 06108

**From Pratt & Whitney Hangar:** Start out going Northeast on Main Street/US-5 toward US-44. Turn left onto Connecticut Boulevard/US-44. Turn left onto Ash Street. Ash Street becomes East River Drive. Hotel will be on the left.

### **HAMPTON INN & SUITES (OUT-OF-STATE TEAMS)**

301 COLT HIGHWAY, FARMINGTON, CT 06032

**From Pittsford, NY:** Merge onto I-490 E toward New York State Thruway. Merge onto I-90 E/New York State Thruway E via the exit on the left toward Albany. Keep right to take I-87 S/New York State Thruway S toward Mass. Pike/New York/Boston. Take exit 21 A toward I-90 E /Mass. Pike/Boston. Merge onto New York State Thruway E (Crossing into Massachusetts). New York State Thruway E becomes I-90 E/Mass Pike. Merge onto I-91 S via Exit 4 toward Springfield (Crossing into Connecticut). Merge onto I-84 W/US-6 W via Exit 32 A toward Waterbury. Merge onto US-6 W/Colt Highway via Exit 38 toward Bristol. Hotel, 301 Colt Highway, will be on the right.

**From Boston, MA:** Merge onto I-90 W/Mass. Pike. Merge onto I-84 W via Exit 9 toward US-2-/Hartford/New York City (Crossing into Connecticut). Merge onto US-6 W/Colt Highway via Exit 38 toward Bristol. Hotel, 301 Colt Highway, will be on the right.

**From Springfield, MA:** Merge onto I-91 S via the ramp on the left toward I-91 S/Hartford, CT (Crossing into Connecticut). Merge onto I-84 W/US-6 W via Exit 32 A toward Waterbury. Merge onto US-6 W/Colt Highway via Exit 38 toward Bristol. Hotel, 301 Colt Highway will be on the right.

#### **From Exeter, NH:**

Merge onto I-95 S toward Seabrook/Boston (Crossing into Massachusetts). Merge onto I-495 via Exit 59 toward Worcester. Merge onto I-90 W/Mass. Pike via Exit 22 toward Springfield/Albany. Merge onto I-84 W via Exit 9 toward US-20/Hartford/New York City (Crossing into Connecticut). Merge onto US-6 W/Colt Highway via Exit 38 toward Bristol. Hotel, 301 Colt Highway, will be on the right.

#### **From International Skating Center of Connecticut and CL&P:**

Start out going South on Hopmeadow Street/US-202/CT-10. Continue to follow US-202/CT-10. Turn left onto East Main Street/US-44/CT-10. Turn right onto Waterville Road/CT-10. Turn slight left onto CT-4 E/ Farmington Avenue. Take the Farmington Avenue/CT-44 E ramp toward CT-9. Stay straight to go onto Farmington Avenue/CT-4. Turn right onto South Road. Turn right onto Bird's Eye Road. Turn right onto Colt Highway/US-6. Hotel, 301 Colt Highway will be on the right.

## SPECIAL OLYMPICS CONNECTICUT PROTEST PROCEDURE

This is to be followed exactly in the event that a coach feels that his/her athlete or team has been unfairly awarded a particular place or disqualification.

Under no circumstance will a coach disrupt competition or use abusive language while filing an appeal.

All protests need to cite the Official Sport Rule that was in violation.

**Protests can only be made by certified head coaches.** Family, friends, or chaperones **cannot** present a protest.

### Protest Procedure

**First Line Protest** is with the Head Official at the event site (these officials will be identifiable by uniform). All protests must be conducted prior to the awards ceremony.

**Second Line Protest** is if 1st Line Protest is unsatisfactory to the coach, a coach completes a Protest Form. Written protests must be submitted within 1/2 hour of the situation being appealed. The appropriate Sports Rules Committee will meet to review the protest.

**Final Protest** is if 2nd Line Protest is still unsatisfactory to the coach, the appeal may go to the Games Rules Committee which is brought together to finalize the issue within 24 hours.

### **NOTE:**

If due to logistical problems the decision of the protest is finalized after the awards ceremony for that heat and the protest is upheld, the athlete in question will be awarded his/her appropriate place award. Under no circumstances will this appeal affect the place awards for other athletes in the heat.

## PROTEST FORM

***Must be submitted to the Sports Rules Committee no later than 30-minutes after the conclusion of the event being protested.***

DATE: \_\_\_\_\_ TIME SUBMITTED: \_\_\_\_\_

SPORT: \_\_\_\_\_ EVENT: \_\_\_\_\_

AGE GROUP: \_\_\_\_\_ DIVISION: (HEAT) \_\_\_\_\_

ATHLETE OR TEAM NAME: \_\_\_\_\_

ID NUMBER: \_\_\_\_\_ DELEGATION ID: \_\_\_\_\_

REASON FOR PROTEST: \_\_\_\_\_

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SIGNATURE OF HEAD COACH:

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DECISION OF JURY/REFEREE:

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PROTEST APPROVED:

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PROTEST DENIED:

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SIGNED: \_\_\_\_\_

TIME: \_\_\_\_\_

If a decision is not satisfactory, please submit protest to Games Rules Committee for review.



### Zoomerang Survey

Please be sure to watch for the April issue of the Special Olympics Connecticut e-newsletter so that you can participate in the Zoomerang Feedback Survey after the games. Your feedback is very valuable for future planning.

### Website and E-newsletter

Visit our website [www.soct.org](http://www.soct.org) for more information about Special Olympics Connecticut and to sign-up for our monthly e-newsletter!

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- ◆ Enerlume
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Robotics
- ◆ Farmington High School
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- ◆ International Skating Center of  
Connecticut
- ◆ James A. Kiley Company
- ◆ Kane's Market, Simsbury
- ◆ Kelly's Kitchen, Winsted

- ◆ Landmark Distinctive Outdoor  
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(cont'd)**

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- ◆ Mohawk Mountain Ski Area
- ◆ Newington High School
- ◆ Norwich Skating Rink
- ◆ Party Time DJs
- ◆ Pery Technology
- ◆ Pickin Patch Farm
- ◆ Pratt & Whitney
- ◆ Probus Club of Torrington Proto  
Power Corp.
- ◆ Pyrofox
- ◆ Residence Inn Hartford, Avon
- ◆ Simsbury High School
- ◆ Simsbury High School Music  
Department
- ◆ Simsbury Spinners
- ◆ Simsbury Youth Hockey
- ◆ Simsbury Volunteer Ambulance  
Association
- ◆ Simsbury Volunteer Fire Company
- ◆ Ski Sundown
- ◆ Special Friends Charities
- ◆ Sundown Ski Team
- ◆ Stone & Webster
- ◆ The First Company Governor's Foot  
and Horse Guard
- ◆ TEAM Otis
- ◆ Trinity College
- ◆ Underwater Construction Corp.
- ◆ United Electrical Service, Simsbury
- ◆ Vernon Boy Scout Troop 223
- ◆ Winding Trails



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