

# HOWARD COUNTY

SPECIAL OLYMPICS  
MARYLAND



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November Newsletter Issue #2015-11

## Winter Sports Registration Closing Soon

**BASKETBALL:** Registration will close on Dec 2nd for basketball (5 levels: skills, 3v3 Half Court Player Development, 3v3 Half Court Traditional, 5v5 Full Court Player Development and 5v5 Full Court Traditional). [CLICK HERE TO REGISTER.](#)



If an athlete has never participated in SOHO basketball before or if an athlete wishes to be considered for the next level from what they participated in last year, they should register as NEW and attend Basketball Assessments on 12/2/15 at Oakland Mills MS at 6:30 pm. If you participated in any level of basketball previously and want to participate at the same level, register as Returning to Basketball. You will be notified of your assigned level and practice times and locations.

## IN THIS ISSUE

Sports Registration  
Spirit Wear Sale  
Giving Tuesday  
Concussion Training  
Christmas Party Invitation  
Athlete Spotlight  
Sponsor Spotlight  
Volunteer Spotlight  
Polar Bear Plunge  
Word Press Skills Needed  
SOMD News  
IW Sponsors

## Office Hours

The office will be closed for the Thanksgiving holiday from November 25 - 29 and will reopen on Monday, November 30th. The office will also be closed on December 10th.

## SOMD NEWS

[Click here](#) to read the October 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

**REMEMBER:** Participation in team sports requires a commitment as it is critical that athletes learn to operate as a team. Athletes who cannot make this commitment and wish to participate for recreational purposes have the option to participate in individual sports or individual skills for those team sports that have them (e.g. basketball, softball, and soccer.)

#### **ALPINE SKIING AND SNOWSHOEING:**

Registration for these winter sports will close on 12/15/15. If you do not receive an email confirmation after registering, call the office at 410-740-0500 to ensure that you are registered. Remember that athletes must have a valid medical on file prior to the sport season in order to be able to participate in any sport.

**Looking for a fun and easy outdoor sport for winter? Try snowshoeing!** Snowshoeing is like track - - except the athletes wear snowshoes and run on the snow. Snowshoeing offers athletes a great workout and a great way to enjoy the outdoors. Athletes prepare for the Winter Games by building strength and endurance during the Thursday night fitness sessions at Quest and the Sunday morning practices at Centennial Park (for those of you that bowl, there is plenty of time to get to bowling after snowshoe practice). Even if there is no snow, we put on snowshoes and run on the grass. At competition, events range from 25M races to 800M races; we also do relays. Athletes of all ability levels are welcome to join. For more information, contact Janet Larrimore at [janetandwalter@comcast.net](mailto:janetandwalter@comcast.net).

#### **Spirit Wear Sale Now Open**

The winter SOHO Spirit Wear store is now open. [CLICK HERE](#) to make a purchase. Items include sweatpants, zippered and unzipped hoodie, sweatshirt, warm up suit, jacket, socks, and beanie cap. (NOTE: There are some sample sizes of

Bravelets are available in various materials and colors. (NOTE: For each Bravelets ordered on Giving Tuesday - December 1st - SOMD will receive \$20.00.)

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

#### **New Facebook Page**

We now have a Special Olympics MD Howard County organization Facebook page. Our old page, Howard Maryland, is an individual page and we will now only be posting information to the new organization page. Please search for "Special Olympics MD Howard County" on Facebook and like the new page to get our posts.

#### **Photos of Our Athletes**

You can enjoy photos of our athletes at practice, competitions and other events on our photo page. [Click here.](#)

#### **Volunteer Orientation**

The next Volunteer Orientation will be held at the SOHO office on December 16th from 7:00 - 8:30 p.m. New volunteers interested in helping with winter sports (alpine skiing, snowshoeing, and basketball) should attend. Advance registration is required by contacting Janet at [JanetandWalter@comcast.net](mailto:JanetandWalter@comcast.net).

#### **Get Well, Joe!**

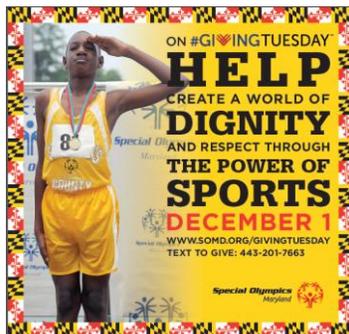
Joe Flacco was injured Sunday during the game against St. Louis, tearing his ACL/MCL, which means he will be unable to play for the rest of the season. Joe has

*the warm up suits in the SOHO office if you have questions about sizing and would like to see how they run.)*

Please chose Pick Up for all orders as they will be picked up by a member of the SOHO staff and taken to the office for your convenience (and saving the delivery charge!) Please keep in mind that all orders are custom, so there are no refunds, returns, or exchanges. Every attempt will be made to have the items delivered in time for the holidays, but cannot be guaranteed. Thank you for your support.

**Bracelet:** We are also taking orders for a Special Olympics bracelet. The bracelet is silver-toned and costs \$15.00 and will be on sale in the office until December 5th and at bowling through December 8th.

## Giving Tuesday: Be a Part of It!



You've heard of Black Friday, Small Business Saturday, and Cyber Monday. On Tuesday, December 1st, people from across the country come together to celebrate generosity & give something back on Giving Tuesday (#GivingTuesday). Last year, SOHO received donations of \$1,500 on Giving Tuesday. This year, we would like to raise \$2,750 which would provide 10 athletes with a full season of training and competition.

In addition, we would like to invite more people to get involved with our organization as volunteers and hope to get 15 new volunteers.

To make a donation on Giving Tuesday, [CLICK HERE](#) and select "Specific SOMD Local Program" and Howard County. Can't wait until Dec. 1st to donate? We've got

been a HUGE supporter and fan of Special Olympics Maryland for many years. If you would like to wish him well in his recovery and show him how much love and support there is from all of his fellow athletes, you can send a get well card to:

Joe Flacco  
c/o Special Olympics Maryland  
3701 Commerce Drive # 103  
Baltimore, Maryland 21227

## THANKS TO OUR 2015 INSPIRATION WALK SPONSORS!

### PRESENTING SPONSORS

Corridor Mortgage  
Lisa Higgins Hussman Foundation

### LEGACY SPONSORS

Dwight & Diane Mikulis, Allan Homes, Pat & Maryanne Klima, Timbers at Troy Golf Course, Brunswick Normandy Lanes, Quest Fitness

### TEAM SPONSORS

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Nightmare Graphics,  
The Bob Lucido Team, Aquatics Specialties

### HOSPITALITY SPONSORS

Body Armour, Canada Dry Potomac, Wegmans

A list of all our gift certificate and raffle prizes donors can be found on our web page at <http://somedhc.org/?s=inspiration+walk>

you covered. Once you click on the link above and type in the Personal Message section that you want your gift to count towards the Giving Tuesday Campaign Goal.

**Famous Dave's in Columbia Crossing will donate 15% of the food and non-alcoholic beverages purchased from 4:00- 9:00 p.m on Giving Tuesday when you bring this coupon. Come on out for a nice dinner for a good cause.**

Finally, Be Brave bracelets (see right column under SOMD News) purchased on Giving Tuesday will result in 20% being donated to SOMD vice the usual 10%. These come in all styles and make great gifts. To order, [click here](#).

Be part of Giving Tuesday!

## Concussion Training Required for All Coaches Starting January 1, 2016

Beginning on January 1, 2016, ALL Special Olympics coaches (head coaches and assistant coaches) must complete a concussion training certification process prior to starting coaching. The training helps provide a safer training and competition environment for our athletes.

To meet this requirement, coaches **must** complete one of two approved courses:

- \* CDC Heads Up Concussion In Youth Sports (approx. 30 min). [CLICK HERE](#) for this online, self-paced course.
- \* NFHS Concussion In Sports (approx.. 45 min) ([www.NFHSLearn.com](http://www.NFHSLearn.com)) This [COURSE](#) includes much of the same content/video as in the CDC course plus some supplemental material).

Completion certificates or notification of completion should be sent to [coaches@somd.org](mailto:coaches@somd.org) with a CC: to [info@somdhc.org](mailto:info@somdhc.org). Be sure to include that

## TEAM UP FOR 1

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.

To date, two SOHO athletes have been "adopted" by area teams. Will Frisinger with the Towson University Golf Team and Nicky Mineart with the Chapelgate Academy Basketball in Marriottsville.

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

## Update on Syd's Challenge

In the September newsletter, we told you about Syd's Challenge which was about a Carroll County athlete who donated one hour of pay a month to Special Olympics. Howard County athlete Christine Reno followed Syd and made a commitment to our county program. Both athletes have challenged

others, both athletes, friends and families, to make the same commitment.

This month, SOHO golfer Bob Strunge accepted that challenge and made the pledge. Thanks Christine and Bob. You are an inspiration to us all!

If you are interested in this challenge, [click here](#) and select Specific SOMD County Program/Howard County.

## 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.

you are associated with SOHO. This certification is valid for 3 years. Both courses are offered online and for free. If coaches have not completed this course prior to the season in which they coach, they will not be permitted to coach that season. Not only is this a Special Olympics requirement, but it is a requirement for any organization that is using Recreation and Parks fields.

## Champions for the Challenged Christmas Party Invitation

The members of Champions for the Challenged and Knights of Columbus Council 11341 are inviting local citizens with intellectual disabilities and their caregiver to their annual Christmas Party on Saturday, December 12th. It will be held at Church of the Resurrection, 3175 Paulskirk Drive, Ellicott City, in the multipurpose rooms under the church. The event starts at 10am. There will be music and picture taking with Santa, lunch at 11:00 and a puppet and magic show from 12:00 - 12:45. There will be small gifts and photos for the attendees. The event will end at 2:00. Pre-registration is required by contacting Mike Parker at [ChefParker@aol.com](mailto:ChefParker@aol.com).

## ATHLETE SPOTLIGHT: Kenny Long

Kenny Long, a multi-sport athlete in powerlifting, volleyball, basketball, and

These must be updated every three years. Medical forms can be found on our 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](http://myRighttime.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**



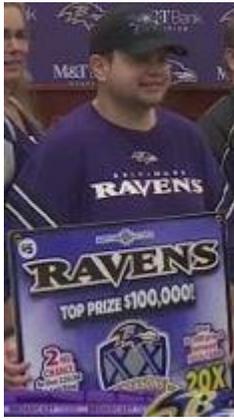
**[Coaches Guidelines](#)**

**[Sports Rules](#)**

## 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@somdnc.org](mailto:info@somdnc.org) and [bobbaker@somdnc.org](mailto:bobbaker@somdnc.org) email addresses to your address book so that this letter does not go into your Junk Mail folder. If



basketball, has been a representative to the SOMD Athlete Congress for 8 years, where he represents the interests of athletes in this county. Kenny is also a Special Olympics Global Messenger. He was an emcee at this year's Fall Fest at Mount Saint Mary's. He is often asked by SOMD to speak

at special events, especially those involving corporate sponsors. Kenny's positive attitude and permanent smile make him a great ambassador for Special Olympics. Recently, Kenny won the Maryland Lottery's Second Chance Contest and will be traveling with the Ravens to Miami for their game against the Dolphins. Have a great time Kenny!

## **SPONSOR SPOTLIGHT: Brunswick Normandy Lanes**



We could not run our bowling program without the generosity of Brunswick Normandy Lanes in Ellicott City. Our largest sport with 128 athletes, Normandy has given our program use of their entire facility for two hours each Sunday. Their in-kind donation of reduced costs is valued at over \$11,000 each year. In addition, they have provided their facility to SOMD for the regional competition. The staff is very welcoming to our athletes and their families, and we are very grateful for their support for the past 20 years. Thank you!

you have any suggestions or questions about the newsletter, please let us know at [info@somdhc.org](mailto:info@somdhc.org).

## **VOLUNTEER SPOTLIGHT: Bill Long**

Bill Long serves as a coordinator for our powerlifting program as well as a softball coach.

Thanks to his efforts, the program has grown and SOHO hosts the only powerlifting qualifer in the state, coordinating all aspects of the competition, including the arrangements for officiating. He was



selected as the powerlifting coach for the Maryland delegation to the 2010 Special Olympics National Games. Keeping busy in the fall and the spring would be enough but Bill dedicates himself to athlete fitness by coordinating the year-round fitness program at Quest Fitness every Thursday night and Sunday afternoon. He encourages any athlete who wants to keep fit to join him and his band of coaches and volunteers to work out on a consistent basis even when an athlete may not be "officially" participating in a sport at that time. Bill goes about his duties quietly, but totally effectively. He has an unfailing good humor and is well-respected by both athletes and parents alike. We thank Bill for his commitment to our athletes and to our program.

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**20th Annual MSP Polar Bear Plunge - Join the Special Olympics Howard County Team**



On January 30th at Sandy State Park, the Maryland State Police will hold their 20th Polar Bear Plunge. This year, county programs can

have a page where individuals can register to help support their local programs. Join the SOHO team [here](#).

## Athletes Support Annual Tip-a-Cop Event at Red Robin

The Howard County Police Department held their annual "Tip-A-Cop" at Red Robin restaurants as part of the Law Enforcement Torch Run Campaign fundraising event on October 24th. Law enforcement officers and department personnel volunteer their time as "Celebrity Waiters" to collect tips and pledges at Red Robin



**Owen & Mia greet customers!**

Restaurants to support Special Olympics Maryland.

Thanks for Callie Seidl, Nick Stewart, Owen Reynolds, Andrew Roberts, Chris Pinos, Justin Richter, and Mia Luoma who greeted patrons throughout the day as they entered. The day was a great success, raising over \$3,600 for Special Olympics Maryland, almost \$1,000 more than last year! Thanks to our Law Enforcement partners and all those customers who supported our athletes.

## In Search of Word Press Web Help

We are in need of someone that has Word Press web site development skills. If you have some knowledge in this area and would like to donate a few hours of your time, we could certainly use the help!! Please contact Bob Baker at [bobbaker@somdhc.org](mailto:bobbaker@somdhc.org) if you can assist.



**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.somdhc.org](http://www.somdhc.org) | [info@somdhc.org](mailto:info@somdhc.org)

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