

**Special
Olympics**
New York



LONG ISLAND REGION SNOWSHOE COMPETITION

2024 Guide



Saturday, February 3, 2024

North Hempstead Beach Park

175 W Shore Road, Port Washington, NY 11050

How to Use

Welcome to the Long Island Region Snowshoe Competition 2024 Guide!

This guide contains information about event offerings, athlete paperwork, coach certifications, and other important competition details that will help make your competition experience the best it can be.

Please reference the Table of Contents on pages 3 and 4, and feel free to contact any Special Olympics New York staff member using the table on page 16 if you have any additional questions.

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What is the Long Island Region Snowshoe Competition?

Our Special Olympics New York Long Island Region Snowshoe Competition is a half-day competition that exclusively offers Snowshoe competition on Saturday, February 3, 2024, at North Hempstead Beach Park in Port Washington, New York.

Approximately 40 athletes ages 8 and up compete as part of training clubs (teams) in this competition.

What events are offered?

Training clubs may register for any of the below snowshoe events.

- 25 Meter Race
- 50 Meter Race
- 100 Meter Race
- 200 Meter Race
- 400 Meter Race
- 800 Meter Race
- 4 X 100 Meter Relay Race
- 4 X 200 Meter Relay Race



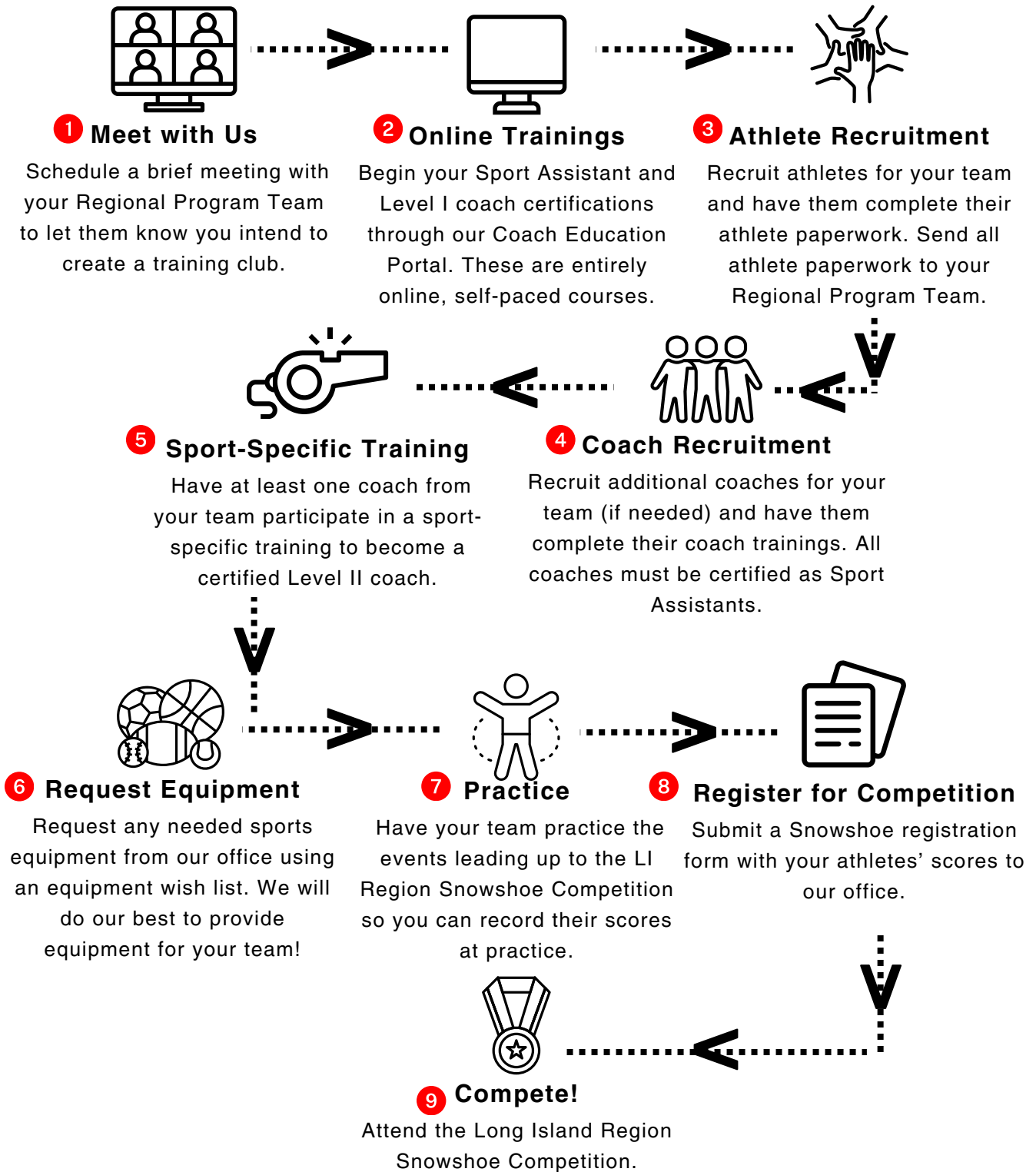
How do I register my training club?

Visit our [competition website](#) to access the competition registration form for the specific sport you wish to compete in. The competition registration form should be sent to the Downstate Competition Team (see page 16).

However, there is more to it than just registering — please review this guide to learn more about how Special Olympics can assist your program with coach certifications, equipment, transportation, and more.

My school or group has never competed at this competition before. What do we need to do?

Please see the diagram below. If you have any questions about this process, the Regional Program Team (see page 16) is more than happy to assist!



My school or group has competed at this competition in the past. What do we need to do for this year?

Please see the diagram below. If you have any questions about this process, the Program Team (see page 16) is more than happy to assist!



1 Send Roster

Send your Regional Program Team your team roster. We will create a report showing what athlete paperwork or coach certifications may be expired.

2 Request Equipment

Request any needed sports equipment from our office using an equipment wish list. We will do our best to provide equipment for your team!

3 Collect Paperwork

Collect athlete paperwork and ensure your coaches' certifications are up-to-date by using the report created by your Regional Program Team.



5 Register for Competition

Submit a Snowshoe registration form with your athletes' scores to our office.



4 Practice

Have your team practice the events leading up to the Snowshoe Competition so you can record their scores at practice.



6 Compete!

Attend the Long Island Region Snowshoe Competition.

Venue Information

All athletes will be competing at North Hempstead Beach Park.

North Hempstead Beach Park
175 W Shore Road
Port Washington, NY 11050

Projected Schedule of Events

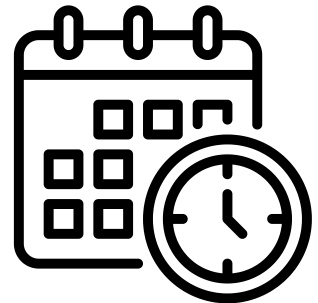
Games will take place on Saturday, February 3, 2024. A schedule of events is listed below. Please note this schedule is subject to change.

9:00 AM: Check-In (Coach & Volunteer)

10:00 AM: Opening Ceremonies

10:30 AM: Competition Begins

1:00 PM: Competition Ends



When will we receive the schedule of events?

Training clubs competing will receive their schedule of events from Sport Directors on the day of the event.

Who will my athletes compete against?

All athletes will be divisioned based upon entry times, distances, or scores listed on their team's competition registration form to ensure they compete against athletes of similar ability.

Please put the correct times, distances, and/or scores on the competition registration form. The Games Management Team, in conjunction with sport officials, have the right to disqualify athletes if their final times, distances, and/or scores on competition day are significantly greater than their entry times, distances, and/or scores, in accordance with [Special Olympics Sports Rules Article 1](#).

Competition Guidelines and Attire

Athletes must wear appropriate clothing to train and compete successfully. Inappropriate clothing can impact an athlete's ability to run and, in some cases, may be a safety hazard.

Snowshoes

The snowshoe frame itself shall not be smaller than 17.78 centimeters x 50.8 centimeters (7 inches x 20 inches). This measurement shall be taken at the longest point of the snowshoe and at the widest point of the snowshoe. The frame measurement will not be taken along a curved line. This means that snowshoes shall have frames with at least two points that are a minimum of 17.78 centimeters apart (width) and at least two points that are a minimum of 50.8 centimeters apart (length). Factory installed toe and heel traction claws are acceptable.

Footwear

Competition footwear may include, but is not limited to running shoes, hiking boots or snow boots. All competitors are required to wear footwear.

What paperwork do athletes need to compete?

All athletes must have current athlete paperwork on file with the office to compete. All athlete paperwork should be submitted to the Program Team (see page 16).

This paperwork includes:

1. Athlete Registration Form
2. Athlete Release Form
3. Athlete Medical Form*
4. Communicable Disease Waiver

*Please note that the Athlete Medical Form must be signed a licensed medical professional. The athlete does not need a new physical (the doctor can use the information from the most recent well visit), but it does have to be on our paperwork with the date of the exam.

When does athlete paperwork expire?

An athlete's medical form expires after 3 years from the date of the exam.

Otherwise, **athlete paperwork does not expire**. Other forms do not need to be re-submitted every year unless the athlete's personal information has changed.

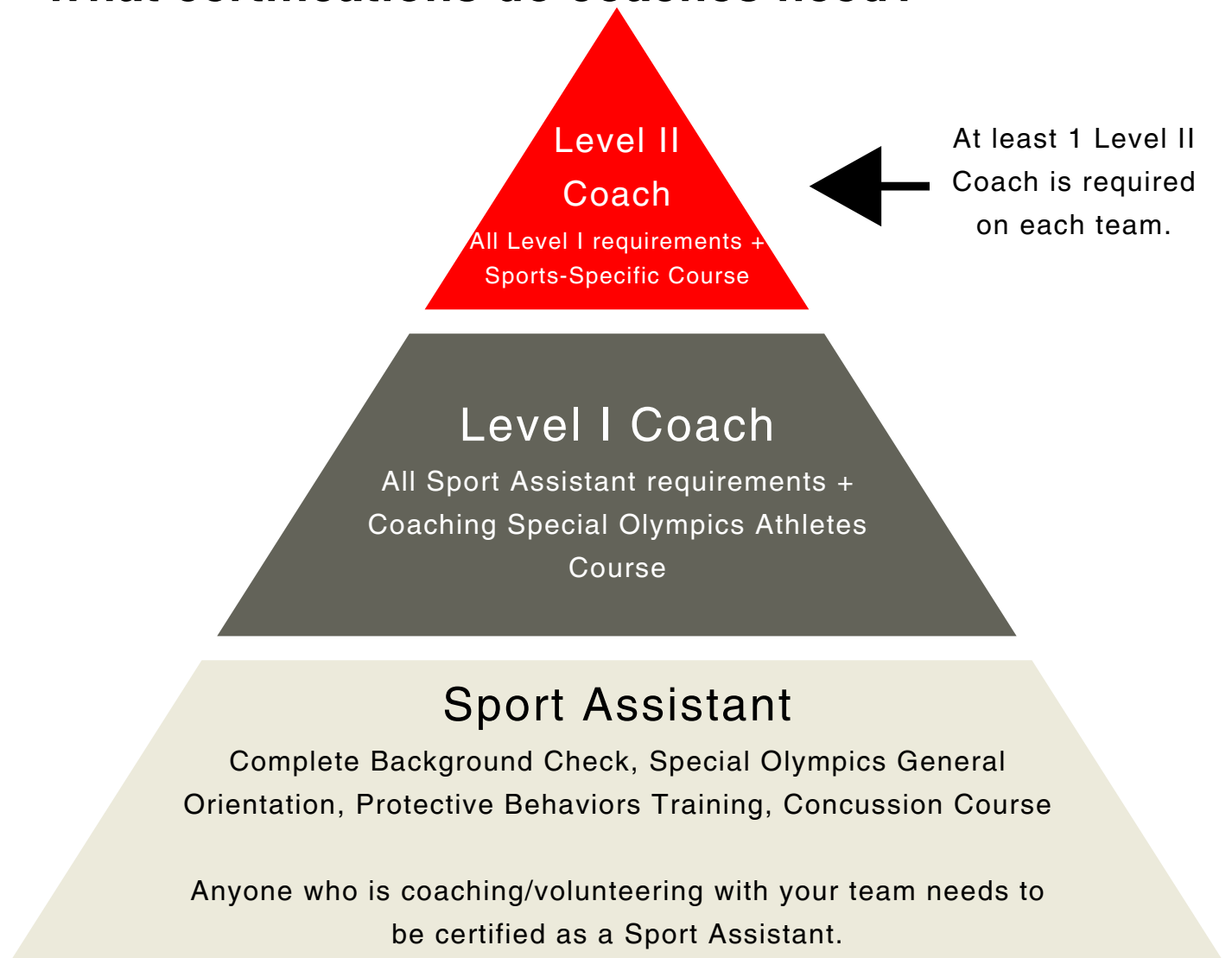
How many coaches do I need on my team?

There is no maximum number of coaches a team can have. However, you must keep a 1:4 ratio of coaches to athletes.

Anyone who is coaching or volunteering with your team must be certified as a Sport Assistant or higher (see diagram below).

At least one person per team must be certified as a Level II Coach and is considered the head coach of the team. There is no limit to the number of Level II coaches on a team.

What certifications do coaches need?



How do I obtain these coach certifications?

All Sport Assistant and Level I Coach certifications can be obtained entirely online through our Coach Education Portal. The Regional Program Team (see page 16) can provide you with the appropriate link.

The Level II Sports-Specific Course varies. Please contact your Regional Program Team for details.

When do coach certifications expire?

The Background Check, Protective Behaviors Training, Concussion Course, and Sports-Specific Course expire 3 years after the date on which they were completed.

All other courses do not expire.

How do I know what athletes or coaches on my team need new paperwork or certifications?

The Regional Program Team will create a report called an **Errors and Exceptions** that shows exactly which athletes and coaches have expired paperwork and/or certifications.

To receive an Errors and Exceptions for your team, please submit a roster of all your athletes and coaches to your Regional Program Team. We will use that roster to create an Errors and Exceptions, which we will send to you that describes exactly who needs updated paperwork or renewed certifications.

The earlier in the season you can send us your roster, the sooner you will receive an Errors and Exceptions.

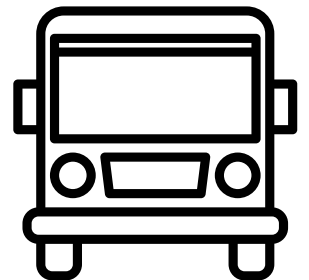
Can I get equipment for my team from Special Olympics New York?

Yes! Pending our budget, we can provide equipment to teams that need it for training purposes. To request equipment, please contact your Program Team (see page 16).

Does Special Olympics New York provide transportation to the Long Island Region Snowshoe Competition?

Yes! Pending our budget, we can provide transportation to athletes and coaches via a bus. We cannot provide transportation to parents or siblings of athletes or other non-certified school staff.

If you would like to request transportation to the Long Island Region Snowshoe Competition, please complete a transportation request form, which can be found on the [website](#), and submit to the Downstate Competition Team (see page 16). **Please be aware that you will most likely be riding with another team.**



Are there other Special Olympics competitions to compete in?

Yes! There are other competitions throughout the year.

All unexpired athlete paperwork applies to other competitions. The only new form needed for a regional or super-regional competition is a registration form for that specific competition.

We also offer competitions in other sports during our fall and summer seasons. To view our calendar of events, please visit [our website](#).

Can my company or organization support the Long Island Region Snowshoe Competition and/or Special Olympics New York?

Yes! We offer various opportunities to sponsor or become vendors at our signature events, including the Long Island Region Snowshoe Competition. We anticipate approximately 40 athletes, 20 coaches, and 20 volunteers in attendance, which cannot happen without the support of our Long Island community. We hope to see you there!

For more information on sponsorship, donations, or how to become a vendor, please contact the Development Team (see page 16).

Important Dates

Please see the list below of important dates to keep in mind throughout the winter. Please note that these dates are subject to change.

November 2023
Training season officially opens

Friday, January 19
Competition Registration Forms due date

Saturday, February 3
Competition Date

Staff Contact Information

If you have a question that is not listed in this guide or if you need to obtain a form, link, etc. from a staff member, please use the table below:

I need more information on...	Who should I contact?	Staff Emails
Athlete paperwork	Long Island Program Team	Jesse Lodispoto Director of Program jlodispoto@nyso.org
Coach certifications		Emily Mohlin Associate Director of Program emohlin@nyso.org
Equipment requests		
Transportation	Downstate Competition Team	David Durandisse Director of Competition ddurandisse@nyso.org
Sport rules		Emmanuel Lindsay Associate Director of Competition elindsay@nyso.org
Competition registration		
Sponsoring or becoming a vendor	Long Island Development Team	Rebecca Hoffmann Director of Development rhoffmann@nyso.org Alexis Dawson Director of Development adawson@nyso.org

Long Island Office Address

560 Broadhollow Road, Suite 106
Melville, NY 11747