



**2011 SOMD
SNOWSHOE COACHES
PRE-GAMES
WEBINAR**

February 22, 2011
Mike Czarnowsky
Snowshoe Venue Director



AGENDA

- ◉ Welcome & Introductions
- ◉ Snow Shoe Competition Team
- ◉ 2011 Events
- ◉ 2011 Course Layout
- ◉ Schedule
- ◉ Warm-up / Training
- ◉ Staging
- ◉ Awards
- ◉ Rules Reminders
- ◉ Weather & Attire
- ◉ Families & Spectators
- ◉ Coaches Race
- ◉ Miscellaneous
- ◉ Q&A



SNOW SHOE COMPETITION TEAM

- Mike Czarnowsky
- Trish Miles
- Lois Barb
- Ron Freeman
- Dave Gill
- Aimee Henderson
- Patty Hill
- MacKenzie Kellman
- Jeff LaMonca
- Ken McLaughlin
- Christy Sample
- Bev Schmitz
- Sue Vaughn



EVENTS

Event	2006	2007	2008	2009	2010	2011
25M / 50M Trials		42 ath	31 ath	35 ath	44 ath	45 ath
100M / 200M Trials	26 ath	58 ath	61 ath	73 a/p	84 a/p	91 a/p
400M / 800M Trials			11 ath	8 ath	16 ath	35 a/p
25M Race			5 ath	5 ath	10 ath	12 ath
50M Race	26 ath	42 ath	31 ath	35 ath	39 ath	45 ath
100M Race	26 ath	58 ath	52 ath	59 ath	62 ath	67 ath
200M Race		16 ath	24 ath	34 ath	37 ath	41 ath
400M Race			11 ath	8 ath	16 ath	32 ath
800M Race			4 ath	3 ath	7 ath	9 ath
1600M Race						3 ath
4x100M Trad Relay		5 teams	8 teams	9 teams	10 teams	9 teams
4x100M Unified Relay				3 teams	5 teams	5 teams
4x400M Unified Relay						1 team
Total Athletes	26	58	64	73	81	93
Total Competitors	26	58	64	79	91	105
Delegations	9	11	12	13	14	17

VENUE: WHITETAIL



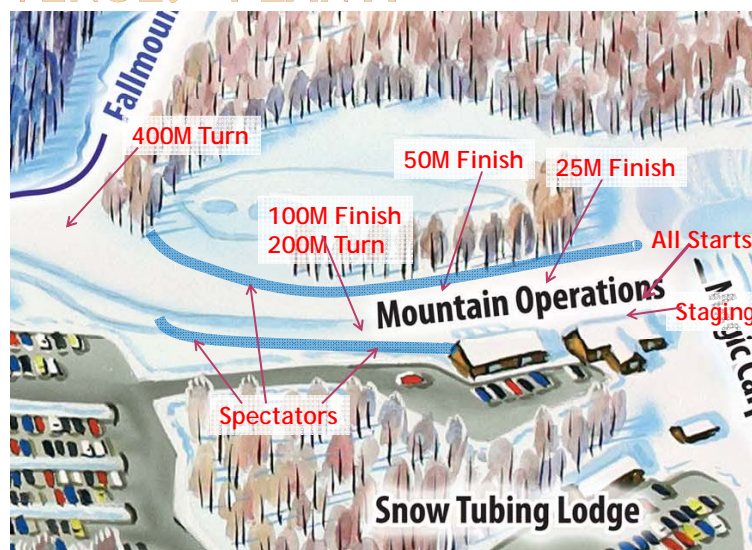
VENUE: WHITETAIL



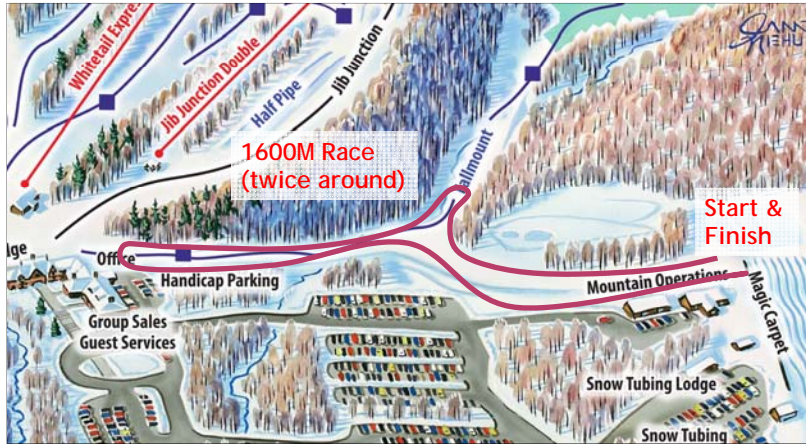
VENUE: "PLAN A"



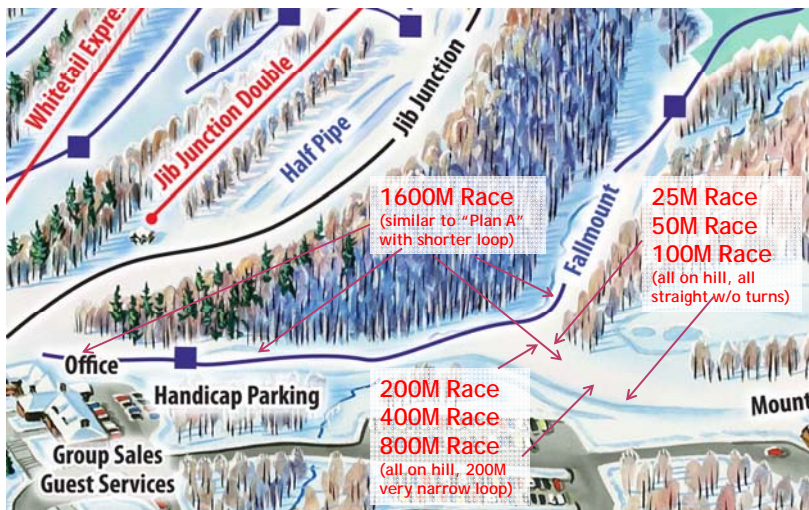
VENUE: "PLAN A"



VENUE: "PLAN A"




VENUE: "PLAN B"



SCHEDULES

Monday

- Events will be run sequentially, one starting immediately after the previous has been completed
- Events being staged will be announced, but it is the coaches' responsibility to have the athlete present at Staging at the proper time
- All awards will be presented at the end of the session (green, "Aw." in chart)




	Alpine Skiing				Cross Country	Snow Shoe Mountain Operations	
	Glide/SG	Novice	Intermediate	Advanced			
	Velvet	Velvet	Snow Park	Homerun	Fallmount		
8:30					Course Inspection	Course Inspection	8:30
8:45							8:45
9:00		Course Inspection			1.2.5.5K 4x1K Rel Trials (26)		9:00
9:15							9:15
9:30					Course Inspection	400 800 / 1600M TT	9:30
9:45		Novice Tnals (26)					9:45
10:00			Intermediate Tnals (65)		25M TT (4)	(35)	10:00
10:15				Advanced Tnals (40)	50M / 100M Tnals (23)	25M/50M TT (46)	10:15
10:30						100/200 M Tnals (92)	10:30
10:45							10:45
11:00							11:00
11:15							11:15
11:30	Course Inspection				500M Tnals (15)		11:30
11:45							11:45
12:00	Glide/SG Trials (8)				Coaches Race		12:00
12:15						1600M Race (3)	12:15
12:30							12:30
12:45							12:45
1:00						100M Race (68)	1:00
1:15					25M (4)		1:15
1:30			Course Inspection			25M (13)	1:30
1:45	Course Inspection			Course Inspection			1:45
2:00						400M Race (32)	2:00
2:15					100M Race (21)		2:15
2:30		Novice Giant Slalom (25)	Inter. Giant Slalom (49)	Advanced G. Slalom (21)		Coaches Race	2:30
2:45							2:45
3:00	Course Inspection						3:00
3:15					5K Race (7)	1600M Aw.	3:15
3:30	S. Glide (8)					100M Aw.	3:30
3:45			Coach Race			25M Aw.	3:45
4:00							4:00
4:15						400M Aw.	4:15

SCHEDULES

Tuesday

- Events will be run sequentially, one starting immediately after the previous has been completed
- Events being staged will be announced, but it is the coaches' responsibility to have the athlete present at Staging at the proper time
- All awards will be presented at the end of the session (green, "Aw." in chart)



	Alpine Skiing				Cross Country	Snow Shoe Mountain Operations	
	Glide/SG	Novice	Intermediate	Advanced			
	Velvet	Velvet	Snow Park	Homerun	Fallmount		
8:30					Course Inspection	Course Inspection	8:30
8:45							8:45
9:00					Course Inspection	2.5K Race (13)	9:00
9:15							9:15
9:30					Course Inspection	50M Race (17)	9:30
9:45							9:45
10:00		Course Inspection	Inter. Super G (16/12)			200M Race (42)	10:00
10:15				Adv. Super G			10:15
10:30					1K Race (18)	50M Race (46)	10:30
10:45					(18/18)		10:45
11:00		Novice Slalom (25)	Intermediate & Unified Intermediate Slalom (42/12)		4x100M Relays (4)	800M Race (9)	11:00
11:15						4x400U (4)	11:15
11:30							11:30
11:45							11:45
12:00					Course Inspection	500M Race (15)	12:00
12:15	Course Inspection					4x100M Relays (56)	12:15
12:30							12:30
12:45	Glide (8)			Advanced & Unified Slalom (17/6)			12:45
1:00						200M Aw.	1:00
1:15							1:15
1:30					4x1K Relays (20)	50M Aw.	1:30
1:45							1:45
2:00						800 Rel Aw.	2:00
2:15							2:15



WARM-UPS / TRAINING

- ◉ Delegations are welcome to use the competition area and golf course as warm-up and practice areas on Sunday, Monday and Tuesday
- ◉ Please accommodate Snowshoe team during set-up and if/when you are asked to vacate the course
- ◉ Be mindful of other snowshoers, cross country skiers, alpine skiers which may be using the general area.



STAGING & ATHLETE PICK-UP

- ◉ Will be in a bay of the maintenance building
- ◉ Will need to have EVERYONE in a given event report to staging at the start of the event due to space restrictions for the races
- ◉ **First Event Of Each Session:** Staging will be 15 minutes prior to scheduled start of the event
- ◉ **All Other Events:** immediately following the end of the last race of the previous event
- ◉ There will be an area of chairs near the start line for athletes to use to put on snowshoes prior to race.
- ◉ Coaches will be allowed in the Staging Area to assist with equipment etc. *(if any problems arise, coach(s) will be asked to leave)*
- ◉ Athlete "Pick-up" following events
 - In area near finish line for each race starting line
 - Any athlete not picked-up within 10 min will be taken to Staging



AWARDS

- ◉ Will do all Snowshoe Awards together at the end of each session
- ◉ Refer to schedule
- ◉ Will be presented in the order that the events were run on the course
- ◉ Will “pre-stage” awards - please listen for your group and have your athletes ready
- ◉ Very limited seating to allow easier movement
- ◉ Please do not bring snowshoes in for Awards, if at all possible
- ◉ New Process will allow:
 - Fewer conflicts with Staging and Competition
 - Coaches to see awards



RULES HIGHLIGHTS: EQUIPMENT

- ◉ Factory installed toe/heel traction claws okay
- ◉ Additional spikes *not* okay
- ◉ Poles are optional
- ◉ Equipment and clothing consistent throughout competition

RULES HIGHLIGHTS: STARTS

- Mass start, no lanes for races longer than 100M (50M on Plan "B" course)
 - Lanes for 25M, 50M and 100M new for 2010
- Two command start
 - "Racers ready"
 - Athletes must become still at this point
 - "Go" and horn (flag for hearing impaired)
- Start with tips of snowshoes behind the starting line.
- When race involves a curve/turn, a waterfall start will be used to equalize distances

RULES HIGHLIGHTS: STARTS

- Two false starts = DQ
- A false start occurs when an athlete significantly moves any body part before the start signal after coming to a still set position after the "Racers ready" command and before the starting "Go" signal.

RULES HIGHLIGHTS: THE RACE

- Only officials and athletes on course
- “Two-Minute Rule”
 - Athlete must progress at least 20M every 2 minutes *in any race 100M or longer*
 - If athlete falls, has difficulty with equip, or leaves course, has two minutes correct.
- May not progress more than 3M without both snowshoes “attached to their feet”



RULES HIGHLIGHTS: FINISH

- A snowshoer has finished the race when his/her *torso* reaches the vertical plane of the finish line.
 - The torso is distinguished from the head, neck, arms, legs, hands and feet.
- Must be wearing both snowshoes when cross finish line



RULES HIGHLIGHTS: DISQUALIFICATIONS

- ◉ Improperly overtaking or impeding another competitor, or in any other way interfering with another competitor.
- ◉ Preventing another competitor from passing.
- ◉ Leaving the designated the course.
- ◉ Making two false starts.
- ◉ Making an improper exchange on the relay exchange area.
- ◉ Failing to adhere to the two-minute limit.
- ◉ Progressing more than three (3) meters without *both* snowshoes attached to his / her feet.
- ◉ Crossing the finish line without *both* snowshoes on his / her feet.
- ◉ Receiving physical or verbal assistance at any time after he/she crosses the start line to begin the race or before he/she crosses the finish line.



RULES HIGHLIGHTS: MISCELLANEOUS

- ◉ Only the head coach from a delegation may file a protest
- ◉ Course layout will be such that no race finishes on a curve
 - will have at least 5 meters of straight distance after any curve before the finish
- ◉ Course layout and schedule may be adapted based on the conditions
- ◉ "Coaching" is not permitted
 - general encouragement is okay
 - specific verbal instruction may result in disqualification
- ◉ Coaches/spectators may not "pace" athletes
- ◉ Locations of Coaches Boxes will be determined on Sunday



RULES HIGHLIGHTS: RELAYS

- ◉ A relay competitor must touch his/her teammate within the exchange area, which will be 20 meters in length. Both competitors must be in the zone at the time of the exchange.
- ◉ Locations of Exchange Zones will be determined on Sunday
- ◉ A proper exchange shall consist of the incoming snowshoer touching any part of the body of the outgoing snowshoer with his/her hand.
 - Clothing covering the hand or body will be considered part of that hand or body.
 - Snowshoes are not considered part of the body.

RULES HIGHLIGHTS: RELAYS

- ◉ A relay team consists of 4 competitors, any team with fewer than 4 competitors must forfeit.
- ◉ Each competitor must complete one-fourth of the distance of the total relay. No competitor may complete more than one leg of any one relay.
- ◉ Unified Sports™ relay teams shall be made up of two Special Olympics athletes and two Unified Sports partners.
- ◉ Need run order at Monday coaches meeting
 - No changes after that except for "medical scratches"

WEATHER AND ATTIRE

- Temp expected to be at or above freezing thru Winter Games
- Remind all coaches, family members as well as athletes to dress prepared to be outside for an extended
- Layers, layers, layers*



Day	Weather	High	Low	Chance
Sat Feb 26	Partly Cloudy	42°	36°	10%
Sun Feb 27	Showers	43°	32°	40%
Mon Feb 28	Showers	44°	36°	40%
Tue Mar 1	Showers	48°	29°	60%

From Weather.com for Mercersburg PA (17236) as of 02/22/2011 at 5:00 p.m.

FAMILIES & SPECTATORS

- Spectator space is somewhat limited - more an issue of being narrow along the course than anything else.
- May want to bring folding sports chairs for comfort
- Please be flexible - we will be figuring out how best to use this new venue throughout the Winter Games



COACHES RACE

- ◉ 100M Race
- ◉ At end of Monday afternoon session (approx 2:45 p.m.)
- ◉ New awards schedule/process will allow athletes to watch (we expect a crowd this year)
- ◉ New awards schedule/process means no excuse not to participate (*where else do you need to be??*)
- ◉ Enter at coaches meeting on Sunday night
- ◉ Will run in reverse direction (so finish at regular "starting line")
- ◉ Trash talk and mutual derision are encouraged



MISCELLANEOUS

- ◉ Housing separate from competition venue is new
 - Roughly 30 - 40 minute drive from hotel
 - Plan to arrive at venue no later 8:45 on Monday
 - Will be able to park very close to Snow Shoe Venue (nice added touch this year)
- ◉ Results will be posted as races finish in a location TBD at the Snow Shoe venue
- ◉ Lunches will be box lunches (I think, not 100% certain); if concerned about time available to get lunch, may want to have someone pick them up for you and bring them to the Snow Shoe venue
- ◉ Sign up for MySOMD on www.somd.org - lots of info will be posted (including competition divisions, etc.)



QUESTIONS?

????

mczarnowsky@comcast.net

C: 410.241.6280