

**Special
Olympics**
New York



LONG ISLAND REGION SNOWSHOE COMPETITION

2025 Guide



Saturday, February 8, 2025

North Hempstead Beach Park

175 W Shore Rd, Port Washington, NY 11050



Hosted in conjunction with the
Town of North Hempstead Polar Plunge

How to Use

Welcome to the Long Island Region Snowshoe Competition 2025 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 22 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 an event that offers our athletes the chance to showcase their snowshoe skills in the cold weather.

Approximately 40 athletes ages 8 and up will compete as part of a training club (team) in this competition. Training clubs can be made of athletes from your school or community.

Athletes will participate in Opening Ceremonies, compete in their heats, and receive their medals and/or ribbons in an awards ceremony.

What races are offered at this event?

- 25 Meter Race
- 50 Meter Race
- 100 Meter Race
- 200 Meter Race
- 400 Meter Race
- 800 Meter Race
- 4 X 100 Meter Relay Race
 - Will be held if there are enough relay teams
- 4 X 200 Meter Relay Race
 - Will be held if there are enough relay teams



What else is offered at this event?

The Long Island Region Snowshoe Competition is held in conjunction with the Town of North Hempstead Polar Plunge.

A Polar Plunge is a fundraising effort made on behalf of the athletes of Special Olympics New York.

If you would like to plunge, join us to be “Freezin’ for a Reason” as we splash into the chilly waters of Port Washington. All of the money raised through the Polar Plunge® helps provide year-round sports training and competition like our snowshoe competition. Grab your friends, family, and coworkers and sign up to take the plunge!



How do I register my training club for this competition?

Visit our [competition website](#) to access the snowshoe registration form. The competition registration form should be sent to the Downstate Competition Team (see page 22).

However, there is more to the Long Island Region Snowshoe 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.

How do I fill out a competition registration form?

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



1. Locate Your Form

- Visit the [2025 Snowshoe Competition 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

- 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.



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.

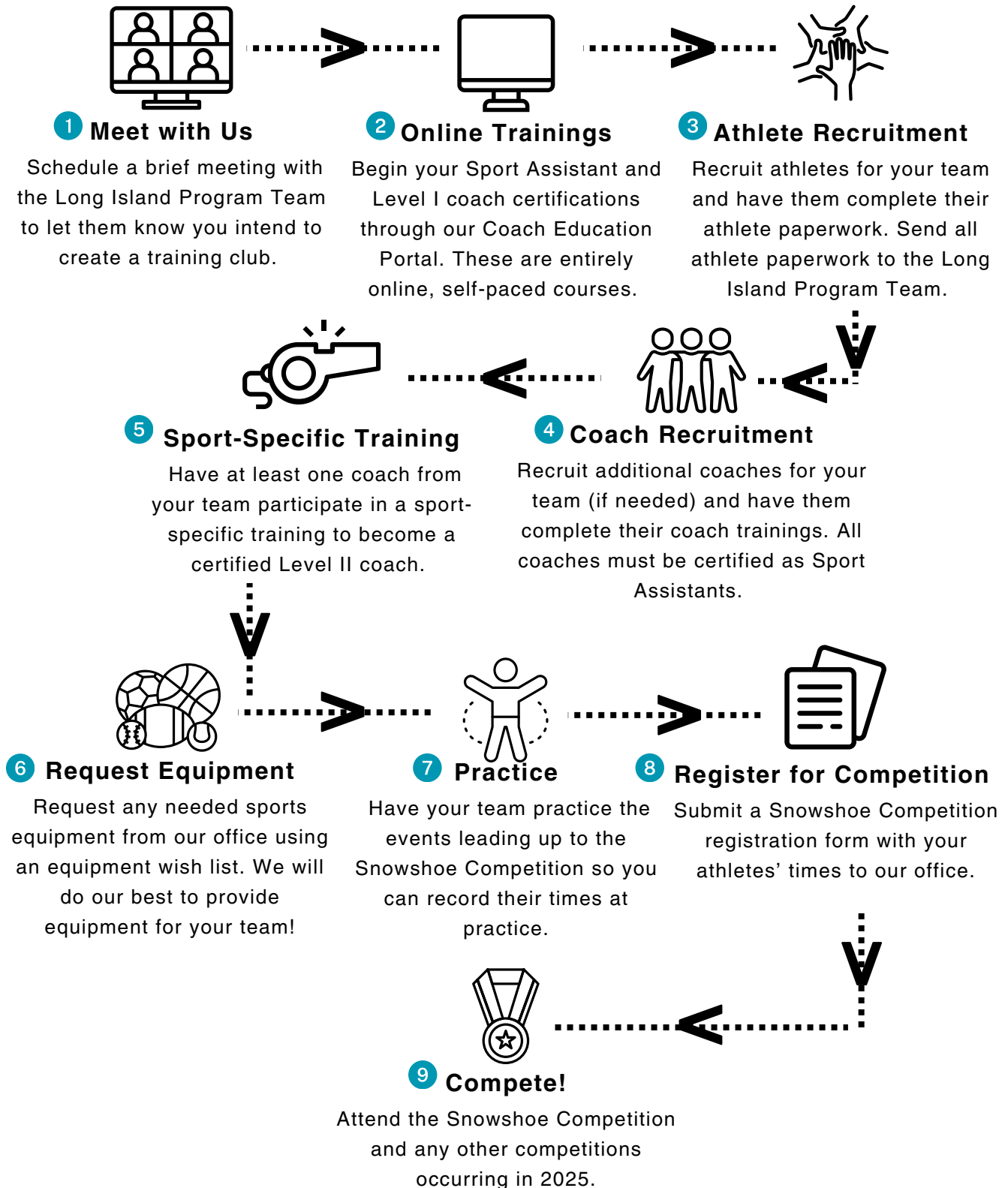


6. Submit Your Form!

- Email the completed competition registration form to the Downstate Competition Team (see page 22).

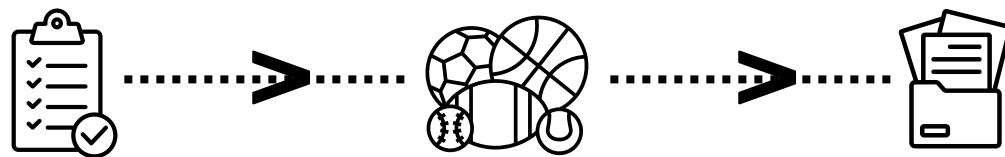
My school or group has never competed at this competition before. What do we need to do?

Please see the diagram below. If you have any questions about this process, the Long Island Program Team (see page 22) 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 Long Island Program Team (see page 22) is more than happy to assist!



1 Send Roster

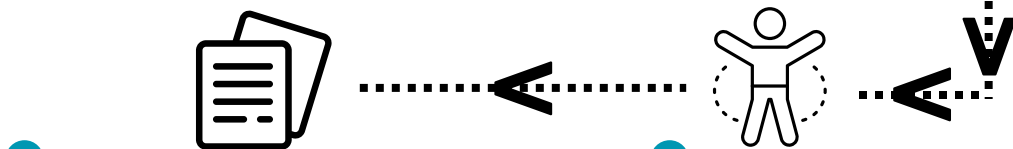
Send the Long Island Program Team your team roster. We will create a report showing what athlete paperwork or coach certifications may be expired.

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 the Long Island Program Team.

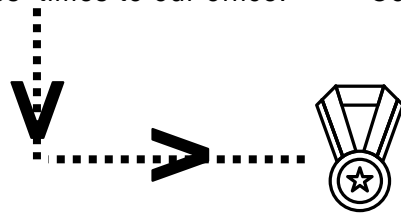


5 Register for Competition

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

4 Practice

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



6 Compete!

Attend the Snowshoe Competition and any other competitions occurring in 2025.

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

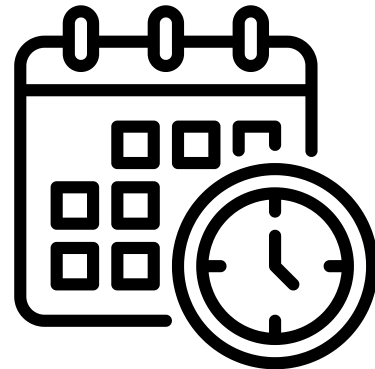
The Long Island Region Snowshoe Competition will take place on Saturday, February 8, 2025. A projected schedule of events is listed below. Please note this schedule is subject to change.

9:00 AM: Coach Check-In Begins

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 will receive their schedule of events from the Sport Director 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 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](#).

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

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.



What paperwork do athletes need to compete?

All athletes must have current athlete paperwork on file with the office to compete at this competition. All athlete paperwork should be submitted to the Long Island Program Team (see page 22).

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 1:4 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 Long Island Program Team (see page 22) 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 22) can create a report called an **Errors and Exceptions** that shows exactly which athletes and coaches have expired paperwork and/or certifications.

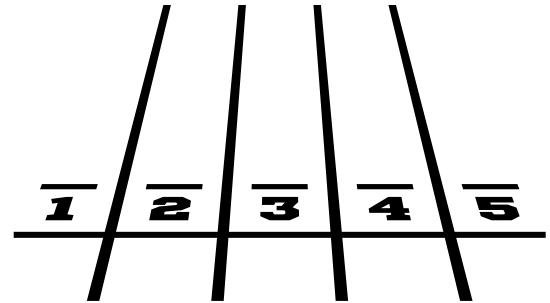
To receive an Errors and Exceptions for your team, please submit a roster of all your athletes and coaches to the Long Island Program Team. We will use that roster to create an Errors and Exceptions, which we will send to you that describes exactly who needs updated paperwork or renewed certifications.

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

What is “staging” and how does it work for snowshoe?

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.**



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 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.

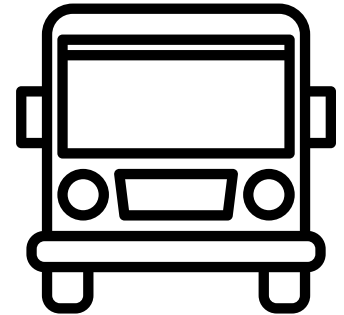
Therefore, if an athlete is not present when their name is called by the staging leader and they miss their heat, they may not be permitted to compete.

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 22).

Does Special Olympics New York provide transportation to this 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 this competition, please complete a transportation request form, which can be found on the [Long Island Region Snowshoe Competition website](#), and submit to the Downstate Competition Team (see page 22).

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 besides the Snowshoe Competition. 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 this competition and/or Special Olympics New York?

Yes! We offer various opportunities to sponsor or become vendors at our signature events, including the 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 Long Island Development Team (see page 22).



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.

November 2024
Training season officially opens

Friday, January 24
Competition Registration Forms due date

Saturday, February 8
Competition Date

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	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