



About Alpine Skiing: Alpine skiing is a demanding sport, and athletes will benefit by being in good physical condition to compete successfully and safely. Alpine skiing requires, in addition to a basic combination of endurance and strength, a high capacity of quickness and action/reaction endurance. Through proper training, the athletes improve their physical, psychological and mental efficiency.

Established at Special Olympics: 1977

Differences of Special Olympics Alpine Skiing: Special Olympics rules follow the International Ski Federation rules for alpine racing except for specific situations. Those include race venue selection based on the ability of the athlete. Other specific rules include the 2 Minute Rules, which allows an athlete who has fallen or gone off course to get the skis back on and continue down the course. Presently all courses are set with open gates which allows an even flow down the race hill.

By The Numbers:

- In 2011, 15,891 Special Olympics Athletes competed in Alpine Skiing events
- In 2011, 85 Special Olympics Programs participated in Alpine Skiing events
- The vertical drop on an Advanced skier course can reach up to 350 meters!
- Skiing has been around for nearly 5,000 years
- Special Olympics World Winter Games have been hosted in the United States, Canada, Austria and Japan. Korea is the host for the 2013 Winter Games.

Events for Competition:

- 10 Meter Walk Event – Beginner
- Glide – Beginner
- Super Glide – Beginner
- Giant Slalom – Novice, Intermediate & Advanced
- Slalom – Novice, Intermediate & Advanced
- Super Giant Slalom (Super G) – Novice, Intermediate & Advanced

Associations:

International Ski Federation – <http://www.fis-ski.com/>

Divisioning at Special Olympics: Athletes in every sport and event are grouped by age, gender, and ability – giving everyone a reasonable chance to win. At Special Olympics there are no World Records because each athlete, whether in the fastest or the slowest division is valued and recognized equally. In every division, all athletes receive an award, from gold, silver, and bronze medals, to fourth through eighth place ribbons. This idea of equal ability groupings is the foundation for competition in Special Olympics and can be witnessed at all events, whether it's athletics, aquatics, table tennis, football, skiing, or gymnastics. All athletes are given an equal chance to participate, perform, and be recognized for doing their best by their teammates, family, friends, and fans.