

# Athlete Expectations



## **PRIOR TO THE NATIONAL GAMES:**

- **I will train a minimum of 3 times per week in training sessions**
- **I will be available to attend the 2020 Special Olympics Canada Winter Games**
- **I am prepared to work hard**
- **I will ensure I am available to attend the Sport Summits hosted by Team BC.**

# Expectations Continued....



## **PRIOR TO THE NATIONAL GAMES:**

- **I am prepared to work towards a positive, enjoyable Team BC spirit.**
- **I will meet all deadlines as set out by Special Olympics BC**
- **I will continually strive to uphold the spirit of fair competition and sportsmanship**
- **I understand that if any problems arise during this time, and these problems cannot be resolved, I will be removed from Team BC.**

# Expectations Continued....



## **DURING THE NATIONAL GAMES:**

- I will attend ALL activities relating to the competitive and non-competitive aspects of the National games
- I understand I am representing Special Olympics BC at all times
- I will be respectful and responsible to my assigned Team BC coach at all times.
- I will at no time leave the accommodations or sport venue on my own.

# Expectations Continued....



- **DURING THE NATIONAL GAMES:**
- **I will not be able to leave during games with family/caregivers or friends**
- **I will continually strive to uphold the spirit of fair competition and sportsmanship**
- **I understand that I must travel to and from the 2020 National Winter Games with Team BC in the transportation provided.**
- **I understand that I will stay in the accommodation site provided to Team BC by the Games Organizing Committee.**

# Rules for all Events



- Always be on your best behaviour!
- Always treat the coaches, athletes, special guests and officials with respect!
- No boys in girls rooms and vice versa!
- Eat like an Athlete!
- No alcohol or illegal drugs!
- No leaving the hotel, dorm, or sport venue without a coach!
- Only smoking in designated areas!
- Always do your best and have fun!

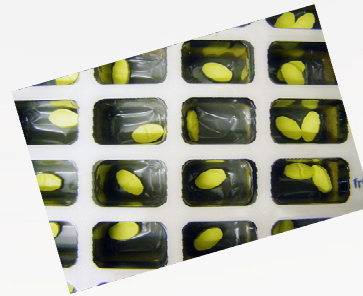


**This Is A  
No Smoking  
Area**

# Medical



- If you experience **ANY** changes in your medications or medical state you **MUST** inform your Team BC coach **IMMEDIATELY**.
- Medications **MUST** be blister packed – a pharmacy will do this for free.



- You **MUST** bring 2 weeks worth of medications
- We will help you manage a 3 hour time change
- Medications are always packed in your carry-on luggage **NOT** your checked luggage
- Your coach will support you to manage your meds

# Training Requirements



- **3 Times per week minimum (1 in your sport, another SO program)**
  - What is appropriate training?
- **Club Fit if there is one in your community**
- **Training on your own: Use the Training Book you received!!!**
- **Be sure to fill out your Training Guide as Training & Team BC Coaches will be checking on this!**

