

Capital District Region Winter Classic

**West Mountain**

**Queensbury, NY**

**Sunday, January 28th, 2024**

**LOCATION:** West Mountain – **North West Base & Lodge**

 NW Rd

 Queensbury, NY 12804

* Follow the Special Olympics signage to the lot.

**REGISTRATION:** **In order to register for this event, each training club MUST have a current roster on file with the Regional Office.**

Registration forms for both athletes and coaches should be submitted no later than **Friday, January 12th, 2024** to Erik Kromer by ***fax at (518) 612-4060*** or ***email at*** ***ekromer@nyso.org***. All registered athletes must have a current medical and consent and COVID-19 forms, all registered coaches must be certified Special Olympics Coaches.

**AREAS/REGIONS:** All area/regional training clubs are invited to participate, with priority going to Capital District and North Country teams.

**MEALS:** Meals not provided, please plan accordingly

**AWARDS:** Athletes will be awarded medals or ribbons, depending upon place.

**DIRECTIONS:** Take I-87 to Exit 18. Travel West on Corinth Road for 3 miles, turn right onto Vandusen Rd for 1.5 miles, turn left onto Pitcher Road for .9 miles, turn left onto West Mountain Road for .2 miles, turn Right on NW Road for .3 miles, Base is on your right hand side.

**Events Offered:**

 **Alpine Skiing**  **Nordic Skiing** **Snowshoeing Snowboarding**

 Slalom—All Levels 10 Meter Classic 50 Meter Race Slalom-- All Levels

 Giant Slalom—All Levels 25 Meter Classic 100 Meter Race Giant Slalom-- All Levels

 Glide Event 50 Meter Classic 200 Meter Race Glide Event

 10 Meter Race 100 Meter Classic 400 Meter Race 10 Meter Event

 Super Glide Super Glide Event \*Longer Nordic events depend on snowfall, please register but note event may be cancelled

**EVENT SCHEDULE(subject to change)**

|  |  |
| --- | --- |
| **Nordic/Snowshoe Schedule** | **Alpine Schedule** |
| **9:15am:**  Registration | **2:30pm:** Registration |
| **10:20am:** Opening Ceremonies | **2:45pm:** Opening Ceremonies |
| **10:30am:** Coaches Meetings | **3:00pm:** Coach Meeting |
| **10:45am**: Competition | **3:15pm:** Course Inspection |
| **12:15pm:** Divisioning Breaks | **3:30pm:** Divisioning Run |
| **12:45pm:** Competition | **3:45pm** Competition  |

**Saturday Night Arrivals/Housing:** Done by your region- Please contact your **Regional Director of Program ASAP** if your delegation requires housing Saturday.

**Registration Instructions**

**Capital District Region Training Clubs:** Each training club must register individually. Each Capital District Region Coach will be responsible for submitting their registration directly to Erik Kromer.

**Training Clubs from all other Regions**: Each coach should submit their registration forms to their Regional Office or Area Coordinator. Area Coordinators/Regional Directors will submit the registration information for processing.

**Registrations**: Are due to Erik Kromer via fax ***(518) 612-4060*** or ***email at*** ***ekromer@nyso.org*** **no later than Friday, January 12th, 2024. Early Registration is encouraged.** Please include:

* Delegation Information Sheet
* Athlete Registration Forms for all athletes (including alternates)
* Coaches Registration Forms (including alternates, agency staff & drivers)

Athlete Medical & Consent forms not already on file (Capital District and North Country only).

All coaches must travel with their medical & consent forms to this event.

**Alternates: You can register an unlimited number of Alternates.** An athlete or coach may be replaced by any **REGISTERED ALTERNATE** athlete or coach. If your delegation receives housing, alternates may only replace athletes or coaches of the same gender.

**On-Site Delegation Registration**

Please arrive with the athletes dressed in competition attire. Athletes should be dressed warmly and be prepared to participate in an **outdoor** environment. **Jeans of any color are not allowed**

The following steps will be completed at on-site registration:

* Attendance and Event Entry Confirmation
* Checking of Medical/Consent and COVID-19 forms
* Athlete numbers and nametags distributed
* Handouts (coaches, manuals, updated schedules, etc.)

**Logistics**

**Transportation:** Each Training Club, Region and/or Area is responsible for its own transportation to the event.

**Equipment:** **ALL NORDIC ATHLETES MUST HAVE THEIR OWN EQUIPMENT.** **Rentals will be available for downhill skiing and snowboarding only**.

Please provide rental information with registration. Failure to provide the rental information may result in athlete disqualification. **If there is a problem with equipment, please contact Danielle Armstrong as soon as possible.** If we do not hear from you, we will assume that your athletes have equipment for competition.

##### Divisioning: Downhill Athletes will be divisioned after a divisioning run. Other events will be divisioned according to their entry scores and times. Please submit accurate times.

**Attire:** Athletes should be properly attired for competition. **Jeans of any color are not allowed.** Athletes wearing jeans will not be allowed to compete. Please have athletes wear warm clothing.

#### **Arrival Information**

**Regions/Areas arriving on Saturday:** Check in directly at the NorthWest Lodge. West Mountain, Glens Falls, NY. Rentals are at the main building for those needing downhill gear.

**Competition**: All athletes & coaches should arrive at the North West Lodge between 8:30 and 9:15 am. Athletes needing to rent Alpine skis need to arrive earlier to allow time for ski fitting.

**Delegation Information Sheet**

2023 Capital District Winter Super Regional

*If completing for a region with multiple teams please provide contact information for each team. Each team must have at least one cell phone contact number listed.*

Region/Area:

Training Club Name:

Head Coach of Training Club:

Day of Event Phone #:

Email:

Total Head Count for Delegation (Athletes, Coaches, Chaperones, Bus Drivers): \_\_\_\_\_\_\_\_\_\_\_\_

**Opening Ceremonies Participation**

Please name one individual to hold your team sign for Opening Ceremonies:

Please name one Athlete from your club able to participate in the torch exchange, if selected:

Please name one individual able to perform the Athlete Oath, if selected:

Please name any persons capable of singing the National Anthem:

**Out of Region Teams**

Scheduled Arrival and Departure Day & Time: Arrival\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Departure\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of hotel rooms needed (Submit housing forms to Danielle Armstrong by Dec 16th): \_\_\_\_\_\_\_\_\_\_\_\_

Name of person completing this form: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_