2020 WINTER GAMES
COACHES
GO TO MEETING

SAVE THE DATE
February 22 & 23
**Winter Games Venues & Sports**

- **POWDER RIDGE MOUNTAIN PARK & RESORT, MIDDLEFIELD, 99 Powder Hill Rd.**
  - Alpine Skiing
  - Snowboarding

- **EVERSOURCE, WINDSOR – 1985 Blue Hills Avenue Ext., (Bloomfield address for GPS)**
  - Cross Country Skiing
  - Snowshoes

- **INTERNATIONAL SKATING CENTER OF CONNECTICUT, SIMSBURY, 1375 Hopmeadow St.**
  - Figure Skating
  - Speed Skating

- **PRATT & WHITNEY HANGAR, EAST HARTFORD – 482 Airport Avenue.**
  - Unified Floor Hockey & Floor Hockey skills
  - (For those Traditional Teams competing in Massachusetts, SOMA Winter Games, March 7 & 8)

- **FARMINGTON VALLEY GYMNASTICS & MORE, PLAINVILLE, 5 Northwest Drive**
  - Gymnastics (Sunday only)

- Additional Sporting Opportunities outside Winter Games:
  - Traditional Basketball – Waterbury Area, March 21
  - Unified Curling – Nutmeg Curling Club, Bridgeport; training started in November; Bonspiel TBD
Housing, Dinner & Dances

- Farmington Marriott & Hampton Inn Farmington
- Homewood Suites & Hilton Garden Inn, Glastonbury (floor hockey only)
- Katie Dennett will email room configurations to all teams
- Banquets & Dances at Farmington Marriott and Hilton Garden Inn

**ALL POOLS ARE NOW OFF LIMITS – due to an SOI Insurance ruling**
- Hotels will try to keep Teams on same floor as much as possible
- ALCOHOL & SMOKING is not allowed at any event or venue
- Chaperones are asked to be aware of behaviors at dances
Housing, Dinner & Breakfast

- **Housing**
  - 3 people per room
  - Should a team require more rooms, we will be happy to secure those for you at the cost of $103/night
  - Should you be able to turn back some rooms, please let us know by Feb. 10; if you turn back rooms after this date we may have to charge your program for them
  - Please be advised that the pools in all hotels are now off limits due to an SOI Insurance ruling

- **Dinner & Breakfast**
  - Please let us know no later than February 10 if your team will not be having dinner; we will use your actual housing numbers unless we hear from you
  - This will also be for breakfast on Sunday morning so if you know someone will not be eating with the group, please let us know
Transportation Survey

Please watch for this survey via email. Please fill it out and indicate if your Local Program needs transportation during the course of the Winter Games weekend.

SATURDAY:

Our team will need transportation on Saturday morning from the Farmington Marriott Hotel to:

- Cross Country Skiing/Snowshoeing  
  # of passengers
- Skating Center  
  # of passengers
- Alpine Skiing  
  # of passengers

Our team will need transportation on Saturday morning from the Hampton Inn & Suites, Farmington to:

- Cross Country Skiing/Snowshoeing  
  # of passengers
- Skating Center  
  # of passengers
- Alpine Skiing  
  # of passengers

Our team will need transportation on Saturday afternoon to the Farmington Marriott from:

- Cross Country Skiing/Snowshoeing  
  # of passengers
- Skating Center  
  # of passengers
- Alpine Skiing  
  # of passengers

Our team will need transportation on Saturday afternoon to the Hampton Inn & Suites, Farmington:

- Cross Country Skiing/Snowshoeing  
  # of passengers
- Skating Center  
  # of passengers
- Alpine Skiing  
  # of passengers

SUNDAY:

Our team will need transportation on Sunday morning from the Farmington Marriott to:

- Cross Country Skiing/Snowshoeing  
  # of passengers
- Skating Center  
  # of passengers
- Alpine Skiing  
  # of passengers

Our team will need transportation on Sunday morning from the Hampton Inn & Suites, Farmington to:

- Cross Country Skiing/Snowshoeing  
  # of passengers
- Skating Center  
  # of passengers
- Alpine Skiing  
  # of passengers

No transportation will be provided on Sunday afternoon from any venue.
Alpine & Snowboard
Powder Ridge Mountain Park Resort, Middlefield

• Sara Pierson, SOCT Staff, sarap@soct.org, x229
• Sponsor & Games Committee: Otis
• **Important Update:** In order to ensure the safety of our athletes, the USSA Alpine Sports Committee has ruled that it will be mandatory that all athletes competing in Giant Slalom, Slalom or the Unified alpine skiing/snowboarding events must wear an FIS approved ski helmet. SOCT will cover the cost of the helmet for all registered participants in those events for the 2020 season. An email went out to all teams requesting helmet sizing for your athletes, please get that information to Sara Pierson as soon as possible.

• Competition
  – Competition Directors: Brad Guilani and Jason Armistead
  – Events that will be offered are Super Glide, Giant Slalom, Slalom and Unified
  – DQs will receive a Participation Ribbon

• Training Sites: Mt. Southington, Powder Ridge, Mohawk Mountain and Ski Sundown (all teams should have contacted Sara Pierson by now).
  • Practice will begin the week of January 5.
Alpine & Snowboard
Powder Ridge Mountain Park Resort, Middlefield

- Rental equipment must be returned to the rental shop each day
  - Pick up equipment between 8:30 and 10:00 a.m. both days
  - Only athletes are eligible for rental equipment and all requested rentals must be made online prior to the weekend of Winter Games; https://tickets.powderridgepark.com/public-reg/StartPage.aspx
  - Coaches must have their own equipment
- Athletes will use Mini Field Lift & Middlefield Lift depending upon event; Only those athletes, coaches and volunteers who will be on the mountain will receive a lift ticket
- Athletes cannot run the course before a race
- All bibs must be returned to SOCT to avoid a $10 fee for a missing bib
Cross-Country and Snowshoes
Eversource, Windsor

- Katie York, SOCT, kathryny@soct.org; x224
- Sponsor & Games Committee: Eversource
- Competition:
  - Competition Director for Cross Country Skiing, Diana Mahoney
  - Competition Director for Snowshoes, Randy Vagnini & Ryan Esthus
  - All athletes are to have their own equipment; coaches should check to see if skis need to be waxed
  - Teams are asked to follow all schedules for both Time Trials on Saturday and Final Competition on Sunday
  - There are no Time Trials for Relays; they will be based on past scores, scores submitted, and age & gender to the best of the competition committee’s ability; any changes to Relays must be reported first thing Saturday morning or to SOCT prior to the games
  - Coed heats will be developed as needed
Cross-Country and Snowshoes  
Eversource, Windsor

- Competition continued:
  - Only officials and athletes are allowed on the course (unless the athlete has a visual impairment)
  - An athlete will be disqualified if
    - he/she impedes, obstructs or pushes another athlete to gain an advantage
    - he/she cuts the race course short or does not finish for cross country skiing in their designated lane
  - If a skier falls during the Time Trials, they must return to the staging area and enter a new heat
  - If a skier falls during competition, they have 2 minutes to stand and start skiing again
  - Skiers must have both skis on to complete the 100 Meter and longer races; they can finish with one ski in the 25 Meter and 50 Meter should that be the case
  - If there is a time conflict with an athlete and one of their races, please let the officials know so they know where to find the athlete when their name is called
Cross-Country and Snowshoes
Eversource, Windsor

• In snowshoes, an athlete may not progress forward more than 3 meters unless they have both snowshoes attached to their feet
• One coach per team is asked to assist their athletes with putting on and taking off snowshoes
• Competition area maps will be available day of, once snow is made and courses are laid out; available snow conditions will determine which competitions will be conducted; competition committees will do their best to assure that all athletes have an event to participate in; we ask for your patience should we have to do any last minute changes due to snow conditions
• Do not leave the venue for lunch in case we need to change the schedule due to course conditions or weather issues
• Dependent upon snow and course layout, waterfall start lines will be set for curved courses and relays; please train your athletes for staggered starts and to stay in their lanes
• Snowshoe walking events are WALKING only; athletes will be disqualified if they run
• Please use proper etiquette when addressing race officials
Cross-Country and Snowshoes
Eversource, Windsor

- Teams will be allowed to park on site with one vehicle in the front lot and any others including families and spectators, in the back & side of the building.
- There will be one way traffic entering the facility on Blue Hills Ave. Ext. and exiting onto Day Hill Rd.
- Athlete Registration, Olympic Town & Medical services are all inside the building; everyone is asked to stay within the designated perimeters of available space when inside.
- Tent City will include: Lunch, Awards & Photos.
- Tables & chairs will be set up in the lunch tent; once your team is finished, please move out of the tent to allow for more teams to be able to sit and eat; NO skis, snowshoes or equipment inside the tent.
- Opening Ceremonies will be in the open space area in Tent City.
- Overnight ski & snowshoe storage will be available in a locked POD.
- The annual Bud Myers Award for sportsmanship application is included here; please nominate an athlete from your program.
  – DEADLINE: February 13
CROSS COUNTRY SKIING & SNOWSHOE TENT VILLAGE SET-UP

- Olympic Town
  - Souvenirs
  - Healthy Athletes
  - Medical Station

- Building entrance
- Awards
- Parking for team vehicles in back lot

- Information Trailer
- Location for Opening Ceremonies

- Snowmakers Trailer
- Opening Ceremonies Stage
- Volunteer Registration
- Food & Ski Storage PODS
- Grill Area
- Food Tents
  - entrance
  - exit
2020 Bud Meyers Sportmanship Award

Presented to the Special Olympics Connecticut athlete who shows excellent Sportmanship in either Cross Country Skiing or Snowshoeing

ATHLETE NAME: ___________________________________
ADDRESS: _____________________________________________
PHONE: _______________ EMAIL: _______________________
LOCAL PROGRAM: ______________________________________
SPORT: _______________________________________________

NUMBER OF YEARS INVOLVED WITH SPORT (minimum of 10): ________________

Please provide a brief summary as to why this individual is being nominated:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Submitted by: ____________________________ email: __________________________________
Figure and Speed Skating

International Skating Center of CT, Simsbury

- Derrick Ford, SOCT staff, derrickf@soct.org; x272
- Speed Skating Competition Directors, Chase Hughes and Emily Goss
  - Preliminaries will take place on Saturday
  - Final Competitions will be on Sunday
- Figure Skating Competition Director, Debbie Abromaitis
  - Music for figure skaters does not allow vocals
  - Warm Ups, Compulsories and Skills will take place on Saturday morning
  - Individual Programs with music will be on Sunday
  - Figure Skating awards will be upstairs; please let families know that we cannot do awards in the Olympic Rink due to public skating times
Figure and Speed Skating
*International Skating Center of CT, Simsbury*

- For both venues, due to limited space, please ask families to only be in the awards area when their athlete is receiving an award in order to accommodate everyone.
- Awards will be on Sunday following each Speed Skating race and after lunch for Figure Skaters.
- All athletes (both Figure and Speed Skaters) are to have their skates on prior to Opening Ceremonies unless they want to sit in the stands on the far side of the rink and not skate in with their team.
- Speed Skaters should wear a helmet, long sleeves, long pants, knee pads, shin guards, cut resistant neck protectors, cut resistant gloves or mittens.
FIGURE & SPEED SKATING

SPECIAL OLYMPICS CONNECCTICUT SKATING VENUE

INTERNATIONAL SKATING CENTER OF CONNECTICUT

Locker Rooms

2nd Floor
Lunch, Olympic Town
Figure Skating Awards

Cafeteria

Stairs & Elevator To 2nd Floor

Staging Area

Figure Skating Awards

Speed Skating

NHL Rink

Mens Bath Room

Front Desk

Main Office

Rentals

Womens Bath Room

Volunteer & Athlete Check In

Opening Ceremonies

Entrance

Clothing Store

Foyer

Lobby

Stands

Olmpic Rink

Staging Area

Entrance

Selling

Medical

Cafeteria

Volunteer & Athlete Check In

Entrance

Clothing Store

Foyer

Olympic Rink

Staging Area

Entrance
Unified Floor Hockey & Skills

Pratt & Whitney Hangar, East Hartford

• Sue Mohr, SOCT Staff, susanm@soct.org or x239
• Sponsor & Games Committee: Pratt & Whitney
• Competition Director, Jen Ochoa
• Head Official, Gary Voccio
• Divisioning Tournament to be held on Saturday, February 15
  Information regarding divisioning will be forth coming via email
  - 8:00 a.m. start; Unified Team play only, No Skills
  - Teams should bring a bag lunch or plan to purchase lunch from available food truck for the Divisioning Tournament
• No sticks or equipment allowed in the Museum
• All Individual Skills events will take place both days
• Athletes must wear helmets with a full face mask gloves, shin guards and running shoes
• Skills athletes should also wear helmets
• Minimum Team competition 11; maximum 16
• Healthy Athletes will be offering a Performance Station
• Lunch will be provided at the Winter Games
  - Food truck available for families
Museum Entrance – **NO TEAM GEAR ALLOWED** (Please stow all team gear in Hangar on arrival)

Team Check In

Stage

Opening Ceremonies & Awards

Chairs for Teams & Spectators

Healthy Athletes Performance Station

Athlete Registration

Lunch Line

Lunch Setup to take place after Opening Ceremonies

Olympic Town

Souvenirs

EXIT

REST ROOMS
Unified Floor Hockey & Skills

Performance Stations

- Saturday from beginning to end of competition
- Competition Readiness warm-up and snack
- Nutrition and Hydration resources and education
- Recovery stretching
- Goal setting and giveaways

For more information contact Nicole Batista; nicoleb@soct.org
Gymnastics
Farmington Valley Gymnastics & More, Plainville

• Katie Dennett, SOCT staff, katied@soct.org; x245
• Sponsor & Games Committee: Adams Superfood Stores
• Event will take place on Sunday morning
  – 9:00 a.m. registration
  – 9:30 a.m. Opening Ceremonies
  – 10:00 a.m. -1:00 p.m. competition, lunch & awards
• Competition Directors Erin Fascendini and Christine Costantino
• Male gymnasts are to wear tank tops (leotards) or t-shirts that are tucked in and white gymnastics shorts
• Female gymnasts are to wear a leotard, have bare legs and bare feet or gymnastics slippers; flesh colored tights with bare feet are permitted but not recommended.
• Bandages are allowed as long as they are securely fastened
• Floor Exercises and Bars may take place at the same time; Vault and Balance Beam may also take place at the same time.
Gymnastics
Farmington Valley Gymnastics & More, Plainville

- Parking will be available on site
- Food and beverages will be available for families and spectators to purchase
- Lunch will be provided for athletes and coaches following competition
- Water will be available throughout the competition for athletes
FARMINGTON VALLEY GYMNASTICS CENTER

- Lunch Area
- Concessions
- Restrooms
- Coat & Clothing Storage area
- Athlete & Volunteer Registration
- Lobby Area
- Entrance
- Beam
- Floor Exercise
- Vault
- Bars
- Spectator area
Traditional Basketball Tournament
March 21

- Katie Dennett, SOCT Staff, katied@soct.org x245
- Please complete the intent to participate for this event!
- Registration is due March 6. **Please note information on the registration regarding divisioning.**
- Please refer to the proper age groups when determining your team(s). Juniors: 8-16; Seniors 13-21; Masters 18+
- An email will be sent to all past participating local programs with detailed tournament information.
- 2020 Venues:
  - Holy Cross High School
  - Chase Collegiate
  - Kennedy HS
  - West Side MS
  - Post University
  - Crosby HS
Unified Curling
Nutmeg Curling Club, Bridgeport

• Contact David Pellino for additional information; davidp@soct.org
• Curling practice will take place at the Nutmeg Curling Club on Saturdays, 10:30 a.m. – 1:00 p.m.
• January 11, 18, 25
• February 8, 22, 29
• March 7, 14
• Bonspiel Date TBD
Health at Winter Games

Health Promotion activities will be offered at:
Cross-Country and Snowshoes, Eversource, Windsor –Saturday, Feb. 22nd
For more information please contact- Caitlin Daikus; caitlind@soct.org; 203-230-1201 ext. 238

FIT 5:
If you would like to implement the 8-week FIT 5 program at practices leading up to Winter Games please contact Nicole Batista at nicoleb@soct.org; 203-230-1201 ext. 261
Registration and Due Dates

- Winter Games Intents due: December 19
- Alpine Training Rosters/Registrations were due in November
- Registrations for Alpine Skiing, Snowboarding, Floor Hockey, Figure Skating, Speed Skating, Cross Country Skiing, Snowshoeing, Gymnastics & Housing due: February 6, 2020.
- Traditional Basketball Registration due: March 6, 2020
- Registration materials is on the website: [www.soct.org](http://www.soct.org). Email Sue Mohr for google docs links.
- Email registration using [secure email](mailto:susanm@soct.org) to susanm@soct.org
- Insurance requests are to be completed on our website listed under the forms section.
- The Event Guide will be on website 3 weeks out from the games: [www.soct.org](http://www.soct.org)
Where to find the Intent to Participate form from the www.soct.org homepage:

Click the Forms link
Forms

Registration Information
2019 Registration Calendar
Intent to Participate Form

2019 Winter Games Registration

<table>
<thead>
<tr>
<th>Activity</th>
<th>Format</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpine Skiing</td>
<td>PDF</td>
<td>Excel</td>
</tr>
<tr>
<td>Basketball</td>
<td>PDF</td>
<td>Excel</td>
</tr>
<tr>
<td>Cross-Country Skiing</td>
<td>PDF</td>
<td>Excel</td>
</tr>
<tr>
<td>Figure Skating</td>
<td>PDF</td>
<td>Excel</td>
</tr>
<tr>
<td>Floor Hockey</td>
<td>PDF</td>
<td>Excel</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>PDF</td>
<td>Excel</td>
</tr>
<tr>
<td>Snowboarding</td>
<td>PDF</td>
<td>Excel</td>
</tr>
<tr>
<td>Snowshoeing</td>
<td>PDF</td>
<td>Excel</td>
</tr>
<tr>
<td>Speed Skating</td>
<td>PDF</td>
<td>Excel</td>
</tr>
</tbody>
</table>
How to complete the Intent to Participate form online:

Type in your Local Program name and Local Coordinator information.
Select the appropriate sport season from the drop-down menu.
Select the number of “events” or sports from the drop-down menu that your local program will be practicing and competing in at the state competition. Based on the number of sports you select, the corresponding number of sports specific practice information will appear.
Fill out all training and practice information completely and to the best of your ability. The form will be automatically sent to our office once you click submit.
All intents for Winter Games are due by December 19
Please work with your coaches if your delegation competes in multiple sports per season to submit only ONE intent per Local Program.
If you have any questions as you complete this form, please contact the susanm@soct.org.
Volunteer Updates

- **New Class A forms**
  - New forms are just about ready
  - I will be 2 pages with extra releases included
  - If you or any of your volunteers have filled out an old Class A form – go ahead and send it in!
  - Unified Partner form will be included as part of the new form
  - Email will be sent to Local Coordinators with new forms and info after January 1st

- **Web Class A form**
  - Reminder about the Web Class A form for New volunteers
    - Please make sure volunteers filling out the web form are filling out all 3 steps
      - Sterling Volunteers (previously known as Verified Volunteers)
      - Protective Behaviors
      - Final application page with biographical info
  - If local coordinators would like to know if someone has finished their Class A online, please request that person send you one of the two confirmation emails from Sterling.
    - Email 1: They have completed the online Class A form.
    - Email 2: SOCT has reviewed and accepted their Class A form.

Contact Katie York with any questions 203-230-1201 ex 224 or kathryny@soct.org
Coaches Education & Training

• Alpine Skiing- January, TBD, Mohawk Mountain
• Cross Country Skiing and Snowshoe, TBD, Winding Trails
• Floor Hockey – January 19th Wethersfield
• Basketball – January 18th Naugatuck

• **REMINDER** All HEAD COACHES must complete concussion training! Send certificates to derrickf@soct.org when complete.
Concussion Training

ALL Head Coaches must complete the online Concussion Training

Click the link on the Coaches Corner page to access the course through the CDC website. Please email certificates to derrickf@soct.org when complete!

Visit www.soct.org, hover your mouse over “Sports & Fitness Programs, and click on “Coaches Corner”

Click on the drop-down tab, “Becoming a SO Certified Head Coach”

Click the link to the CDC or the NFHS Website for the free training
How to Find Sports Specific Rules from the www.soct.org Homepage

Hover your mouse over the Sports & Fitness Programs heading and click on Coaches Corner.
Scroll down the page and click on the drop-down box titled “SOCT Sports Rules & Coaches Guides”
Penguin Plunge

Sign up for the 2020 Penguin Plunge now!

In order to receive a 50/50 split for your fundraising efforts, you must register your team online in advance and indicate which Local Program you are associated with.

Contact Taryn Prostano at tarynp@soct.org with any questions regarding the registration process.

Penguin Plunge Dates & Locations

GUILFORD LOONY DOOK
DECEMBER 14, 2019
JACOB'S BEACH, GUILFORD

FARMINGTON
FEBRUARY 9, 2020
WINNING TRAILS

MIDDLETOWN
FEBRUARY 29, 2020
PAVILION AT CRYSTAL LAKE

WINSTED
MARCH 7, 2020
HIGHLAND LAKE

SHORELINE
MARCH 8, 2020
OCEAN BEACH PARK, NEW LONDON

PLUNGE AT THE LAKE
MARCH 21, 2020
Patriot's Park, Coventry

24 HOUR SUPER PLUNGE
MARCH 28-29, 2020
WESBROOK ELKS LODGE

PLUNGE AT THE PARK
APRIL 4, 2020
GREAT HOLLOW LAKE, MONROE

FAIRFIELD PLUNGE
APRIL 4, 2020
JENNINGS BEACH

Penguin Plunge is one of the largest grassroots fundraisers to benefit Special Olympics Connecticut. Participants raise funds to Plunge into the chilly waters of a lake or ocean. To join in the fun, Participants must register online and achieve a fundraising minimum. Register early to receive your free event t-shirt!

You'll be Freezin' for a Reason when you take the Plunge to benefit Special Olympics Connecticut!

REGISTER ONLINE SOCT.ORG
Thank you for completing the 2020 Special Olympics Connecticut Winter Games Webinar!

See you at the games!!!

Please click HERE to confirm your participation in this Webinar.