

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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April Newsletter

Issue #2015-04

Don't Miss This Year's Inspiration Walk!

You don't want to miss this year's Inspiration Walk on Saturday, April 18th from 8-11 am at Centennial Park off Rt 108! Come and participate in all the festivities before the walk. There will be prizes raffled at each booth as well as over 40 prizes raffled off at the end of the walk including a Hero GoPro camera donated by DARCAR S.



Prior to our County Executive Kittleman and State Senator Guzzone kicking off the walk at 9:15, enjoy our Zumba warm-up, a traditional folklore Mexican dance, photo booth, facepainting and crafts by Abrakadoodle, Win Kelly and DARCARS car displays, CPR instructions, Wegmans snacks, Canada Dry and Body Armour drinks, WLIP 101.9, mascots including the Oriole Bird, Raven's Poe, the Hogettes, Healthy Howie, and Chick Fil-A cows.

Posters recognizing our sponsors as well as posters of our athletes in action will be posted around the walk venue. If you are interested in showcasing an athlete or team, the cost is \$40.00 each or 3 for \$100.00. Send photos to Robin Phillips at MROBIN.PHILLIPS@gmail.com and send the check to Special Olympics Howard County, 8970 Route 108, Suite A-1, Columbia, MD 21045. The deadline for ordering posters is April 10th. Posters from past years can be used if dropped off at the SOHO office by April 15th.

[Click here](#) to make a donation. [Click here](#) to start your own fundraising page.

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2015 Basketball State Games Results

A great time was had by all at the basketball final competitions held at various Frederick venues. Check out athlete RJ Phillips and unified partner Rylie Champers celebrating by [clicking here](#).

Individual Skills

Gold Medals: Nate Zahn and
Amanda Jacober
Silver Medals: Sean McGing and
Randi Penenburg

3x3 Traditional

Team Anderson - Silver
Team Parrish - Bronze
Team Thompson - Gold

SOHO Athletes Meet with Governor Hogan

As Special Olympics athletes gain confidence and feel empowered, they often seek new challenges. This may include becoming mentors or coaches for other athletes or speaking at special events about their experiences and how Special Olympics has changed their lives. This is all part of the Athlete Leadership Program.



Coinciding with [Spread the Word to End the Word Day](#) on March 4th, SOHO athletes Thomas Smith and Ben Stevick joined four other SOMD athletes who visited Annapolis to thank Representatives and Senators for their support of Special Olympics Maryland and to ask them to pledge to stop using the word "retard" or "retarded". The athletes were joined by 12 athletes and Unified partners from Southern High School in Anne Arundel County. The day culminated with a chance to meet the new Governor of Maryland Larry Hogan. Governor Hogan spent a good amount of time with the athletes and even had time for a photo or two.

Coaches from China Visit Special Olympics Howard County Basketball Skills Practice

SOHO received a visit from some very special guests in March. Thirteen high school basketball coaches from China helped out with a SOHO basketball practice at Bonnie Branch Middle School.

The coaches, from Chengdu and Guangzhou, were in the United States with the Sports Visitors program through the U.S. State Department. In their first exposure to Special Olympics, the men and women assisted the 36 skills athletes with dribbling, shooting, and passing. Several enjoyed the experience so much that they intend to get involved with Special Olympics when they return to China.



At the end of their U.S. visit, the coaches were asked what session was the most memorable of their trip and the majority of them said the time they spend with our athletes. Considering they also

3x3 Player Development

Team Maier - Bronze

5x5 Player Development

Team Mineart - Gold

Team Herrera - Silver

Team Schnorf - Bronze

Team Gregg - Gold

Team Hyer - Gold

5v5 Traditional

Team Klima - Bronze

Team Bernstein - Bronze

Team Healy - Silver

Team Miller - Bronze

Full state results can be found by [clicking here](#).

Support Our Inspiration Walk Sponsors

2015 sponsors to date:

PRESENTING SPONSORS

Corridor Mortgage

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Dwight & Diane Mikulis, Allan

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Klima, Timbers at Troy Golf

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Lanes, Quest Fitness

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spent time at an NBA clinic and a Wizards game, that says quite a lot.

To enjoy photos from their visit, check out the photos at our [smugmug page](#).

Panthers Pounding the Pavement!

On Sunday, May 31, 2015, the Atholton Elementary School PTA will be hosting its 5th annual "Panthers Pounding the Pavement" 5K and 1-Mile Fun Run/Walk. Proceeds from the event support educational and cultural activities for our students and 10% of this year's profits will benefit Special Olympics of Howard County!

This year's AES 5K and 1-Mile Fun Run/Walk will begin at 9 a.m. at Atholton Elementary School in Columbia's Allview Estates neighborhood.

Contact Alison Decker at baderadecker@gmail.com or Shelley Mansolillo at smansolillo@gmail.com to register.

Medical Forms Must be Current for Participation

Athletes must have a [current medical](#) on file in order to participate in any sports season. These medicals must be updated every three years. It is important to keep track of when an athlete's medical will expire and be sure that a medical form is completed in advance. Because of when physicals can be done (no sooner than one year from the last physical), the [form](#) may have to be completed the year prior to when the old one expires.

Another option is to have a sports physical completed at a medical center, such as Righttime Medical Care. Through December 31st, they are offering sports physicals for only \$20.00 Tuesday - Thursday from 10:00 a.m. - 3:00 p.m. (\$45.00 all other times). Appointments can be made through myRighttime.com or by calling 888-808-6483.

Coaches Certification Update

SOMD has instituted new regulations for coaches certification. For coaches to obtain a new sport certification, a coach must:

- complete and maintain Class A volunteer status (general orientation, Class A screening (i.e., background check), Protective Behaviors Course),

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We are on Twitter!

You can now follow us on
Twitter. @SOMD_HoCo.

SOMD News

This month's issue of IMPACT, SOMD's e-newsletter, features **Howard County's Munir Vohra** as the Athlete of the Month. It also covers some great stories about basketball, volunteers and athlete leadership. [Click here](#) to view

DS-Connect™: A Registry for People with Down Syndrome

DS-Connect is a voluntary, confidential, online survey that collects basic health information about people with Down syndrome. This resource was launched by the National Institutes of Health with help from the Down Syndrome Consortium, a group of national and international organizations that focus on and support the Down syndrome community. For more information, click [here](#).

- complete a course on coaching Special Olympics athletes, and
- complete sport specific training.

Existing coaches must renew their sport certification once every three years and must:

- maintain Class A volunteer status (new background check)
- complete an approved course or development experience which advances the coach's knowledge, skills and abilities in either aspects of the sport or coaching in general.

See the side panel Coaches Resources for training opportunities. As other training opportunities become available, emails will be sent to all sports coordinators for distribution to their coaches.

What is Strive CORE?

Strive CORE has been developed as a fitness assessment tool that can be used to improve the performance and fitness of Special Olympics athletes. It is comprised of five baseline assessments of an athlete's skills and capabilities. An



athlete is first measured at the beginning of a training season in five baseline assessments - height/weight, sit/reach, plank, sit/stand, and 20 M shuttle run. They are then assessed mid-season and then again at the end of the season to assess the athlete's improvement and encourage behavior changes to improve fitness and sport performance.

Aquatics coordinator **Allan Waschak** offered to be the first program to test the program and volunteers **Eric Kohn** and **Maura Dougherty** are heading up the program each week. Many of the aquatics athletes signed up to come early before practice each Sunday to practice cardio and strengthening exercises. Each athlete was given a log book to track their water consumption and keep a food and exercise diary. Parents are encouraged to be involved so that there is carry-over at home with both the nutrition and exercise portion of the program.

Tino's Fundraiser for SOHO

Team Sports Participation Reminder

Please review the policy related to participating in team sports by [clicking here](#). If an athlete violates the policy, he/she will be prohibited from participating in that sport the next season.

Medical Forms

Do you know when your medical form expires? Call the office or email info@somdhc.org to find so that you can leave plenty of time to get a physician's appointment! .

Refinance and Raise Funds for SOHO

[Corridor Mortgage Group](#), who sponsors the fall golf fundraiser for Special Olympics Howard County is offering our organization \$250 for anyone who refinances their mortgage or borrows for a new mortgage through Corridor. Mention that you heard of the offer through the SOHO newsletter. For more details, call Chris Sittig at 443.539.1596 or email at csittig@corridormtg.com

Coaches Resources

Special Olympics Howard County encourages all of our coaches to stay abreast of the latest training. SOHO will reimburse any coach that wishes to take the online training courses offered below.



Coaches Training

On Monday, May 18th, Tino's Italian Bistro will donate 10% of all proceeds for the day to Special Olympics Howard County! Come out to Tino's at 8775 Centre Park Drive, Columbia, MD 21045 anytime between 11:30 am to 10:00 pm. No flier is needed. Eat-in, carry-out or delivery count toward the proceeds for SOHO. Let's give the family cook a break and make this a no cook Monday!

Next Volunteer Orientation - April 8th

The next Volunteer Orientations will be held on Wednesday, April 8th, from 7:00 - 8:30 p.m. at the SOHO Office.

Anyone interested in volunteering must attend a volunteer orientation, complete a volunteer application (<http://somedhc.org/volunteer/>) and an on-line Protective Behaviors Course. Parents are highly encouraged to attend an orientation. Parents that will serve as chaperones at state games in June must be certified Volunteers.

For more information, contact Volunteer Coordinator Janet Larrimore. (JanetandWalter@comcast.net). The next orientation is scheduled for April 8th.

Volunteers must update their volunteer application every three years. There is no need to attend another orientation, but the application must be updated.



Coaches Guidelines

Sports Rules



SOHO Office, 8970 Route 108 Suite A1, Columbia, MD 21045
Hours: Monday, Wednesday & Thursday 8:00 - 1:00, Tuesday 1:30 - 6:30
Phone (410) 740-0500 | Fax (410) 740-2388 | www.somedhc.org | info@somedhc.org
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