



Respect

Integrity

Accountability

Teamwork

Sportsmanship

Special Olympics Team U.S.A. Training Camp

Lake Placid, New York

December 10-14, 2012

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December 2012

Dear Special Olympics Team USA Athlete,

Hi! An-yŏng-ha-se-yo. 안녕하세요

Congratulations on your selection to Special Olympics Team USA and your participation in the 2013 Special Olympics World Winter Games in PyeongChang, Republic of Korea. It is a great honor to be selected and to represent the United States of America and we are proud of you in reaching this great accomplishment.

You have trained and worked hard to be selected for S.O. Team USA and training camp is fast approaching.

A good training camp is essential for you to reach your personal best and be prepared for competition. We hope you continue to demonstrate the commitment and dedication you put forth in your sport to become a member of S.O. Team USA.

In closing, we will see you in Lake Placid soon as we come together from many states to form one team.

Sincerely,

Special Olympics Team USA Management Team

GENERAL TRAINING CAMP INFORMATION

Welcome to Lake Placid!

On behalf of everyone with Special Olympics Team USA, we would welcome all athletes, Unified Partners, coaches, delegation members and officials. We are working closely with the great people of the Olympic Regional Development Authority, Olympic Training Center, Special Olympics New York and the Lake Placid region to make the 2012 Special Olympics Team USA Training Camp the most memorable event ever for you.

The Lake Placid community is thrilled to showcase the beauty and friendly atmosphere of the Adirondacks and the host site of two Winter Olympic Games including the 1980 Miracle on Ice. We look forward to having the Special Olympics Team USA Training Camp return to this beautiful region and we look forward to many more returns.

Welcome to the more than 215 athletes, coaches, volunteers and management team members!

We hope that during your stay in Lake Placid you will enjoy the beauty of the Adirondack Mountains, the New York winter and the hospitality of the local people.

The Training Camp guide includes sport-specific information that will assist you with your sport.

Special Olympics Team USA

Mission Statement

Special Olympics, Inc.

To provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults, eight years of age and older, with intellectual disabilities. This gives athletes continuing opportunities to develop physical fitness, demonstrate courage, experience the joy of sports, and participate in the sharing of gifts, skill and friendship with their families, other Special Olympics athletes and the community.

Coaches' Responsibilities

Coaches participating in the 2012 Special Olympics Team USA World Winter Games Training Camp must accept and carry out these responsibilities.

- » Coaches must provide for the general welfare, safety, health, well-being and conduct of each athlete under his/her direct supervision
- » Coaches must abide by the clauses and spirit of the rules and be responsible for conducting himself/herself in a sportsman-like manner at all times.
- » Coaches must ensure that their delegation be present and accounted for before boarding any official Training Camp Transportation Shuttles.
- » Coaches shall be knowledgeable about all existing Special Olympics and International Governing Body competition rules and regulations applicable to their sport and shall prepare their athletes prior to competition in accordance with those rules.
- » Coaches must treat athletes, volunteers and competition officials with respect and communicate in a courteous manner
- » Coaches should bring a copy of the Special Olympics Rules & International Governing Body Rules for the sport
- » Coaches must report all emergencies to the appropriate authorities after taking immediate action to ensure the health and safety of athletes and other delegation members
- » The consumption of controlled substances is prohibited
- » The use of any tobacco products at all venues is prohibited, except in designated smoking areas.
- » Inappropriate contact with athletes or volunteers is prohibited
- » Coaches must attend all coaches' meetings as scheduled
- » Coaches must have copies of athlete medical information at all times
Provide the following services to athletes under your supervision:
 - » Supervision 24/7, in cooperation with other coaches and delegation members in the area
 - » Assurance that credentials are worn at all times
 - » Assurance that athletes are properly attired

- » Assurance that athletes are reporting to training areas at the proper time.
- » Assistance in accounting for luggage and personal items at all times
- » Assistance in maximizing the benefits achieved through participation
- » Assistance in being prepared at the proper time and place for special events
- » Knowledge of the medical history of all athletes under your supervision, and assurance that prescribed medications are taken at the appropriate times
- » Assurance that all athletes understand the Athletes Responsibilities listed below.

Athlete Responsibilities

Athletes participating in the 2012 Special Olympics Team USA World Winter Games Training Camp must accept and carry out these responsibilities. Any disregard or violation of these responsibilities may result in the individual being disqualified from competition:

- » Athletes must abide by the clauses and spirit of the rules and be responsible for conducting himself/herself in a sportsman-like manner at all times. Profanity, taunting and other forms of poor sportsmanship are subject to immediate ejection from competition.
- » Athletes shall be knowledgeable about the existing Special Olympics and International Governing Body rules and regulations applicable to their sport and shall be prepared for training in accordance with those rules
- » Athletes shall respect all training facilities and equipment
- » Athletes shall treat all athletes, volunteers and training officials with respect and communicate in a courteous manner
- » The consumption of alcoholic beverages and/or controlled substances is prohibited
- » The use of any tobacco products outside of designated smoking areas at competition venues is prohibited
- » Inappropriate contact with athletes or volunteers is prohibited

GENERAL TRAINING CAMP INFORMATION

Medical

Medical services will be provided for all delegation members, officials, and staff at the 2012 Special Olympics Team USA Training Camp by team physicians and medical personnel. Emergency medical treatment or those requiring more serious attention and intervention will be sent to Adirondack Medical Center in the town of Lake Placid. Your safety is our primary concern. Please feel free to ask any medical staff if you have any questions.

There will be medical resource management staff available 24 hours each day. .

Medical Records

A copy of each delegate's 2013 World Winter Games medical record will be kept by the coaches or Sports Manager. This will help the medical team provide the most appropriate and timely care.

Medical encounter forms will be maintained for all delegates seeking medical attention. It is possible that an additional Incident Report will be completed.

Medications

It is expected that each delegate will have a sufficient supply of their medications for their entire stay. The medication list should include:

- » Name of medication in English
- » Dosage and route (injection, oral)
- » Administration time
- » Reason for medication

Adjust the times for medication based on the time zone changes.

The delegate's medication routine should remain the same. Whether they take their own medication or have a parent, guardian or other person assists them, the goal is to keep the same routine.

Eyeglasses

Delegates are encouraged to bring a second pair in case of breakage or loss. A copy of the prescription is also recommended.

Dentures

Dentures should have the owner's information inscribed.

Medical Coverage

Hotel/Olympic Training Center

If you have a life-threatening emergency while in the hotel, dial 911 or the hotel operator and request that they call 911. Be sure to tell the dispatcher your room number.

A Special Olympics Team USA staff member will be able to drive you to the hospital if needed.

Venue

There will be medical staff on duty during all training and non-training events. There will be responders in the field of play to provide rapid assessment and intervention.

Hospitals

Area hospitals will provide medical care. Every attempt will be made to bill the correct insurance provider. It is important that proper identification is provided to the hospital.

Safety Note

Please dress appropriately for the weather. It can be very cold at the outdoor venues, so please layer clothing. If you have any safety concerns, please contact one of the S.O. Team USA staff.

Crisis Communications Plan

A “crisis” is defined as any emergency situation, such as a life-threatening incident involving a delegation member.

In the event of a crisis, the **CRISIS TEAM** will report to Amie Dugan, Director, Marketing and Communications, SONA.

If a crisis should occur at a competition venue, the Venue Director/Head Coach should be located and immediately directed to the scene. The event Venue Director/Head Coach/Medical Dispatch should immediately notify Amie Dugan and Craig Pippert of the crisis. If a crisis should occur at a non-competition location, such as a hotel or special event venue, notification to Amie Dugan should be made by on-site medical or delegation personnel, after any necessary and immediate emergency actions are completed.

When a crisis has been identified the Crisis Communications Team will oversee management of the situation. All public communication regarding crisis situations, especially communication with media, will come from a member of the crisis communications team (listed below). **Under no circumstances should anyone else make any unauthorized statements to the media or public regarding a crisis situation.** Any inquiries should be directed to a member of this team.

This protocol extends to Social Media as well. We ask that everyone exercise restraint and not post about crisis situations to their personal or professional social media platforms. Incomplete or unofficial information or wise, misinformation, inaccurate or speculative information can cause undue concern, and potentially cause widespread damage to Special Olympics.

Amie Dugan	Director, Marketing & Communications, SONA	407-455-0502
Craig Pippert	Sr. Manager, Sport Development, SONA	919-306-7531

Food Services

Food will be available at set times throughout the day as per the schedule both at the Crowne Plaza Hotel and the Olympic Training Center. An essential element of the 2012 Special Olympics Team USA Training Camp is to identify and procure sufficient quantities of food and food service related items to supply all delegates, participants, eligible volunteers and staff with optimal nutritional support for healthy individuals competing outdoors in a cold weather climate. It is the intent to provide a variety of meals that fill these nutritional requirements and to take into consideration any special dietary and/or cultural considerations/restrictions.

Delegation Check In

Overview

Delegation members will arrive at the Albany International Airport on December 9 or 10, 2012. Once all luggage is secured the delegates will be shuttled to the Desmond Hotel where they will check-in at registration. At this time all athletes will go through the medical check-in process at the hotel. All credentials will be sent to the delegations prior to their arrival in Albany. We will reissue delegation credentials as needed during training camp. Credentials must be worn at all times during training camp.

Transport

The primary responsibility of transportation is to provide a well organized, safe and efficient plan that will enable all delegates to reach their official accommodations, travel from accommodations to official venues and activities, and understand the schedule of the various means of transportation.

This list is subject to change and will be revised as necessary:

» Airport Bus System: Transportation will be provided for all delegates from arrival terminals at the Albany International Airport (ALB) to the Desmond Hotel and then to Lake Placid and their official accommodations. This system will also provide service from respective official accommodations back to Albany for departure.

» Accommodation to Venue Shuttle System: Buses will be provided from the official accommodations to the official training venues. The actual training venues that will be served from the Crowne Plaza include Alpine Skiing, Snowboard, Cross Country Skiing, and Snowshoe. The exceptions are figure and speed skating, which are within walking

distance from the accommodations. Floor Hockey will be housed at the Olympic Training Center (OTC) will train at the OTC and not require transportation to the training site.

» Evening Entertainment Shuttle System: This shuttle system will provide service for all floor hockey delegates to be able to attend team suppers and evening entertainment activities from the OTC to the Crowne Plaza.

Opening Ceremony

The Opening Ceremony will be held at the Olympic Skating Oval in Lake Placid near the Crowne Plaza Hotel (weather permitting). Ground transportation is available on a case by case basis.

ALPINE SKIING/SNOWBOARDING

Introduction to the Venue

Whiteface Mountain
5486 Cascade Road
Lake Placid, NY
(518) 523-2202

Website: <http://www.whiteface.com/>

Webcams: <http://www.whiteface.com/mountain/webcams>

Facebook: <https://www.facebook.com/WhitefaceLakePlacid?fref=ts>

Twitter: SkiWhiteface

The fifth highest peak in New York State, the greatest vertical drop east of the Rockies, and world-class athletes sitting right beside you – at Whiteface, it's all just another day at the mountain. Whiteface is located in the town of Wilmington and right down the road from Lake Placid - the former host of not one, but two Olympic Winter Games in 1932 and 1980. [The Olympic Mountain](#) offers 86 trails and over 22 miles for you to explore in the midst of the Adirondacks.

Trail map: <http://www.whiteface.com/files/public/WhitefaceTrailMap.pdf>

Equipment Information

Alpine Ski Requirements

For the health and safety of all athletes, it is required that all participating athletes wear a helmet appropriate for alpine ski racing in all training.

Skiers are required to provide their own skis, boots, ski poles and appropriate ski racing attire to include: hat/helmet, gloves, goggles, other ski- related clothing, gate protection (shin guards) and any equipment that may be necessary for a physical disability.

Snowboard Requirements

Athletes must provide their own snowboards and boots.

Snowboards must meet the International Federation Standards (FIS). Reminder: any stickers/commercial markings that are not part of original snowboard manufacturing are not permitted.

Health and Safety

It is the coaches' responsibility to make sure athletes are properly hydrated, use adequate amounts of sunscreen and have proper eye protection for Alpine Skiing and Snowboard athletes.

CROSS-COUNTRY SKIING AND SNOWSHOE

Introduction to the Venue:

Mt. Van Hoevenberg Cross Country Biathlon Center
Lake Placid, New York

Website: <http://www.whiteface.com/facilities/olympic-sports-complex/cross-country-biathlon-center>

Webcams: http://www.whitefacelakeplacid.com/xc/mtvanhoe_conditions.php

Facebook: <https://www.facebook.com/MtVanHoevenberg>

Twitter: None

Site Map: http://www.whiteface.com/files/public/venue_map_s.png

Gliding through some of the most beautiful terrain in the east, taking in the towering white pines, crisp, clean air, the calm of the Adirondack woods. That's what cross-country skiing here at Mt. Van Hoevenberg in Lake Placid is about. The fact that it provides one of the best low-impact, total-body workouts you can find is a bonus: arms, legs, stomach and back all work in concert without pounding your joints. A day on our impeccably groomed cross-country trails will exhaust and replenish you all at once. We offer cross-country skiing lessons - group and private - equipment rentals, a well-stocked sports shop and café. In short, everything you need to enjoy a day on our world-class cross-country ski trails in the Adirondack woods.

Cross Country Skiing Equipment Information

Requirements

Athletes must bring their own skis, poles, boots, bindings, uniforms and weather protective wear, which must comply with International Ski Federation (FIS) rules.

Equipment Repairs

Equipment repairs may be possible at the training facility but are not guaranteed.

Equipment Rentals

There is some equipment available for rent at the training facility however all athletes should arrive with their own and not count on rental equipment as their first option. There will be a cost associated for the rental of such equipment. This cost will be at the athletes expense.

Wax Area/Equipment Storage

A wax room will be available at the training venue. Wax will be provided by Team USA and Cross Country coaches will wax skis as needed.

Snowshoe Equipment Information

Requirements

The snowshoe frame itself shall not be smaller than 20.5 centimeters x 64 centimeters (8 inches x 25 inches). This measurement shall be taken from the longest point of the snowshoe and at the widest point of the snowshoe.

Factory installed toe and heel traction claws are acceptable. The attachment of any additional "spikes" is not permitted.

The snowshoe shall consist of a frame and webbing or solid decking material. The foot must be secured through a direct mount binding system to the snowshoe.

Competition footwear may include, but not limited to running shoes, hiking boots or snow boots.

Athletes/delegations are required to bring their own snowshoes that meet Special Olympic standards. Snowshoes shall have frames with at least two points on them a minimum of 20.5 centimeters (8 inches) apart (width) and at least two points on them a minimum of 64 centimeters (25 inches) apart (length). These measurements are taken in two straight lines in two perpendicular dimensions. Measurements are not taken along the curved edge of a snowshoe frame. Athletes should wear the same style, brand, type, size (or pair) of snowshoes throughout this competition.

Health and Safety

It is the coach's responsibility to make sure athletes are properly hydrated as well

as using adequate amounts of sunscreen and have proper eye protection for Cross-Country Skiing and Snowshoe.

FIGURE SKATING and SPEEDSKATING

Introduction to the Venue

Olympic Training Center-1932 Rink
2634 Main Street
Lake Placid, NY 12946

Website: <http://www.whiteface.com/facilities/olympic-center>

Webcams:

Facebook: <https://www.facebook.com/pages/Olympic-Center/166409106711936>

Twitter: OlympicCenterLP

It is often said that Lake Placid is where "miracles are made." It was at the Lake Placid Olympic Center, in 1980, that the US men's hockey team toppled the Soviet Union on its way to winning the gold medal. This is where 16-year-old figure skater Sonja Henie won an Olympic gold medal in 1932 and charmed the world. Out front is the speed skating oval, where in 1932 local Olympian Jack Shea and teammate Irving Jaffee each won two gold medals, Eric Heiden won five in 1980, and where you can skate all winter long. But the glory isn't all behind us. Every year the 7,700-seat 1980 Rink Herb Brooks Arena (named after the Miracle on Ice coach) hosts national and international figure skating competitions

Figure Skating Equipment Information

Requirements

Athletes are required to wear clean and polished figure skates with laces tucked in.

Skate guards are highly recommended.

It is recommended that each athlete bring extra tights, laces, garments and skate guards.

Services

Skate repair and maintenance services are not readily available in the Lake Placid area.

Speed Skating Equipment Information

Requirements

All helmets must be in compliance with current ASTM standard for short track Speed Skating.

All helmets must have a regular shape and may not have any irregular protrusions.

Speed skates are expected to be worn however, hockey skates are allowed if no speed skates are available. All speed skates must have the tubes enclosed and the blade ends must be rounded off. Blades must be fixed to the boot at a minimum of two points with no moveable parts. Athletes must bring their own speed skates, protective gear and uniform, which must comply with International Skating Union (ISU) Rules.

Figure skates are prohibited. "Klap style" speed skates are not permitted. Other required protective gear includes:

- » Neck protector (made of tear resistant material)
- » Elbow pads (optional)
- » Gloves or mittens
- » Shin protection
- » Long-sleeved and long-legged clothing
- » Padded or padded hard-shell knee protection

Note: There are no speed skating stores in Lake Placid. It is imperative that all delegates bring the required uniform and other necessary equipment. Athletes not wearing the proper equipment may not be permitted to train.

Skate Sharpening

Sharpening service for hockey skates is available however sharpening for speed skates may not be available. Any costs associated with the sharpening of skates will be the responsibility of the athlete.

Health and Safety

It is the coaches' responsibility to make sure athletes are properly hydrated.

FLOOR HOCKEY

Introduction to the Venue Olympic Training Center

196 Old Military Road
Lake Placid, NY 12946

Website: <http://www.teamusa.org/For-Athletes/Olympic-Training-Centers-and-Sites/Lake-Placid.aspx>

Facebook: <https://www.facebook.com/USOlympicTeam?ref=ts>

Twitter: USOlympic

The U.S. Olympic Training Center in Lake Placid, N.Y. opened in November of 1982, the present facility opened in 1989. The purpose of the training center is to assist

athletes in a variety of Olympic sports. The center also provides assistance to a number of affiliated sports organizations and disabled sports organizations.

The housing facility contains 96 spacious rooms, which contain a private bath and television. The facility has 11 multi-purpose rooms. The complex, houses two laundry rooms, which athletes can use free of charge and a number of equipment storage rooms.

The athlete center, adjoining the housing complex, contains a 20,000 square foot gymnasium with the capability to hold three events at the same time. The kitchen and dining facilities are located in the center and offer athletes a wide variety of nutritious foods and snacks. Also housed in this area are the administrative offices, sports medicine, weight room with a certified weight trainer and a sports science-testing lab.

Field of Play/Competition Area (Courts)

The field of play (a court) shall be 27 meters (90 feet) long and 15 meters (50 feet) wide; two courts will be set aside in the OTC Gymnasium for Floor Hockey use. The playing surface will be a typical hardwood gym floor and boundary boards will be placed around the court.

Equipment Information

All equipment used during the games must adhere to the SOI Winter Sports Rules, The referees shall inspect the equipment prior to the beginning of each game. Any equipment deemed in violation shall not be used during the Games.

Health and Safety

It is the coaches' responsibility to make sure athletes are properly hydrated.

Comment [AD1]: Do we need to include something in the OTC section regarding the need for having their credentials on them at all times and that anyone visiting the OTC must have an OTC-issued credential and who gets those for them?

Preparing for Winter Sports Training

Appropriate clothing

When dressing for exercise in the cold, the athlete should ensure adequate insulation while avoiding an accumulation of sweat in the garments. Clothing should be selected for comfort during the activity, after metabolic heat production has reached a steady state. Athletes should resist the temptation to overdress, as this can lead to sweat accumulation in the clothing. Multiple layers of clothing provide good insulation. The innermost layers, however, should carry moisture away from the body surface. Polypropylene or cotton fishnet materials are recommended. Since much heat can be lost through the head, proper head covering is a must.

Gauge the wind

Wind can greatly increase heat loss from the body. During training, runners, cross-country skiers and other endurance athletes should go out facing the wind and come in with the wind. This will avoid exposure to high wind chill while wearing sweat-soaked clothing.

Prevent frostbite

During cold exposure, the fingers, toes, ears and facial tissues are susceptible to frostbite because of the reduction of blood flow to these tissues. These areas should be checked regularly during prolonged exposure to cold, windy conditions. Frostbite remains confined to an affected area and should be treated immediately. It is localized freezing of tissue, and occurs during hypothermia. Dry feet are absolutely essential to preventing frostbite.

Note: Victims of frostbite are often unaware of it because extreme cold blocks sensations of pain.

Prevention of Hypothermia

Beware of signs of cold discomfort--cold or numb toes and finger, shivering, etc... Being in the cold does not mean you should be cold. These are warning signs of hypothermia.

Protect head and neck area--prime locations for heat loss (40% of heat loss can come from unprotected areas.) Hypothermia, which is more systemic, is potentially fatal if not treated immediately. It occurs when the body's core temperature falls below 98.6 degrees.

Symptoms include severe lightheadedness to the point of slurred speech, loss of motor skills and fatigue. A victim may quickly lose consciousness. Hypothermia is exacerbated by high winds and wet clothing.

Prevention of post exercise hypothermia

Hypothermia is a dangerous and potentially lethal condition in which body temperature falls markedly below the normal 98.6 OF (37 OC). Many cases of hypothermia can develop rapidly after exercise at low temperatures because the heat production has decreased while the rate of heat loss has remained high. Post exercise hypothermia can be prevented by adding clothing and moving to a warm environment soon after finishing the competition and drinking fluids. Insulate by layering your clothes. The layer closest to the skin should be made of a moisture-wicking material such as polypropylene. Avoid cotton as a first layer, because it will

remain wet. The second layer should be made of a good insulator such as wool or down. The outer layer should be water-and-wind-resistant, a windbreaker jacket or pullover will do the job. You can take it off after your body heat increases.

Proper Dress for Different Winter Climates - Layering

When competing & training in cold climates it is very important to make sure you are appropriately dressed. Athletes must layer their clothing properly so they are not put into a harmful or dangerous situation. The following information will assist you in layering for many different winter climates.

Base Layer: The task of the base layer is to maintain a dry and comfortable microclimate next to your skin. The base layer will therefore absorb all the moisture from your skin and then spread it out over the surface of the base layer where after it will be evaporated via the other clothing layers. Typical base layer fabrics are: CoolMax® , Polartec® PowerDry®, Patagonia® Capilene® and, Helly Hansen Lifa. This knowledge also will help you to make the right choice when buying clothing. You will want to use thermal underwear as a first level of clothing. It will keep you warm and dry by transferring moisture to the next layer. To keep your feet warm, dry and padded against hard impacts you will want to use thick socks.

Layering starts next to the skin. Base layers are available in various weights to meet the demands of different activities. Highly aerobic sports like trail running, mountain biking, cross-country skiing and snowshoeing require a lightweight layer which quickly moves the moisture away from your skin so it can evaporate, leaving you dry and comfortable. Avoid cotton next to your skin as a base layer.

For hiking, climbing, downhill skiing or any type of stop and go activity, a mid-weight base layer provides both moisture management and insulation. A heavyweight base layer is for cold conditions where you are relatively inactive.

Insulation Layer: This layer provides more warmth if the base layer and the shell layer do not provide enough insulation on their own. It traps small pockets of air in the fabric the insulation layer is made of which slows down the loss of heat. Typical insulation fabrics are: Polartec®, Classics®, Berber pile and Windstopper®. As a second layer you will want a fleece or wool sweater. On top of your base layer put on your shell pants. Good pants should protect from the wind, cold and the rain.

Except for the warmest of days, it's likely you'll want to wear an insulating layer. In addition to providing insulation, this mid-layer continues to transport moisture from your body into the air. Synthetics, like the fleece fabrics, are great insulators because the fibrous structure creates small air spaces which trap warm air. Synthetics also absorb little water, allowing faster evaporation.

Insulating layers are available in a variety of weights to complement any activity.

Some heavier weight base layers, especially those containing micro-fleece, can be used as insulating layers for highly aerobic activities in cold weather, like cross-country skiing and snowshoeing.

Shell Layer/Outer Layer: The shell layer provides protection from wind, rain, sleet and snow, without allowing the build-up of condensation inside the clothing system. It protects while still allowing moisture vapor to pass through. Shell fabrics are Gore-Tex® , Hyvent®, Aqua-Dry® and Dri-Lite®.

Finish off your upper body layering with a waterproof and windstopping jacket or top shell. Protect your hands from snow, ice and impacts with padded gloves.

Inclement weather may dampen the spirits of some, but with proper layering anyone can enjoy the great outdoors, regardless of what it's like outside. With an outer layer of water-resistant, waterproof, highly breathable and windproof material, moisture from your body still can be removed by your base layer from your skin and pass through your insulating and outer layers.

For super insulation layering, most people will be fine with the first three layers. In extremely cold conditions, however, you will need to add a large amount of insulation as a fourth layer. Down and Polarguard® can both be used for this layer.

Quick Helpful Tips for Dressing in Cold to Freezing Climates

When layering the clothing, it should be sized so it can fit over another without binding and/or restricting range of movement.

Wear layered clothing. When exercising in cold weather, layer clothes to keep your body warm. Layers allow you to add or remove clothing as your body temperature changes.

Wear a hat. You can lose up to 40 percent of body heat through the neck and head.

Protect your eyes. Wear sunglasses when exercising in the snow on a bright, sunny day. Wear proper footwear to keep feet warm and dry.

Wear a scarf or winter cover over your nose and mouth to prevent cold air from aggravating asthma attacks.

Directions (Driving)

Albany International Airport (737 Albany Shaker Road Albany, NY 12211) to Desmond Hotel (660 Albany Shaker Road Albany, NY 12211)

Head east on NY-155 E/Francis Delasandro Blvd toward Albany International Airport

Continue to follow NY-155 E Destination will be on the right

Desmond Hotel (660 Albany Shaker Road Albany, NY 12211 to Crowne Plaza Resort & Golf Club (101 Olympic Drive, Lake Placid, NY 12946)

Head southeast on NY-155 E/Albany Shaker Rd toward County Rd 153/Wolf Rd
Continue to follow Albany Shaker Rd

Turn left to merge onto I-87 N

Take exit 30 for US-9 toward NY-73/Keene Valley/Keene

Turn left onto U.S. 9 N

Slight left onto NY-73 W/NY-73 Scenic W

Turn left onto Main St

Turn left onto Olympic Dr

Destination will be on the right

Directions (Driving)

Crowne Plaza Resort & Golf Club (101 Olympic Drive, Lake Placid, NY 12946) to Whiteface Mountain

Head east on Olympic Dr toward Main St

Turn right onto Main St

Continue onto NY-86 E/Wilmington Rd

Continue to follow NY-86 E

Turn left onto NY-431 N/Whiteface Memorial Hwy

Turn left onto Adirondack Park Preserve

Turn left onto NY-431 N/Whiteface Memorial Hwy

Directions (Driving)

Crowne Plaza Resort & Golf Club (101 Olympic Drive, Lake Placid, NY 12946) to Van Hoevenberg

Head east on Olympic Dr toward Main St

Turn right onto Main St

Turn right onto S Main St

Continue onto Sentinel Rd

Continue onto NY-73 E/NY-73 Scenic E/Cascade Rd
Continue to follow NY-73 E/NY-73 Scenic E

Turn right onto Bob Run Rd

Continue onto Bobsled Run Rd

Continue onto Bob Run Rd

Turn left to stay on Bob Run Rd

Turn left to stay on Bob Run Rd

Turn left to stay on Bob Run Rd

Turn right to stay on Bob Run R

Directions (Driving)

Crowne Plaza Resort & Golf Club (101 Olympic Drive, Lake Placid, NY 12946) to Olympic Training Center (196 Old Military Rd, Lake Placid, NY 12946)

Head east on Olympic Dr toward Main St

Turn right onto Main St

Turn right onto S Main St

Continue onto Sentinel Rd

Slight right to stay on Sentinel Rd

Continue onto Route 26A

Continue onto Sentinel Rd

Turn left onto Old Military Rd Destination will be on the left

Directions (Walking)

Crowne Plaza Resort & Golf Club (101 Olympic Drive, Lake Placid, NY 12946) to Olympic Center (2634 Main Street, Lake Placid, NY 12946)

Head east on Olympic Dr toward Main St

Turn right onto Main St Destination will be on the right

SCHEDULE FOR TRAINING CAMP

MONDAY DECEMBER 10, 2012				
Begin Time	End Time	Activity	Notes	Location
8:00AM	8:30AM	Continental Breakfast		Desmond
9:00AM	1:00PM	Team USA Organizational Meeting		
1:00PM		Lunch		
ALL DAY		Travel & Registration	Change from State to Sport	Crowne Plaza, Lake Placid
7:00PM	8:20PM	Opening Dinner & Welcome		Grandview Room, Crown Plaza
8:20PM	9:00PM	Team Building Activity	Sport Specific	Assigned rooms
9:30PM	10:00 PM	Management Team Meeting		Sky Room
10:00 PM	10:45 PM	Sport Specific Meetings		TBD
11:00 PM		Curfew for all		

TUESDAY, DECEMBER 11 2012				
Begin Time	End Time	Activity		Location
7:00A M	8:45A M	Breakfast		MacKenzie's Crown Plaza, Cafeteria OTC
Sport Specific Information				
9:00 AM	Noon	Snow Shoeing/Cross Country		Mt Van Hoevenberg
9:00 AM	Noon	Alpine/Snowboarding		Whiteface Mountain
9:00 AM	Noon	Figure and Speed Skating		Olympic Center -1932 Rink
10:00 AM	Noon	Floor Hockey		Olympic Training Center
Breakout Sessions				
Lunch				
12:00 PM	1:00PM	ALL SPORTS		AT TRAINING VENUES

Sport Specific Information				
1:00PM	3:00PM	Snow Shoeing/Cross Country	<i>Training</i>	Mt Van Hoevenberg
3:15 PM	4:00PM	Snow Shoeing/Cross Country	<i>Breakout Sessions</i>	Crown Plaza
1:00PM	4:00PM	Alpine/Snowboarding		Whiteface Mountain
1:00PM	3:00pm	Figure and Speed Skating		Olympic Center -1932 Rink
1:30PM	4:30PM	Floor Hockey		Olympic Training Center
6:00PM	7:00PM	Dinner		Grandview Room, Crown Plaza.
7:00PM	9:00PM	Opening Ceremonies		Olympic Speedskating Oval
9:30PM	10:00 PM	Management Team Meeting		Sky Room-Crown Plaza
10:00 PM	10:45 PM	Sport Specific Meetings		Crown Plaza and OTC
11:00 PM		Curfew for all		

WEDNESDAY, DECEMBER 12, 2012

Begin Time	End Time	Activity		Location
7:00 AM	8:45 AM	Breakfast		MacKenzie's Crown Plaza Cafeteria OTC
Sport Specific Information				
9:00 AM	Noon	Snow Shoeing/Cross Country		Mt Van Hoevenberg
9:00 AM	Noon	Alpine/Snowboarding		Whiteface Mountain
9:00 AM	Noon	Figure and Speed Skating		Olympic Center -1932 Rink
10:00 AM	Noon	Floor Hockey		Olympic Training Center
Breakout Sessions				
Lunch				
12:00 PM	1:00PM	ALL SPORTS		AT TRAINING VENUES
Sport Specific Information				
1:00PM	3:00PM	Snow Shoeing/Cross Country	<i>Training</i>	Mt Van Hoevenberg
3:15 PM	4:00PM	Snow Shoeing/Cross Country	<i>Breakout Sessions</i>	Crown Plaza
1:00PM	4:00PM	Alpine/Snowboarding		Whiteface Mountain
1:00PM	3:00PM	Figure and Speed Skating		Olympic Center -1932 Rink
1:00PM	4:30PM	Floor Hockey		Olympic Training Center
Evening Activities				
7:00PM	9:00PM	Dinner, Team USA Fashion Show		Olympic Center -Herb Brooks Rink
9:30PM	10:00 PM	Management Team Meeting		Olympic Training Center
10:00 PM	10:45 PM	Sport Specific Meetings		Crown Plaza and OTC
11:00 PM		Curfew for all		

THURSDAY, DECEMBER 13, 2012

Begin Time	End Time	Activity		Location
6:00 AM	9:00 AM	Breakfast		MacKenzie's (Breakfast Bar) Crown Plaza, Cafeteria OTC
Sport Specific Information				
8:30 AM	11:00 AM	Snow Shoeing/Cross Country		Mt Van Hoevenberg
8:30 AM	11:00 AM	Alpine/Snowboarding		Whiteface Mountain
8:30 AM	11:00 AM	Figure and Speed Skating		Olympic Center -1932 Rink
9:00 AM	10:30 AM	Floor Hockey		Olympic Training Center
LOAD ING		ALL SPORTS	On Cargo Vans	Training Venues
Lunch				
Pick-up Noon		Box Lunch Pick-Up: ALL SPORTS		Crown Plaza or OTC
Noon	3:00PM	Travel To Albany CC, AL, SB, Shoe, SS, FS		Desmond Hotel
Evening Activities				
7:00PM	9:00PM	Korea Night/Dinner & Dance	Change from Sport to State	Desmond Hotel-Albany, NY
9:30PM	10:00PM	Management Team Meeting		
10:00PM	10:45PM	Sport Specific Meetings		
11:00PM		Curfew for all		

**Packing Lists for Team USA Training Camp
Lake Placid, New York**

December 10-14, 2012

Below is the General Packing list for all members of Team USA and following is a sport specific packing list. Please help us ensure that all athletes from your Program are aware of the things they need to take for general wear as well as sport specific.

General Wear

- 5 days of underwear (we will not do laundry)
- 2 casual outfits for a dance and social events
- 2-3 long sleeve shirts or turtlenecks
- 2 sweaters for layering
- Hat
- Gloves or mittens
- Snow boots
- Winter Jacket (we suggest you wear it on the plane)
- Snow/water resistant pants
- Cotton and Winter socks
- Goggles
- Sun glasses
- Work out clothes and sneakers for cross training in the gym
- Small containers of toiletry items (shampoo, soap, toothbrush, toothbrush, shaving items, etc.)
- Hairbrush
- Shower shoes/thongs
- Spending money for incidental shopping and travel snacks
- Fleece jacket or vest for layering
- A disposable camera
- All prescribed medications in their original prescription bottles. Please include a written daily medicine dosage schedule (in case something has changed since the athlete medical was completed).
- A laundry/plastic bag for dirty or wet items for the trip home
- Your Team USA Training Resource Guide filled in for your head coach to review

NOTE: Please be sure to clearly mark each item with your name. Write name either with a clothes marker pen or tape name to items (mark **everything**, including combs, etc.). This is very important. Write your name on the inside and outside of all luggage/bags (checked and carry-on).

Alpine Skiing

Ski Socks (3 pr.)

Long Underwear—tops and bottoms

Layering Fleece/Sweaters

Ski Pants

Ski Parka

Ski Goggles

Ski Helmet

Ski Boots

Ski Poles

Skis

This time of the ski season we can have sunny and mild or blizzard conditions so we need to be prepared.

Ski Equipment— you must bring your own skis and poles. We will not rent at Lake Placid.

Ski boots—you must bring your own boots. We will not rent at Lake Placid.

Cross Country Skiing

1. Skis, boots, and poles: there will be no rental equipment available at Lake Placid. You will also need a XC ski bag to fit this equipment in. Ski boots should fit inside the ski bag for transport.
2. Sunglasses and snow goggles (**ABSOLUTELY NECESSARY**, even on cloudy days); unprotected eyes can be damaged causing snow-blindness, which is very painful. Look for sunglasses that are advertised as blocking **at least 90%** of UV rays. The danger of eye injury is even more severe since we will be training at 9600 feet above sea level.
3. Wool or fleece stocking hat. Note: A **baseball hat** is nice for keeping the sun off of your face on sunny days
4. Ski gloves – light or medium weight (not fleece or cotton).5. Two pair Long underwear, top and bottom: synthetic materials are best (fleece, capilene, thermax, etc). No cotton “waffle” underwear.
5. 1 or 2 pair skiing tights (**NO BLUE JEANS**; they get wet and you get cold). Loose fit tights are perfect.
6. Insulating top layer such as a light or medium polar fleece.
7. Nylon water- and snow-resistant **JACKET** and **PANTS**. A warm-up or wind breaker weight is fine.
8. 2 pair ski socks. Wool or wool blend ski socks (keeps feet warmer and helps to prevent blisters).

9. **Small** backpack or fanny pack (optional), a nice item to have for carrying hats, gloves, water bottle, etc. to and from the training site.
10. 1 pair of gym shorts, 2 t-shirts and sneakers for cross training or running.
11. Water bottle (optional): we will be provided with drinks and snacks at the training site each day
12. No laptop computers. Cell phone use limited during camp.
13. Team USA will be supplying us with all the clothing and uniforms we will need for competition in Korea, so don't run out and buy a lot of new gear. Basically, you can use what you have been wearing for your ski training and State Winter Games.
14. The items above are meant to cover every possible type of weather: cold, snow, rain, wind, or all of these at once. Skiing is an outdoor sport, so we will be outdoors most of every day, and we will need to be prepared for whatever Lake Placid can give us and that can be a lot.

Figure Skating

1. Skates
2. Hard Guards
3. Program Music on CD **AND** Cassette Tape
4. World Games Competition outfit (if possible), if not an outfit that would be appropriate for performing.
5. Females: 2 skate dresses, skating skirts or wrap skirts with bodysuit
2 pairs of footed flesh colored skating tights

2 pairs of footless flesh colored skating tights

Males: 1 pair of skating pants or black track pants appropriate for skating.
6. All: 2 turtle neck shirts
7. All: 2 sweaters or polar fleece jackets appropriate for skating.
8. 2 pairs of gloves
9. Headband for keeping ears warm.
10. Skate bag
11. Track pants and t-shirt for off ice training
12. If not traveling in gym shoes or tennis shoes appropriate for off ice training sessions then please pack a pair.
13. Extra Skate laces
14. Screw Driver to fit the screws in the bottom of your blade (this must be checked through in your luggage as you will not be permitted to carry this on the airplane).

Floor Hockey – talk to your head coach

Snowboarding

Long Underwear—tops and bottoms

Riding Gloves

Snowboarding Socks (3pr)

Winter Coat

Snow Pants

Snowboarding Helmet

Snowboard with Safety Strap

Snowboard Boots

Snowboard Goggles

Snowshoeing

Your snowshoes. You will not be able to rent them at Lake Placid.

The shoes or boots that you train and compete in. If you compete in running shoes, bring gaiters for cold and moisture protection while we are in training.

Several pairs of socks that you use for training and competition (wicking sock and wool or whatever synthetic thermal that you use - NO COTTON SOCKS)

Neck gaiter, if you have one.

If you compete in a hiking or heavier snow boot, it is recommended that you wear those on the plane rather than pack them with consideration to weight restrictions.

Just a reminder to pack within the guidelines, pack things you can wear more than once, dress in layers (long underwear, fleece, outer layer that is wind resistant). We will not be doing laundry while at camp. Be flexible to that idea!!

Speed Skating

Items marked with an (*) are recommended, but not required.

Speed Skates (Hockey skates are acceptable. NO FIGURE SKATES)

*Skate guards (to protect the blades while walking and traveling in bag)

Towel to dry blades

Knee pads (*Wrist guards are optional)

Helmet (Bike helmet is fine)

Gloves (prefer leather batting gloves or XC ski gloves)

Water bottle (with your name clearly marked)

Bag to put all of your skating equipment in

*Cheap Shin Guards (no ankle coverage) (soccer type... required for competition, not for practice)

*Ballistic nylon neck guard with bib (required for competition, not for practice. Very hard to find and will be provided in January)

*Sharpening jig and stones / oil (and rags). If you have this equipment, bring it!

Examples of appropriate skating clothing and safety equipment can be found at the following website:

<http://www.socalspeedskating.org/equip/equipment.htm>

Clothing:

Running tights with warm-ups or wind pants (NO JEANS ON THE ICE!)

Thermal underwear or "wicking" undergarments for warmth

Sweatshirt / Jacket

Exercise shorts - bike short type preferred (3 pair)

athletic / running shoes

T-shirt / exercise top (3)

Socks - (for skating and for dryland workouts) Blister socks may be a good idea if they fit comfortably in your skates. "WrightSock" running socks are good.

Head band / ear covers (that will fit under your helmet)

Hat- to be worn when not wearing a helmet.

If you are new to your skates, then you may want to bring:

Compeed (band aid brand) blister care bandages.

Round white make up pads (we use them to add additional cushion to the skates in the "sore" spots.)

Please don't forget to bring your Team USA Training Log Book!