



National Championship, Winter Games  
Narkanda, Shimla, Himachal Pradesh  
12-17 February 2019

## Executive Summary

The National Championship (Snow Sports) was held from 12-17 February 2019 for approx 143 Athletes and 44 Coaches from 9 States of India along with 15 Volunteers and 27 officials and Resource persons aggregating to 229 Campers. The Camp featured participation in Snow Shoeing, Snow Boarding and Alpine Skiing. The Resource team from The High Altitude Trekking & Skiing Centre, Narkanda comprising of four persons led the participants throughout the duration of the Camp



Narkanda boasts of appropriate infrastructural facilities required for conduct of Snow Sports, having been venue for most of the camps. Highland Adventure Institute partnered with SO Bharat in the conduct of the Championship inasmuch as providing expertise and equipment. Over an hour of snowfall each day, throughout the duration of the Championship resulted in the trainers having to press the snow manually, to harden it for successful conduct of the events.





## Background

It was in 1993 that India participated at the World Winter Games for the first time. 18 delegates represented India at the event held in Schladming, Austria with participation of 50 countries in all. India's representation in World Winter Games remained in Floor Hockey only from 1993-2005. A first ever National training Camp for Winter Games was held against the breath taking backdrop of Narkanda, Himachal Pradesh in February 2007, starting a new chapter in the progress of SO Bharat. A National Championship was held in January 2008. This camp was witnessed by Mr. Troy Greisen, the then MD, Special Olympics Asia Pacific who led training of the Coaches in sport skills as well as sport equipment.

The Athletes made a remarkable entry into the arena of Snow Sports at the 9th Special Olympics World Winter Games 2009, held in Idaho, USA.

India's participation at the World Winter Games 2017 held in Austria brought 73 medals for India including 37 Gold, 10 Silver and 26 Bronze with participation of 59 Athletes.

## Opening Ceremony

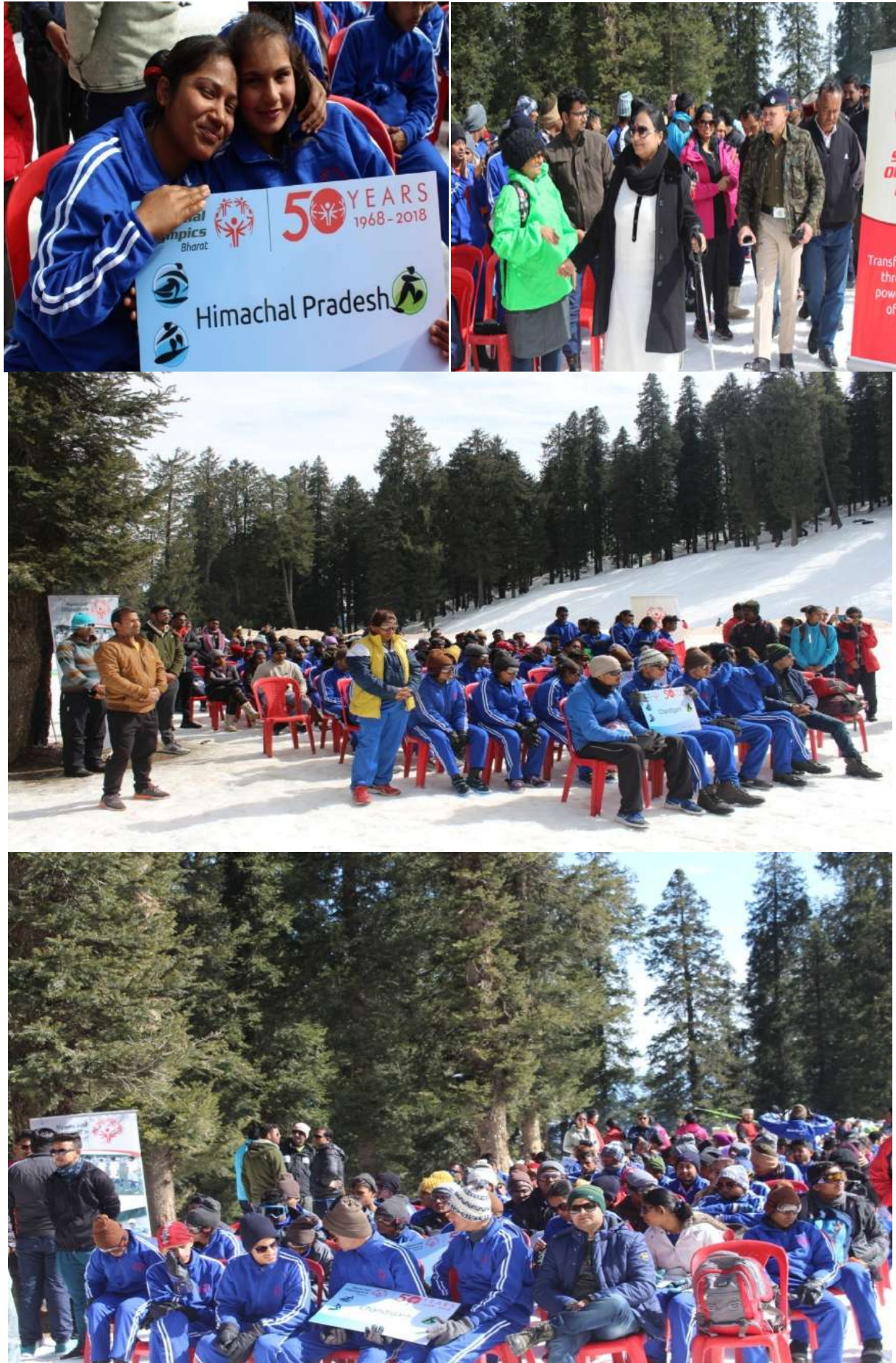
All teams arrived on 12 February and got themselves registered as well as received the sport equipment. The meticulous process of issuing sport equipment went on for over two hour and a half with three stations set up for the purpose. Along with the correct size the ability of the Athlete to carry the equipment with himself/ herself is considered an important criterion. Snow boards, Snow shoes as well as Alpine skis weigh around 5 to 7 kgs or more with Alpine Skies being a set of 3 components. While the correct size impacts performance, having being able to carry the equipment ensures safety of the participant in a situation of a fall or any such accident.















### Torch Run and Opening Ceremony

Second day, after the formal Opening Ceremony which was presided over by the Chief Guest, Mr. Amit Kashyap, District Commissioner and Guest of Honour Mrs. Malika Nadda, Vice Chairperson SOB & Chairperson Selection Committee. The torch



run conducted at the games venue witnessing participation of 250 persons approximately.





The first day skiing sessions included walking on skies progressing to sliding, balancing and stopping the next day.

The Coaches had earlier in the year received training in skiing for 5 days at the same place. The Athletes were trained and given a chance to learn and acclimatisation to the snow condition along with equipments.

On 14<sup>th</sup> February, The divisioning rounds were conducted by the Sports Specific experts and the individual scores were taken in all three sports. On 15<sup>th</sup> even the climate was not in favour and experienced heavy snow in the morning, it was decided to delay the competition at later in day. All the classification races were



conducted and scores were taken. All the events were completed by evening of 16<sup>th</sup> and the award ceremony was organized in the evening to celebrate the athletes' success in their respective sports. Medals and certificates were awarded and on 17<sup>th</sup> the team depart from the venue.

### **Snow Sports- Preparation, Training and Performance**

Lecture, demonstration and practise of all the three sport disciplines was conducted graduating to a higher skill level with each following day that began with a recap of the previous day..









### Intriguing Aspects!



Mr Suresh Thakur, Sports Director, SO Bharat Punjab Chapter conceptualized and created a snow shoe out of a car tyre in Punjab.

Amandeep Kaur , Athlete from Punjab, won a Gold in Snow Shoeing in National Championship (Snow Sports) in Narkanda, Shimla , Himachal Pradesh. She said that she practiced the sport in Punjab - a state that gets no snow. The indigenous creation may have helped the Athlete while also demonstrating the lengths to which the State goes to ensure participation of their Athletes. Equally surprising was a Silver won by Sannidhi Priya from Telangana in the sport. Athletes from areas that receive snow can only perform well in Snow sports, is a waning perception



*" It is very encouraging to see Athletes from states like Punjab and Telangana coming up in Winter Sports despite belonging to states which have no snow at all. It promises participation of many more Athletes from more states, irrespective of weather conditions. Snow Shoeing specifically may have a lot more participation in future and perhaps later Alpine Skiing and Snow Boarding "- Chief Guest, Mr. Amit Kashyap, District Commissioner*

