



2016-2017 Winter Sport Information

WINTER REGISTRATION DEADLINE is Thursday, November 3, 2016

The following sports will be offered for the 2016-17 winter season. Athletes may practice or participate in multiple sports, but may only choose to compete in ONE. ALL athletes must be at least 8 years of age and have valid Special Olympics Medical and Parent Permission forms on file with our office prior to the first date of practice. It is the parent/guardian's responsibility to inquire about the expiration date of these forms. More information can be found by visiting www.sonc.net.

ALPINE SKIING & SNOWBOARDING

Alpine ski and snowboarding are provided for eligible athletes at all skill levels. Due to the nature of skiing and the location for training and competition, there are specific requirements for participation:

- Athletes must be at least 13 years old to participate; must be able to function well on a 1 (coach) to 5 (athlete) ratio; follow directions; display appropriate behavior; and be able to handle nights away from home with the team.

Additional Information:

- We do not have specific practices for this sport.
- A **MANDATORY** parent/guardian meeting will be held on Monday, November 28, 2016 at 6:30pm at Pullen Community Center.
- Athletes are required to provide their own official snowboard or ski helmets for all levels of snowboarding and skiing.

BASKETBALL (INDIVIDUAL SKILLS)

There will not be state level competition for basketball, but athletes will travel to a local invitational at the conclusion of the season.

Athletes have the option to choose one of the following practice times:

- **Practice Location:** Lake Lynn Community Center (7921 Ray Rd, Raleigh, 27613)
- **Practice Dates:** Mondays, November 21, 2016 – February 27, 2017 (NO practice 12/26/16, 1/2/17 & 1/16/17)
- **Practice Time:** 5:00pm-6:00pm

- **Practice Location:** Flaherty Park Community Center (1226 N. White St., Wake Forest, 27587)
- **Practice Dates:** Sundays, November 20, 2016 – February 26, 2017 (NO practice December 25, January 1 & January 15)
- **Practice Time:** 3:30pm-4:30pm

- **Additional Information:**
 - A **MANDATORY** parent/guardian meeting will be held at the first practice.
 - Athletes should bring/wear the following items to practice: tennis shoes, comfortable athletic clothing (no jeans), and water in a labeled bottle.

BASKETBALL (TEAM PLAY)

There will not be state level competition for basketball, but teams will travel to a local invitational at the conclusion of the season.

To assure each player's safety, players will be placed on teams by age, size and skill level. It is difficult to place those younger than 12 on a team, due to the size of our players. To be on a team, athletes must have some knowledge of the game of basketball and team play; have the necessary skills and fitness level to run the length of the court and actively participate; be able to follow directions; function well on a 1:5 coach to athlete ratio; and have appropriate behavior to travel with the team. Athletes who are unable to meet these requirements should participate in the Skills level (information noted above). Athletes should bring/wear the following items to practice: tennis shoes, comfortable athletic clothing (no jeans), and water in a labeled bottle.

NEW PLAYERS: If you have never played basketball before or were not on a team roster for the 2015/2016 season, you are a new player and must attend try-outs on Sunday, November 13 at 5:00pm at Jaycee Community Center (2401 Wade Ave., Raleigh, 27607). Each athlete will be assessed and placed on the team most appropriate for the athlete's maximum safety and playing time.

- If you do not attend try-outs; you will be ineligible for team play, but can participate in basketball skills.
- If you attend try outs but we do not have space on a roster, you may choose to participate in basketball skills or of being an "alternate player" with a team. Alternate players can attend practice but may not be able to travel/play with the team unless someone drops from the roster.

RETURNING PLAYERS: If you played on a team for the 2015/2016 season, you are a returning player and have priority to play again on a team and will most likely be on the same team. If athletes need to be shifted to a different team, you will be notified ASAP. Athletes who would like to request to be placed on a different team must contact our office by Thursday, November 10 – requests will be fulfilled if appropriate, but are not guaranteed.

5 on 5 Teams

- **Practice Dates:** Sundays, November 20, 2016 – February 26, 2016 (NO practice December 25, January 1 & January 15)
- **Practice Location:**
 - Chavis Center (505 MLK Jr. Blvd., Raleigh, 27601)
 - Jaycee Center (2405 Wade Ave., Raleigh, 27606)
- **Practice Times:**
 - 2:15pm-3:45pm (Chavis) – Lightning
 - 3:45pm-5:15pm (Chavis) – Griffins and Monsters
 - 4:30pm-6:00pm (Jaycee) – Titans and Wolves
 - 6:00pm-7:30pm (Jaycee) – Wizards and Lakers
 - 7:30pm-9:00pm (Jaycee) – Regulators and Wildcats

3 on 3 Teams

- **Practice Dates:** Sundays, November 20, 2016 – February 26, 2016 (NO practice December 25, January 1 & January 15)
- **Practice Location:**
 - Chavis Center (505 MLK Jr. Blvd., Raleigh, 27601)
- **Practice Times:**
 - 1:00pm-2:15pm (Chavis) – Thunder, Vampires, Incredibles, and Dragons
 - 2:15pm-3:45pm (Chavis) – All Stars and Hotshots
- **Additional Information:**
 - A **MANDATORY** parent/guardian meeting will be held at the first practice for all teams – hosted by the coaches.
 - Athletes should bring/wear the following items to practice: tennis shoes, comfortable athletic clothing (no jeans), and water in a labeled bottle.

COMPETITION ELIGIBILITY

As sports participation continues to grow at the local level, SONC will increasingly be unable to accommodate all athletes at the state-level competitions. Attending a state-level event is a privilege, not a guarantee. In order to be fair and equitable to all athletes, the following will be used to determine advancement beyond local competition. If all of the criteria below are met, an athlete's name or team will be entered into a random drawing to potentially be selected for state-level competition.

- 1) Attends 75% of all scheduled practices.
- 2) Follows the Athlete Code of Conduct.
- 3) Exhibits sportsmanship at all practices and competition opportunities.
- 4) Gives 100% effort at all practices.
- 5) Age and/or length of time participating in Specialized Recreation programs.
- 6) Appropriate to travel.

Situations may vary by sport and will be handled on a case-by-case basis.

COMPETITION OPPORTUNITIES

ALPINE/SNOWBOARDING

- **December 11, 2016** - SONC Athlete Training Camp (Boone, NC) – Hosted by the French Swiss Ski College, this camp is designed to get athletes out onto the snow and practice their skills under skilled and professional ski instructors.
NOTE: Athletes **MUST** participate in this to be eligible for Winter Games and Southeast Games.
- **January 8-9, 2017** - SONC Winter Games (Boone & Blowing Rock, NC) – This is the state-level competition for athletes who are chosen to go compete and represent Wake County. Not all athletes will be eligible or selected to attend.
- **February 5-7, 2017** - Special Olympics Southeast Winter Games (Boone & Blowing Rock, NC) – This is an additional competition opportunity for SONC athletes, as well as athletes from surrounding states. Not all athletes will be eligible or selected to attend.

BASKETBALL SKILLS/TEAM

- **Saturday, February 25, 2017** – Special Olympics Orange County will host Skills and 3-on-3 teams in a local competition.
- **Saturday, February 25, 2017** – Special Olympics Durham will host 5-on-5 teams in a local competition.



Special Olympics Wake County
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