

Virtual Winter Games

Although the 2021 State Winter Games will not be held as regularly scheduled, Special Olympics North Dakota is glad to announce that the spirit of competition will live on with the 2021 Virtual Winter Games! These games are open to registered Special Olympics Athletes ages eight and up and is a great way to safely compete against your friends and peers from across the state.

Here's how it works:

1. Choose the events in which you would like to participate. You may participate in one or all.
2. Practice and keep improving your score. Submit the best score you achieved at any training session during the winter sport season but no later than February 6th 2021.
3. Keep track of the time you spent training during the winter sport season of January 4th to February 6th 2021. Training time consists of any physical activity under the guidance of a Special Olympics coach. It may take place individually or in a group setting and may or may not involve winter sport equipment.

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks. You can reduce your risk of exercise injury by:

- Wearing the right shoes
- Using the correct equipment
- Drinking lots of water – stay hydrated
- Warming up and stretching properly
- Be aware of your surroundings - exercise in a safe and level area clear of any obstacles or items
- Maintain social distancing rules when exercising.

Stop exercising immediately and seek medical help if you experience symptoms such as:

- Discomfort or pain
- Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain traveling down the arm or pain between the shoulder blades
- Extreme breathlessness
- A very rapid or irregular heartbeat during exercise.

Recorded your final scores on the following page(s) for the events in which you chose to participate. Please send it to the SOND Program office at 2616 S 26th St Grand Forks, North Dakota, 58201 or fax it to us at (701) 772-1265 or email to sports@specialolympicsnd.org.

Deadline for submission is February 6st 2021

Special Olympics
North Dakota





SNOWSHOEING

Name of SOND Athlete _____

Address _____ City _____

Phone # _____ Email _____

Age _____ Gender _____

You may enter a score for one or all categories listed below.

25 METER SNOWSHOE.

Record the time it takes you to snowshoe 25 meters from start to finish.

Score: _____ **seconds**

MAXIMUM EFFORT SNOWSHOE

What is the longest time you were able to snowshoe without stopping to rest?

Score: _____ **minutes/seconds**

MAXIMUM PARTICIPATION SNOWSHOE

Beginning on January 4, 2021, how many Special Olympics North Dakota training sessions were you able to attend? How much time did you spend training?

- A training session may be individually or in a group setting. It includes time spent training indoors and outdoors whether snowshoe equipment was used or not. The time spent must be under the guidance of a Special Olympics coach.
- For the amount of time spent training, please round UP to ¼ hour intervals (example 5 hours and 10 minutes would round to 5.25 hours. 5 hours and 16 minutes would round to 5.5 hours).

Number of Training Sessions _____

Amount of Time Training _____





CROSS-COUNTRY SKIING

Name of SOND Athlete _____

Address _____ City _____

Phone # _____ Email _____

Age _____ Gender _____

You may enter a score for one or all categories listed below.

25 METER SKI RACE.

Record the time it takes you to SKI 25 meters from start to finish.

Score: _____ **seconds**

MAXIMUM EFFORT CROSS-COUNTRY SKI

What is the longest time you were able to CROSS-COUNTRY SKI without stopping to rest?

Score: _____ **minutes/seconds**

MAXIMUM PARTICIPATION SNOWSHOE

Beginning on January 4, 2021, how many Special Olympics North Dakota training sessions were you able to attend? How much time did you spend training?

- A training session may be individually or in a group setting. It includes time spent training indoors and outdoors whether SKI equipment was used or not. The time spent must be under the guidance of a Special Olympics coach.
- For the amount of time spent training, please round UP to ¼ hour intervals (example 5 hours and 10 minutes would round to 5.25 hours. 5 hours and 16 minutes would round to 5.5 hours).

Number of Training Sessions _____

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