

Special Olympics
Iowa



2025

WINTER GAMES



HANDBOOK

Special Olympics *Iowa*



On behalf of the volunteers of the Games Organizing Committee & state office staff, welcome to the 2025 Special Olympics Iowa Winter Games. We look forward to an exciting & memorable competition for the over 300 athletes & Unified Partners, coaches, chaperones, family members & volunteers coming to the Dubuque area for competition in alpine ski, cross country ski, & snowshoe.

This handbook is designed to provide you with the information necessary to best manage your participation in the Winter Games. Please review the information in great detail & share the handbook with members of your delegation as well as family members attending the event. Please contact Sydney Sloan at 641-895-3872 or ssloan@soiowa.org if you have any questions.

Thank you for your assistance. We look forward to seeing you at the 2025 Special Olympics Iowa Winter Games.



2025 Special Olympics Iowa Winter Games Event Schedule



Monday, January 13, 2024 @ Sundown Mountain

11:00 am – 4:00 pm	Souvenir Sales at Sundown Mountain in the North Lodge				
Snowshoe @ South Lodge		Cross-Country Ski @ North Lodge		Alpine Ski @ Mountain Center	
10:00 am	Registration	10:00 am	Registration & Equipment Checkout	10:00 am	Registration & Equipment Checkout
10:00 am – 11:30 am	Practice	11:00 am – 1:00 pm	Lunch	10:30 am – 11:30 am	Intermediate Clinic @ Intermediate Hill
11:00 am – 1:00 pm	Lunch	1:00 pm – 2:00 pm	Health Station (Stress Balls)	11:00 am – 1:00 pm	Lunch
12:30 pm	800 M Time Trial	1:00 pm – 3:30 pm	Skills Assessment & Time Trials	12:00 pm – 1:00 pm	Health Station (Stress Balls)
12:45 pm	All other Time Trials			12:30 pm	Clinic @ Bunny Hill
2:30 pm	800 M Competition			12:45 pm	Skill Assessment & Time Trials (All Hills)
Monday Night Activities					
5:45 pm	Winter Parade Line-up at the Grand Harbor Hall				
6:00 pm	Opening Ceremony inside in the Grand River Center				
6:30 pm	Dinner in the Grand River Center Exhibit Hall B				
7:00 pm – 8:30 pm	Dance in the Grand River Center Exhibit Hall B				

Tuesday, January 14, 2024 @ Sundown Mountain

7:30 am – 9:00 am	Breakfast on the 2 nd floor of the Grand Harbor Resort in Tony Romas				
10:00 am – 4:00 pm	Souvenir Sales at Sundown Mountain in the North Lodge				
Snowshoe @ South Lodge		Cross-Country Ski @ North Lodge		Alpine Ski @ Mountain Center	
9:00 am	400 M & 200 M Competition	10:00 am – 11:30 am	500 M Competition	10:00 am – 11:30 am	Clinic @ Bunny Hill & Slalom @ All Hills
11:00 am – 1:00 pm	Lunch	11:00 am – 1:00 pm	Lunch	11:00 am – 1:00 pm	Lunch
12:00 pm – 1:30 pm	Health Station (Stress Balls)	12:30 pm – 1:30 pm	100 M Competition	12:30 pm – 1:30 pm	10M Glide @ Bunny Hill
12:30 pm – 1:30 pm	100 M & 4x100 M Relay Competition	1:30 pm – 2:30 pm	1 K Competition	12:30 pm – 1:30 pm	Giant Slalom Competition @ All Hills
				1:00 pm – 2:30 pm	Super Glide Competition @ Beginner Hill
Tuesday Night Activities					
6:00 pm	Dinner at the Grand Harbor Resort				
7:30 pm – 9:00 pm	Celebration Party in the Grand Harbor Aquatics Center				

General Information & Special Events

Delegation Registration

- Delegation packets will be distributed at the sport venues starting at 10:00 am on Monday, January 13th.
- All athletes & Unified partners must attend the practice time at the Winter Games. Athletes competing in alpine ski, cross country ski, & snowshoe must complete a time trial as well. No one is allowed to go directly to competition without practicing. Unified partners must complete a time trial as well.
- All athletes must wear their designated bib number during practice, time trials & competition.

Housing

- The Grand Harbor Resort & Waterpark located at 350 Bell Street in Dubuque is the SOIA Winter Games headquarters. Housing, Opening Ceremony, & celebration dances will be held at the Grand Harbor.
- Hotel registration at the Grand Harbor will be by delegation name, not by individual name.
- Special Olympics Iowa will only pay for rooms for delegations that completed the appropriate housing form.
- Any phone calls, movie rental, room service food & drink & incidentals are the responsibility of the delegation assigned to the room.

Meals

- Lunch will be served at the sport venues on Monday, January 13th & Tuesday, January 14th for delegations that requested lunches on the Winter Games registration form.
- A free continental breakfast will be offered on the second floor of the Grand Harbor Resort in Tony Romas on January 14th & 15th from 6:30 am – 9:00 am for all delegation members staying at the hotel.
- Dinner will be served at the Grand River Center Exhibit Hall B on January 13th & at the Grand Harbor Resort January 14th for delegations that requested dinner on the Winter Games registration form. Tentative meals are listed below.
 - Monday: Fiesta Bar (Mexican Cuisine) & Water
 - Tuesday: Pizza & Water

Souvenirs

- Souvenirs will be sold at Sundown Mountain in the North Lodge. Souvenir sale times are listed below.
 - Monday: 11:00 am – 4:00 pm
 - Tuesday: 10:00 am – 4:00 pm

Medical Coverage

- Alpine Ski, Cross-Country Ski & Snowshoe: Ski Patrol at Sundown Mountain.

Opening Ceremony

- Will be held inside in the Grand River Center.
- Delegations will line up near the skywalk on the second floor of the hotel. Delegations will walk along the skywalk to the Grand River Center.

Health Stations

- Fueling & refueling with the right foods helps our bodies compete to their highest ability & recover well. We will have fresh fruit & other healthy snack items to snack on throughout the day. Make sure to take advantage of this opportunity & snack wisely throughout competition days. There will be nutrition information available to help you decide on the best snack option for you!
- We will also be making stress balls. We encourage athletes to make one after practicing or competing. The Health Station schedule will go as follows:
- Monday from 12:00-1:00 PM: Sundown Mountain-Mountain Lodge
- Monday from 1:00-2:00 PM: Sundown Mountain-North Lodge
- Tuesday from 12:00-1:30 PM: Sundown Mountain-South Lodge

Lost & Found

- Lost & Found will be located at Delegation/Athlete Registration at each sport venue & in the Grand Harbor Resort Exhibit Hall B.

Sport Information

Sport Rules

- All Special Olympics Iowa competitions shall be conducted in accordance with the Official Special Olympics Sports Rules & corresponding national governing bodies. Any rule protests will be handled by the Venue Directors.

Competition Age Groups & Divisioning

- Special Olympics Iowa follows the guidelines provided by Special Olympics Incorporated for divisioning competition at the Winter Games. In order to provide meaningful, quality competition opportunities for our athletes & Unified partners, we combine where necessary in all Winter Games sports. Our guidelines for divisioning state that ability should be the primary consideration for divisioning.
- **Athletes cannot change any events or alpine ski hills during the Winter Games.**

Equipment

- Athletes & Unified partners are to bring their own sport equipment & Special Olympics approved alpine ski helmets. Delegations are to ensure that all equipment they bring is safe & in proper working order.

Clothing

- Athletes & Unified partners are to wear appropriate winter wear including coats, snow pants, snow boots, hats, gloves, & mittens.

Award Presentations

- Awards will be given out following the completion of a division.

Inclement Weather

- In case of extreme weather conditions, some events may be modified, shortened, or cancelled for safety reasons.

Coach Responsibilities

- Coaches attending the Winter Games are asked to accept & carry out the following responsibilities:
 - Provide for the general welfare, safety, health & well-being of each Special Olympics athlete & Unified partner in their charge.
 - Familiarize themselves with the information in this handbook.
 - Provide supervision for athletes & Unified partners as necessary.
 - Ensure that athletes & Unified partners report to competition venues on time.
 - Provide assistance to athletes & Unified partners in getting to meals at appointed times.
 - Ensure that medical & prescribed medications protocols are followed.
 - Ensure that athletes & Unified partners are properly attired for competition & special events.
 - Report all emergencies to appropriate authorities after taking immediate action to ensure the health & safety of participants.
 - Be courteous & professional in all dealings with volunteers.
 - Carry a copy of the athlete's medical release.

SOIA Staff Contact

- John Kliegl, Emergency: 515-418-7339
- Megan Filipi, Media: 563-260-1281
- Sydney Sloan, General: 641-895-3872
- Krista Smith, Alpine Ski: 712-330-3395
- Kirsten Selsor, Cross Country Ski: 712-209-6744
- Kenzie Olson, Cross Country Ski: 515-231-1747
- Sela Ingalls, Snowshoe: 515-333-9645

Competition Information

Alpine Ski

- Join the University of Iowa volunteers as they lead warmups, stretches and workouts throughout the day.
- Delegations will report to Mountain Center at Sundown Mountain Resort located at 16991 Asbury Road in Dubuque. Registration, check-in, awards & lunch for alpine ski athletes, coaches & chaperones will be held at the Mountain Center.
- Review the Sundown Mountain Resort alpine ski trail map for the location of each hill.
- Review the "Special Olympics Alpine Ski Helmet Requirements & Guidelines" list to ensure that every athlete has their own ski helmet that meets the requirements listed. Alpine ski helmets will not be provided by Special Olympics Iowa or Sundown Mountain Resort.
- Athletes not bringing their own equipment, excluding helmets, will be fitted with the appropriate equipment. All equipment is to be returned to the checkout area at the end of the day.
- Slalom & Giant Slalom races consist of two-timed runs. The combined times of each run will determine the results for awards.
- Ski lift tickets for coaches who must be on the ski areas to assist athletes are \$20 each.
- Family members & chaperones who wish to ski must purchase their own lift tickets, at regular price, from Sundown Mountain Resort.

Cross Country Ski

- Join the University of Iowa volunteers as they lead warmups, stretches and workouts throughout the day.
- Delegations will report to the North Lodge at Sundown Mountain Resort located at 16991 Asbury Road in Dubuque. Registration, check-in, awards & lunch for cross country ski athletes, coaches & chaperones will be held at the North Lodge.
- Athletes not bringing their own equipment will be fitted with the appropriate equipment. All equipment is to be returned to the checkout area at the end of the day.
- Coaches will sign for their athlete's skis as they are checked in & out each time. Skis will not be handed out without a completed "Cross Country Ski Check-Out Card."

Snowshoe

- Join the University of Iowa volunteers as they lead warmups, stretches and workouts throughout the day.
- Delegations will report to Sundown Mountain located at 16991 Asbury Road in Dubuque. Registration, check-in, awards & lunch for snowshoe athletes, coaches & chaperones will be at Sundown Mountain.
- Athletes & Unified partners are to bring their own snowshoes for practice, time trials & competition. Delegations are not to rely on other delegations or Special Olympics Iowa to provide snowshoes. Snowshoes provided by other delegations will be first used by athletes & Unified partners within their own delegation. If the snowshoes are not being used by these athletes & Unified partners, only then will they be available for other competitors. Therefore, delegations should provide their own snowshoes to ensure that their athletes & Unified partners are fitted appropriately & that the snowshoes will be available for competition.
- Snow boots must be worn during practice, time trials & competitions.
- Coaches will sign for their athlete's snowshoes as they are checked in & out each time.

Beginner Hill (Sunshine Run)

- Super Glide Competition
- Beginner Slalom & Giant Slalom Events

Bunny Hill (near Carpet Lift)

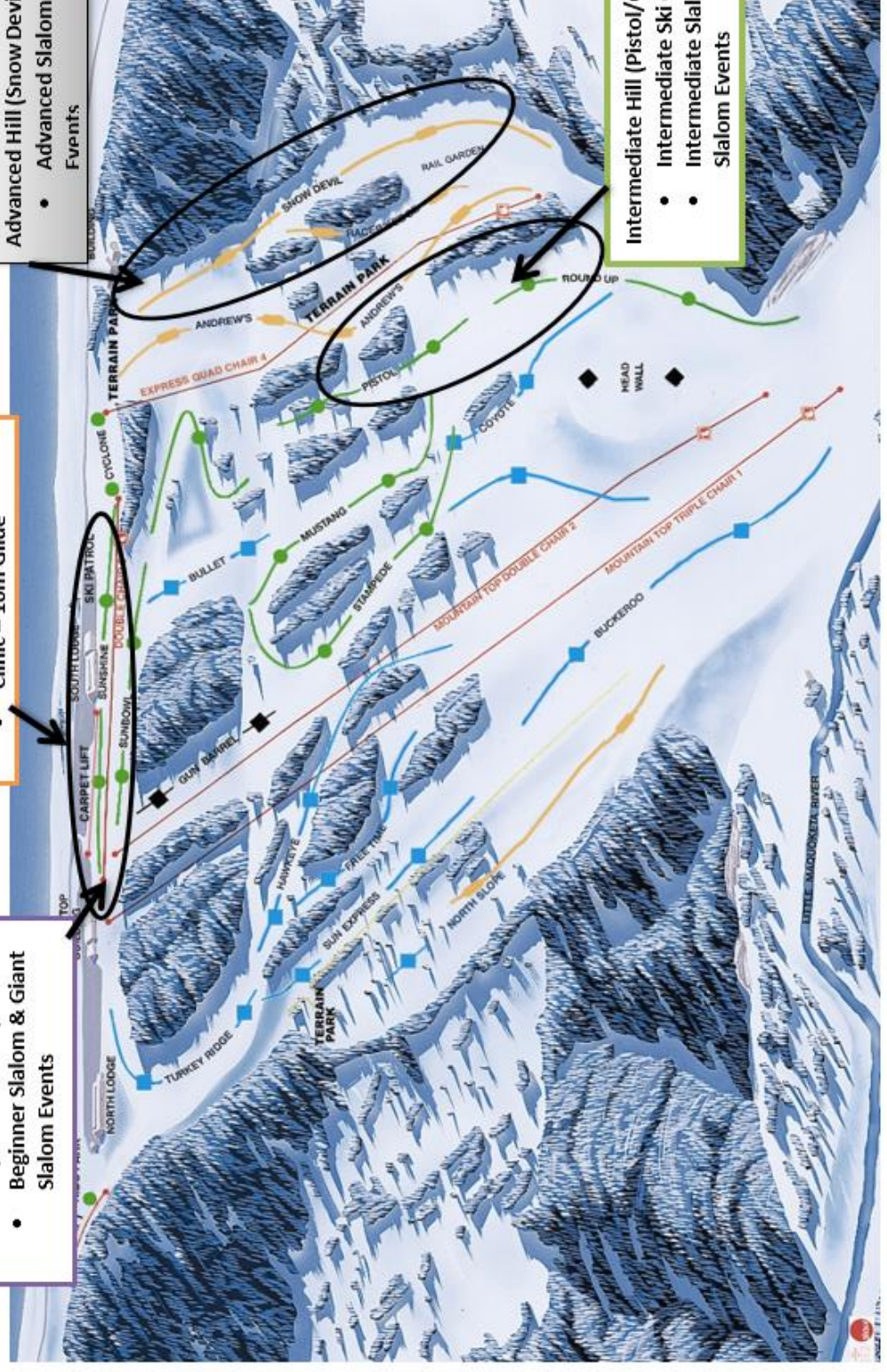
- Beginner Ski Clinic
- Clinic – 10m Glide

Advanced Hill (Snow Devil/Black Run)

- Advanced Slalom & Giant Slalom Events

Intermediate Hill (Pistol/Green Run)

- Intermediate Ski Clinic
- Intermediate Slalom & Giant Slalom Events



Special Olympics Alpine Ski Helmet Requirements & Guidelines

All Special Olympics Iowa alpine ski athletes must provide their own helmets for competition at the SOIA Winter Games. All helmets must meet the following requirements:

- Bear a CE mark & conform to recognized & appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98.
- Have a conformity label affixed by the manufacturer in a non-removable way, at the back of the helmet, in a position where it is not covered by the goggle strap.
- The conformity label must contain the text "Conform to FIS Specifications RH 2013."
- Helmets must cover the head & ears.
- Helmets with spoilers or edges that stick out are not permitted.
- Protective features, such as chin guards on SL helmets are permitted.
- Soft ear protection is only permitted for helmets used is SL.

Special Olympics Iowa Emergency Management Plan

In the event of an emergency situation (bus accident, hotel fire, athlete/coach/volunteer death, etc.) we must be ready to act. Specific assignments, in order to acquire & disseminate information & data, will be necessary in order for us to make necessary decisions. Communication among ourselves is vital in order for us to manage the situation, rather than just be reactionary. With that as a preface, the following is our initial plan for managing an emergency situation:

Step One – Whoever receives the phone call or message or witnesses an emergency or potential emergency, should determine whether or not the proper authorities (police, rescue squad, fire department, etc.) have been notified. Our first objective is to give the necessary treatment to those injured & to prevent further injury.

Step Two – If an emergency should occur at a venue, the Event Director should be located & directed to the scene. The Event Director should notify Special Olympics Iowa Staff.

SOIA Staff / Event Directors:

President/CEO (contact for all venues, banquet, dances, etc.): John Kliegl

Alpine Ski: Krista Smith

Cross Country Ski: Kirsten Selsor & Kenzie Olson

Snowshoe: Sydney Sloan & Sela Ingalls

If an emergency should occur on the way to or from an event, please notify John Kliegl at 515-418-7339. We ask that everyone direct media inquiries & representatives to John Kliegl, SOIA President/CEO, or his designee.

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Special Olympics Iowa thanks the following individuals, groups, colleges, & organizations for their contributions to the success of the 2025 Special Olympics Iowa Winter Games. Without these generous individuals & organizations Special Olympics Iowa would not be able to offer the quantity & quality of events we do for our athletes, Unified partners, coaches, families, & volunteers.

Winter Games Organizing Committee & Venue Hosts

Bruce Barnett
Jana Beau
Adam Drury-Aldrich
Matt Goedken
Mark Gordon
Kristina Gordon
Lorene Hynes
Anna Jensen
Adrienne Johnson
Tobi Luetkemeier

Eric Oeth
Cindy Kohlmann
Michelle Rhoades
Cole Schmelzer
Nancy Shannon
Ray Strekal
Dan Wachtel
Cory Ward
Mark Zalaznik

Good Sam's
Grand Harbor Hotel & Resort
Kiwanis Club Resort
Sundown Mountain
University of Iowa