

**Special
Olympics**
New York



LONG ISLAND SPRING GAMES

2025 Guide



Saturday, May 3, 2025

Hosted by Plainedge School District

With Support from the Town of Oyster Bay



How to Use

Welcome to the Long Island Spring Games 2025 Guide!

This guide contains information about event offerings, athlete paperwork, coach certifications, and other important competition details that will help make your Spring Games 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 27 if you have any additional questions.

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What is the Long Island Spring Games?

The Long Island Spring Games is Long Island's largest Special Olympics competition of the year.

Hundreds of athletes ages 8 and up compete as part of training clubs (teams) in sports like athletics (track and field), powerlifting, swimming, and tennis. Training clubs can be made up of athletes from your school or your community.

Each training club will participate in an official Special Olympics Opening Ceremonies to kick off Spring Games, followed by a day of competition and medal ceremonies for each sport.

[This introductory video](#) will give you the full scoop on what Spring Games is all about!

What sports are offered at Spring Games?

Training clubs may register for any of the below sports.



Athletics
(Track and Field)



Powerlifting



Swimming



Tennis

How do I register my training club for Spring Games?

Visit our [Spring Games 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 27).

However, there is more to Spring Games 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 athletics (track and field) events are offered at Spring Games?

Track Events and Registration Codes

25M Walk	AT25MW
50M Walk	AT050W
100M Walk	AT100W
400M Walk	AT400W
800M Walk	AT800W
25M Run	AT025M
50M Run	AT050M
100M Run	AT100M
200M Run	AT200M
400M Run	AT400M
800M Run	AT800M
1500M Run	AT1500M
3000M Run	AT3MR
5000M Run	AT5CMR
4x100M Relay	AT4x100M
4x100M Unified Relay	AT4x100U
10M Wheelchair Race	AT10WH
25M Wheelchair Race	AT25WH
50M Motorized Wheelchair Slalom	AT50MS

Relays are normally the last event of the day. If you plan to register for relays, please ensure your entire relay team is available for the duration of the event. **If someone leaves early or is unavailable, your team will scratch from the event.**

Field Events and Registration Codes

Shot Put Men (8-11) 3kg	ATSP2M
Shot Put Men 4kg	ATSP4M
Shot Put Women (8-11) 1.81kg	ATSP1W
Shot Put Women 3kg	ATSP2W
Wheelchair Shot Put Men 1.81kg	ATWSP1M
Wheelchair Shot Put Women 1.36kg	ATSP1
Standing Long Jump	ATSTLJ
High Jump	ATHIJP
Long Jump	ATLNJP
Turbo Jav 300gr Men/Women (8-15)	ATMJA3
Turbo Jav 400gr Men	ATMJA4
Turbo Jav 300gr Women	ATWJA3
Softball Throw	ATSOBT
Tennis Ball Throw	ATTBTD

Please Note:

- Unless otherwise specified, wheelchair races are designated as manual wheelchair races. If you would like to have an athlete compete in a motorized wheelchair race, please contact our office.
- We have other events that we may be able to offer upon request. Please contact our office if your athlete's desired event is not located here.

What swimming events are offered at Spring Games?

Individual Events and Registration Codes

25M Backstroke	SW25BK
25M Breaststroke	SW25BS
25M Butterfly	SW25BF
25M Freestyle	SW25MF
50M Backstroke	SW50BK
50M Breaststroke	SW50BS
50M Butterfly	SW50BF
50M Freestyle	SW50MF
100M Backstroke	SW100BK
100M Breaststroke	SW100BS
100M Butterfly	SW100BF
100M Freestyle	SW100MF
100M Individual Medley	SW100IM
200M Backstroke	SW200BK
200M Breaststroke	SW200BS
200M Butterfly	SW200BF
200M Freestyle	SW200MF
200M Individual Medley	SW200IM
400M Individual Medley	SW400IM
500Y Freestyle	SW500MF
1000M Freestyle	SW1000MF

Relay Events and Registration Codes

4x25M Freestyle Relay	SW4x25MF
4x25M Medley Relay	SW4x25MR
4x25M Unified Freestyle Relay	SW4x25UF
4x25M Unified Medley Relay	SW4x25UR
4x50M Freestyle Relay	SW4x50MF
4x50M Medley Relay	SW4x50MR
4x50M Unified Freestyle Relay	SW4x50UF
4x50M Unified Medley Relay	SW4x50UR
4x100M Freestyle Relay	SW4x1CMF
4x100M Medley Relay	SW4x1CMR
4x100M Unified Freestyle Relay	SW4x1CUF
4x100M Unified Medley Relay	SW4x1CUR
4x200M Freestyle Relay	SW4x2CMF
4x200M Unified Freestyle Relay	SW4x2CUF

Please Note:

- Special Olympics International uses the metric system for all events, which is why the events are listed in meters.
- However, we understand many of you practice in pools measured in yards. If you use such a pool, you can register your athletes using their times for the events swam in yards.

What powerlifting weight classes are offered at Spring Games?

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

How do I fill out a competition registration form?

A competition registration form is what you use to register your training club (team) for Spring Games. This form helps our office understand your athletes' abilities so we can place them in appropriate divisions.



1. Locate Your Form

- Visit the [2025 Spring Games website](#).
- Click the link to open the PDF of your sport's registration form



2. Fill Out Athlete Information

- For each athlete, enter their **full name**, **date of birth**, and **gender**.
- If an athlete does not identify with a gender, you may leave the gender box unmarked.



3. Register Athletes for Events

- Use the event codes listed on pages 6 to 8 to register your athlete for their events.
- Enter the **event code** with the **time**, **distance**, **score**, etc., in the designated box for each athlete.
- **Important:** Do not round scores or times to the nearest whole number; use the nearest tenth or hundredth of a unit.
- Record all distances in **meters/centimeters**.



4. Add Coaches/Volunteers

- Enter the names of each coach/volunteer attending.
- Our office will verify their certifications.



5. Include Additional Pages if Needed

- If you can't fit all the names on one page, add additional pages for the remaining athletes/coaches.



6. Submit Your Form!


- Email the completed competition registration form to the Downstate Competition Team (see page 27).

How do I fill out a competition registration form?


In the below example:

- Andrew Desmond is registered for the 50-meter run and the standing long jump.
 - Andrew's time for the 50-meter run is 10.45 seconds.
 - Andrew's distance in the standing long jump is 2 meters, 10 centimeters.
- Emily Mohlin is registered for the 400-meter run and the tennis ball throw.
 - Emily's time for the 400-meter run is 1 minute, 42 seconds.
 - Emily's distance in the tennis ball throw is 0 meters, 96 centimeters.

ATHLETICS											
ATHLETE FORM											
INSTRUCTIONS											
1 Enter the last name, first name, date of birth, and gender of all athletes that are being registered											
2 Enter the appropriate event code(s) for each athlete, followed by their time for the event in minutes, seconds, and tenths.											
3 If you are registering athletes in throwing or jumping events, please list their distances in meters											
4 Athletes may enter two individual events, plus one relay (RELAYS ARE ENTERED ON SEPARATE TEAM RELAY FORM)											
5 If you are registering more than 16 athletes, please number each page.											
TEAM NAME		Example Team				REGION		Long Island			
ACTIVE ATHLETES			DATE OF BIRTH	GENDER		EVENT CODE #1	TIME/DISTANCE		EVENT CODE #2	TIME/DISTANCE	
#	LAST NAME	FIRST NAME	(MONTH/DAY/YEAR)	M	F		MINUTE(S)/ METER(S)	SECOND(S)/ CENT.		MINUTE(S)/ METER(S)	SECOND(S)/ CENT.
1	Desmond	Andrew	01/01/2000	<input checked="" type="checkbox"/>	<input type="checkbox"/>	AT050M	0	10.45	ATSTLJ	2	10
2	Mohlin	Emily	01/02/2000	<input type="checkbox"/>	<input checked="" type="checkbox"/>	AT400M	1	42	ATTBTD	0	96
3				<input type="checkbox"/>	<input type="checkbox"/>						
4				<input type="checkbox"/>	<input type="checkbox"/>						
5				<input type="checkbox"/>	<input type="checkbox"/>						
6				<input type="checkbox"/>	<input type="checkbox"/>						
7				<input type="checkbox"/>	<input type="checkbox"/>						
8				<input type="checkbox"/>	<input type="checkbox"/>						
9				<input type="checkbox"/>	<input type="checkbox"/>						
10				<input type="checkbox"/>	<input type="checkbox"/>						
11				<input type="checkbox"/>	<input type="checkbox"/>						
12				<input type="checkbox"/>	<input type="checkbox"/>						
13				<input type="checkbox"/>	<input type="checkbox"/>						
14				<input type="checkbox"/>	<input type="checkbox"/>						
15				<input type="checkbox"/>	<input type="checkbox"/>						
16				<input type="checkbox"/>	<input type="checkbox"/>						



PAGE # 1



How do I fill out a competition registration form?

In the below example:

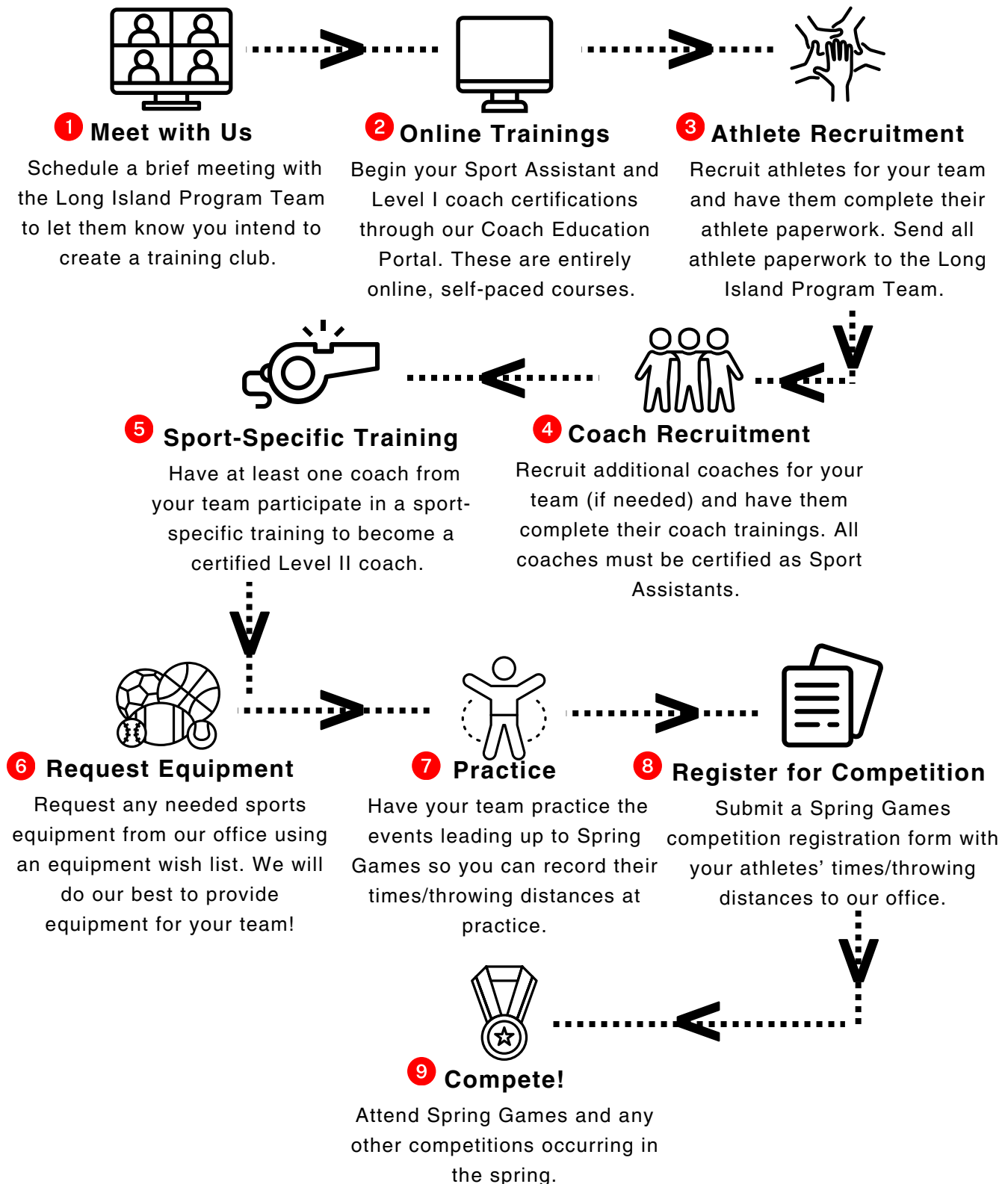
- Andrew and Emily's coach, Jesse Lodispoto, is fully certified and will attend the event and coach them.
- Rebecca Hoffmann will be a 1:1
- Alexis Dawson will serve as the alternate coach if Jesse cannot attend.

ATHLETICS							
COACH FORM							
INSTRUCTIONS 1. All coaches within your quota must be certified. 2. All volunteers for team must be registered. This includes coaches, agency staff, one-on-ones, etc. 3. Alternate coaches are to replace coaches unable to attend games.							
TEAM NAME		Example Team			REGION		Long Island
ACTIVE COACHES			DATE OF BIRTH (Month/Date/Year)	GENDER		Certification Current?	
#	Last Name	First Name		M	F	Yes	No
1	Lodispoto	Jesse	01/01/1990	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1:1 CHAPERONES (MUST BE CLASS A CERTIFIED)			DATE OF BIRTH (Month/Date/Year)	GENDER		Certification Current?	
#	Last Name	First Name		M	F	Yes	No
1	Hoffmann	Rebecca	01/02/1990	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ALTERNATE COACHES			DATE OF BIRTH (Month/Date/Year)	GENDER		Certification Current?	
#	Last Name	First Name		M	F	Yes	No
1	Dawson	Alexis	01/03/1990	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



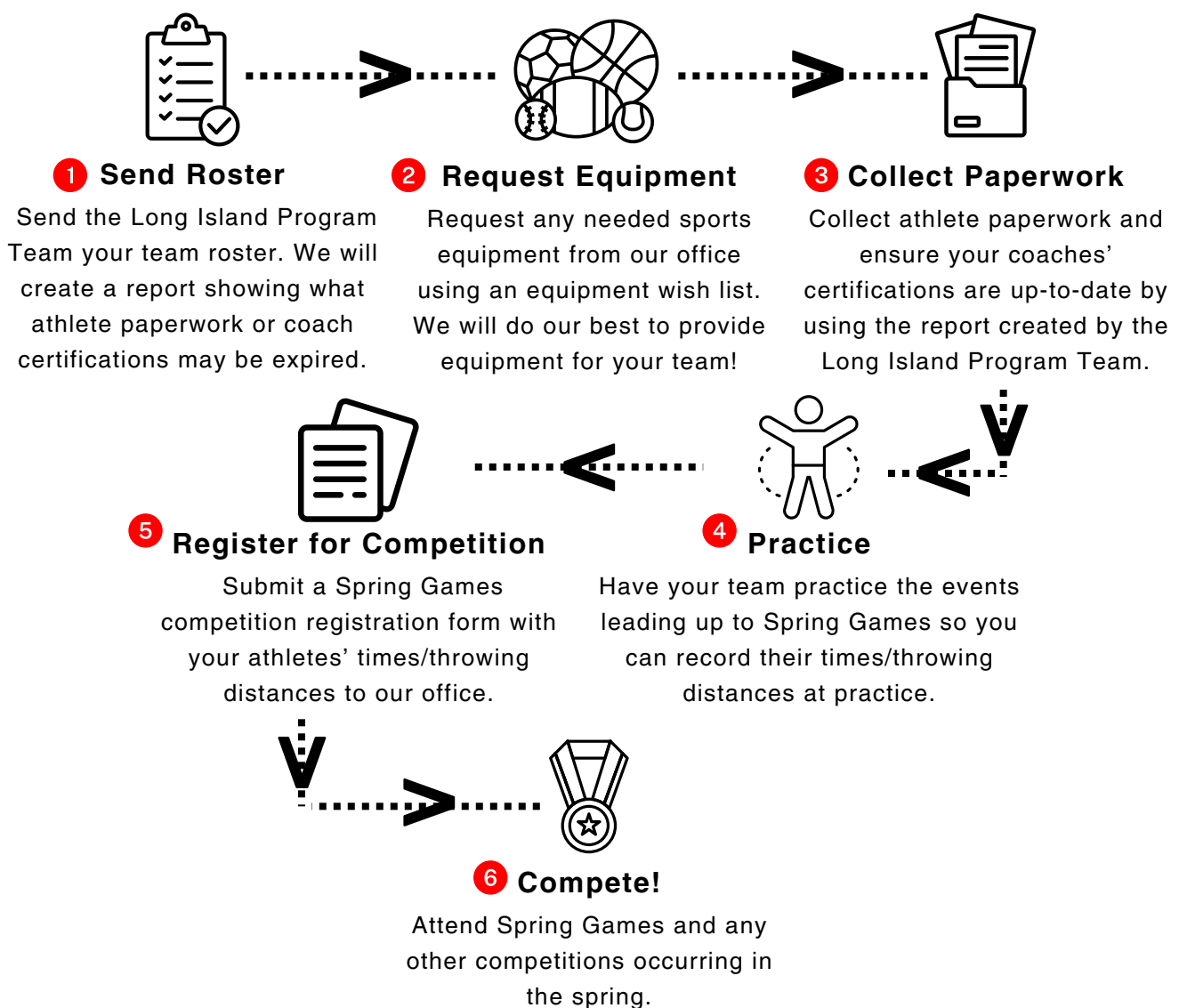
My school or group has never competed at Spring Games before. What do we need to do?

Please see the diagram below. If you have any questions about this process, the Long Island Program Team (see page 27) is more than happy to assist!



My school or group has competed at Spring Games 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 Long Island Program Team (see page 27) is more than happy to assist!



Venue Information

Athletics (track & field), tennis, and powerlifting athletes will all compete at the Plainedge High School Athletic Complex.

Swimming athletes will participate in the Parade and Opening Ceremonies at Plainedge High School. They must then travel to the Farmingdale School District Aquatic Center via their team bus or be dropped off by another driver.

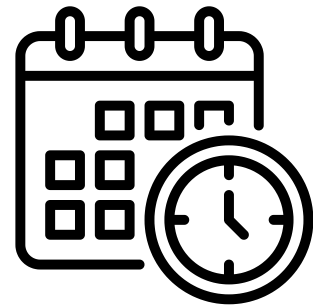
**Plainedge High School
Athletic Complex**
241 Wyngate Drive
North Massapequa, NY 11758

**Farmingdale School District
Aquatic Center**
522 Conklin Street
Farmingdale, NY 11735

Projected Schedule of Events

Spring Games will take place on Saturday, May 3, 2025. A projected schedule of events is listed below. **Please note this schedule is subject to change.**

7:30 AM: Coach Check-In
9:00 AM: Parade Staging
9:30 AM: Opening Ceremonies
10:30 AM: Competition Begins
4:00 PM: Competition Ends



When will we receive the schedule of events for specific sports?

The schedule of events for athletics (track and field) will be released between April 29 and May 3. We must have all athletes properly divisioned to release the schedule, and divisioning can only occur after competition registration has closed.

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

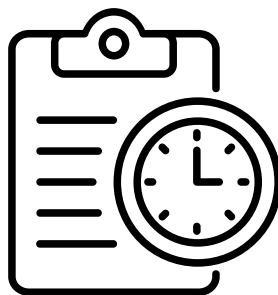
Why is the schedule of events for track and field released the week of Spring Games? How long do I have to change my athletes' events?

The track and field event schedule is released the week of the competition to minimize conflicts between events for athletes. For example, if an athlete is registered for both the standing long jump and the 50-meter run, we ensure these events are scheduled at different times. We do this for every athlete.

To give coaches flexibility to change events, we wait to create the schedule until after the event modification deadline (see below). Here's how the process works:

1. **Coaches register their athletes** for competition and receive a report with their athletes' registered events.
2. **Coaches can request changes** until mid-April. An exact date will be provided in the spring.
3. **Once coaches confirm their athletes' events**, athletes are placed in divisions with those who have similar recorded times, distances, etc. to ensure fair and authentic competition.
4. Once athletes are divisioned, **no event changes are allowed**. Changing divisions would lead to unfair competition, as athletes would be grouped with those of different age, gender, or ability levels.
5. **The final schedule is created** such that no athlete has overlapping events/divisions.

Important: Athletes and families should expect to be at the venue until 4:00 PM to ensure that they (or their children) can compete in all their registered events.



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.

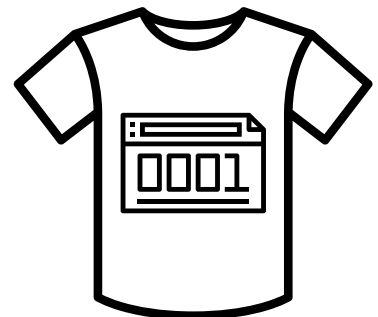
Please put the correct times, distances, and scores on the competition registration form. The Games Management Team, in conjunction with sport officials, have the right to disqualify athletes if their final times, distances, or scores on competition day are significantly greater than their entry times,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

What should athletes wear to compete?

Swimmers should wear bathing suits and swim caps. Two-piece bathing suits (i.e., bikinis) are not permitted.

All other athletes should be appropriately outfitted for competition in shorts, t-shirts, sweatpants, sneakers, etc. Bib numbers must be visible during competition.

Athletes are **not permitted** to wear jeans or khakis.



What paperwork do athletes need to compete?

All athletes must have current athlete paperwork on file with the office to compete at Spring Games. All athlete paperwork should be submitted to the Long Island Program Team (see page 27).

This paperwork includes:

1. Athlete Registration Form

2. Athlete Release Form

3. Athlete Health History*

4. Communicable Disease Waiver

*Please note that at the time of writing, we no longer require the doctor's signature on the Athlete Medical. We now only require the Health History pages. These can be signed by either the athlete or a parent/guardian. Paperwork guidelines are subject to change as we are waiting for new guidelines from Special Olympics International and Special Olympics NY Headquarters.

When does athlete paperwork expire?

At the time of writing, athlete paperwork no longer expires. As long as all forms listed above are signed by a parent or guardian and on file with the Special Olympics New York office, the athlete is eligible to train and compete.

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 for athletics (track and field) and for powerlifting. For all other sports, the ratio of coaches to athletes is 1:4.

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 Long Island Program Team (see page 27) can provide you with the appropriate link.

The Level II Sports-Specific Course varies. Please contact the Long Island 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 Long Island Program Team (see page 27) can 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 the Long Island 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.

What can my athletes do at Spring Games when they are not competing?

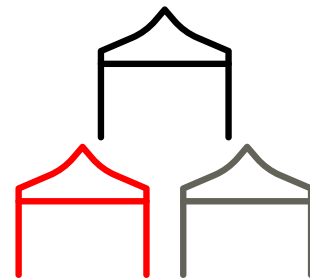
Spring Games is more than just a sports competition. There are lots of fun activities for athletes, coaches, and families to enjoy while they or their children are waiting to compete or after they have finished their event(s) for the day!

All of the below will be offered on-site at Plainedge High School. Exact locations at the venue will be provided closer to the event.



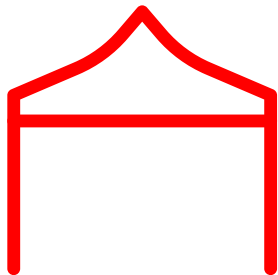
Healthy Athletes Screenings

Athletes can receive free health screenings from volunteer medical professionals and medical students!



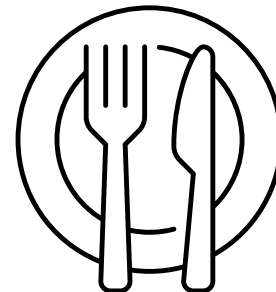
Olympic Village

Visit our Olympic Village area where event attendees can receive merchandise and enjoy activities from local businesses.



Team Area

Teams frequently bring their own pop-up tents and chairs to this event! Teams can use this space to eat food and spend time together.



Get Free Lunch

(Athletes and Coaches Only)

Athletes and coaches can visit the lunch tent to receive free lunch!

Can I park at the school?

No. At this time, there will be no parking available on the school property except for those who have significant mobility considerations. Team buses will be able to drop teams off at the school and then depart.

Plainedge High School is in a residential neighborhood, so there is ample street parking available. Additional off-site lots may be provided. More details will be provided closer to the event.



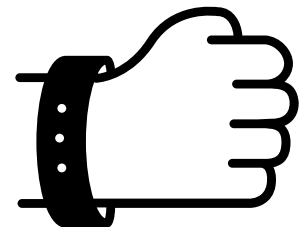
Who can be on the infield of the track, the pool deck, etc. with my athletes during the competition?

Only a limited number of certified Special Olympics New York coaches can be on the infield of the track at the competition, on the pool deck, or near athletes on the tennis court or weightlifting areas. Special Olympics New York limits the number of coaches who can be on the infield to ensure that all athletes and coaches can move safely and comfortably throughout the area. **Parents who are not certified coaches cannot be in these areas.**

Coaches will need wristbands to enter the infield of the track.

Due to capacity limits, 1 coach wristband will be distributed for every 3 athletes on a track and field team.

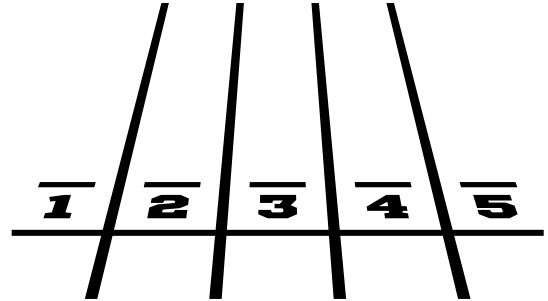
For example, if a team has 12 track and field athletes, 4 coaches will receive wristbands. If there are special considerations (athletes that require 1:1s, athletes with mobility or behavioral considerations, etc.) and additional wristbands are needed, please contact the office.



What is “staging”? How does it work for track and field and for swimming?

Staging is the process by which your athletes are put into lanes for their respective heats during the competition.

All coaches should report to the staging area **on time** when the athletes’ events are called. **Your athlete may not be permitted to compete if they do not arrive on time at the staging area.**



For track and field, the staging areas for throwing, running, and jumping events are located at different colored tents throughout the venue. For swimming, the staging area is in the corner of the pool deck.

During your event time, you will hear your athletes’ names called out on a microphone or megaphone by the staging leader. Your athlete will be assigned a lane number and taken by a volunteer to their specific lane for the event.

Why can’t my athlete join a different heat?

Athletes’ heats are not random — they have been designed deliberately by Special Olympics New York to guarantee that athletes compete against those of similar age, gender, and/or ability and to ensure an authentic competitive experience for all.

Should an athlete run or swim in a different heat than what they were originally divisioned in, a competitive advantage or disadvantage would be placed on them, which would be unfair to themselves or to others while competing.

Therefore, if an athlete is not present when their name is called by the staging leader and they miss their heat, they may not be permitted to compete.

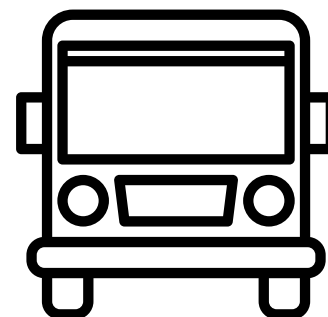
Can I get equipment for my team from Special Olympics New York?

Yes! Pending our budget, we can provide equipment to teams that need it for training purposes. To request equipment, please contact the Long Island Program Team (see page 27).

Does Special Olympics New York provide transportation to Spring Games?

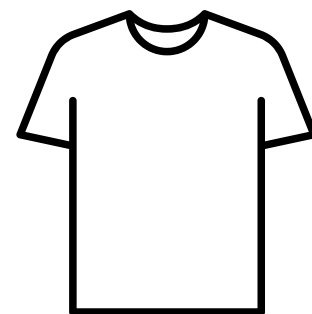
Yes! Pending our budget, we can provide transportation to athletes and coaches via a bus. We cannot provide transportation to parents or siblings of athletes or other non-certified school staff.

If you would like to request transportation to Spring Games, please complete a transportation request form, which can be found on the [Spring Games website](#), and submit it to the Downstate Competition Team (see page 27).



How can I get a Spring Games t-shirt?

A limited number of free Spring Games t-shirts are available for registered athletes. These shirts can be picked up by coaches at Pre-Check-In or on the day of the event. Sizes may be limited if you wait until the day of the event to pick up the shirts.



Once athletes have received shirts, the remaining free t-shirts are distributed to certified Special Olympics New York coaches only.

Information for parents and other spectators to purchase merchandise will be distributed closer to the event date.

Are there other Special Olympics competitions besides Spring Games to compete in?

Yes! There are other athletics (track and field), powerlifting, swimming, and tennis competitions throughout the spring.

All unexpired athlete paperwork applies to other competitions besides Spring Games. 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 winter seasons. To view our calendar of events, please visit [our website](#).

Can my company or organization support Spring Games and/or Special Olympics New York?

Yes! We offer various opportunities to sponsor or become vendors at our signature events, including Spring Games. We anticipate approximately 400 athletes, 100 coaches, and 250 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 Long Island Development Team (see page 27).

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.

Date	Description
Monday, February 24, 2025	Training Season Officially Opens Athletes can train throughout the year if they would like, but this date is the official start of the season.
March and April 2025	Errors & Exceptions Reports Distributed Upon receiving rosters, Special Olympics NY will provide reports called Errors & Exceptions that detail which athletes and coaches need new or updated paperwork.
Monday, April 7, 2025	Competition Registration Forms Due All coaches must submit a form that contains the names of their athletes and coaches who they anticipate will compete at Spring Games AND their events, times, distances, weight classes, etc. for their events they want to compete in at Spring Games.
Mid-April 2025 (TBD)	Last Day to Change Events for Competition Coaches will receive a report showing what they registered their athletes for. They will review the report and notify Special Olympics NY by this day if changes are needed.
Week of April 29, 2025	Coach Pre-Check-In Available, Schedule of Events Released, and Athlete/Coach Paperwork Due Date Coach Pre-Check-In is available in the Long Island office. Coaches will also receive a schedule of track and field events this week. All athlete and coach paperwork must be submitted by this week.
Saturday, May 3, 2025	Spring Games Event Date Coaches are still required to attend Check-In, even if they already attended Pre-Check-In.

What is Coach Pre-Check-In? Do I still need to go to Check-In on Event Day?

Coach Pre-Check-In is an opportunity offered to our coaches to visit our office in the week leading up to Spring Games to receive competition materials, such as athlete t-shirts, wristbands, and bibs. Coaches will also verify that all athlete paperwork and coach certifications are up-to-date at Coach Pre-Check-In.



Coach Pre-Check-In is not required, but it is strongly recommended to ensure a more efficient check-in process on the date of the competition.

All coaches are still required to attend Check-In on event day, even if they already attended Pre-Check-In.

Long Island Staff Contact Information

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

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 Emily Mohlin Associate Director of Program emohlin@nyso.org
Coach certifications		
Equipment requests		
Transportation	Downstate Competition Team	David Durandisse Director of Competition ddurandisse@nyso.org Emmanuel Lindsay Associate Director of Competition elindsay@nyso.org
Sport rules		
Competition registration		
Sponsoring or becoming a vendor at Spring Games	Long Island Development Team	Alexis Dawson Director of Development adawson@nyso.org Rebecca Hoffmann Director of Development rhoffmann@nyso.org