



## **2020 ALPINE / SNOWBOARDING SEASON OVERVIEW**

### **Venue Announcement**

Starting in 2020 Special Olympics Massachusetts will be hosting our annual Alpine State Tournament at Berkshire East. After numerous site visits and conversations with Berkshire East, Special Olympics MA and alpine venue directors feel that Berkshire East provides an improved competition venue for all our Alpine athletes. This change will bring our competition to a mountain that prides itself as a race mountain that hosts numerous races throughout the winter season and is home to many college and high school ski teams. The change will also:

- Allow all racers to run on course with timing systems.
- Allow the advanced level skiers to have a trail of their own that is more in line with the standards set forth by Special Olympics and to their abilities.
- Allow alpine venue team to run all three courses at the same time helping to limit the amount of time athletes are waiting to ski.

This year's event is scheduled for March 14<sup>th</sup> & 15<sup>th</sup>. Special Olympics MA is in the process of reserving room blocks in the Greenfield area for Saturday March 14<sup>th</sup> for those programs that do not want to commute. Special Olympics MA will also plan a dinner and dance for the alpine athletes for Saturday March 14<sup>th</sup> more information to follow.

### **Registration**

- Programs **must** abide by registration deadlines. **Programs that do not meet registration deadlines will not be eligible to compete**
- In order to attend any event or practice all participants must have up to date forms and/or certifications on file with Special Olympics Massachusetts by published deadline
- Skiers register in one of two Categories and may register for up to three events within that category
  - Category One - Developmental Races
    - 10M, Glide, Super Glide
  - Category Two
    - Super G, Giant Slalom, Slalom
    - Races are offered in three ability levels: Novice, Intermediate, Advanced
      - Athletes in category 2 must be registered in one of the three ability levels

### **Registration Deadlines**

- Preliminary & Time Trail Registration - January 8, 2020
- Final Registration - February 12<sup>th</sup>

### **Levels of Competition**

- Time Trails – February 8, 2020
  - Time Trails are mandatory for all new skiers and any skier that has less than 3 years of Special Olympics skiing/ snowboarding experience
- Winter Games March 14<sup>th</sup> & 15<sup>th</sup>



## **Sport Resources**

A variety of coaching resources are available for download at the Special Olympics [sport resource page](https://resources.specialolympics.org/sports-essentials) (<https://resources.specialolympics.org/sports-essentials>). These include

- Sport Essentials
  - Article One / Coaching S.O. Athlete / Sport Rules / Coaching Guides / Athlete & Coach Development Models

## **Safety / Adaptations**

- All skiers / snowboarders are required to have a FIS certified crash helmet
  - Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98. In addition, in order to attest that a helmet fulfills all FIS requirements, it must have a conformity label affixed by the manufacturer in a non-removable way, at the back of the helmet, in a position where it is not covered by the goggle strap. The conformity label must contain the text “Conform to FIS Specifications RH 2013”.
- All adaptive skiers must train using the same tether or aid at the state tournament that is used in training sessions and time trials.

## **Website / Event Info**

- Winter Season Resource Page
  - Links to events
  - Sport rules
  - Registration form