

**Special
Olympics**
New York



LONG ISLAND REGION POWERLIFTING COMPETITION

2024 Guide



Sunday, April 14, 2024

Gold's Gym

100 Landing Ave, Smithtown, NY 11787

How to Use

Welcome to the Long Island Region Powerlifting 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 17 if you have any additional questions.

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What is the Long Island Region Powerlifting Competition?

Our Special Olympics New York Long Island Region Powerlifting Competition is a competition that offers powerlifting.

Approximately 30 athletes ages 14 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 events.

- Powerlifting



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 17).

However, there is more to this competition 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.

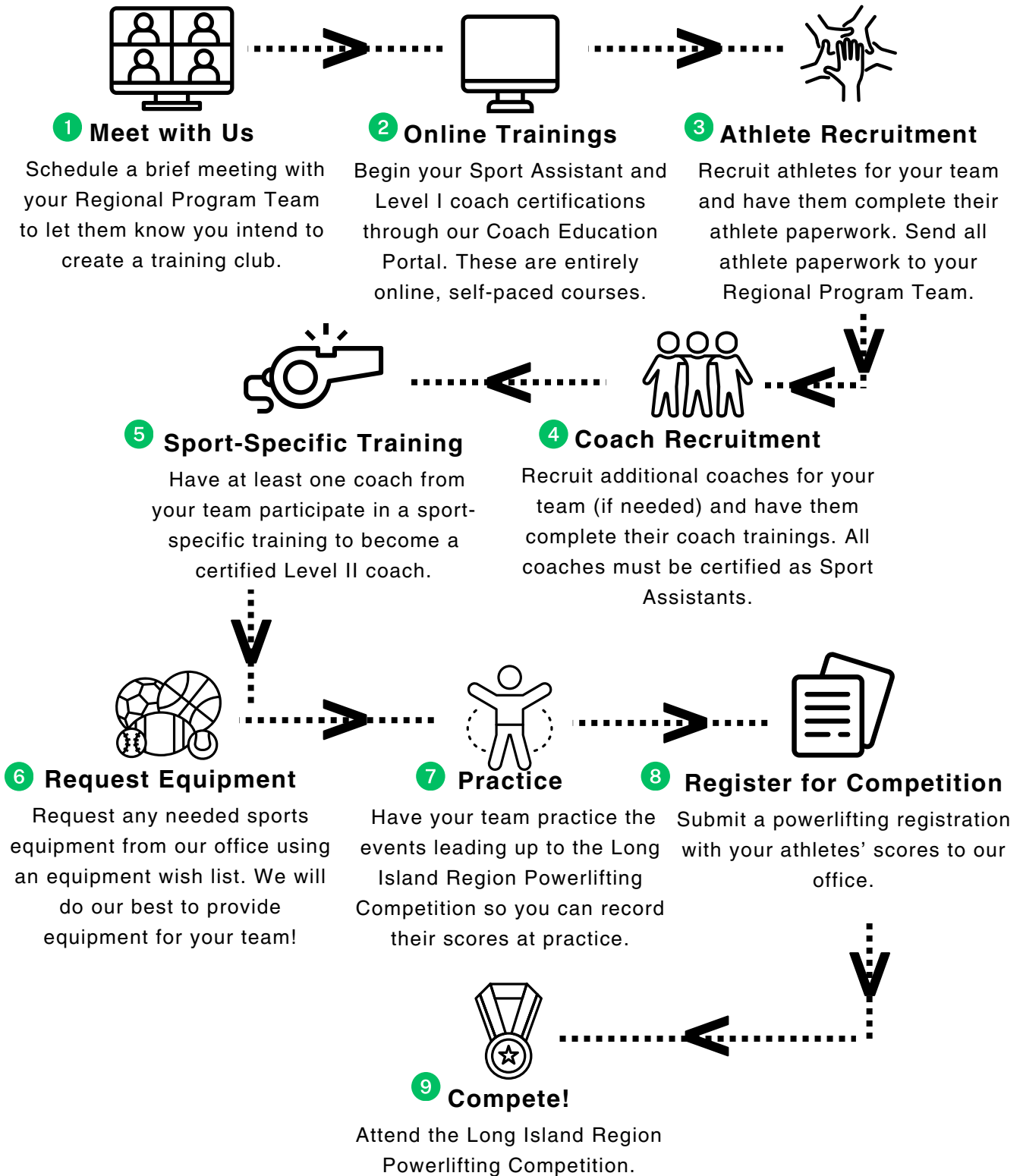
What powerlifting weight classes are offered at the Long Island Region Powerlifting Competition?

Male Weight Classes and Registration Codes	
111 lb (53 kg)	A
130 lb (59 kg)	B
145.5 lb (66 kg)	C
163 lb (74 kg)	D
183 lb (83 kg)	E
205 lb (93 kg)	F
231 lb (105 kg)	G
264 lb (120 kg)	H
264.75+ lb (120+ kg)	I

Female Weight Classes and Registration Codes	
95.75 lb (43 kg)	J
103 lb (47 kg)	K
114.50 (52 kg)	L
125.50 (57 kg)	M
139 lb (63 kg)	N
158.5 lb (72 kg)	O
185 lb (84 kg)	P
185.25+ lb (84+ kg)	Q

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, your Regional Program Team (see page 17) 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, your Regional Program Team (see page 17) 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 powerlifting registration with your athletes' scores to our office.



4 Practice

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



6 Compete!

Attend the Long Island Region Powerlifting Competition.

Venue Information

All athletes will be competing at Gold's Gym.

Gold's Gym
100 Landing Avenue
Smithtown, NY, 11787

Projected Schedule of Events

This competition will take place on Sunday April 14, 2024. A schedule of events is listed below. Please note this schedule is subject to change.

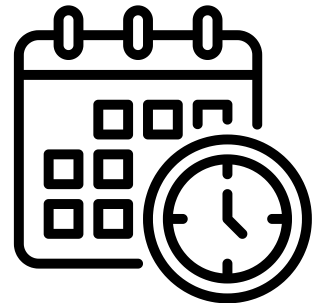
11:30 am: Weigh in/ Check in

12:15 pm: Opening Ceremonies

1:15 pm: Rack heights

1:30 pm: Squat begins, followed by bench press, then dead lift

4:30 pm: Competition ends



When will we receive the full schedule of events?

Training clubs competing will receive their full 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 scores listed on their team's competition registration form to ensure they compete against athletes of similar ability.

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

Competition Guidelines and Attire

All powerlifters must wear a one-piece and form fitting suit without any looseness when worn. The suit must be constructed entirely of fabric or synthetic textile material, such that no support is given to the lifter by the suit in the execution of any lift.



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 17).

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 by 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 1:3 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 Program Team (see page 17) 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.

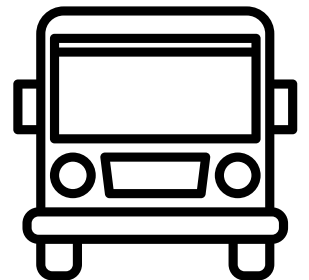
Can I get equipment for my team from Special Olympics New York?

Yes! Pending our budget, we can provide equipment to teams that need it for training purposes. To request equipment, please contact your Regional Program Team (see page 17).

Does Special Olympics New York provide transportation to the Long Island Region Powerlifting 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 Powerlifting Competition, please complete a transportation request form, which can be found on the website, and submit to the Downstate Competition Team (see page 17). **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 Powerlifting 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 Powerlifting Competition. We anticipate approximately 30 athletes, 10 coaches, and 30 volunteers in attendance, and we cannot host this event without the support of our 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 17).

Important Dates

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

Monday, February 26
Training season officially opens

Friday, March 29
Competition Registration Forms due date

Sunday, April 14
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		
Sponsorship opportunities	Long Island Development Team	Alexis Dawson Director of Development adawson@nyso.org Rebecca Hoffmann Director of Development rhoffmann@nyso.org

Long Island Office Address
560 Broadhollow Road, Suite 106
Melville, New York 11747