



## 2009 Winter Games – Unified School Snowshoe-Fact Sheet

<b>Location:</b>	Suicide Six	
<b>Date:</b>	March 18, 2009	
<b>Goal:</b>	To provide a high quality Olympic-type games experience that highlights the abilities of the athletes in a safe and respectful environment.	
<b>Sport:</b>	Unified School Snowshoe Competition	
<b>Schedule:</b>	9:00 ó 9:30am	Registration
	9:30 ó 9:45am	Opening Ceremony
	9:45- 10:00am	Coaches Meeting
	10:00 ó 12:00pm	2 X 100M Final 2 X 25M Final
	12:00 -1:00pm	Lunch
	1:00 ó 4:00pm	2 X 400M Final 2 X 50M Final 4 X 100M Final

**\*\*\* AWARDS will be presented at the completion of each event \*\*\***

*Reminder: Both the Athlete and Partner compete the entire distance of the Event.*

*Example: 2 X 50 Meter Event – Athlete Competes 50 Meters and Partner Competes 50 Meters  
total 100 Meters.*

### **Directions: Suicide Six**

From all points North/South Interstate 89  
Take Exit 1 to Rt. 4 West  
North on Route 12 (approximately 3+ miles)  
Continue onto Pomfret Rd ó slight right off from Rt. 12 ógo 2 miles  
Turn Left onto Stage Road and Suicide Six will be on your left.

From the West

Take Rt. 4 East 31 miles through Bridgewater into the Village of Woodstock,  
North on Route 12 (approximately 3+ miles)  
Continue onto Pomfret Rd ó slight right off from Rt. 12 ógo 2 miles  
Turn Left onto Stage Road and Suicide Six will be on your left.



**2009 Winter Games – Unified School Snowshoe- Timeline Checklist**

**Fees: \$5.00 per registered person in Delegation– Athlete/Partner/Coach/Support**

**Pre-Registration Forms – Due Friday January 30, 2009**

- Delegation Training Schedule
- Pre-registration - **All paperwork needs to be completed and current** ó Medicals, Class A, AY, Protective Behaviors (Class A only)

**Registration Forms – Due Friday February 20<sup>th</sup>**

***Timeline Checklist for Tournament***

Date	Timeline	Date Sent
Week of January 12	Begin Practice ó	
First day of Practice	Completed Athlete Application for Participation, Class A and AY Forms ó Protective Behaviors Course	
January 30	Athlete Pre-registration form Due	
January 30	Delegation Training Schedule form Due	
February 20	Registration Due	

**\*Registrations will not be accepted after February 20<sup>th</sup>  
NO EXCEPTIONS**

**Important Reminders:**

Minimum Training Requirements are eight weeks/10 hours prior to competition in specific sport. Go to [www.vtso.org](http://www.vtso.org) for sports training guides.

***Medicals/Consent original form must be signed and completed on file in State Office prior to training.***

***Athletes/Partners without medical/consent forms will NOT be eligible to compete at State competition. Incomplete forms will be returned.***

All Coaches and Support Staff volunteer application signed, criminal background check completed and the On-Line Protective Behaviors course completed and on file with the state office.

**MOST IMPORTANT! Make Training Fun!!**





**Delegation Training Schedule  
Unified Snowshoe 2009**

*This form will assist the State in setting up times to visit Delegations at their practices in an effort to answer questions and observe training techniques. It is also useful when individuals call the State Office looking for information about your practice times.*

*Please submit to the state office by January 30<sup>th</sup>*

<b>Delegation</b>			
Coordinator		Phone	
Address		E-mail	
City		State	Zip

<b>Coaches</b>			
Name	Address	E-mail	Phone

**Training Schedule:**

Date Training Starts: \_\_\_\_\_

Day of the week	Time	Location
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Driving Directions to practice.



