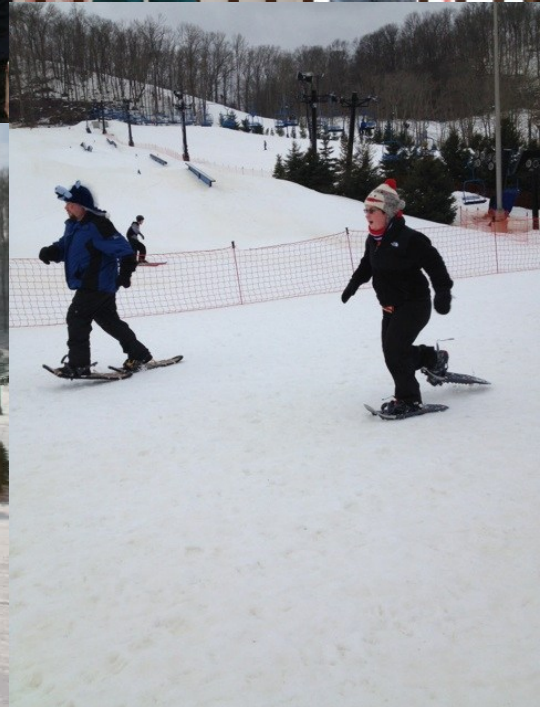




**Special
Olympics**
Indiana

45th Winter Games Coaches Handbook



January 11-13, 2026
Perfect North Slopes
Lawrenceburg, IN





**Special Olympics Indiana
would like to thank the Indiana
Lions Club and the Indiana
Knights of Columbus for their
support of Winter Games!**





Delegation Check-In

Delegations must check-in upon arrival at Winter Games. If you are housed at Higher Ground, participating in Sunday activities, or eating dinner at Higher Ground on Sunday, this will take place upon your arrival. If your delegation will not be at Higher Ground on Sunday, check-in will take place upon your arrival at Perfect North on Monday morning.

Check-in at Higher Ground will be open on Sunday from 3pm - 5pm in the Life Center lobby.

Check-in at Perfect North will open on Monday at 8:30am in the East Lodge.

HOD's are required to turn in the following during check-in:

- Perfect North Waivers (everyone in delegation)
- Perfect North Rental Agreement (if using Perfect North equipment)

HOD's will receive the following during check-in:

- Coaches Handbook
- Change Event Forms
- Listing of athletes and Unified partners
- Bib numbers with safety pins
- Equipment rental forms
- Lunch coupons
- Housing assignments (if staying at Higher Ground)
- Medical contact info for Higher Ground (if Staying)
- Lift tickets (in mornings at Perfect North)



FIS Helmet Rule

Helmet rule for Alpine Skiers

Special Olympics Indiana's parent organization (Special Olympics, Inc.) updated the helmet policy in 2020 which states the following. All skiers (athlete, partner, or coach) **MUST** wear a helmet that has a sticker stating, "Conform to FIS Specification RH 2013."





First Aid Information

Higher Ground Conference & Retreat Center

A trained individual will provide medical support at Higher Ground both Sunday and Monday evening. The room number and phone number to contact this person will be available at check-in on Sunday.

Perfect North Slops

Perfect North Ski Patrol will be on duty constantly while we are at the slopes. If an athlete is injured during competition, contact the nearest Games Official or Perfect North staff member who will radio for the Ski Patrol.

You may also call the Operations Center (317-799-1054) and a Special Olympics staff member will direct you to the proper medical personnel.

After contacting Ski Patrol, be sure to notify the Operations Center (317-799-1054) of any injuries.

Heads of Delegations are responsible for having their athletes' MEDICAL FORMS. All delegations will be asked to show their medical forms during check-in. Athletes will NOT compete if the form is missing.





Important Information

Operations Center

The Winter Games Operations Center will be located in the East Lodge at Perfect North. Operations Center will be staffed on Monday 7:00am - 4:00pm and Tuesday 7:30am - 1:00pm. The Operations Center phone number is **(317) 799-1054**.

Opening Ceremonies

The Winter Games Opening Ceremonies will be at 7:30pm on Sunday, January 11, in the Life Center at Higher Ground. All delegations are invited to attend.

Awards

Awards presentations will take place on the patio next to the East Lodge at Perfect North on Tuesday Starting at conclusion of the first division results turned in.

Souvenirs

Souvenirs will be offered on-site at Higher Grounds (Sunday) and Perfect North (Monday).

Rental Equipment

Please respect the rental equipment and make sure that it is all picked up and turned in. Perfect North Slopes is excited to host our event, so let's be courteous and responsible by turning the equipment back in. Due to the helmet rule, rental helmets from Perfect North can no longer be used for skiers.

Ski Pants

Ski pants (bibs) will be available in limited supply for those that need them. The cost is \$10 per day. You may rent ski pants through the Perfect North equipment rental office.

Coaches Skiing

Coaches should **NOT** request skis unless they have the ability to help athletes while using skis. Remember, your first duty is to supervise your athletes. Make sure they are skiing with you or are being supervised by another person in your delegation. The helmet rule applies to **ALL** coaches and volunteers on skis.



Schedule of Events Sunday, January 11

3:00pm - 6:00pm	Winter Fest (Life Center)
3:00pm - 5:00pm	Delegation Check-In (Life Center Lobby)
6:00pm - 7:15pm	Dinner (Higher Grounds Dining Hall)
7:30pm	Opening Ceremonies (Life Center) ***Delegations to be staged in Dining Hall
8:30pm - 9:30pm	Dance (Life Center)
10:00pm	Lights Out (Quiet Hours start)





Schedule of Events Monday, January 12

7:00am - 8:00am	Breakfast (Higher Grounds Dining Hall)
9:00am - 10:00am	Equipment Pickup (Perfect North Rental Room)
9:00am - 12:00pm	Open Slopes/Practice & Instruction Time
9:00am - 12:30pm	Change of Event Forms Due to Operations Center
11:30am - 1:00pm	Lunch (Perfect North Lodge)
1:30pm - 4:30pm	Preliminary Competition for Snow Shoeing
2:00pm - 4:30pm	Preliminary Competition for All other Events
6:00pm - 10:30pm	Activities & Games (Higher Grounds Dorms)
6:30pm - 7:30pm	Dinner (Higher Grounds Dining Hall)
8:00pm - 10:00pm	Movie (Life Center)
8:30pm - 9:00pm	Mandatory Coaches/HOD Meeting (East Dorm Meeting Room)





Schedule of Events Tuesday, January 13

7:30am - 8:30am	Breakfast (Higher Grounds Dining Hall)
9:00am - 9:30am	Equipment Pickup (Perfect North Rental Room)
10:00am - 12:00pm	Finals Competition for All Events
11:15am - 12:45pm	Lunch (Perfect North Lodge)
11:00am - 1:30pm	Awards Ceremony (Patio East Lodge)
2:00pm	Operations Center Closed





Special Olympics Indiana would like to thank the Ripley-Ohio-Dearborn delegation for organizing Opening Ceremonies!





Competition Information

Equipment rental opens at 9:00am on Monday and Tuesday. Please make sure that athletes are returning equipment to the Rental Room. **DO NOT leave equipment on the slopes or next to the lodge.**

As a reminder, Perfect North does not offer snowshoeing equipment. **Delegations must bring their own snowshoeing equipment.**

All competition courses will be set up for training and practice on Monday morning. Athletes should practice on the course(s) where they will be competing. Instructors and volunteers will be available to assist athletes if needed.

If the course seems too easy or difficult, the coach may request an event change for the athlete. **All changes must be reported prior to 12:30pm to the Operations Center in the East Lodge. No changes will take place after 12:30pm.**

Skiing, snowboarding, and snowshoeing rules reminders:

- All participants using skis or snowboards must wear a helmet that conforms to current helmet regulations. See Page 4 for more information.
- Competitors will complete two (2) runs during preliminary competition and one (1) run during finals competition.
- The athlete or Unified pair's fastest time from preliminary competition will be used for finals divisioning.
- Athletes or Unified pairs who do not register a preliminary time will be placed in the highest finals division.
- The time for a Unified pair is determined by adding the athlete and Unified partner's fastest times together. If either member of the Unified pair is disqualified or fails to finish the course, it results in "no time" for the Unified pair.
- If a participant falls or loses a ski/shoe, the participant has two (2) minutes to re-enter the course. Failing to adhere to this time limit results in disqualification.
- The time stops when the tip of the ski, board, or shoe crosses the finish line.
- Competitors must finish with both skis or shoes on their feet.
- Competitors may not crawl to advance in the course.
- Rule Clarification - "The use of poles at Novice level Station#1 are allowed to push off the flat prior to the start line, and then only used for balance and not to propel the competitor for gain of speed."



Competition Schedule

Monday, January 12

- 9:00am Open Slopes/Practice & Instruction Time
- 11:30am Change of Event Forms Due to Operations Center
- 1:30pm Preliminary Competition (Snow shoeing)
2:00pm Preliminary Competition All other Events
- Skiing and snowboarding stations operate on a “come when ready” format.
 - Delegations alternate between stations within each level. For example, in Novice Skiing, one set of delegations starts at Station 1 while another set starts at Station 2. After skiers complete the first station, they will switch to the other station.
 - For Advanced Stations 5 & 6, all participants run through Station 5 first then switch over to Station 6.
 - Snowshoeing will operate on this tentative schedule:
 - ⇒ 1:30pm 200m Heats
 - ⇒ 1:45pm 50m Heats
 - ⇒ 2:20pm 100m Heats (includes Relays)

Tuesday, January 13

- 10:00am Finals Competition
- Rotation of stations will be the same as prelims.
 - Final divisions available at Monday Coach/HOD Meeting.
- 10:30am Awards Presentations Begins

Trail Map



TRAIL LEGEND

Easier	Quad Chair Lift	Restrooms
More Difficult	Triple Chair Lift	Ski School
Advanced Intermediate	Ropetow	Tickets
Most Difficult	Carpet Lift	Food
Most Difficult - Use Caution	Race Course	Parking
Terrain Park	First Aid	Rental/Repair

All snow sports involve personal risk!
 Individuals are personally responsible for their choices, actions, decisions and results. See PerfectNorth.com/safety for more information.



Fun and Games

Winter Fest

Winter Fest will be offered in the Life Center at Higher Ground on Sunday, January 11, from 3:00pm - 6:00pm. A number of activities will be available for athletes and coaches including inflatable Axe Throwing, Soccer kick, a balloon artist, Cornhole, and souvenirs. Winter Fest is sure to be FUN and we encourage all delegations to participate.

Opening Ceremonies

Opening Ceremonies will be conducted by the Ripley-Ohio-Dearborn Counties Program. Ceremonies will begin at 7:30pm in the Life Center at Higher Ground. Please plan on attending this event!

Dance

A dance will take place on Sunday night in the Life Center after the Opening Ceremonies (approx. 8:30pm). This will also be sponsored by the Ripley-Ohio-Dearborn Co. Drinks and snacks will be available.

Movie Night

Ripley-Ohio-Dearborn Counties will sponsor a Movie Night on Monday, January 12 from 8:00pm - 10:00pm in the Life Center at Higher Ground. Drinks and snacks will be available.



Lodging: Higher Ground

Delegation check-in begins at 3pm on Sunday in the Life Center lobby. Rooms will be assigned to delegations who requested on-campus housing during registration.

Dorm rooms are setup in an “open” style. Males will be assigned to one wing of the dorm. Females will be assigned to the opposite wing of the dorm. Each wing has its own restroom and bathing facilities.

Sleeping areas are not locked! Please make sure that you do not leave any valuables in the sleeping area. Higher Ground and Special Olympics Indiana will not be responsible for stolen or lost items.

Due to the “open” style of the dorm rooms, quiet hours take effect starting at 10pm each night. At 10pm, coaches should start reminding athletes to be quiet and keep noise levels down. At 11pm, lights should go out in the sleeping areas and noise should only happen if needed. Any member of a delegation who wishes to stay up late should use common areas to refrain from disturbing those wishing to sleep.

Please note that the only dorm amenities provided by Higher Ground are a bunk bed and mattress. We encourage all delegations to bring the following for each athlete, coach, and chaperone:

- Pillow
- Sleeping bag/ sheets/ blankets
- Toiletries
- Shower shoes
- Towels, hand towel, wash cloth

Lodge rooms each have pillows, sheets, blankets, towels, and washcloths.

Wi-Fi is available at Higher Ground.



Meals: Higher Ground

Breakfasts and dinners will be available at Higher Ground in the Ferguson Dining Hall for those delegations who chose the housing option. Delegations may arrive any time during the following time slots for meals:

Sunday Dinner	6:00pm-7:15pm
Monday Breakfast	7:00am-8:00am
Monday Dinner	6:30pm-7:30pm
Tuesday Breakfast	7:30am-8:30am

NOTE: For anyone involved in Winter Games who has a food allergy or special dietary need, Higher Ground will need to know so we can accommodate your needs. Please contact Kevin Aders directly at (317) 328-2010 no later than 10:00am on Thursday January 8, 2026.

Meal Menu

Sunday Dinner:

- Salad bar
- Fried chicken Strips
- Mac and cheese
- Green beans
- Dinner rolls
- Chocolate cake w/ ice cream
- Beverages

Monday Breakfast:

- Scrambled Eggs
- Bacon
- Biscuits / Sausage Gravy
- Triangle - Potatoes
- Fruit
- Cereal
- Beverages

Monday Dinner:

- Salad bar
- Turkey
- Gravy
- Dressing
- Mashed potatoes
- Carrots
- Dinner rolls
- Oreo ice cream pie
- Beverages

Tuesday Breakfast:

- Scrambled eggs
- Sausage
- Cinnamon rolls
- Cheddar rounds
- Fruit
- Cereals
- Beverages



Meals: Perfect North

Lunch on Monday and Tuesday will be provided to all registered members of each delegation. Tickets will be provided in the delegation packet handed out during delegation check-in. HOD's are responsible for distributing lunch tickets to their athletes, Unified partners, and coaches. Lunch tickets must be redeemed at the Perfect North Café. Delegations may eat their food in the East Lodge or upstairs in the Loft.

Lunch will be served on Monday and Tuesday from 11:15am to 1pm. Each person will receive:

- Hamburger OR Cheeseburger OR Boneless Chicken Wings (pick one)
 - French Fries
 - Small Soup
 - Fruit
 - Cookie
 - Soft Drink
1. Athletes, Unified partners, and coaches will circle their selection for main entrée (hamburger, cheeseburger, or boneless chicken wings) on their lunch ticket.
 2. We will be working on a plan to split the delegation into two lunch groups to control the line and wait for food during lunch. Please be patient with the Perfect North staff.

Perfect North Café will be open on Monday and Tuesday for anyone who wishes to purchase additional food. Payment is due at time of purchase directly to Perfect North.

If anyone requires a special diet for lunch while at Perfect North, you are encouraged to bring your own needs as the concessions at Perfect North are not able to meet special diet needs. Coolers and snacks are welcome.

Thank you Perfect North Slopes for supporting Special Olympics Indiana!



Perfect North Slopes
www.perfectnorth.com
(812) 537-3754

19074 Perfect Lane, Lawrenceburg, IN 47025



Thank you Higher Ground Conference & Retreat Center for supporting Special Olympics Indiana!

Directions

From Cincinnati (east):

Take I-275 west to I-74 to Indiana. After crossing into Indiana continue on I-74 to the Brookville Exit (Exit 169). Go left (north) on US-52 to the first street, SR-46. Turn left (west) onto US-46 and follow 1.5 miles to the Higher Ground Conference and Retreat Center sign. Turn right at the drive.

From Indianapolis (west):

Take I-74 to the St. Leon exit (Exit 164). Turn left (north) on SR-1. At the first stop sign, turn right (east) onto SR-46. Go 3 miles to the Higher Ground Conference and Retreat Center sign. Turn left at the drive (approximately 82 miles from Indianapolis).

Higher Ground Conference & Retreat Center

www.hgcrc.org

(812) 637-3777

3820 Logan Creek Lane, West Harrison, IN 47060



***Special
Olympics
Indiana***

**Special Olympics Indiana
would like to thank you
all for participating in
the 2026 Winter Games!
We hope you have a
great time!**

Special Olympics Indiana

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Indianapolis, IN 46278

Main Office: (317) 328-2000