



Special Olympics
Idaho

2010 State Winter Games
Cascade/McCall, ID
March 12-14, 2010

COACHING
HANDBOOK



Special Olympics
Idaho

**2010 State Winter Games
Coaches' Handbook**

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Welcome to Cascade & McCall for the 2010 Special Olympics State Winter Games

On behalf of the Games Management Team, the Special Olympics Idaho chapter staff and the entire crew of community volunteers who have helped construct these Games, best of luck to all of the athletes participating Saturday at the 2010 Special Olympics Idaho State Winter Games. This handbook has been developed by the Games Management Team to serve as a source of information and to make your State Winter Games experience the best possible. Please become familiar with it as to better assist your athletes throughout the Games.

Everyone involved in hosting this event truly appreciates the efforts of the coaches in bringing continuing opportunities to the athletes of Special Olympics Idaho. The Special Olympics program within Idaho certainly could not exist without the dedication of volunteers— the coaches and chaperones, who have assisted the athletes in their endeavors to train, compete and succeed at their personal best.

From everyone involved with the 2010 State Winter Games,

Good luck and enjoy your experience!



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2010 State Winter Games
Cascade/McCall, ID

Schedule of Events

Friday, March 12th

| <u>Time</u> | <u>Event</u> | <u>Location</u> |
|-----------------------|---------------------------------|------------------------|
| 2:00-6:00pm | Healthy Athletes Screenings | Trinity Pines Camp |
| 2:00 - 5:00 p.m. | Team Check In | Trinity Pines Camp |
| 4:00 - 6:00 p.m. | Dinner | Trinity Pines Camp |
| 6:30 – 6:45 p.m. | Team staging for Parade Athlete | Cascade Middle School |
| 7:00 - 8:00 p.m. | Opening Ceremonies | Cascade Middle School |
| Immediately following | Coaches' meeting | Cascade Middle School |

Saturday, March 13th

| <u>Time</u> | <u>Event</u> | <u>Location</u> |
|--------------------|--------------------------------------|------------------------|
| 7:00 – 8:30 a.m. | Breakfast | Trinity Pines Camp |
| 7:00am | Check in opens | Cascade Middle School |
| 8:00am | Check in opens | Ponderosa State park |
| 8:00am | First Floor Hockey Game | Cascade Middle School |
| 9:00am | Check in opens | Brundage Resort |
| 9:00am | Snowshoe/Nordic Skiing begins! | Ponderosa State Park |
| 9:30am | Lifts Open | Brundage Resort |
| 10:00 - 4:00 p.m. | Snowboarding/Alpine | Brundage Resort |
| 11:30 - 1:00 p.m. | Lunch | Competition Venues |
| 4:00-8:00pm | Healthy Athletes Screenings | Trinity Pines Camp |
| 5:30 – 7:30 p.m. | Dinner | Trinity Pines Camp |
| 7:30 – 9:00 p.m. | Closing Ceremonies/ Victory Dance | Trinity Pines Camp |

Sunday, March 14th

| <u>Time</u> | <u>Event</u> | <u>Location</u> |
|--------------------|----------------------|------------------------|
| 7:00 - 9:00 a.m. | Breakfast (Everyone) | Trinity Pines Camp |
| 9:00 a.m. | Hit the Road | Going Home!!!! |



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**2010 State Winter Games
Brundage Resort
Saturday, March 13th**

Alpine & Snowboard- Schedule of Events

There will be a novice course, and a separate intermediate/advanced course

Intermediate/Advanced Course—Griz

10 a.m.: Alpine: Giant Slalom
Snowboard: Giant Slalom
11.30: Lunch for everyone except Super G athletes
11.45: Snowboard: Super Giant Slalom
12:00pm Lunch
12.30: Alpine: Downhill
Snowboard: Downhill
2:00pm: Awards

Novice Course—Easy Street

10 a.m.: Alpine: Giant Slalom
Snowboard: Giant Slalom
11 a.m.: Alpine: Downhill
Snowboard: Downhill

(Glide and Super Glide will run concurrent to the other novice events.)

12:00pm Lunch

2:00pm: Awards

You may view a map of the mountain here: <http://www.brundage.com/wp-content/uploads/2009/09/2009trailmapfrontside.jpg>

There is a modified version of this map in the back of this guide.





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**2010 State Winter Games
Ponderosa State Park
Saturday, March 13th**

Nordic & Snowshoe Order of Events
(Tentative order- depends upon registration)

Snowshoe/Cross Country: LONG COURSE- 9:00am

- SKIING-NORDIC - 3 K XC
- SKIING-NORDIC - 3 K - Unified XC
- SKIING-NORDIC - 1 K XC
- SKIING-NORDIC - 4 x 1 K Relay XC

Snowshoe/Cross Country: MID COURSE 9:00am

- SNOWSHOEING - 400 M SS
- SNOWSHOEING - 800 M SS
- SNOWSHOEING - 1500 M SS

Snowshoe/Cross Country: SHORT COURSE 9:00am

- SKIING-NORDIC - 10 M XC
- SKIING-NORDIC - 100 M XC

- SKIING-NORDIC - 50 M XC
- SKIING-NORDIC - 500 M XC
- SNOWSHOEING - 50 M SS
- SNOWSHOEING - 25 M SS

- SNOWSHOEING - 100 M SS
- SNOWSHOEING - 200 M SS

- SNOWSHOEING - 4 x 100 M Relay SS





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Floor Hockey Tournament

2010 State Winter Games
Cascade School: 209 N School St
Saturday, March 13th

Division One: Traditional:

- Boise Community
- Ghostbusters
- Lewis Clark
- Rigby Wranglers

Division Two: Unified:

- Caldwell Wildcats
- Coeur D'alene Eagles
- Nampa Express
- Lewis Clark

Division Three Unified:

- Rigby Wranglers
- Payette Red
- Payette Black

We will be using two gyms at Cascade School- the high school gym (1) and the elementary gym (2). The elementary will have limited spectator seating on the stage.

Please see the Special Olympics Idaho Website for the game schedule. It is now posted.



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GENERAL INFORMATION

General Games Policies

The following are prohibited while in attendance at the 2010 State Winter Games:

- The possession of any alcoholic beverage
- Smoking inside any building or at any competition venue
- The possession or use of any narcotic stimulant, depressant or drug without a doctor's prescription
- Any conduct deemed to endanger the well being of any participant at the event

Violation of any of these regulations will be cause for expulsion from the event.

All coaches and/or chaperones attending the 2010 State Winter Games must accept and carry out the following responsibilities:

- 1) Be thoroughly familiar with all information contained in this handbook
- 2) Provide the following specific services to ensure the general welfare, safety, health and well-being of each Special Olympics athlete under their charge
 - 24-hour supervision in cooperation with other coaches within their delegation
 - Assurance that wristbands are worn/displayed at all times.
 - Assistance in getting to all meals during scheduled times and reporting to all staging areas of competition on time
 - Assistance in taking advantage of extracurricular activities offered whenever possible
 - Assurance that the appropriate prescribed medications for athletes are taken at the proper times
 - Assistance in being assembled at the proper times for scheduled special events

Registration

Please refer to page 1 of this handbook for the schedule of events for the 2010 State Winter Games. Teams are scheduled to check in on Friday afternoon, no later than 5:00 pm. Teams should proceed directly to Trinity Pines Camp for official Team Check-In (getting team packets, listing scratches, etc). If you can't make this you will receive your packet at the coaches meeting Friday night at Trinity Pines

Housing

All delegations have been assigned hotel or camp accommodations according to both the size of their team and the male / female ratio within their team. Room assignments will be posted on LPC at least one week before the competition.

Meals

Please refer to the enclosed schedule of events for meal service times and locations. Dinner Friday evening will be at Trinity Pines.

Opening Ceremonies

DRESS WARM!!!! Staging for the Parade of Athletes will begin 6:30pm at Cascade. The parade will make its way around the field at the camp. The parade order for the event will be available in your check-in packet. These Ceremonies will be an opportunity for you to demonstrate your pride and involvement within your local team and Special Olympics Idaho. Banners and flags displaying your team/local program are encouraged.

Transportation

All transportation to and from meals, competition venues, etc, will be the responsibility of the team.

Competition

All Alpine, Snowboard, Nordic Skiing and snowshoeing competition will be held at Tamarack Resort. Competition schedules have been included in this handbook for your convenience. However, please be sure to look for any changes to the competition schedules at Team Registration or during competition. All rules according to the Official Special Olympics Winter Sports Rules, will be followed. These rules are available for download on the idso website, and will be available at check in. Please be familiar with them. A protest form is available on page 11 of this handbook and more will be available at the competition sites. Please refer to page 10 of this handbook for the procedures that must be adhered to regarding protest forms.

Awards for Nordic and Snowshoe will take place at the Awards stands shortly after the end of each race. Alpine and Snowboard awards will be awarded after all events are complete, in front of the cauldron near the lodge. Floor hockey awards will take place in the main gymnasium at Cascade middle school following the final game. Please make sure your athlete(s) remain at the awards area until presentation of the award.

Healthy Athletes and Olympic Town Activities

There will be Olympic Town activities available Saturday at Trinity Pines. Please make sure your athletes have an opportunity to visit. We will also have a full array of Healthy Athletes services at Trinity Pines on Saturday afternoon and evening.

Coaches' Meetings

The coaches meeting will be held on Friday immediately following opening ceremonies at Cascade. Each delegation should have at least one representative present.

Medical

Medical personnel will be available at all venues. The Brundage Mountain Ski Patrol will be available at the Alpine/Snowboard competition venue. **An accident/incident form must be completed no matter how small the injury. They can be found in the back of this guide or at the check in table at each venue.** Coaches are required to assess the situation prior to contacting outside medical authorities. For any other medical needs please contact Special Olympics Idaho staff or a Games Management Team member for assistance.

Insurance

Special Olympics Idaho medical insurance is a secondary accident medical insurance policy covering athletes for injuries, not illness. Any other insurance coverage takes precedence over the Special Olympics insurance.

Emergency Action/Contact Plan

In the case of an emergency, please follow these steps:

At a Venue (Trinity Pines, Ponderosa State Park, or Brundage)

1. Immediately notify medical personnel at your venue, and allow them to assess the situation. If obviously an emergency situation, dial 911.
2. Contact Christine Jarski at 724-2106 and notify her of the situation.
3. Fill out incident report, and get it to a SOID staff person immediately.

At your Hotel or Camp:

1. Immediately Dial 911.
2. Contact Christine Jarski at 724-2106 and notify her of the situation.
3. Fill out incident report, and get it to a SOID staff person immediately.



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2010 State Winter Games
Brundage Mountain Resort
Inclement Weather Contingency Plan

Weather:

Weather conditions in Idaho are prone to sudden change without warning. Should weather conditions become a factor at any time during competition at the 2010 State Winter Games at Brundage Resort, the following procedures will be adhered to:

Cold and/or Wind

Wind chill is the most common factor that could cause a delay in events. Should the wind chill fall below 0 degrees Fahrenheit, competition will be postponed indefinitely. In the event of a delay, athletes and coaches are encouraged to wait in the lodge until a decision has been made to continue or postpone the remaining events.

Postponement or Delay

Following a delay, competition will resume at the point where it was stopped. The events will be completed, however, in the order deemed necessary as to best accommodate the athletes, coaches and volunteers.

Rain/Snow

Light and/or intermittent rain/snow will not affect, postpone or delay competition, unless it is deemed not suitable for competition. The same should be said of heavy, steady or freezing rain, at which time a decision would be made by the Director of Sports and Training to delay or postpone.

Lightning

Any visible or present lightning will immediately postpone all events at all venue sites. All participants will be directed to shelter until a decision has been made by the Director of Sports and Training to delay, return or postpone.



Filing a Protest at Games

1. If a coach believes that an unfair ruling has been made in a competition, he or she may make a formal protest asking to overturn the ruling.
2. Protests to the Venue Director may only be made concerning competition of athletes within a venue, where within that competition, rulings are either made or not made in regards to the fairness and equity of the competition.
3. All protests must be presented to the Venue Director, who is in charge of the event immediately in an oral fashion so that the staff may be made aware of the appeal.
4. The Venue Director will discuss the protest with the head official and a non-partisan volunteer. If the response of the Venue Director does not resolve the protest, a formal protest may be filed.
5. All formal protests must be submitted in writing to the Venue Director at the venue where the incident occurred by a registered coach within one half hour of the event in question.
6. All protests must be made on the specified form (see page 11).
7. The decision of this committee shall be final and binding unless this committee concludes that the protest concerns Games presentation, structure, and/or conduct, at which time the Venue Director will refer the protest to the SOID Staff.



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2010 State Winter Games Protest Form

*Must be submitted to the Venue Director at the specific venue no later than 30 minutes after the conclusion of the event or incident being protested.

Venue Directors:

Floor Hockey: Nichole Frongner, **Ponderosa:** Rob Bryant, **Brundage:** Justin Endow

DATE: _____

Time Submitted: _____

TEAM / PROGRAM: _____

ATHLETE'S NAME (if applicable): _____

SPORT: _____

Reason for Protest:

Signature of Head Coach: _____

Decision of Jury / Referee: _____

Protest Approved: _____

Protest Denied: _____

Signed: _____

Time: _____

SPECIAL OLYMPICS
FIRST REPORT OF ACCIDENT/INCIDENT

Today's Date: _____

1. **General U.S. Program/Area:** _____ **Date of Accident/Incident:** _____

Type of Accident/Injury: Bodily Injury Property Damage Automobile Other: _____

Injured Person/Party: Athlete Volunteer Coach Unified Partner Spectator Property Owner

2. **Injured Party** Sex: Male Female Date of Birth: _____

Name: _____
(Last) (First) (M.I.)

Address: _____
(Street) (City) (State) (Zip)

Home Telephone: (_____) _____ Work Telephone: (_____) _____

3. **Description of Accident** (If automobile accident occurred, please attach a copy of the police report)

Site and event where accident occurred: _____

Did the accident/injury take place during: Training Competition While traveling to or from a SO event
 Other (please describe): _____

Sport in which the injured person was participating (if applicable): _____

Please give exact details of how the accident occurred: _____

4. **Bodily Injury Information**

What part of the injured person's bodily was injured? Head Neck Torso Back Hand Finger
 Elbow Shoulder Leg Knee Foot Thigh Shin Toe Other _____

Type of Injury: Severe cut w/bleeding Less Serious Bruise or Cut Break/Fracture Concussion Paralysis

Please describe the injury: _____

Was treatment provided on site?: Yes No If yes, describe treatment _____

Was treatment provided off site?: Yes No If yes, give name, address and telephone of facility providing treatment: _____
Telephone: (_____) _____

5. **Contact/Care Provider** If an athlete or underage volunteer was injured, please identify care provider and/or responsible party (e.g., parent, legal guardian).

Name: _____ Relationship to the Injured Person: _____

Address: _____

Home telephone: (_____) _____ Work telephone: (_____) _____

Employer Name/Address: _____

- Does the injured person have medical insurance? Yes No
- If yes, insurance is provided by: Injured Person Care Provider/Responsible Party
- Please provide name of Company and Policy Number: _____

6. **Witness Information** - Please provide names and phone numbers of any witness to the incident

Witness Name _____ Daytime Phone Number _____

Witness Name _____ Daytime Phone Number _____

Signature of Special Olympics Official/Rep. (other than claimant) _____ Daytime Phone Number _____

Send completed form to: **Special Olympics Idaho chapter office 199 E 52nd st, Garden City ID 83714**

If injury was serious or a fatality: IMMEDIATELY notify American Specialty Insurance Services, Inc Telephone (800) 566-7941 (24 hours a day/7 days a week)





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2010 State Winter Games Evaluation Form

Please return to the Nerve Center prior to leaving or mail to Special Olympics Idaho as soon as possible following Games.

1. Was pre-Games coaches' / chaperone information clear and helpful? Yes No Comments

2. Were the sites and facilities appropriate? Yes No Comments

3. Was the registration process easy? Yes No Comments

4. Was housing appropriate? Yes No Comments

5. Were meals adequate and nutritious? Yes No Comments

6. Opening Ceremonies Comments

7. Were the closing ceremonies enjoyable for the athletes?

8. Competition / Awards Comments

Other Comments:

Thanks for your feedback and for making Special Olympics possible.

Name: _____



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Contacts

| Name | Duties | Number |
|------------------|--|---------------|
| Corby Goade | Housing | 724-1696 |
| Corby Goade | Sports/Venues | 724-1696 |
| Dallas Leatham | Heating/Results | 794-4984 |
| Christine Jarski | Medical Emergency (After medical response) | 724-2106 |
| Shanna Endow | Volunteers | 724-1717 |
| Medical | Emergency | 911 |
| Police | Non-Emergency | 382-4123 |



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Brundage Competition area Map





Driving Directions

To get to Trinity Pines:

-Once in Cascade, Turn on Cabarton road, directly off of the highway. Cabarton road is on the West side of the highway, on the south end of town (right at the top of the hill).

-Trinity Pines is at 349 Cabarton Road.

From Trinity Pines to Brundage Resort:

From Cascade, head north towards McCall, approx 28 miles.

-In McCall, when you reach Payette Lake turn LEFT on E Lake Rd.

-Lake Rd turns into Hwy 55. Follow the road for approx. 4 miles- Look for the Brundage sign on the right.

-Turn RIGHT at the Brundage turn-off, continue for approx 4 miles.

From Trinity Pines to Ponderosa State Park:

From Cascade, head north towards McCall, approx 28 miles.

-In downtown McCall, turn E. on Railroad Ave.

-At the 4-way stop (Wooley & Roosevelt) go straight

-Turn left on Davis into the park.