

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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September Newsletter

Issue #2015-09

SOHO Volunteers and Athletes to be Honored at Celebration of Sports

SOHO is proud to announce that four individuals from our organization will receive Good Sports Awards at the annual Howard County Department of Recreation and Parks Celebration of Sports on October 6th at 5:30 p.m. The new inductees to the Community Sports Hall of Fame will also be presented.

John McDonough, our soccer coach for over 14 years, multi-sport athletes **Jenna Jones** and **Wendy Jimenez**, and softball official **Rick McAuley** are being recognized.

The MARPSA (Mid-Atlantic Recreation and Parks Sports Alliance) Good Sports Award was created to highlight positive sportsmanship in community recreation program. One coach, one youth player, one adult player and one official from each program can be recognized.

If you would like to attend the event, tickets (which include dinner) can be purchased for \$40.00 by calling 410-313-7275 and registering for RP6600.501. Registration is open Monday through Friday, 8:00 AM-4:30PM.

Corridor Mortgage Golf Tournament Raises \$45,000!

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Support Our Athletes

The fall is filled with lots of competitions, many of them being held in Howard County, so come out and support our athletes. Check out the calendar at somdhc.org for times.

Oct 3, 17, 24: Soccer League Play (Cedar Lane Park East)

Sept 27: Powerlifting Competition (Colosseum Gym)

Sept 27: Cycling Competition (Gateway Drive)

Beautiful weather, great golf, good food, and lots of fun was had during the 5th Annual Corridor Golf Classic and Open held on September 17th and 18th at Waverly Woods Golf Course. The tournament benefits Special Olympics Howard and Carroll County programs as well as the Ulman Cancer Fund for Young Adults. This year's tournament raised \$45,000, half of what has been raised in the first four years of the event.



At our designated hole, we had athletes hand out water and sleeves of golf balls to the participants and also ran a chipping contest which raised \$1,000! Our thanks to Corridor Mortgage Group President **Jerry Rader** and the Leadership Committee of **Dave Hudson, Chris Sittig, Ron Mason and Kerry Fitzgerald** for all their hard work to make this tournament the premier golf tournament that it is. Also thanks to the many sponsors and to **Craig Shaffer, Michael Bostian and the Waverly Woods staff**. Also thanks to all our volunteers, athletes and golfers who made the day such a great success.

Farewell to Lisa Parrish

We say goodbye to the Parrish family as Lisa, Coach Bob and Virginia have retired to Florida. Lisa began participating in Special Olympics in elementary school through Howard County Recreation and Parks. She was involved in track and field from the time she was 11 and when she was 16 (July 1986), she was invited to participate in the International Games held in South Bend, Indiana. That experience was very exciting for Lisa. However, the most memorable time was prior to leaving for South Bend, the Howard County participants were invited to meet President Ronald Reagan and Eunice Kennedy Shriver at the White House. See photo below, Lisa is standing next to President Reagan!!!

**Oct 4: SOMD Golf Finals
(Queenstown Harbor GC)**

**Oct 4: Cross Country Competition
(Reservoir HS)**

**Oct 8: Powerlifting Competition
(Quest Fitness)**

**Oct 10: Volleyball Invitational (MD
Junior Sports Center)**

**Oct 10: Flag Football (Cedar Lane
Park East)**

**Oct 15-17: National Tennis
Invitational (Hilton Head,SC)**

**Oct 24: Fallfest (Mt. St. Mary's
University)**

**Oct 30-31: Volleyball
Finals (Middletown, DE)**

**Nov 2: SOMD Soccer Finals
(Fruitland, MD)**

SOMD NEWS

[Click here](#) to read the August edition of IMPACT, SOMD's e-newsletter. SOMD "Be Brave" Bravelets are available [here](#). For each Bravelets purchased, SOMD will receive \$10.00. Be Brave Bravelets are available in various materials and colors.

Alex and Ani "Power of Unity" bracelets are available [here](#). Special Olympics will receive \$20.00 for each bravelet purchased before 12/15/15.

SOHO DANCE

Athletes, reserve Friday November 13th on your calendars for our annual Fall Dance. This will be held at Harpers Choice Middle School from 7:00 - 9:00 pm. Tunes will be spun by our favorite DJ, Steve Towne. Light refreshments will be served. Our



Remarkably, Lisa really has not changed in appearance since this photo in 1986!!

Lisa continued in track and field and then added soccer, volleyball, cross country skiing, snowshoeing, and bocce to her sports. Lisa's mom, Virginia, said *"the many friends Lisa made will never be forgotten and she is looking forward to continuing her involvement in Special Olympics in Florida as is her dad."* Bob will be missed greatly as well and we thank him for his 12 years of service as a 3v3 basketball coach and 14 year Inspiration Walk bronze medal sponsor through his company Aquatics Specialties.

Bertucci Fundraiser- October 20th

It's time to take a break from the kitchen and join us at Bertucci's on Tuesday, October 20th. With this [coupon](#) for dine in, carry out or delivery from 11:00 a.m.-10:00 p.m., SOHO will receive 15% of all purchases. Come out and join us for great food and friendship!

SOHO Athlete Meets the Pope

This has been quite a year for athlete Ben Stevick. First, he won two gold medals and a silver at World Games in Los Angeles in July. Then Ben got to greet Pope Francis on his visit to Washington DC and even get a hug! Click [here](#) to see the video of Ben's encounter with the Pope.

family coordinator, Barbara Stewart, can always use extra hands, so if you'd like to volunteer, email her at Stewgarden@aol.com.

THANKS TO OUR 2015 INSPIRATION WALK SPONSORS!

PRESENTING SPONSORS

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Lisa Higgins Hussman Foundation

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A list of all our gift certificate and raffle prizes donors can be found on our web page at

<http://somdnc.org/?a=inspiration+walk>

Volunteer Orientation



Ben proudly wearing his World Games medals as he greets Pope Frances.

Famous Dave's Bocce and BBQ

On September 19th, Famous Dave's restaurant hosted a Unified Bocce and BBQ day to support Special Olympics Maryland and our local county program. This partnership is to help generate awareness about Special Olympics in our community and in the other communities (Bel Air, Frederick, Annapolis, Timonium, and Germantown) where other Bocce and BBQ days were being held. A big thank you to Stellamarie Kosman for organizing the event from the county level and Jim Schmutz and Nate Garland from SOMD!



In addition, every Friday through Sunday throughout the month of September, all Famous Dave's locations in Maryland will re-name the "Feast for One" menu

The next Volunteer Orientation will be held at the SOHO office on October 21st from 7:00 - 8:30 p.m. New volunteers interested in helping with bowling and/or winter sports (alpine skiing, snowshoeing, and basketball) should attend. Advance registration is required by contacting Janet at

JanetandWalter@comcast.net.

Team Up For 1
FOUNDATION

Team Up for 1 (TU41) is an organization that connects athletes with disabilities with local sports teams and they are looking for participants from Special Olympics. They match children, ages four to 18 (and possibly up to age 22), with local high school and college sports teams, promoting a team 'adoption' which turns into team activities, MVP ceremonies and endless Team Up For 1 programs that create a bond between the child/family and the athletes/coaches on the sports team.

SOHO athlete Will Frisinger has been adopted by the Towson University Golf Team through TU41. Will's MVP ceremony took place on September 2nd at The Eagles Nest Country Club, with 160 people in attendance!!

If you'd like a similar experience for your son or daughter, contact Charleievine@comcast.net. [Click here](#) for further information about TU41.

Medicals Must Be Current

Remember that all athletes must have a current medical on file in order to register and participate in any SOHO activity. These must be updated every three years. Medical forms can be found on our

item, the "Brave in the Attempt" platter and donate \$2.00 from every platter to SOMD to support athletes in each community. All proceeds from the Columbia restaurant in Columbia Crossing will stay in Howard County to support our athletes.

Sponsor Spotlight: Quest Fitness

For 15 years, Quest Fitness in Ellicott City has provided year round support to SOHO. Originally, Quest was the site of training for our powerlifting program. We needed a facility that would provide the necessary equipment to build the program. Without this site, we would not have a place or the equipment with which to train the athletes. Additionally, Quest then provided their gym facility for our fitness program, a year round program to keep athletes in shape while they are participating in other sports programs such as snowshoeing and aquatics. The value of this in-kind donation is over \$112,000.

By having powerlifting and fitness training at this public fitness club, the community observes our athletes in a different light and community members become more accepting of those with intellectual disabilities. In addition, some community members have become interested in the program and become volunteers. The staff have always been welcoming and supportive of our program. Thank you to Quest Fitness for your generous support!

SOHO Athletes Shine at National Golf Tournament

Level 2 golf teams Nicky and Al Mineart and Jimmy and Mary Beth Scheck earned Silver Medals at the 2015 Special Olympics North America Golf Invitational Tournament at the Port Royal Golf Club in Hilton Head, South Carolina September 10th-13th. The selected athletes are: Level 2 (9 holes) - Nicky and Al Mineart and Mary Beth and Jimmy Schenk, Level 3 (18 holes) golfers Wayne Slifker and Tom Pirritano received a participation ribbon and Level 5 (18 holes) golfer Bob Strunge received a Bronze Medal. Congratulations to all!

web site. (Click here.) Through December 31st, Righttime Medical Center is offering sports physicals for \$20.00, Tuesdays - Thursdays from 10:00 - 3:00. (Regular price is \$45.00.) Appointments can be made by calling 888.808.6483 or going to myRighttime.com

Concussion Training for Coaches

Special Olympics is now requiring that all coaches complete the Heads Up Concussion In Youth Sports training in addition to the Coaching Special Olympics Athletes course (which must be taken every three years) and a sport specific course. Information will be in the next newsletter about taking the course either in the office or online at home. Stay tuned!

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](#)



[Coaches Guidelines](#)

[Sports Rules](#)



Jimmy, Mary Beth, Al, and Nick display their Silver Medals.

Join Syd's and Christine's Challenge

One of the coolest things about Special Olympics is the opportunity provided to our athletes to lead. On the field in practice and in games, they lead like any athletes by providing direction, given positive feedback and helping other athletes achieve their personal best. Off the field, they represent other athletes in the Athletes Congress and speak in front of civic groups, business leaders and government officials. The latest demonstration of leadership was started by Carroll County athlete Syd Lea who pledged one hour of his pay every month to support Special Olympics in his county. He then challenged his friend, Howard County athlete Christine Reno to do the same.

Funds will be charged to credit cards or withdrawn from bank accounts. It's really cool to see athletes giving back. Syd and Christine are now challenging others, both athletes, friends and families, to make the same commitment.

You can designate your gift to help athletes in your county or throughout the state of Maryland. To enroll, click [here](#).

SOHO Office Hours

Office hours are Monday, Wednesday, and Thursday 8:00 - 1:00 and Tuesday 1:30 - 6:30.

Newsletter Information

If you are an athlete, parent or caregiver, we highly recommend that you do not Unsubscribe from this newsletter. You will miss valuable information about seasonal sports registration, policies, highlights, activities and other relevant information.

Please add info@somdhc.org and bobbaker@somdhc.org email addresses to your address book so that this letter does not go into your Junk Mail folder. If you have any suggestions or questions about the newsletter, please let us know at info@somdhc.org.



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