



Dear Local Training Program Coordinators & Coaches,

Special Olympics New Jersey looks forward to a successful 2015-2016 program year. Through your dedicated support, over the coming months more than 25,000 athletes will train and compete in 24 sports throughout New Jersey.

This Sports Information Handbook has been published to provide information to Local Training Program coordinators and coaches who train Special Olympics athletes, and attend competitions. This guide will serve as your primary resource for your athletes' participation in programs throughout the year.

On behalf of Special Olympics New Jersey, I sincerely thank you for your commitment to the Special Olympics Movement and your efforts to provide the very best experience for your athletes in the upcoming year.

Thank you and best of luck!

Sincerely,

A handwritten signature in black ink, appearing to read "Heather B. Andersen".

Heather B. Andersen
President

Special Olympics New Jersey Sports Complex
1 Eunice Kennedy Shriver Way, Lawrenceville, NJ 08648

Created by the Joseph P. Kennedy, Jr. Foundation,
Authorized and Accredited by Special Olympics, Inc. for the Benefit of Persons with Intellectual Disabilities

STATE CHAPTER OFFICE

**Special
Olympics**
New Jersey



Special Olympics New Jersey Sports Complex

1 Eunice Kennedy Shriver Way
Lawrenceville, NJ 08648

Phone: (609) 896-8000

Fax: (609) 896-8040

SportsInfo@sonj.org

www.sonj.org

*Special Olympics New Jersey is supported by the
New Jersey Department of Community Affairs and the
New Jersey Office of Recreation.*

INTERNATIONAL HEADQUARTERS

**Special
Olympics**



Special Olympics, Inc.

1133 19th Street, N.W.
Washington, DC 20036-3604

Phone: (202) 628-3630

Fax: (202) 824-0200

www.SpecialOlympics.org

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Please note that all event locations and dates are subject to change. Please see the Competition Calendar on the Special Olympics New Jersey website at www.sonj.org or call the Sports Competition Department at the State Office at (609) 896-8000 for the latest information.

GENERAL INFORMATION

SPECIAL OLYMPICS INTERNATIONAL ORGANIZATION

Special Olympics, Inc. is a worldwide program of sports training and athletic competition open to individuals with intellectual disabilities regardless of their physical abilities. The International Olympic Committee has granted its official recognition to Special Olympics, Inc.

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with intellectual disabilities, giving them continued opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Special Olympics is founded on the belief that people with intellectual disabilities can, with proper instruction and encouragement, learn, enjoy, and benefit from participation in individual and team sports, adapted as necessary to meet the needs of those with intellectual and physical limitations.

Special Olympics believes that consistent training is indispensable to the development of sports skills, and that competition among those of equal abilities is the most appropriate means of testing these skills, measuring progress and providing incentives for personal growth.

Special Olympics believes that through sports training and competition, people with intellectual disabilities benefit physically, mentally, socially and spiritually; families are strengthened, and the community at large, both through participation and observation, is united in understanding intellectual disabilities in an environment of equality, respect and acceptance. The General Rules of Special Olympics constitute the charter for more than 170 Special Olympics programs accredited by Special Olympics International throughout the world, as well as all 52 U.S. Chapters. The General Rules define the nature of both the cooperative relationships and mandatory requirements operating within the Special Olympics Movement.

GENERAL INFORMATION

SPECIAL OLYMPICS NEW JERSEY ORGANIZATION

Special Olympics New Jersey, Inc. is a statewide program of sports training and athletic competition that provides year-round opportunities for children and adults with intellectual disabilities to participate in sports.

In New Jersey, athletes participate in the following sports:

| FALL | WINTER | SPRING | SUMMER |
|---------------|----------------------|------------|---------------|
| Baseball | Alpine Skiing | Basketball | Aquatics |
| Cycling | Cross-Country Skiing | Bowling | Bocce |
| Equestrian | Figure Skating | | Gymnastics |
| Flag Football | Floor Hockey | | Powerlifting |
| Golf | Snowboarding | | Softball |
| Soccer | Snowshoeing | | Tennis |
| Triathlon | Speed Skating | | Track & Field |
| | Volleyball | | |

Special Olympics New Jersey is governed by a Board of Directors. The Board of Directors employs a full-time staff to conduct the program on a day-to-day basis. It is the responsibility of the staff to implement the program in accordance with Board policies and the guidelines set forth by Special Olympics, Inc.

Special Olympics New Jersey area, sectional and chapter level events are conducted by volunteers who serve on event organizing committees and Sport Management Teams.

The State of New Jersey has been divided into areas for conducting local programs and qualifying competitions. An "area" is managed by a volunteer Area Director and an Area Committee. (See listing on page 7.)

A Local Training Program, or "LTP," is a registered and accredited group of one or more athletes, coaches and Unified partners training together in one or more sports. Each LTP operates within an area of New Jersey.

GENERAL INFORMATION

SPECIAL OLYMPICS NEW JERSEY AREA MANAGEMENT

AREA 01 - HUDSON

Anita Nedswick

1-33 33rd Street, Fair Lawn, NJ 07410-4701
(201) 797-3957 | director-area01@sonj.org

CHIEF, PROGRAM DEVELOPMENT OFFICER

Carmen Bannon
(609) 217-3385
cb@sonj.org

AREA 02 - PASSAIC

Rich Deska

PO Box 747, Ringwood, NJ 07456
(973) 800-5786 | director-area02@sonj.org

AREA 03 - MORRIS, SUSSEX & WARREN

Betty Lunn

201 Tulsa Trail, Hopatcong, NJ 07843
(973) 398-6150 | director-area03@sonj.org

AREA 04 - HUNTERDON

Joyce Kirchin

214 Cokesbury Road, Lebanon, NJ 08833
(908) 236-7807 | director-area04@sonj.org

AREA 05 - MIDDLESEX & UNION

Steve Smith

24 Tanglewood Lane, Mountainside, 07092
(908) 591-0607 | director-area05@sonj.org

AREA 06 - MONMOUTH & OCEAN

Jeri Hickey

213 Newport Avenue, Lakewood, NJ 08701
(908) 330-6095 | director-area06@sonj.org

AREA 07 - CAMDEN, GLOUCESTER, SALEM

Marianne Aponte

15 Stanford Road, Cherry Hill, NJ 08034-2620
(856) 952-6977 | director-area07@sonj.org

AREA 08 - ATLANTIC, CAPE MAY, CUMBERLAND

Sue Kinsell

PO Box 1317, Pleasantville, NJ 08232
(609) 647-7464 | director-area08@sonj.org

AREA 09 - ESSEX

Frank Petrucci

5 Long Acres Road, Fairfield, NJ 07004
(973) 227-2354 | director-area09@sonj.org

AREA 10 - SOMERSET

Chris & Larry Hanko

PO Box 851, Somerville, NJ 08876
(732) 390-1113 | director-area10@sonj.org

AREA 11 - MERCER

Joanne Monaco

4 Old Stock Lane, Trenton, NJ 08611
(609) 558-9279 | director-area11@sonj.org

AREA 12 - BERGEN

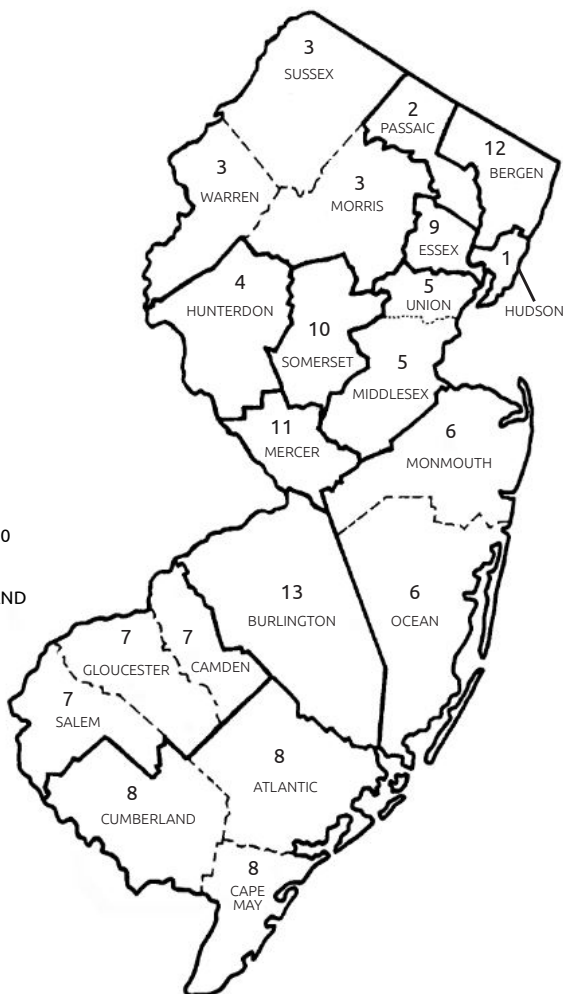
Garth Brown

110 Hobart Avenue, Rutherford, NJ 07070
(732) 644-5555 | director-area12@sonj.org

AREA 13 - BURLINGTON

Kate Maloney

12 Tudor Court, Marlton, NJ 08053
(609) 217-6261 | director-area13@sonj.org



GENERAL INFORMATION

ELIGIBILITY

General Statement of Eligibility: Every person with an intellectual disability who is at least eight years of age is eligible to participate in Special Olympics.

A person is considered to have an intellectual disability for purposes of determining his or her eligibility to participate in Special Olympics if that person satisfies any one of the following requirements:

- The person has been identified by an agency or professional as having an intellectual disability as determined by their localities; or
- The person has a cognitive delay, as determined by standardized measures such as intelligent quotient or "IQ" testing or other measures that are generally accepted within the professional community in that Accredited Program's nation as being a reliable measurement of the existence of a cognitive delay; or
- The person has a closely related developmental disability. A "closely related developmental disability" means having functional limitations in both general learning (such as IQ) and in adaptive skills (such as in recreation, work, independent living, self-direction, or self-care). However, persons whose functional limitations are based solely on a physical, behavioral, or emotional disability, or a specific learning or sensory disability, are not eligible to participate as Special Olympics athletes, but may be eligible to volunteer for Special Olympics as partners in Unified Sports®, if they otherwise meet the separate eligibility requirements for participation in Unified Sports set forth in the Sports Rules.

PARTICIPATION IN SPECIAL OLYMPICS

To participate in Special Olympics, an athlete must submit a completed medical form every three years as well as a one-time consent form. The forms are available from an Area Director or from the Special Olympics New Jersey Office. When the forms are completed, please keep a copy for your personal record and turn in a copy to your Local Training Program Coordinator.

IMPORTANT: Coaches should keep all athlete medical and consent forms in a safe place. During training sessions, competitions and any Special Olympics related events, coaches should have their athletes' medical form **IN THEIR POSSESSION** for reference and in case of an emergency.

GENERAL INFORMATION

PARTICIPATION IN SPECIAL OLYMPICS

Atlanto-axial Instability (AAI): Compression of the spinal cord at any vertebral level, including at the level of the cervical vertebrae C-1 and C-2 in the neck, known as Atlanto-axial instability (AAI), may expose individuals to possible injury if they participate in activities that radically move the vertebrae at the area of compression. Resultant hyperextension or radical flexion of the neck or upper spine could produce significant injury. The following precautions must be taken before any athletes who, during a physical examination, demonstrate symptoms of spinal cord compression and/or symptomatic AAI are permitted to participate in certain physical activities:

- **Determination of Symptoms:** All Athletes, when they receive the standard preparticipation physical examination must be examined by a Licensed Medical Professional for symptoms of adverse neurological effects, including those that could result from spinal cord compression or symptomatic AAI. Such symptoms may include: significant neck pain, radicular pain (localized neurological pain), weakness, numbness, spasticity (unusual "tightness" of certain muscles) or change in muscle tone, gait difficulties, hyperreflexia (highly reactive deep tendon reflexes), change in bowel or bladder function or other signs or symptoms of myelopathy (injury to the spinal cord).
- **Presence of Symptoms:** If a Licensed Medical Professional confirms the presence of symptomatic spinal cord compression and/or symptomatic AAI during the medical examination of an athlete, such athlete may be permitted to participate in the Special Olympics sport of the athlete's choice only if the athlete has received a thorough neurological evaluation from a physician, qualified to make such a determination, who certifies that the athlete may participate and the athlete, or the parent or guardian of a minor athlete, has signed an informed consent acknowledging they have been informed of the findings and determinations of the physician. The statements and certifications required by this subsection shall be documented and provided to Accredited Programs using the standardized form approved by SOI, entitled "Special Release for Athletes with Symptomatic Spinal Cord Compression and/or symptomatic Atlanto-axial Instability," and any revisions of that form, approved by SOI (the "Special Release Concerning Spinal Cord Compression and/or symptomatic Atlanto-axial Instability").

For further information, please contact Special Olympics New Jersey at (609) 896-8000.

GENERAL INFORMATION

PARTICIPANT ACCIDENT MEDICAL POLICY

The accidental medical insurance policy is excess of any other valid and collectible insurance or medical plan applicable to the injured participant who is

- participating in activities sponsored and supervised by Special Olympics; or
- traveling to, during or after such activities as a member of a group in transportation furnished or arranged by Special Olympics

DESCRIPTION OF COVERAGE: This policy responds when INJURIES resulting from an accident occur during a COVERED EVENT or during COVERED TRAVEL. This is an accident medical policy, not a sickness or illness medical policy. For example, it may cover the expenses caused by a broken leg, but not those caused by appendicitis. An accident must occur in order for coverage to apply.

Covered Event is defined as any scheduled activity authorized, organized, and supervised by Special Olympics. With respect to competition activities, this includes pre-competition activities and practice sessions. Covered events also include activities authorized by Special Olympics that are *Directly Supervised by Registered Class A Volunteers*, but only when participation is part of the Special Olympics athlete's overall sports training for Special Olympics, or for the purpose of qualifying for Special Olympics competition.

Directly Supervised is defined as supervised in person by a *Registered Class A Volunteer*.

Registered Class A Volunteer is defined as an individual currently registered and appointed in accordance with the Official Special Olympics General Rules.

Covered Travel is defined as travel that is traveling to, during or after such activities as a member of a group in transportation furnished or arranged by Special Olympics.

Insured Persons is defined as United States Special Olympics athletes (including Young Athletes), Unified partners, managers, coaches, officials, chaperones, supervisors, fundraising participants, and other volunteers whose names are on file with Special Olympics, while participating in a *Covered Event*.

GENERAL INFORMATION

2015 GENERAL CERTIFICATE OF INSURANCE

| | | | |
|--|--|--|------------|
| AXIS 8000(08/10) | | CERTIFICATE OF INSURANCE | 12/11/2014 |
| PRODUCER American Specialty Insurance & Risk Services, Inc. 142 North Main Street Roanoke, Indiana 46783 | | THIS CERTIFICATE IS ISSUED AS A MATTER OF INFORMATION ONLY AND CONFERS NO RIGHTS UPON THE CERTIFICATE HOLDER. THIS CERTIFICATE DOES NOT AFFIRMATIVELY OR NEGATIVELY AMEND, EXTEND, OR ALTER THE COVERAGE AFFORDED BY THE POLICIES BELOW. THIS CERTIFICATE OF INSURANCE DOES NOT CONSTITUTE A CONTRACT BETWEEN THE ISSUING INSURER(S), AUTHORIZED REPRESENTATIVE OR PRODUCER, AND THE CERTIFICATE HOLDER. | |
| INSURED Special Olympics, Inc., All Special Olympics Accredited U.S. Programs 1133 19th Street NW Washington, DC 20036 | | INSURERS AFFORDING COVERAGE INS. A: Philadelphia Indemnity Insurance Company INS. B: INS. C: | |
| SPECIAL OLYMPICS NEW JERSEY 1 EUNICE KENNEDY SHRIVER WAY LAWRENCEVILLE, NJ 08648 | | CERT NUMBER: 1001198632 | |

COVERAGES

THIS IS TO CERTIFY THAT THE POLICIES OF INSURANCE LISTED BELOW HAVE BEEN ISSUED TO THE INSURED NAMED ABOVE FOR THE POLICY PERIOD INDICATED, NOT WITHSTANDING ANY REQUIREMENT, TERM OR CONDITION OF ANY CONTRACT OR OTHER DOCUMENT WITH RESPECT TO WHICH THIS CERTIFICATE MAY BE ISSUED OR MAY PERTAIN. THE INSURANCE AFFORDED BY THE POLICIES DESCRIBED HEREIN IS SUBJECT TO ALL THE TERMS, EXCLUSIONS AND CONDITIONS OF SUCH POLICIES. LIMITS SHOWN MAY HAVE BEEN REDUCED BY PAID CLAIMS.

| INS LTR | POLICY TYPE | POLICY NUMBER | POLICY EFFECTIVE | POLICY EXPIRATION | LIMITS |
|---------|-------------|---------------|--------------------------|--------------------------|---|
| A | GL | PHPK1262710 | 12/31/2014 12:01 a.m. | 12/31/2015 12:01 a.m. | Each Occurrence |
| | | | | | Personal and Advertising Injury |
| | | | | | Products-Completed Operations Aggregate |
| | | | | | General Aggregate |
| | | | | | Damage to Premises Rented to You (Any One Premises) |
| | | | | | Medical Expense Limit (Any One Person) |
| A | AUTO | PHPK1262710 | 12/31/2014 12:01 a.m. | 12/31/2015 12:01 a.m. | Non-Owned/Hired Auto Liability* |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

DESCRIPTION OF OPERATIONS/LOCATIONS/VEHICLES/EXCLUSIONS ADDED BY ENDORSEMENT/SPECIAL PROVISIONS

- * The Hired Auto Physical Damage limit contains a \$1,000 collision deductible and a \$100 other than collision deductible (for commercially rented vehicles only). Nonowned and Hired Auto (NOHA) liability is excess of any valid and collectible insurance.
- Coverage for property you rent or occupy, property loaned to you and property in the care, custody, or control of the Insured, \$100,000 limit subject to a \$2,500 deductible per loss, excluding watercraft, aircraft, and autos.

CERTIFICATE HOLDER

SPECIAL OLYMPICS NEW JERSEY
 1 EUNICE KENNEDY SHRIVER WAY
 LAWRENCEVILLE, NJ 08648

CANCELLATION

SHOULD ANY OF THE ABOVE DESCRIBED POLICIES BE CANCELLED BEFORE THE EXPIRATION DATE THEREOF, NOTICE WILL BE DELIVERED IN ACCORDANCE WITH THE POLICY PROVISIONS.

AUTHORIZED REPRESENTATIVE

Dawn Smith

2016 Certificates will be available in mid-December of 2015.

Please keep in mind that President HEATHER ANDERSEN is the only person authorized to sign any document on behalf of Special Olympics New Jersey.

GENERAL INFORMATION

FIRST REPORT OF ACCIDENT/INCIDENT

To download a version of this form, visit <http://www.sonj.org/locker>.



SPECIAL OLYMPICS

FIRST REPORT OF ACCIDENT / INCIDENT

**Special
Olympics**
New Jersey



U.S. Program/Area: _____ Date of Incident: _____

Injured Person/Party Information

Date of Birth: ____/____/____ Age: _____
Name: _____
(Last) (First) (MI)
Address: _____
(Street) (City) (State) (Zip)
Home Phone: (____) _____ - _____ Work Phone: (____) _____ - _____
Gender: ☐ Male ☐ Female Social Security Number: _____ - _____ - _____

Type of Injury/ Accident:

- ☐ Bodily Injury
☐ Property Damage
☐ Automobile
☐ Other: _____

Injured Party:

- ☐ Athlete
☐ Volunteer
☐ Coach
☐ Employee
☐ Spectator
☐ Unified Partner
☐ Property Owner
☐ Other: _____

Description of Accident (If automobile accident occurred, please attach a copy of the police report).

Describe how the accident occurred (Attach a separate sheet if necessary): _____

Site / event where accident occurred: _____

Accident Occurred During:

- ☐ Training/Practice
☐ Competition
☐ Traveling to or from SO event
☐ Other: _____

Type of Injury:

- ☐ Severe cut w/ bleeding
☐ Less serious bruise or cut
☐ Break/fracture
☐ Concussion
☐ Paralysis
☐ Fatality
☐ Other: _____

Disposition:

- ☐ Released to parent
☐ Refusal of care
☐ Refer to doctor
☐ Refer to hospital or clinic
☐ Medical attention
☐ EMS transport
☐ Patient requested EMS transport
☐ Released to personal vehicle
☐ Police
☐ Ambulance
☐ Report only
☐ Other: _____

Sport

- ☐ Alpine Skiing
☐ Aquatics
☐ Athletics
☐ Badminton
☐ Baseball
☐ Basketball
☐ Bocce
☐ Bowling
☐ Cheerleading
☐ Cross Country Ski
☐ Cycling
☐ Equestrian
☐ Figure Skating
☐ Floor Hockey
☐ Golf
☐ Gymnastics
☐ Kickball
☐ Power Lifting
☐ Relay Game
☐ Roller Skating
☐ Sailing
☐ Snowboarding
☐ Snowshoe
☐ Soccer
☐ Softball
☐ Speed Skating
☐ Swimming
☐ Table Tennis
☐ Team Handball
☐ Tennis
☐ Track & Field
☐ Volleyball
☐ Other: _____

Body Part Injured:

- ☐ Head
☐ Neck
☐ Torso
☐ Back
☐ Hand (L / R)
☐ Elbow (L / R)
☐ Shoulder (L / R)
☐ Leg (L / R)
☐ Knee (L / R)
☐ Thigh (L / R)
☐ Shin (L / R)
☐ Toe (L / R)
☐ Other: _____

Contact/Care Provider Information (If an athlete or underage volunteer was injured, please identify the care provider and/or responsible party (e.g. parent, legal guardian).

Relationship to the injured person: _____

Name: _____

Address: _____

Home Phone: (____) _____ - _____

Employer Name: _____

Employer Address: _____

Work Phone: (____) _____ - _____

Does the injured person have medical insurance?

☐ Yes ☐ No

If yes, insurance is provided by:

☐ Injured Person ☐ Care Provider/Responsible Party

Please provide name of Company and Policy Number: _____

Witness Information (Please provide names and phone numbers of any witnesses to the incident)

Witness #1 Name: _____

Daytime Phone: (____) _____ - _____

Witness #2 Name: _____

Daytime Phone: (____) _____ - _____

Special Olympics Official / Representative (other than claimant)

Name: _____

Daytime Phone: (____) _____ - _____

Signature: _____

Send completed form to:

If injury was serious or a fatality:

American Specialty Insurance Services, Inc., P.O. Box 459, Roanoke, IN 46783; Fax: (260) 673-1291

IMMEDIATELY notify American Specialty Insurance Services, Inc.

Telephone: (800) 566-7941 (24 hours a day / 7 days a week)

AMER: 189207 - SpecOlym Inc. Rep. Form 03-04

GENERAL INFORMATION

REQUEST FOR CERTIFICATE OF INSURANCE

To download a version of this form, visit <http://www.sonj.org/locker>.

SPECIAL OLYMPICS NEW JERSEY REQUEST FOR CERTIFICATE OF INSURANCE

*This form is only to be utilized when a facility / organization requires a certificate of insurance that names them as **additionally insured**.*

NAME OF PERSON COMPLETING THIS FORM: _____ DATE: _____

U.S. PROGRAM / AREA: _____ U.S. PROGRAM / AREA PHONE: _____

U.S. PROGRAM / AREA ADDRESS: _____

NAME OF EVENT: _____ DATE(S) OF EVENT: _____

SITE OR LOCATION OF EVENT: _____

- | | | |
|--|-----|----|
| 1. Is this event a fundraising activity? | YES | NO |
| 2. If yes, please provide the following information: | | |
| a. Will the event last more than 7 consecutive days? | YES | NO |
| b. Will more than 5,000 spectators / participants be in attendance of the event? | YES | NO |
| c. Are participants required to sign a Release of Liability Waiver? | YES | NO |

Please attach any pertinent information regarding fundraising activities (brochure, advertisement, specific details).

If the event involves any of the following, please contact Jina Doyle at jdoyle@amerspec.com or 260-673-1127 immediately, as the policy either specifically EXCLUDES coverage for these events or requires the U.S. program to meet certain underwriting requirements. Coverage is NOT PROVIDED for the following activities unless approved by the Insurer: Alcohol, Rock Climbing Walls, Aircraft (other than Plane Pull), Animals (other than equestrian practices/competitions), Firearms, Fundraising Events lasting more than 7 consecutive days, Inflatable Devices, Over the Edge events, Mechanical Rides, Golf Ball Drops, Fireworks, Rodeos, Fundraising Events with more than 5,000 people (including spectators and participants) in attendance.

- | | | |
|--|-----|----|
| 3. Is the event exclusively for Special Olympics Athletes? | YES | NO |
| 4. Is the event sponsored by a Special Olympics Program? | YES | NO |
| 5. Is the event conducted by a Special Olympics Program? | YES | NO |
| 6. Is alcohol being served at the event? | YES | NO |
| 7. If yes, please provide additional details (such as alcohol is included in the ticket price, cash bar, donated): | | |

8. Certificate Holder (Entity requiring certificate): _____

| | | |
|--|-----|----|
| 9. Does the certificate holder require additional insured status*? | YES | NO |
|--|-----|----|

10. If yes, please provide the following information:

| | |
|--|-------|
| a. Please outline the requested Additional Insured working: | _____ |
| b. Please outline the Additional Insured's role in the event (such as sponsor, location of event, etc.): | _____ |

11. Certificate Holder Contact Person: _____ Email: _____

12. Certificate Holder Address: _____

13. Certificate Holder Phone: _____ Fax: _____

***ADDITIONAL INSURED STATUS SHOULD BE PROVIDED ONLY IF IT IS A REQUIREMENT OF THE CERTIFICATE HOLDER.**

- | | | |
|--|-----|----|
| 14. Are you required to enter into an agreement / contract / permit with another party relative to the above-referenced event that contains assumption of liability, indemnification, or hold harmless language? | YES | NO |
|--|-----|----|
- If yes, please attach a copy of the contract with the Certificate Request Form.

Original certificate should be sent to:

| | | |
|--------------------|-----------------------------|---|
| Certificate Holder | Person completing this form | Richard Gelfond |
| Email: _____ | Email: _____ | Email: RSG@sonj.org |
| Fax: _____ | Fax: _____ | Fax: _____ |

Send completed forms to: Richard Gelfond
Special Olympics New Jersey
1 Eunice Kennedy Shriver Way
Lawrenceville, NJ 08648

Email: RSG@sonj.org
Ph: (609) 896-8000, ext. 241
Fax: (609) 482-2297

GENERAL INFORMATION

COMMERCIAL MESSAGES

Because we do not charge for Special Olympics participation, we must seek donations to cover many of the costs associated with events. Much of this money comes from businesses and corporations. In return for their sponsorship, corporations or businesses may be given advertising at an event.

Advertising may be in the form of signs, banners, handouts or giveaways. Special Olympics cannot allow any form of advertising or commercial message on the competition uniform of the athlete. This is a rule of the International Olympic Committee, Special Olympics, Inc. and Special Olympics New Jersey.

The following rules shall be followed at all Special Olympics competitions:

- Coaches may wear jackets, t-shirts, caps and other apparel bearing small and attractively designed identifications of corporate and organizational sponsors at sports venues.
- Athletes not in competition and not at sports venues (e.g., at training sessions, practices, trips or away from competition sites) may wear apparel bearing small and attractively designed identifications of corporate and organizational sponsors.
- Athletes may carry and use non-apparel, non-sports equipment items, such as tote bags, bearing small and attractively designed identifications of corporate or organizational sponsors.
- The Opening and Closing Ceremony are both deemed to have the same status as sports venues during the Games. Hence, team or delegation members and officials shall not wear warm up suits, jackets, caps, etc. which bear corporate or organizational identifications which might be considered as advertising.

GENERAL INFORMATION

WAWA EXERCISE AND WELLNESS CENTER

The Wawa Exercise and Wellness Center is part of the Special Olympics New Jersey Sports Complex in Lawrenceville. The Center is a fitness facility featuring state-of-the-art exercise equipment and is open to all registered Special Olympics New Jersey athletes, coaches, and Unified partners when accompanied by an athlete(s). Entrance and the programs offered by our certified athletic trainers and staff are free of charge to registered participants. Please contact the Sports Complex for specific age limits.

Athletes will learn how to use the gym equipment properly, become familiar with gym etiquette and have the option to be placed on a customized training plan suited to their needs and abilities. Special group fitness programs are offered throughout the year including Boot Camp, Fitness Night and other special events. Please be sure to check the website for program updates.

The center is open Tuesday, Wednesday and Thursday evenings from 5:00 p.m. – 8:00 p.m., Saturdays from 10:00 a.m. – 2:00 p.m. and by special arrangements. On Wednesday evenings, the center is open to the public from 5:00 p.m. - 6:30 p.m. An athlete only group fitness program takes place from 6:30 p.m. - 7:30 p.m. on Wednesday nights.

Is your team based too far from the center?

You may still take advantage of our offerings. Coaches are encouraged to contact the Training Department to learn more about Team Fitness Programs available at the center. Coaches may make an appointment to have their team evaluated and set up on a home fitness plan! Email for more information about this personalized opportunity for your team.

All participants must register prior to participation and follow all of the facility rules. For more information contact the Special Olympics New Jersey Training Department at (609) 896-8000 ext. 238 or email Fitness@sonj.org.

GENERAL INFORMATION

YMCA PARTNERSHIP

With a common mission to foster vibrant, healthy, inclusive communities that provide opportunities for every individual to be healthy and reach their potential, Special Olympics New Jersey and local YMCA's are partnering together to reach and enrich the lives and well-being of the people and communities we serve.

Unifying Communities Through Sports, Health and Fitness is a partnership between New Jersey YMCA's and Special Olympics New Jersey. Participating YMCA's provide a "Special Olympics Membership Rate" which waives the "joiner's fee" and provides 50% off the regular rate for Special Olympics New Jersey athletes. Athletes are entitled to a facility introduction and fitness center demonstrations with an instructor with the same frequency as all YMCA members. As appropriate to the individual athlete's abilities, Special Olympics New Jersey athletes can participate in all health and fitness programs, group exercise, open gym, open swim and nutrition programs.

Currently, Special Olympics New Jersey is partnered with the following YMCAs:

- Fanwood - Scotch Plains YMCA
- Freehold YMCA
- The Community YMCA
- The Gateway Family YMCA
- Madison Area YMCA
- Old Bridge YMCA
- Summit Area YMCA
- YMCA of Burlington and Camden Counties

For an updated list of participating YMCAs, please visit the website below:

<http://sonj.org/programs/health/ymca>

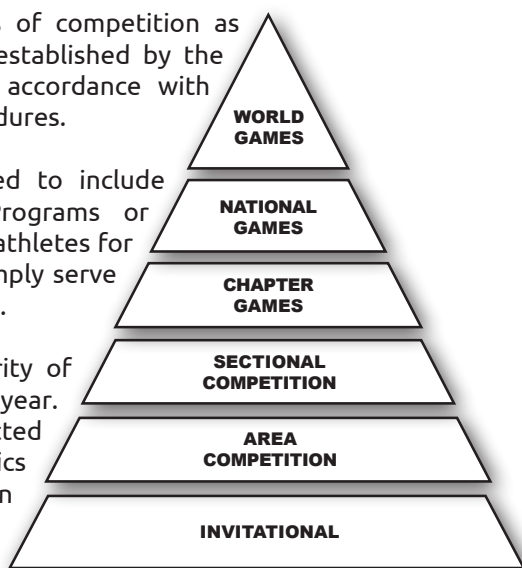
TRAINING & COMPETITION

LEVELS OF COMPETITION

Athletes advance to higher levels of competition as described below through criteria established by the previous level of competition in accordance with Special Olympics policies and procedures.

Invitational events may be conducted to include two or more Local Training Programs or Areas. These events do not qualify athletes for advancement in their sport, but simply serve as another competition opportunity.

Area events are where the majority of athletes compete throughout the year. Area events are to be conducted according to Official Special Olympics Rules and Board policies. Competition must be conducted according to the Special Olympics Sports Rules and the National Governing Bodies.



Sectional events are conducted as qualifiers in order to meet the criteria for athletes to advance to Chapter-level competition. Competition is conducted in compliance with Official Special Olympics Rules.

Chapter events showcase the skills and accomplishments of the Special Olympics athletes, and, therefore, athletes must be well-trained. Chapter Competition is conducted according to the Official Special Olympics Sports Rules Books and the National Governing Body Sports Rules. New Jersey offers competition in 24 sports. Special Olympics New Jersey conducts five major chapter events annually including Fall Games, Winter Games, the Floor Hockey State Tournament, Spring Games and Summer Games.

National Games are offered every four years. Each chapter of the US sends a delegation. The next National Games will be held in 2018.

World Games are offered every two years on an alternating Winter Games and Summer Games basis. The next World Summer Games will be in 2019, 2023, etc., and World Winter Games in, 2017, 2021, etc. The United States Chapters (states) are represented as Special Olympics USA.

TRAINING & COMPETITION

TRAINING PROGRAM RESOURCES

The following information can be found at www.sonj.org/sports:

- Sport specific rules
- Sport specific coaching guides
- National governing body contact information for each sport

The following information can be found at http://resources.specialolympics.org/Topics/General_Rules/General_Rules_-_New_Page.aspx

- Divisioning Information
- List of Prohibited Sports
- Age group information

SPORT TRAINING COMMITTEE

To broaden the quality and scope of training opportunities, Special Olympics New Jersey has formed a Sport Training Committee. This committee system is comprised of volunteers including sport professionals, teachers, sport officials and Special Olympics coaches who represent each sport in separate subcommittees. These subcommittees develop plans for the management of training athletes for Special Olympics competition and coaches in the coach education system.

ATHLETE SPORT TRAINING

Special Olympics New Jersey requires an athlete to take part in a formal training program prior to any competitive event. Local and Area programs are also encouraged to offer year-round training, as technical sports such as figure skating, powerlifting, gymnastics, etc. may require ongoing sport-specific training.

Sports training is designed to improve the athlete's physical fitness and sports skills. Training programs are developed and directed by an athlete's coach after an individual assessment of that athlete's skills. Through a Local Training Program, an athlete learns the importance of proper warm up, cool down and fitness training. Additionally, an athlete improves sports skills by progressing toward measurable goals at his or her own pace. Special Olympics, Inc. publishes Sports Skills Program Guides providing conditioning and fundamental sport skill instruction. Coaching guides for each sport are available for download at www.sonj.org/sports

TRAINING & COMPETITION

ATHLETE CODE OF CONDUCT

Special Olympics is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All Special Olympics athletes and Unified Partners agree to the following code:

SPORTSMANSHIP

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers or staff.

TRAINING AND COMPETITION

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the officials and ask questions when I do not understand.
- I will always try my best during training, divisioning and competitions.
- I will not “hold back” in preliminary competition just to get into an easier finals competition division.

RESPONSIBILITY FOR MY ACTIONS

- I will not make inappropriate or unwanted physical, verbal or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics events.
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation and National Federation/Governing Body rules for my sport(s).

I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by my Program or a Games Organizing Committee for a World Games up to and including not being allowed to participate.

TRAINING & COMPETITION

COACH CODE OF CONDUCT

Special Olympics is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All Special Olympics coaches agree to the following code:

RESPECT FOR OTHERS

- I will respect the rights, dignity and worth of athletes, coaches, other volunteers, friends and spectators in Special Olympics.
- I will treat everyone equally regardless of sex, ethnic origin, religion or ability.
- I will be a positive role model for the athletes I coach.

ENSURE A POSITIVE EXPERIENCE

- I will ensure that for each athlete I coach, the time spent with Special Olympics is a positive experience.
- I will respect the talent, developmental stage and goals of each athlete.
- I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.
- I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.
- I will ensure that accurate scores are provided for entry of an athlete into any event.
- I will instruct each athlete to perform to the best of the athlete's ability at all preliminaries and final heats in accordance with the Official Special Olympics Sports Rules.

ACT PROFESSIONALLY AND TAKE RESPONSIBILITY FOR MY ACTIONS

- My language, manner, punctuality, preparation and presentation will demonstrate high standards.
- I will display control, respect, dignity and professionalism to all involved in the sport (athletes, coaches, opponents, officials, administrators, parents, spectators, media, etc.).
- I will encourage athletes to demonstrate the same qualities.
- I will not drink alcohol, smoke or take illegal drugs while representing Special Olympics at training sessions, competition or during Games.
- I will refrain from any form of personal abuse towards athletes and others, including inappropriate or unwanted sexual advances on others, verbal, physical and emotional abuse.

TRAINING & COMPETITION

COACH CODE OF CONDUCT

- I will be alert to any form of abuse from other sources directed toward athletes in my care.
- I will abide by the Special Olympics policy on the prohibition of coaches dating athletes.

QUALITY SERVICE TO THE ATHLETES

- I will seek continual improvement through performance evaluation and ongoing coach education.
- I will be knowledgeable about the Sports Rules and skills of the sport(s) I coach.
- I will provide a plan for a regular training program.
- I will keep copies of the medical, training and competition records for each athlete I coach.
- I will follow the Special Olympics Sports Rules for my sport(s).

HEALTH AND SAFETY OF ATHLETES

- I will ensure that the equipment and facilities are safe to use.
- I will ensure that the equipment, rules, training and environment are appropriate for the age and ability of the athletes.
- I will review each athlete's medical form and be aware of any limitations on that athlete's participation noted on that form.
- I will encourage athletes to seek medical advice when required.
- I will maintain the same interest and support toward sick and injured athletes.
- I will allow further participation in training and competition only when appropriate.
- I understand that if I violate this Code of Conduct I will be subject to a range of consequences, up to and including being prohibited from coaching in Special Olympics.

SPECTATOR CODE OF CONDUCT

Spectators, please show RESPECT!

Respect the rule and policies of the venue at all times.

Encourage appropriate language at all times.

Show good sportsmanship toward my fellow spectators.

Please stay in the spectator area.

Encourage and cheer all athletes in a positive way during competition.

Coaching athletes from the sidelines is discouraged.

Trust officials' judgment and respect their duties.

TRAINING & COMPETITION

UNIFIED SPORTS®

Unified Sports is dedicated to promoting social inclusion through shared sports training and competition experiences, by joining people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding.

Special Olympics New Jersey offers several opportunities for athletes and Unified partners of all ages to Play Unified through both school and community-based programs. Community Unified Sports options currently include the following:

UNIFIED RECREATION

Unified Recreation (Rec) provides sports opportunities for athletes and Unified partners to play together in a fun, informal environment within their communities. Unified Rec differentiates from the other major Unified programs because it does not have a set training or competition requirement. Athletes and Unified partners of any age or ability are encouraged to participate.

UNIFIED LOCAL TRAINING PROGRAM

There are currently ten sports in which Unified competition is offered. For more on creating a Unified Local Training Program, see the Unified Sports Team Composition section.

Unified Sports are also a key component in SONJ's School Partnership Program. In schools, Unified Sports is a youth-driven initiative aimed at creating classrooms and campuses that foster and promote respect, acceptance and inclusion. School Unified Sports options currently include the following:

SCHOOL PARTNERSHIP PROGRAM

K-12 schools can engage in Unified Sports at variety of levels through inclusive Physical Education and the Unified Young Athletes program . For more information on SONJ's school-based programs, see page 30.

TRAINING & COMPETITION

UNIFIED SPORTS®

COLLEGE UNIFIED SPORTS

College Unified Sports® features Special Olympics athletes and college students competing together on the same team. College Unified Sports was inspired by a simple principle: training and playing together is a quick path to friendship and understanding.

Athletes who participate must be 16 years of age or older, understand team sports, and feel comfortable in a competitive setting. Any current college student, regardless of prior sport experience, can become a Unified partner at their school.

Each season, all of the participating colleges come together to compete against one another in the Shriver Cup College Championship.

There are currently 11 schools that participate:

- Drew University
- Montclair State University
- Princeton University
- Rider University
- Rutgers University
- Kean University
- Rowan College at Gloucester County
- Rowan University
- Stockton University
- The College of New Jersey
- Georgian Court University

UNIFIED SPORTS® TEAM COMPOSITION

Most Unified Sports teams are formed in one of the following ways:

- Identifying a group of appropriate level Special Olympics athletes and asking their families, friends and acquaintances in the community to play as partners.
- Converting an existing traditional team to include Unified partners.
- Involving school programs that are headed by a teacher or coach who proceeds to recruit students within the school to play with Special Olympics athletes.
- Joining community-based recreational/corporate leagues that draw from an existing base of players and matching them with Special Olympics athletes to form Unified Sports teams.
- Creating a club at New Jersey university or college that is run by college students and is connected with the local athlete populations.

TRAINING & COMPETITION

REGISTRATION & PARTICIPATION

In order to compete on the sectional or chapter levels, an athlete must be a part of a registered Local Training Program. Only registered Local Training Programs will receive Quota Request Forms. Specific criteria which must be achieved for athletes to advance to chapter competition is defined on pages 35 - 73 of this guide. Please familiarize yourself with this information. Additionally, a coach must understand what his/her role is in ensuring that athletes, once qualified, are registered, properly notified and prepared, both physically and emotionally, for participation.

PRE-REGISTRATION

A coach must submit a Quota Form prior to each sectional/qualifier event, indicating the number of eligible athletes whom they wish to be considered for those sports. Quotas will be given out to Local Training Programs for the sports in which Sectionals/Qualifiers are conducted.

REGISTRATION

Registration materials (entry forms, housing forms, etc.) are distributed to each Local Training Program with their official quota. These forms are self-explanatory and must be completed and submitted to Area Directors for review. Area Directors verify the forms and submit them to the Games Registration Committee for final pre-registration.

CONFIRMATION OF REGISTRATION

For sectional events, coaches will receive specific information in the event registration packet. For each chapter event, a coaches handbook is distributed to every registered coach and chaperone. Specific event information is included in these handbooks.

NO PARTICIPATION FEES

It is against the policy of Special Olympics New Jersey to charge any athlete participation or registration fees for the program. Participation in Special Olympics is not based on an athlete's ability to pay for meals, housing, transportation, or anything else. The money for these items is raised through various fundraising events, with which you may be asked to help.

TRAINING & COMPETITION

EVENT PROCEDURES

EVENT CHECK-IN

Upon arrival at an event, the Head Coach of each Local Training Program must report and confirm attendance at registration. Coaches Registration Packets are prepared for and distributed to all coaches/chaperones attending a Chapter event. The Head Coach is ultimately responsible for all aspects of his/her athletes' participation at an event. This includes prompt arrival, proper diet, preparedness for competition, participation in special events, appropriate sleeping arrangements, etc.

HOUSING (Chapter Events ONLY)

For Winter and Summer Games competitions, Special Olympics New Jersey allocates coach/chaperone slots based on a 3:1 ratio. The State Floor Hockey Tournament and Spring Sports Festival is a 4:1 athlete to coach/chaperone ratio. Head Coaches are required to recruit their own chaperones. Sources of chaperones include parents, teachers, assistant coaches, recreation professionals and employees of facilities whose athletes are attending the event. The Head Coach and Local Training Program Coordinator assume full responsibility for recruiting and selecting qualified individuals to serve in the chaperone role. Please note that ALL chaperones attending an overnight event must fill out a Class A form and take the online Protective Behaviors course.

IMPORTANT: Winter, Spring and Summer Games athletes and coaches will be housed at the Games site. Athletes and coaches are required to stay in the housing rooms assigned to them, and if officially registered for the event may not stay off-site with family and friends. Failure to comply with guidelines requiring an athlete to be housed with their registered Local Training Program or team, may result in that athlete's disqualification.

FOOD

For all day and overnight Chapter events, Special Olympics New Jersey will notify registered coaches about which meals will be served. Menus are determined by nutritionists and food service personnel and attempt to provide for the varied needs of Special Olympic athletes. In some instances, meals may be donated and may not meet the expectation of a coach or athlete. A Local Training Program must determine if their athletes have special food requirements which need to be met.

TRAINING & COMPETITION

EVENT PROCEDURES

FOOD

For example, a team traveling a long distance may choose to pack lunches for the ride or bring money to stop along the route. Coaches may also need to bring food for athletes with specific dietary concerns.

At most Sectional events, lunch will not be provided. Coaches may bring their own snacks and beverages for their athletes. Water will be available on site.

In addition to formal meals, some events offer concessions for snacks and beverages. Coaches should be aware of every athlete's eating habits and inform any volunteers working with those athletes. Consideration should be given to an athlete's competition schedule when selecting amounts and types of food.

Water is available at all venues for all events. It is the coach's responsibility to see that each athlete gets the proper liquids, coaches are encouraged to provide water and nutritional snacks to their athletes throughout the event.

COACH REGISTRATION

All volunteers must register and be approved by Special Olympics New Jersey. This policy is intended to ensure the safety and well-being of Special Olympics athletes and volunteers, and applies to both new and existing volunteers at every level of the organization (Local Training Program, Area and Chapter).

Each coach applicant must complete a Special Olympics New Jersey Volunteer Class A Registration Form that requests background information along with areas of volunteer interest. The form must be returned to the Chapter office. For additional information or Volunteer Registration Forms, contact the Volunteer Manager at the Chapter office. All Class A Volunteers must complete the Protective Behavior Course online at www.sonj.org, located under the Volunteer tab.

TRAINING & COMPETITION

COACH JOB DESCRIPTION

A Special Olympics coach is responsible for providing athletes with comprehensive sports training and preparation for Local, Area, Sectional and Chapter level competition. Responsibilities include the following:

- Selecting, assessing and training Special Olympics athletes.
 - **Athlete Selection:** A Special Olympics coach will recruit athletes and ensure that all required medical and registration materials are properly completed and submitted by established deadlines.
 - **Athlete Assessment:** A Special Olympics coach will assess each athlete to determine the individual and/or team skill level for training and competition.
 - **Training:** A Special Olympics coach will develop individualized training programs for each athlete. The program will include fundamental skill instruction, conditioning, mental preparation and instruction on competition rules. The training program should be a minimum of eight weeks in duration.
- Participate in the Special Olympics New Jersey Coach Education System.
- Manage communication with team members.
- Know, understand and abide by the official Special Olympics rules.
- Execute the emergency and safety prevention duties of a coach.
- Keep all athlete medical and consent forms in a safe place. During training sessions, competitions and any Special Olympics related events, coaches should have their athletes' medical form **IN THEIR POSSESSION** for reference and in case of an emergency.

For more information on coach, responsibilities, resources and the Coach Education System, visit www.sonj.org/special-olympics-volunteer/coaching.

TRAINING & COMPETITION

COACH TRAINING & CERTIFICATION

Coaches play a unique and indispensable role in preparing athletes to compete in their selected sport(s). Coaches convey to Special Olympics athletes the sports skills, team strategies and competitive spirit that defines a true athlete. Sound training of coaches and athletes alike is the basis for the success of Special Olympics programs.

The Coaches Education System has two components:

- Certification Attainment
- Continuing Education

The first component certifies a coach in a specific sport. An individual needs to attend a sport-specific training clinic for EACH sport that he/she coaches in order to become certified. There is no general coaching certification that qualifies an individual to coach every sport offered.

1. Sport Coaching Certification Attainment

- Provisional Certification
 - Complete the Class A Registration Form
 - Take the Protective Behaviors course and online quiz
 - Complete the Coach Introduction Training
 - Concussion in Sports Training
- Official Certification
 - Coach Mentoring Program (Head coaches only)
 - Sport-Specific Training Clinic
 - Coaching Special Olympics Athletes Online Course* and Seminar

2. Continuing Education

- Coaches must complete a minimum of 1 course every 2 years, starting the year they received their Sport Coaching Certification
 - Courses taken must be deemed appropriate for certification by Special Olympics New Jersey. Coaches may attend a clinic offered by Special Olympics New Jersey or any other organization that provides enhanced learning for coaches' development.
- Coaching Education Maintenance operates on a continuum. All coaches are expected to improve upon their learning as trainers, role models, and motivators with the goal to improve performance.

TRAINING & COMPETITION

COACH TRAINING & CERTIFICATION

Once a coach receives official certification, that coach is responsible for the standards of Continuing Education. It is recommended that coaches attend other locally recognized coaching courses to obtain the latest information. Many high school and college associations as well as National Governing Bodies and official associations offer sport-specific coaching clinics.

Qualified courses that will fulfill your coaching education maintenance requirement can include, but are not limited to, the following:

- CPR Certification/First Aid/AED
- Sport Safety
- Nutrition
- Leadership
- Conflict Management

Coach training is an invaluable part of Special Olympics. Completing the coach certification may qualify a volunteer to coach, but doesn't guarantee they demonstrate every skill required to be a successful coach. This is achieved through experience and continued study of the sport and coaching.

OUTREACH PROGRAMS

PLAY UNIFIED SCHOOL PARTNERSHIP

This fall, Special Olympics New Jersey will enter its seventh year partnering with schools throughout the state, working to advance social and sports inclusion through the **Play Unified School Partnership** program.

Special Olympics New Jersey offers the **Play Unified School Partnership** program to all school ages, from elementary school through college, offering grants, training, equipment, and technical assistance to implement robust, sustainable inclusive sports, education and social experiences. The program helps all participants to build self-confidence, create friendships and promote acceptance.

This program engages young people with and without disabilities as peers, leaders, and teammates, all working together toward the common goal of acceptance and inclusion in their schools. This year, more than 1,000 youth leaders from nearly 100 schools, covering more than 35 districts will work to make a difference in their schools through Special Olympics Unified Sports and education initiatives. These initiatives include Play Unified clubs, disability awareness days, Unified Sports programs, Fans in the Stands, and volunteer opportunities in and with their schools.

Additionally, Special Olympics New Jersey has worked to create an aid for educators, the **Learn. Practice. Play. UNIFIED: Guide to Gross Motor and Inclusive Physical Education** book, a resource designed to provide inclusive and adaptive teaching strategies for making early childhood fundamental motor movement, physical education, and sports programs accessible to children of all ages and abilities.

Special Olympics New Jersey works directly with the schools involved in this program, ensuring that every child has an equal opportunity to participate safely and successfully in physical education, athletic, and recreational activities, and empowering young people to create socially inclusive school communities, where all are welcome, respected, and enabled to reach their full potential.

To learn more about **Special Olympics New Jersey's Play Unified School Partnership** program and to start Unified Sports at your school, contact Susan Colacello at scc@sonj.org.

OUTREACH PROGRAMS

FAMILY PROGRAM

Special Olympics New Jersey is committed to supporting and empowering families of our athletes. We recognize their steadfast contributions as the backbone and driving force behind our sports programs, and the Special Olympics Movement. The SONJ Family Program provides education and networking programs that build knowledge, friendships and engagement, activating the role families and friends can play in fostering their athlete's success in sports, in their communities, and in life. It provides a platform to share information and inspiration, to strengthen the Special Olympics experience for athletes and families in our program, and to bring that experience to all potential athletes, volunteers and Unified partners in our state. Hospitality areas are provided at various State Competition events and all families are invited to attend the annual Summer Games Family Reception. Family members are encouraged to establish area committees that work with the state office to organize and conduct regional workshops and information meetings. Join the "Special Olympics New Jersey Families" Facebook group for information on family programs and to become a more involved member of our community.

YOUNG ATHLETES PROGRAM

Special Olympics Young Athletes™ is an early childhood sports play program for children 2-7 years old. Created in consultation with Rutgers, the state university (formerly UMDNJ), Young Athletes builds fundamental movement and fitness skills that teach emerging sports skills including, locomotion, balance, trapping, catching, kicking and striking. Young Athletes is used in schools, at-home and in the community. Inclusive activities are encouraged to help promote social development. Young Athletes events are held at various Area, Sectional and State competition events, many featuring a "Future Stars Race" where these youngsters take to the track. For more information or to start a Young Athletes program, contact Andrea Moore, the Special Olympics New Jersey Young Athletes Program Manager at avm@sonj.org.

OUTREACH PROGRAMS

ATHLETE LEADERSHIP

ATHLETE UNIVERSITY

Athlete University is an opportunity for athletes to benefit physically, mentally and socially as a result of being educated in a variety of areas that directly relate to their lives. Athletes attend a series of five conferences throughout the year on a wide range of relevant topics. To be eligible, the nominee should: be an active Special Olympics New Jersey athlete; be 16 years of age or older; be able to communicate effectively; demonstrate proper behaviors; and be able to provide his/her own transportation and commit to five sessions of Athlete University. Graduates will receive a certificate of completion from Special Olympics New Jersey and be recognized at the Summer Games VIP Reception. For more information, contact Special Olympics New Jersey at sportsinfo@sonj.org

ATHLETE CONGRESS

The Athlete Congress consists of twenty-three Special Olympics New Jersey athletes who are selected to represent all of the Special Olympics athletes of New Jersey. The athletes are empowered to voice their opinions and recommend a course of action about various facets of the year-round sports training and athletic competition program. The members of Athlete Congress represent South, Central and North New Jersey. They have competed at the Chapter (state) level for at least three years and they are involved in training and competition for multiple sports during the year. Athlete Congress meets five times during the year and Delegates are expected to attend every meeting. For more information, contact Special Olympics New Jersey at sportsinfo@sonj.org.

OUTREACH PROGRAMS

HEALTHY COMMUNITIES

The ultimate goal of Healthy Communities is to increase access to health care services and improve the health status of people with intellectual disabilities. To achieve this goal, Special Olympics New Jersey utilizes the mobile health vehicle to provide medical screenings in various health disciplines at events and competitions throughout the state of New Jersey.

MedFest offers sports physicals, something required of all athletes prior to participation in Special Olympics sports programming. Athletes must update their medical form once every three years and can do so on the mobile health vehicle at the four state competitions listed below:

- Fall Games
November 1, 2015
The Lawrenceville School
- Spring Games
April 9, 2016
The Wildwoods Convention Center
- Floor Hockey State Tournament
January 9, 2016
Stockton University
- Summer Games: Healthy Athletes
June 10-12, 2016
The College of New Jersey

Visit our website at <http://sonj.org/programs/health/mobile-health-vehicle> to see a schedule and other health examination services available on the mobile health vehicle.

BASELINE CONCUSSION ASSESSMENTS

ImPACT IDD is the first ever baseline concussion assessment geared specifically for individuals with intellectual and developmental disabilities. ImPACT Applications, the pre-eminent experts in the field of concussion testing, created ImPACT IDD after initial and follow-up tests with Special Olympics New Jersey athletes. As a preventative measure, baseline tests are typically taken prior to a sport season, when an athlete has not yet had exposure to training or competition. In the event that head trauma is sustained, the same test (a "post-injury") is taken again by the athlete, yielding comparative scores from before and after the injury. A baseline concussion assessment score provides a means to assess a head injury, and under the care of medical personnel, take a proper course of action in the management of concussions. Comparing post-injury scores of an individual with their own baseline score from before the concussion is considered best practice.

ImPACT IDD was created in a game format, using an iPad. It takes 10-15 minutes to complete.

Baseline concussion assessments will be offered at most medical screenings. For more information, please contact Andrea Picariello at ap@sonj.org or (609) 896-8000, ext. 266.

OUTREACH PROGRAMS

HEALTHY ATHLETES

Healthy Athletes is a Special Olympics program that provides free health screenings in a fun, welcoming environment that removes the anxiety and trepidation people with intellectual disabilities often experience when faced with a visit to a doctor or dentist. Healthy Athletes is offered at Summer Games.

The Special Olympics New Jersey Healthy Athletes program offers free health exams and services to athletes in seven different health disciplines including:

Fit Feet (Podiatry) offers podiatric screening to evaluate ankles, feet, lower extremity biomechanics, and proper shoe and sock gear.

FUNFitness (Physical Therapy) is designed to assess and improve an athlete's flexibility, functional strength, aerobic capacity and balance, and educate coaches and families.

Health Promotion (Better Health & Well Being) uses interactive tools, displays and demonstrations to encourage healthy behaviors and enhance levels of wellness and self-care.

Healthy Hearing (Audiology) is a free hearing screening designed to detect hearing problems and ensure proper audiological care for athletes.

Opening Eyes (Vision) provides free eye assessments and offers prescription eyewear, sunglasses, and sports goggles to Special Olympics athletes at no charge.

Special Smiles (Dentistry) provides oral health care information, free dental screenings and instructions on correct brushing and flossing.

MedFest (Sports Physicals) provides physical exams to athletes including stations for medical history, height and weight, blood pressure, cardiology evaluation, musculoskeletal test, orthopedic tests and abdominal evaluation.

FALL GAMES PREVIEW



BASEBALL

- League Play September 12 - 26 TBD
- Baseball Tournament..... October 10-11 Mercer County Park

CYCLING

- North Sectional September 27 Skillman Park
- South Sectional October 4 Bankbridge Regional School
- Fall Sports Festival..... October 31 Educational Testing Service

EQUESTRIAN

- Fall Sports Festival..... October 17 Horse Park of New Jersey

FLAG FOOTBALL

- League Play September 13 - October 18..... SONJ Sports Complex
- Fall Sports Festival..... November 1 The Lawrenceville School

GOLF

- North Sectional September 26 Plainfield West Nine
- South Sectional September 27 Latona Country Club
- Central Sectional..... October 11 Cranbury Golf Club
- Fall Sports Festival..... October 24 Mountain View Golf Club

SOCCER

- League Play September 12 - October 17..... See Sport Specific Page
- North Sectional October 24 & 25 Oak Ridge Park
- Central Sectional..... October 24 & 25 Mercer County Park
- South Sectional October 24 & 25 TBD
- Fall Sports Festival..... November 1 The Lawrenceville School

TRIATHLON

- One More Tri..... September 20 Asbury Park

Please note:

- Schedules are subject to change. Please check the competition calendar at www.sonj.org for the most up to date information.
- All athletes are required to participate in an 8 week training program prior to competition.



REGISTRATION TIMELINE

- Coach Conference Call TBD
- League Registration Due TBD

AVAILABLE EVENTS

- Traditional team competition

GENERAL GUIDELINES

- Teams must be properly uniformed with numbered shirts, baseball pants or shorts, athletic socks and rubber cleats or sneakers. Batting helmets are required.
- Lunch will not be served at league dates. Teams may choose to bring their own snack and beverages. Lunch will be served on a 4:1 athlete to coach ratio at the Baseball Tournament.

COMPETITION DATES

- League Play
 - Saturdays, September 12 - 26
 - Location TBD
 - 10:30 a.m. - 4:30 p.m.
- Baseball Tournament
 - Saturday, October 10-11
 - Mercer County Park
 - Time TBD



REGISTRATION TIMELINE

- Sectional Registration Due September 10
- Activation List Due..... At Sectional Competition

AVAILABLE EVENTS

- 500M Time Trial
- 1K Time Trial
- 5K Time Trial
- 10K Road Race
- Unified 10K Road Race

PARTICIPATION INFORMATION

Athletes may compete in two events that are consecutive in distance, e.g., the 500M time trial and 1K time trial. To qualify for sectional competition, a athlete must participate in an eight week training program.

CRITERIA FOR ADVANCEMENT

Coaches are responsible for submitting an activation list at the sectional competition for those athletes who choose to compete in Fall Games. Athletes must participate in sectional competition in order to advance to Fall Games. The results from the sectional competition will be used to division athletes for Fall Games.

GENERAL GUIDELINES

- Athletes and coaches must provide their own bicycle and ANSI certified helmet.
- All bicycles must be in good working order and safe for competition.
- Cycling shirts and shorts are recommended. No jeans, dress shoes or casual shirts will be allowed.
- Lunch will not be served at sectional competition. Athletes may choose to bring their own snack and beverage. Lunch will be served on a 4:1 athlete to coach ratio at Fall Games.



COMPETITION DATES

- North Sectional: Areas 1, 2, 3, 4, 5, 6, 9, 10, 11, 12
 - Sunday, September 27
 - Skillman Park
 - 8:30 a.m. - 12:00 p.m.
- South Sectional: Areas 7, 8, 13
 - Sunday, October 4
 - Bankbridge Regional School
 - 8:30 a.m. - 12:00 p.m.
- Fall Games
 - Saturday, October 31
 - Educational Testing Service
 - 8:30 a.m. - TBD



REGISTRATION TIMELINE

- Sectional Registration Due September 10
- HRH Registration Due Postmarked by September 25
- HRH Late Entry Postmarked by October 2

AVAILABLE EVENTS

- Up to three classes
- One obstacle
- One equitation
- One games event

PARTICIPATION INFORMATION

Games classes are not considered to be a part of Special Olympics competition. Special Olympics awards will not be presented for these classes. Programs that do not meet the September 10 deadline may still compete in HRH classes, but will not be eligible for Special Olympics judging and awards.

GENERAL GUIDELINES

- SONJ will cover entry fees associated with Special Olympics classes only. Entry into solely HRH classes and the associated fees are the responsibility of the individual athlete or LTP.
- No phone entries or entries on show day will be accepted.
- Appropriate equestrian attire is required.
- Lunch will be served on a 4:1 athlete to coach ratio at Fall Games.
- Return HRH registration paperwork to Beth Knapp at 83 East Shawnee Trail in Wharton, NJ 07885.
- The show manager is Kara Stark McGrew, who can be reached at (973) 579-9537

COMPETITION DATE

- Fall Games
 - Saturday, October 17
 - Horse Park of New Jersey
 - 10:00 a.m. - 12:00 p.m.

FLAG FOOTBALL



REGISTRATION TIMELINE

- League Registration Due September 2
- Coach Conference Call September 2 @ 7:30 p.m.

AVAILABLE EVENTS

- 5v5 Traditional team competition
- 5v5 Unified team competition

CRITERIA FOR ADVANCEMENT

Teams are required to compete in league play to advance to Fall Games. Individual athletes may only miss two league games in order to be eligible to advance to Fall Games.

GENERAL GUIDELINES

- Teams must be properly uniformed with numbered shirts and shorts WITHOUT pockets. Mouthguards are required.
- Lunch will not be served at league dates. Teams may choose to bring their own snack and beverages. Lunch will be served on a 4:1 athlete to coach ratio at Fall Games.

COMPETITION DATES

- League Play
 - Sundays, September 13 - October 18
 - SONJ Sports Complex
 - 10:00 a.m. - 3:00 p.m.
- Fall Games
 - Sunday, November 1
 - The Lawrenceville School
 - 10:00 a.m. - 4:00 p.m.



REGISTRATION TIMELINE

- Sectional Registration Due September 10
- Activation List Due..... At Sectional Competition

AVAILABLE EVENTS

- Level I: Individual skills competition (Area level only)
- Level II: 9-hole alternate shot team play
- Level IV: 9-hole individual stroke play

PARTICIPATION INFORMATION

The individual skills competition will be offered at the area level only. In order to compete as a level II golfer, athletes must complete three rounds of 9-hole golf with an average of 75 or less. In order to compete as a level IV golfer, athletes must complete four rounds of 9-hole golf with an average of 70 or less.

CRITERIA FOR ADVANCEMENT

Coaches are responsible for submitting an activation list at the sectional competition for those athletes who choose to compete in Fall Games. Athletes must participate in sectional competition in order to advance to Fall Games. The results from the sectional competition will be used to division athletes for Fall Games.

GENERAL GUIDELINES

- Athletes and Unified partners must provide their own set of golf clubs.
- Unified partners must be knowledgeable players of the game. Partners can not be beginner golfers.
- Athletes, coaches and Unified partners must be able to walk the course. Golf carts will be used ONLY when medical documentation can be provided.
- Athletes and partners must be in proper golf attire. No jeans, casual shirts or metal spikes will be allowed.
- Lunch will not be served at sectional competition. Athletes may choose to bring their own snack and beverage. Lunch will be served on a 4:1 athlete to coach ratio at Fall Games.
- During Fall Games, those teeing off in the morning session should eat after their round. Those teeing off in the afternoon session should eat prior to their round.



COMPETITION DATES

- North Sectional: Areas 1, 2, 3, 5, 9, 10, 12
 - Saturday, September 26
 - Plainfield West Nine
 - 10:00 a.m. - 12:00 p.m.
- South Sectional: Areas 7, 8, 13
 - Sunday, September 27
 - Latona Golf Club
 - 12:30 p.m. - 2:30 p.m.
- Central Sectional: Areas 4, 6, 11
 - Sunday, October 11
 - Cranbury Golf Club
 - 12:00 p.m. - 2:00 p.m.
- Fall Games
 - Saturday, October 24
 - Mountain View Golf Club
 - 9:00 a.m. - 1:00 p.m.
- Fall Games [Rain Date]
 - Thursday, October 29
 - Princeton Country Club
 - 9:00 a.m. - 1:00 p.m.



REGISTRATION TIMELINE

- League Registration Due September 2
- Coach Conference Call September 2 @ 6:30 .m.

AVAILABLE EVENTS

- 5v5 Traditional team competition
- 5v5 Unified team competition

CRITERIA FOR ADVANCEMENT

Teams are required to compete in league play to advance to Fall Games. Individual athletes may only miss two league games in order to be eligible to advance to Fall Games. The top three finishers at sectional competitions will advance to the Fall Games.

GENERAL GUIDELINES

- Teams must be properly uniformed with numbered shirts and shorts WITHOUT pockets. Mouthguards are required.
- Lunch will not be served at league dates. Teams may choose to bring their own snack and beverages. Lunch will be served on a 4:1 athlete to coach ratio at sectional competition and Fall Games.

COMPETITION DATES

- North League Play: Areas 1, 2, 3, 5, 9, 12
 - Saturdays, September 12 - October 17
 - Oak Ridge Park
 - 10:00 a.m. - 3:00 p.m.
- Central League Play: Areas 4, 6, 11, 10
 - Saturdays, September 12 - October 17
 - SONJ Sports Complex
 - 10:00 a.m. - 3:00 p.m.
- South League Play: Areas 7, 8, 13
 - Saturdays, September 12 - October 17
 - Bankbridge Regional School
 - 10:00 a.m. - 3:00 p.m.



COMPETITION DATES

- North Sectional: Areas 1, 2, 3, 5, 9, 12
 - Saturday, October 24-25
 - Oak Ridge Park
 - 10:00 a.m. - 4:00 p.m.
- Central Sectional: Areas 4, 6, 11, 10
 - Saturday, October 24-25
 - Mercer County Park
 - 10:00 a.m. - 4:00 p.m.
- South Sectional: Areas 7, 8, 13
 - Saturday, October 24-25
 - Bankbridge Regional School
 - 10:00 a.m. - 4:00 p.m.
- Fall Games
 - Sunday, November 1
 - The Lawrenceville School
 - 10:00 a.m. - 4:00 p.

TRIATHLON



REGISTRATION TIMELINE

- One More Tri Registration Due September 10

AVAILABLE EVENTS

- Single athlete short sprint or sprint triathlon
- Traditional relay short sprint or sprint triathlon
- Unified relay short sprint or sprint triathlon

GENERAL GUIDELINES

- This entire event takes place outdoors, including an open water ocean swim.
- Lunch will not be served at the triathlon competition.

COMPETITION DATE

- One More Tri
 - Saturday, September 20
 - Asbury Park
 - 7:30 a.m. - 9:30 a.m.

WINTER GAMES PREVIEW



ALPINE SKIING

- Winter GamesFebruary 1-3 Mountain Creek / Drop Zone

CROSS-COUNTRY SKIING

- Winter GamesFebruary 1-3 Mountain Creek

FIGURE SKATING

- Winter GamesJanuary 17 Codey Arena

FLOOR HOCKEY

- League PlayNovember 7/8 - December 19/20 TBD
- State Tournament.....January 9-10 Stockton College

SNOWBOARDING

- Winter GamesFebruary 1-3 Mountain Creek

SNOWSHOEING

- Winter GamesFebruary 1-3 Mountain Creek / Drop Zone

SPEED SKATING

- Winter GamesFebruary 1-3 Skylands Ice World

VOLLEYBALL

- League PlayNovember 7 - December 19 TBD
- State Tournament.....January 9-10 Galloway Twp Middle School

Please note:

- Schedules are subject to change. Please check the competition calendar at www.sonj.org for the most up to date information.
- All athletes are required to participate in an 8 week training program prior to competition.

ALPINE SKIING



REGISTRATION TIMELINE

- Quota Request Form Due.....November 2
- Winter Games Registration DueDecember 5

AVAILABLE EVENTS

- Downhill
- Slalom
- Giant Slalom

AVAILABLE LEVELS

- Novice
- Intermediate
- Advanced

PARTICIPATION INFORMATION

Athletes may compete in two events within the same level. In order for an athlete to be considered for novice level competition, the athlete must be able to change direction, fall and get up unassisted, and attempt to stop on his/her own.

GENERAL GUIDELINES

- Athletes must wear winter competition appropriate attire. Athletes will be permitted to compete in jeans. Helmets are required.
- Lunch will be served on a 4:1 athlete to coach ratio at Winter Games.

COMPETITION DATE

- Winter Games
 - Monday, February 1-3
 - Mountain Creek
 - 8:30 a.m. - 3:30 p.m.

CROSS-COUNTRY SKIING



REGISTRATION TIMELINE

- Quota Request Form Due.....November 2
- Winter Games Registration DueDecember 5

AVAILABLE EVENTS

- 50M Race
- 100M Race
- 500M Race
- 1K Race
- 4x1K Relay
- Unified 4x1K Relay

PARTICIPATION INFORMATION

Athletes may compete in two events and one relay. In order for an athlete to be considered for novice level competition, the athlete must be able to change direction, fall and get up unassisted, and attempt to stop on his/her own.

GENERAL GUIDELINES

- Athletes must wear winter competition appropriate attire. Athletes will be permitted to compete in jeans. Helmets are required.
- Lunch will be served on a 4:1 athlete to coach ratio at Winter Games.

COMPETITION DATE

- Winter Games
 - Monday, February 1-3
 - Mountain Creek / Drop Zone
 - 8:30 a.m. - 3:30 p.m.

FIGURE SKATING



REGISTRATION TIMELINE

- Quota Request Form Due.....November 2
- Winter Games Registration DueDecember 5

AVAILABLE EVENTS & LEVELS

- Singles skatingLevels I-V
- Pair skatingLevels I, II, Unified
- Ice dancingLevels I (a, b, c), II, III
- Interpretive

PARTICIPATION INFORMATION

Athletes may compete in one singles event and one pairs event.

GENERAL GUIDELINES

- Competition will take place as a part of the Winter Escapades at Codey Arena.
- Lunch will not be served at the Figure Skating Winter Games.

COMPETITION DATE

- Winter Games
 - Sunday, January 17
 - Codey Arena
 - Competition time TBD

SPEED SKATING



REGISTRATION TIMELINE

- Quota Request Form Due.....November 2
- Winter Games Registration DueDecember 5

AVAILABLE EVENTS

- 25M Straightaway
- 100M Race
- 300M Race
- 500M Race
- 800M Race

PARTICIPATION INFORMATION

Athletes may compete in two events that are consecutive in distance, e.g., the 100M race and 300M race.

GENERAL GUIDELINES

- Kneepads, shinguards, neck protector, gloves and helmets are required.
- Lunch will be served on a 4:1 athlete to coach ratio at Winter Games.

COMPETITION DATE

- Winter Games
 - Monday, February 1-3
 - Skylands Arena
 - 8:30 a.m. - 3:30 p.m.

FLOOR HOCKEY



REGISTRATION TIMELINE

- League Registration Due October 28
- Coach Conference Call October 28 @ 6:30 .m.

AVAILABLE EVENTS

- Traditional team competition

CRITERIA FOR ADVANCEMENT

Teams are required to compete in league play to advance to the State Tournament. Individual athletes may only miss two league games in order to be eligible to advance to the State Tournament.

GENERAL GUIDELINES

- Teams must be properly uniformed with numbered shirts, shorts and sneakers. Helmets, shin pads and protective gloves are required.
- Lunch will not be served at league dates. Teams may choose to bring their own snack and beverages. Lunch will be served on a 4:1 athlete to coach ratio at the State Tournament.

COMPETITION DATES

- League Play
 - November 7/8 - December 19/20
 - Location TBD
 - 9:00 a.m. - 4:00 p.m.
- State Tournament
 - Saturday, January 9-10
 - Stockton University
 - 9:00 a.m. - 4:00 p.m.

SNOWBOARDING



REGISTRATION TIMELINE

- Quota Request Form Due.....November 2
- Winter Games Registration DueDecember 5

AVAILABLE EVENTS

- Super G
- Slalom
- Giant Slalom

AVAILABLE LEVELS

- Novice
- Intermediate

PARTICIPATION INFORMATION

Athletes may compete in two events within the same level.

GENERAL GUIDELINES

- Athletes must wear winter competition appropriate attire. Athletes will be permitted to compete in jeans. Helmets are required.
- Lunch will be served on a 4:1 athlete to coach ratio at Winter Games.

COMPETITION DATE

- Winter Games
 - Monday, February 1-3
 - Mountain Creek
 - 8:30 a.m. - 1:30 p.m.

SNOWSHOEING



REGISTRATION TIMELINE

- Quota Request Form Due.....November 2
- Winter Games Registration DueDecember 5

AVAILABLE EVENTS

- 100M Race
- 200M Race
- 400M Race
- 4x100M Relay
- 4x100M Unified Relay

PARTICIPATION INFORMATION

Athletes may compete in two events and one relay. In order for an athlete to compete, the athlete must be able to fall and get up unassisted, and attempt to stop on his/her own.

GENERAL GUIDELINES

- Athletes must wear winter competition appropriate attire. Athletes will be permitted to compete in jeans. Helmets are required.
- Lunch will be served on a 4:1 athlete to coach ratio at Winter Games.

COMPETITION DATE

- Winter Games
 - Monday, February 1-3
 - Mountain Creek / Drop Zone
 - 8:30 a.m. - 3:30 p.m.



REGISTRATION TIMELINE

- League Registration Due October 28
- Coach Conference Call October 28 @ 6:30 .m.

AVAILABLE EVENTS

- Traditional team competition

CRITERIA FOR ADVANCEMENT

Teams are required to compete in league play to advance to the State Tournament. Individual athletes may only miss two league games in order to be eligible to advance to the State Tournament.

GENERAL GUIDELINES

- Teams must be properly uniformed with numbered shirts, shorts and sneakers.
- Lunch will not be served at league dates. Teams may choose to bring their own snack and beverages. Lunch will be served on a 4:1 athlete to coach ratio at the State Tournament.

COMPETITION DATES

- League Play
 - November 7 - December 19
 - Galloway Twp Middle School
 - Time TBD
- State Tournament
 - Saturday, January 9-10
 - Stockton University
 - 9:00 a.m. - 4:00 p.m.

SPRING GAMES PREVIEW



BASKETBALL

- North League Play January 17 - March 6.....Woodrow Wilson Middle School
- Central League Play..... January 17 - March 6.....Notre Dame High School
SONJ Sports Complex
- South League Play January 17 - March 6.....RiverWinds Community Center
- East League Play January 17 - March 6.....Carl Sandburg Middle School
- North Sectional March 12-13Fairleigh Dickinson University
College of St. Elizabeth
- Central Sectional..... March 12-13The Lawrenceville School
SONJ Sports Complex
Notre Dame High School
- South Sectional March 12-13RiverWinds Community Center
Gloucester Co. Institute of Technology
- East Sectional March 12-13Carl Sandburg Middle School
- Spring Games..... April 9-10.....The Wildwoods Convention Center
& surrounding venues

BOWLING

- Central Sectional.....February 27Strathmore Lanes
- North Sectional March 5Hudson Lanes
- South Sectional March 12Laurel Lanes
- Spring Games Team Competition.....April 2The Brunswick Zone
- Spring Games Singles Competition.....April 3The Brunswick Zone

Please note:

- Schedules are subject to change. Please check the competition calendar at www.sonj.org for the most up to date information.
- All athletes are required to participate in an 8 week training program prior to competition.



REGISTRATION TIMELINE

- Coach Meeting December 12
11:30 a.m. @ SONJ Sports Complex

AVAILABLE EVENTS

- Traditional team competition
- Unified team competition
- Individual skills competition

PARTICIPATION INFORMATION

The individual skills competition will be offered at the area level only.

CRITERIA FOR ADVANCEMENT

Teams are required to compete in league play to advance to sectional competition. Individual athletes may only miss two league games in order to be eligible to advance to Spring Games. The top two finishers at each sectional competition will advance to the Spring Games.

GENERAL GUIDELINES

- Teams must be properly uniformed with numbered shirts, shorts and sneakers.
- Athletes participating on a basketball team are not eligible for the individual skills competition.
- Athletes that wish to continue to participate in basketball at a sectional level and beyond may only participate in bowling at the area level.
- Lunch will not be served at league dates. Teams may choose to bring their own snack and beverages. Lunch will be served on a 4:1 athlete to coach ratio at sectional competition and Spring Games.

BASKETBALL

COMPETITION DATES



- North League Play
 - Sundays, January 17 - March 6
 - Woodrow Wilson Middle School
 - 10:00 a.m. - 4:00 p.m.
- Central League Play
 - Sundays, January 17 - March 6
 - Notre Dame High School and SONJ Sports Complex
 - 10:00 a.m. - 4:00 p.m.
- South League Play
 - Sundays, January 17 - March 6
 - RiverWinds Community Center
 - 10:00 a.m. - 4:00 p.m.
- East League Play
 - Sundays, January 17 - March 6
 - Carl Sandburg Middle School
 - 10:00 a.m. - 4:00 p.m.
- North Sectional
 - Saturday, March 12-13
 - Fairleigh Dickinson University and College of St. Elizabeth
 - 10:00 a.m. - 4:00 p.m.
- Central Sectional
 - Saturday, March 12-13
 - SONJ Sports Complex, Notre Dame High School and The Lawrenceville School
 - 10:00 a.m. - 4:00 p.m.
- South Sectional
 - Saturday, March 12-13
 - RiverWinds Community Center and Gloucester Co. Institute of Technology
 - 10:00 a.m. - 4:00 p.m.
- East Sectional
 - Saturday, March 12-13
 - Carl Sandburg Middle School
 - 10:00 a.m. - 4:00 p.m.
- Spring Games
 - Saturday, April 9-10
 - The Wildwoods Convention Center and surrounding Wildwoods locations
 - 9:00 a.m. - 5:00 p.m.



REGISTRATION TIMELINE

- Sectional registration dueOne week after area meet
- Team registration due.....March 6
- Activation list dueAt sectional competition

AVAILABLE EVENTS

- Singles competition
- Team competition

PARTICIPATION INFORMATION

Team competition is offered at the chapter level only. All athletes must bowl 15 games prior to area competition to establish their average. The 15 game average should consist of each athlete's scores closest to the area registration due date.

CRITERIA FOR ADVANCEMENT

- Athletes must place first, second or third in both area and sectional competition in order to be eligible to compete at Spring Games.
- Coaches are responsible for submitting the activation list at the sectional event for those athletes who qualify to advance.

GENERAL GUIDELINES

- Bowling balls and shoes are available for athletes at the bowling venue, but it is recommended that they use their own equipment.
- Bowling shirts and slacks are recommended for competition, however jeans are allowed. No casual shoes, casual shirts or hats are permitted.
- There should be no advertisements on the athlete's uniform. See page 14 for more information.
- Athletes that wish to continue to participate in basketball at a sectional level and beyond may only participate in bowling at the area level.
- Lunch will be served on a 4:1 athlete to coach ratio at sectional competition and Spring Games.



COMPETITION DATES

- Central Sectional: Areas 4, 5, 6, 10
 - Saturday, February 27
 - Strathmore Lanes
 - 9:15 a.m. - 12:30 a.m. (Juniors, 8-21 yrs, wheelchairs and ramps)
 - 1:30 p.m. - 5:00 p.m. (Seniors, 22+ yrs)
- North Sectional: Areas 1, 2, 3, 9, 12
 - Saturday, March 5
 - Hudson Lanes
 - 9:15 a.m. - 12:30 a.m. (Juniors, 8-21 yrs, wheelchairs and ramps)
 - 1:30 p.m. - 5:00 p.m. (Seniors, 22+ yrs)
- South Sectional: Areas 7, 8, 11, 13
 - Saturday, March 12
 - Laurel Lanes
 - 9:15 a.m. - 12:30 a.m. (Juniors, 8-21 yrs, wheelchairs and ramps)
 - 1:30 p.m. - 5:00 p.m. (Seniors, 22+ yrs)
- Spring Games Team Competition
 - Saturday, April 2
 - The Brunswick Zone
 - Times TBD
- Spring Games Singles Competition
 - Sunday, April 3
 - The Brunswick Zone
 - Times TBD

SUMMER GAMES PREVIEW



AQUATICS

- South SectionalApril 24 Gloucester Co. Institute of Technology
- East SectionalApril 30 Neptune Aquatics Center
- North SectionalTBD..... TBD
- Central Sectional.....May 1 The Peddie School
- Summer GamesJune 10-12 The College of New Jersey

BOCCE

- North SectionalApril 24 Passaic Co. Technical Institute
- South SectionalMay 1 Washington Township High School
- Central Sectional.....May 7 SONJ Sports Complex
- Summer GamesJune 10-12 The College of New Jersey

GYMNASTICS

- Sectional (All Areas)TBD..... EnVisions Gymnastics
- Summer GamesJune 10-12 The College of New Jersey

POWERLIFTING

- Sectional (All Areas)TBD..... TBD
- Summer GamesJune 10-12 The College of New Jersey

SOFTBALL

- League PlayApril 16 - May 21..... Mercer County Park
- Summer GamesJune 10-12 The College of New Jersey

TENNIS

- North SectionalTBD..... TBD
- South SectionalApril 30 RiverWinds Community Center
- Summer GamesJune 10-12 The College of New Jersey

Please note:

- Schedules are subject to change. Please check the competition calendar at www.sonj.org for the most up to date information.
- All athletes are required to participate in an 8 week training program prior to competition.



REGISTRATION TIMELINE

- Sectional registration dueApril 1
- Activation list dueAt sectional competition

AVAILABLE EVENTS

AVAILABLE DISTANCES

- | | |
|---------------------------|----------------------------|
| • Backstroke | 25M, 50M, 100M |
| • Breaststroke | 25M, 50M, 100M |
| • Butterfly..... | 25M, 50M, 100M |
| • Freestyle | 25M, 50M, 100M, 200M, 400M |
| • Individual Medley | 100M, 200M |
| • Freestyle Relay | 4x25M, 4x50M |
| • Medley Relay..... | 4x25M, 4x50M |

PARTICIPATION INFORMATION

Athletes may compete in two individual events and two relay events. Participation in an eight week training program is required.

CRITERIA FOR ADVANCEMENT

- Athletes must compete in both area and sectional competition in order to be eligible to compete in Summer Games.
- Coaches are responsible for submitting the activation list at the sectional event for those athletes who qualify to advance.

GENERAL GUIDELINES

- Coaches may use additional criteria (i.e. behavior, overnight stay, medical) to evaluate the athlete for higher level competition.
- Athletes must provide their own swimwear, bathing cap and goggles
- Lunch will not be served at sectional competition. Lunch will be served on a 4:1 athlete to coach ratio at Summer Games.



COMPETITION DATES

- South Sectional: Areas 7, 8, 13
 - Sunday, April 24
 - Gloucester Co. Institute of Technology
 - 9:00 a.m. - 2:00 p.m.
- East Sectional: Areas 5, 6
 - Saturday, April 30
 - Neptune Aquatics Center
 - 9:00 a.m. - 2:00 p.m.
- North Sectional: Areas 1, 2, 3, 9, 12
 - Date TBD
 - Location TBD
 - Time TBD
- Central Sectional: Areas 4, 10, 11
 - Sunday, May 1
 - The Peddie School
 - 9:00 a.m. - 2:00 p.m.
- Summer Games
 - Friday, June 10-12
 - The College of New Jersey - Packer Hall
 - 9:00 a.m. - 4:00 p.m.



REGISTRATION TIMELINE

- Sectional registration dueApril 1
- Activation list dueAt sectional competition

AVAILABLE EVENTS

- Traditional doubles competition
- Unified 2-person team competition
- Unified 4-person team competition

PARTICIPATION INFORMATION

Athletes may compete in traditional doubles and one unified team event. Coaches may not participate as Unified partners.

CRITERIA FOR ADVANCEMENT

- Athletes and Unified partners (new for 2016) must compete in sectional competition in order to be eligible to compete in Summer Games.
- Coaches are responsible for submitting the activation list at the sectional event for those athletes who qualify to advance.

GENERAL GUIDELINES

- Coaches may use additional criteria (i.e. behavior, overnight stay, medical) to evaluate the athlete for higher level competition.
- Athletes and Unified partners must be properly uniformed including matching collared shirts with dress shorts or cotton pants and sneakers. Jeans and casual shirts are not permitted.
- Lunch will not be served at sectional competition. Lunch will be served on a 4:1 athlete to coach ratio at Summer Games.



COMPETITION DATES

- North Sectional: Areas 1, 2, 3, 9, 12
 - Sunday, April 24
 - Passaic Co. Technical Institute
 - 9:00 a.m. - 2:00 p.m.
- South Sectional: Areas 7, 8, 13
 - Sunday, May 1
 - Washington Township High School
 - 9:00 a.m. - 2:00 p.m.
- Central Sectional
 - Saturday, May 7
 - SONJ Sports Complex
 - 9:00 a.m. - 2:00 p.m.
- Summer Games
 - Friday, June 10-12
 - The College of New Jersey - Soccer Complex
 - 9:00 a.m. - 4:00 p.m.

GYMNASTICS

ARTISTIC



REGISTRATION TIMELINE

- Sectional registration dueApril 1
- Activation list dueAt sectional competition

AVAILABLE MEN'S EVENTS

- Floor exercise
- Pommel horse
- Rings
- Vaulting
- Parallel bars
- High bar
- All around

AVAILABLE WOMEN'S EVENTS

- Floor exercise
- Uneven bars
- Vaulting
- Balance beam
- All around

AVAILABLE LEVELS

- Level A (Women only)
 - Floor exercise
 - Vaulting
 - Wide beam
 - Single bar
- Levels I, II, III: Compulsory
- Level IV: Compulsory and optional

PARTICIPATION INFORMATION

Coaches will determine in which level of competition to place their athletes. Athletes must be able to safely perform all skills in their chosen level of competition. Athletes must compete at the same level in all events in order to be eligible for all around competition. Optional routines may be performed only by level IV gymnasts in all events after they perform their compulsory routines.

GYMNASTICS

RHYTHMIC



REGISTRATION TIMELINE

- Sectional registration dueApril 1
- Activation list dueAt sectional competition

AVAILABLE WOMEN'S EVENTS

- Floor exercise (Level I only)
- Hoop
- Ball
- Ribbon
- Rope
- All around

AVAILABLE LEVELS

- Levels I, II: Compulsory
- Level III: Compulsory and optional

PARTICIPATION INFORMATION

Athletes must compete on the same level in all chosen individual events. Athletes may specialize by competing in one or more events at the chosen level. Gymnasts who do all four events at a level are considered all around athletes. A level III gymnast may do one optional routine in any event as well as her compulsory in a chosen event.

GYMNASTICS



CRITERIA FOR ADVANCEMENT

- Athletes must compete in sectional competition in order to be eligible to compete in Summer Games.
- Athletes must participate at the same level in sectional competition and Summer Games.
- Coaches are responsible for submitting the activation list at the sectional event for those athletes who qualify to advance.

GENERAL GUIDELINES

- Coaches may use additional criteria (i.e. behavior, overnight stay, medical) to evaluate the athlete for higher level competition.
- Athletes must provide their own gymnastics attire. Men should wear shorts and a t-shirt, a men's tank step-in, or gymnastics stretch pants and white socks. Women should wear a leotard with bare legs and bare feet. Beam shoes are optional.
- Lunch will not be served at sectional competition. Lunch will be served on a 4:1 athlete to coach ratio at Summer Games.

COMPETITION DATES

- Sectional: All areas
 - Date TBD
 - EnVisions Gymnastics
 - Times TBD
- Summer Games
 - Friday, June 10-12
 - Schafer Gymnastics
 - Times TBD



REGISTRATION TIMELINE

- Sectional registration dueApril 1
- Activation list dueAt sectional competition

AVAILABLE EVENTS

- Benchpress
- Deadlift
- Squat
- Combination: Benchpress and deadlift
- Combination: Benchpress, deadlift and squat

PARTICIPATION INFORMATION

Athletes must be 14 years or older to participate in the powerlifting competition.

CRITERIA FOR ADVANCEMENT

- Athletes must compete in sectional competition in order to be eligible to compete in Summer Games.
- Coaches are responsible for submitting the activation list at the sectional event for those athletes who qualify to advance.

GENERAL GUIDELINES

- Coaches may use additional criteria (i.e. behavior, overnight stay, medical) to evaluate the athlete for higher level competition.
- Athletes should provide their own belt. Please see powerlifting belt specifications at sonj.org/sports.
- Lunch will not be served at sectional competition. Lunch will be served on a 4:1 athlete to coach ratio at Summer Games.

COMPETITION DATES

- Sectional: All areas
 - Date TBD
 - Location TBD
 - Times TBD
- Summer Games
 - Friday, June 10-12
 - The College of New Jersey - Kendall Hall
 - Times TBD

SOFTBALL



REGISTRATION TIMELINE

- League registration due April 5
- Coach conference call April 5

AVAILABLE EVENTS

- Traditional team competition
- Unified team competition

CRITERIA FOR ADVANCEMENT

Teams are required to compete in league play to advance to sectional competition. Individual athletes may only miss two league games in order to be eligible to advance to Summer Games.

GENERAL GUIDELINES

- Teams must be properly uniformed with numbered shirts, softball pants or shorts, athletic socks and rubber cleats or sneakers. Batting helmets are required.
- Lunch will not be served at league dates. Teams may choose to bring their own snack and beverages. Lunch will be served on a 4:1 athlete to coach ratio at Summer Games.

COMPETITION DATES

- League Play
 - Saturdays, April 16 - May 21
 - Mercer County Park
 - 10:30 a.m. - 4:30 p.m.
- Summer Games
 - Friday, June 10-12
 - The College of New Jersey
 - Times TBD



REGISTRATION TIMELINE

- Sectional registration dueApril 1
- Activation list dueAt sectional competition

AVAILABLE EVENTS

- Singles competition
- Doubles competition
- Unified doubles competition

PARTICIPATION INFORMATION

Athletes may participate in both singles and doubles competition.

CRITERIA FOR ADVANCEMENT

- Athletes and Unified partners (new for 2016) must compete in sectional competition in order to be eligible to compete in Summer Games.
- Coaches are responsible for submitting the activation list at the sectional event for those athletes who qualify to advance.

GENERAL GUIDELINES

- Coaches may use additional criteria (i.e. behavior, overnight stay, medical) to evaluate the athlete for higher level competition.
- Athletes must provide their own racquets.
- Athletes must be properly uniformed. Jeans and casual shirts will not be permitted.
- Lunch will not be served at sectional competition. Lunch will be served on a 4:1 athlete to coach ratio at Summer Games.

TENNIS



COMPETITION DATES

- North Sectional: Areas 1, 2, 3, 4, 5, 10, 12
 - Date TBD
 - Location TBD
 - 9:00 a.m. - 1:00 p.m.
- South Sectional: Areas 6, 7, 8, 11, 13
 - April 30
 - RiverWinds Community Center
 - 2:30 p.m. - 6:00 p.m.
- Summer Games
 - Friday, June 10-12
 - The College of New Jersey - Tennis Complex
 - Times TBD



REGISTRATION TIMELINE

- Summer Games Registration: Area Directors and head delegates will set registration deadlines based on the date of each area's track and field meet.

AVAILABLE TRACK EVENTS

- 25M Walk
- 25M Assisted Walk
- 50M Walk
- 50M Assisted Walk
- 100M Walk
- 400M Walk
- 800M Walk
- 25M Dash
- 50M Dash
- 100M Dash
- 200M Dash
- 800M Run
- 1500M Run
- 3000M Run
- 5000M Run
- 4x100M Relay
- 4x100M Walk Relay
- 4x400M Relay
- 25M WC Race
- 100M WC Race
- 200M WC Race
- 400M WC Race
- 4x25M WC Shuttle Relay
- 30M WC Slalom
- 25M Motorized WC Race
- 30M Motorized WC Race
- 50M Motorized WC Race

AVAILABLE FIELD EVENTS

- Standing long jump
- Shot put
- WC Shot put
- High jump
- Running long jump
- Softball throw*
- Tennis ball throw*
- Mini javelin throw

* Athletes that can throw a softball or tennis ball more that 25M are strongly encouraged to participate in a different field event.

TRACK & FIELD



PARTICIPATION INFORMATION

Athletes may compete in two individual events and two relay events.

CRITERIA FOR ADVANCEMENT

- Advancement criteria to be determined by each area games committee.

GENERAL GUIDELINES

- Coaches may use additional criteria (i.e. behavior, overnight stay, medical) to evaluate the athlete for higher level competition.
- Areas will receive quota slots after area competition is complete. Areas will then distribute quotas based on that area's established criteria for advancement.
- Lunch will be served on a 4:1 athlete to coach ratio at Summer Games.

COMPETITION DATE

- Summer Games
 - Friday, June 10-12
 - The College of New Jersey - Track & field complex
 - Times TBD

