

Special Olympics
Colorado



TO: Winter Sports Coaches

FROM: Susan Foege, Director of Competition

RE: Winter Sports Training at Copper Mountain

DATE: Wednesday, November 27, 2018

It's time to think about the winter sport season and training at Copper Mountain Resort, "the Official Winter Sports Training Site of Special Olympics Colorado". The weekend training dates at Copper Mountain are spread out over 8 weeks in hopes you will enjoy a training season and take advantage of the multiple area competitions.

Included with this e-mail you will find the registration material for the weekend Copper Mountain trainings. *Please fill out the appropriate forms and return them to Susan Foege by Monday, December 10, 2018.* This year, we would like you to indicate the level of each athlete and whether or not the athlete is an alpine skier or snowboarder.

We also have worked with Arrow bus to help with rides. Please find the Bus Information in the last page of this document.

Please remember the 4:1 ratio of athletes to coaches/unified partners when filling out your roster. Complimentary lift tickets are distributed based on this number. If you need extra assistance/lift tickets, please make a notation in your reply and we will try our best to accommodate them. *You will receive all lift tickets prior to the first week of training. SOCO staff will not be present at Copper Mountain to distribute any lift tickets on the day of trainings.*

If you have any questions about the winter season don't hesitate to call me at 720.359.3116 or e-mail at sf@specialolympicsco.org. We hope you all have a safe winter season!

Sincerely,

Susan Foege

Susan Foege
Director of Competition
Special Olympics Colorado

WELCOME!

ALPINE SKIERS, SNOWBOARDERS, CROSS COUNTRY SKIERS & SNOWSHOERS

Special Olympics Colorado and Copper Mountain Resort are teaming up to offer another season of high quality winter sports training for our athletes and coaches. The following information will help you prepare for the season. If you have any questions after reading this, please don't hesitate to call Susan Foege at 720.359.3116 or sf@specialolympicsco.org

Copper Mountain Resort; The Official Winter Sports Training Site of Special Olympics Colorado.

Training Program Information

- Participants:
- ◆ 175+ alpine skiers & snowboarders (athletes & coaches)
 - ◆ 25+ cross country skiers (athletes, Unified Sports® partners & coaches)
 - ◆ 60+ snowshoers (athletes, Unified Sports® partners & coaches)
- When:
- ◆ January 5, 12, 19 and 26, 2019
 - ◆ February 2, 9, 16 and 23, 2019
- Where:
- Copper Mountain Resort
- ◆ *Alpine Skiing & Snowboarding* – hill space will be designated on the dates listed above specifically for Special Olympics race training.
 - ◆ *Cross Country Skiing & Snowshoeing* – Copper Mountain Golf Course across from the Transportation Center.
- Cost:
- ◆ Free to all registered Special Olympics Colorado athletes and coaches
- Format:
- ◆ All participants (athletes & coaches) must pre-register by completing the attached registration form and returning the form to SOCO by *Friday, December 7, 2018*. Please note this program has become very popular so register early.
 - ◆ A coach must accompany an athlete participating in the training. Coaches or chaperones will not be provided on site.
 - ◆ Alpine & snowboard teams will receive complimentary lift tickets for the training days based upon one coach for every four skiers and/or riders. If you need additional tickets please make a note in your registration. We will try and accommodate the requests the best we can. Tickets will be put in the mail to the head coach the week prior to the training. Please note, no lift tickets will be provided on site.
 - ◆ Training is held from **10:30am – 2:30pm** for alpine skiers, snowboarders, cross country skiers and snowshoers.
 - ◆ Clinicians will be on site to provide assistance to coaches and athletes during the morning from **10:30 a.m. – 2:30 p.m.** Afternoons can be used for free skiing. No formal training will be conducted by the clinicians in the afternoon.
 - ◆ When available, Copper Mountain will provide SOCO meeting space so you can leave your belongings while you train. *This space will be not be secure or staffed by*

SOCO personnel, so please plan accordingly when you pack bags with your belongings.

Tips:

- ◆ Arrive at Copper Mountain early to avoid traffic and parking delays.
- ◆ Please see the attached flyer for information on a bus for training dates. Contact Susan Foege at sf@specialolympicsco.org with any questions.
- ◆ It is best to park in the **Alpine Lot** and utilize the Copper Mountain shuttle service. (Both of these are complimentary)
- ◆ Coaches, please remember to bring copies of ALL your athletes' medical forms to reference in case of an emergency.
- ◆ Carpool if possible; parking at Copper Mountain can be difficult if you arrive after 8:30 a.m.
- ◆ Bring your equipment and dress appropriately for the conditions. Layers, layers, layers.
- ◆ Bring a sack lunch or spending money for lunch at Copper Mountain.

Alpine Skiing &
Snowboarding
Details:

- ◆ See below.

Cross Country &
Snowshoeing
Details:

- ◆ See below.

Enrollment:

- ◆ Complete and return the attached registration form by *December 10, 2018*
to: Special Olympics Colorado
Attn: Susan Foege
Fax 303.592.1364
sf@specialolympicsco.org

Questions:

- ◆ Contact Susan Foege at 720.359.3116 or sf@specialolympicsco.org



WINTER SPORTS TRAINING PROGRAM
at COPPER MOUNTAIN RESORT

TEAM REGISTRATION

Head Coach or Team Coordinator:	_____
On Site Contact:	_____
Team Name:	_____
Street Address:	_____
City:	_____ Zip Code: _____
Home Phone #:	_____ Cell Phone #: _____
E-mail Address:	_____

Yes, my team is interested in participating in the Copper Mountain Winter Sports Training program on the following days:

TRAINING DATES

- Saturday, January 5, 2019 – Giant Slalom
- Saturday, January 12, 2019 – Giant Slalom
- Saturday, January 19, 2019 – Slalom
- Saturday, January 26, 2019 - Slalom
- Saturday, February 2, 2019 – Giant Slalom
- Saturday, February 9, 2019 – Slalom
- Saturday, February 16, 2019 – Super G
- Saturday, February 23, 2019 – Giant Slalom

FOR ALPINE SKI & SNOWBOARD TEAMS ONLY:

- Total # of tickets _____
- Total # of tickets _____
- Total # of tickets _____
- Total # of tickets _____
- Total # of tickets _____
- Total # of tickets _____
- Total # of tickets _____
- Total # of tickets _____

In the sport of...

- Alpine Skiing
- Snowboarding

- Cross Country Skiing
- Snowshoeing

Yes, I understand it is my responsibility to provide the necessary coach supervision while at Copper Mountain.

Team Name: _____

My team includes the following people:

(For Alpine Skiers and Snowboarders, please indicate the level of each athlete listed)

ATHLETES

☐ CC Skier ☐ Snowshoer
☐ Alpine Skier ☐ Snowboarder
☐ Novice ☐ Intermediate ☐ Advanced

☐ CC Skier ☐ Snowshoer
☐ Alpine Skier ☐ Snowboarder
☐ Novice ☐ Intermediate ☐ Advanced

☐ CC Skier ☐ Snowshoer
☐ Alpine Skier ☐ Snowboarder
☐ Novice ☐ Intermediate ☐ Advanced

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☐ CC Skier ☐ Snowshoer
☐ Alpine Skier ☐ Snowboarder
☐ Novice ☐ Intermediate ☐ Advanced

ATHLETES - CONTINUED

†CC Skier †Snowshoer
†Alpine Skier †Snowboarder
†Novice †Intermediate †Advanced

†CC Skier †Snowshoer
†Alpine Skier †Snowboarder
†Novice †Intermediate †Advanced

†CC Skier †Snowshoer
†Alpine Skier †Snowboarder
†Novice †Intermediate †Advanced

†CC Skier †Snowshoer
†Alpine Skier †Snowboarder
†Novice †Intermediate †Advanced

†CC Skier †Snowshoer
†Alpine Skier †Snowboarder
†Novice †Intermediate †Advanced

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†Novice †Intermediate †Advanced

†CC Skier †Snowshoer
†Alpine Skier †Snowboarder
†Novice †Intermediate †Advanced

COACHES

‡Alpine Skier ‡Snowboarder
‡CC Skier ‡Snowshoer
‡Novice ‡Intermediate ‡Advanced

‡Alpine Skier ‡Snowboarder
‡CC Skier ‡Snowshoer
‡Novice ‡Intermediate ‡Advanced

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ALPINE SKIING/SNOWBOARDING INFORMATION SHEET

IMPORTANT!
PLEASE READ AND SHARE WITH ALL COACHING STAFF

- ◆ This training program is NOT a learn to ski program. This program is designed to improve a skiers racing ability. Participants should come to the training with some skiing/riding abilities, or a personal coach to work with them on improving their skills.
- ◆ A coach must accompany any athlete participating in the training. Coaches and/or chaperones will not be provided on site for athletes. A minimal amount of clinician support will be available on the hill to provide input on racing techniques and tips.
- ◆ The time scheduled for race training each week will be from **10:30 a.m. – 2:30 p.m.** Athletes and coaches can use the afternoons after 2:30 p.m. for free skiing.
- ◆ The athlete/coach meeting space is provided on a weekly basis by Copper Mountain Resort. You will have the opportunity to leave your items in this room during practice. This room will not be secure or staffed by SOCO personnel during your trainings. This room will be in the Peak Room located in Mountain Plaza.
- ◆ The training program and the type of course set will change each week to offer athletes the opportunity to race on different course settings.
- ◆ Helmets are required for everyone! This includes coaches and athletes. Those individuals who do not want to wear a helmet should not be involved in alpine skiing or snowboarding. Thank you in advance for your cooperation.



CROSS COUNTRY SKIING & SNOWSHOEING INFORMATION SHEET

IMPORTANT!
PLEASE READ AND SHARE WITH COACHING STAFF

◆ We will not have a clinician on site for the Snowshoe and Cross Country training. The following is a suggested time line for you and your coaches to use the weekly (please reach out if you are looking for suggestions on training tips, practice ideas, etc.):

10:00 a.m. – 10:20 a.m.	Equipment
10:20 a.m. – 10:40 a.m.	Stretching/Warm-Up
10:40 a.m. – 11:10 a.m.	Warm – Up Laps
11:10 a.m. – 11:40 a.m.	Power Drills/Skills
11:40 a.m. – 12:00 p.m.	Snack/Restroom Break
12:00 p.m. – 12:30 a.m.	Sprint Drills/Skills
12:30 p.m. – 2:00 p.m.	Endurance Drills/Skills
After 2:00 p.m.	Lunch & Free Time

- ◆ A coach must accompany any athlete that is participating in the training and will work with the team to ensure they are training safely. **Please reach out if you need suggestions on training!**
- ◆ Athletes and coaches must have their own snowshoe and cross-country equipment, no equipment will be provided at the trainings.
- ◆ Coaches are responsible for ensuring that their athletes are dressed appropriately for the weather.
- ◆ No food or drink is provided at the venue, please come prepared with your own food and water.
- ◆ All athletes and coaches are encouraged to attend as many training sessions as possible.
- ◆ No lunch break will be provided during the weekly training sessions.



WINTER SPORTS TRAINING PROGRAM at COPPER MOUNTAIN RESORT

BUS INFORMATION

Bus rides will be available from a central location each week for a cost of \$5 per rider, round trip, please bring cash.

This money will be used as gratuity for the bus driver.
Special Olympics Colorado will cover the cost of the bus itself.

Please note this year we have more teams training at Copper so it is imperative that you reserve the correct number of seats on the bus as some weeks we may have need two busses.

Head Coach or Team Coordinator:

Team Name:

Yes, my team is interested in receiving transportation to Copper Mountain on the following days:

TRAINING DATES

- | | |
|--|----------------------------|
| <input type="checkbox"/> Saturday, January 5, 2019 | Total # of travelers _____ |
| <input type="checkbox"/> Saturday, January 12, 2019 | Total # of travelers _____ |
| <input type="checkbox"/> Saturday, January 19, 2019 | Total # of travelers _____ |
| <input type="checkbox"/> Saturday, January 26, 2019 | Total # of travelers _____ |
| <input type="checkbox"/> Saturday, February 2, 2019 | Total # of travelers _____ |
| <input type="checkbox"/> Saturday, February 9, 2019 | Total # of travelers _____ |
| <input type="checkbox"/> Saturday, February 16, 2019 | Total # of travelers _____ |
| <input type="checkbox"/> Saturday, February 23, 2019 | Total # of travelers _____ |

No, my team will transport themselves.