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April Newsletter

Issue #2016-03

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## IT'S INSPIRATION WALK TIME!



Join us this Saturday at Centennial Park (Rt. 108 entrance) for our 15th annual Inspiration Walk. The Walk is our primary fundraiser and critical to our raising funds needed to provide sports training and competitions for over 680 athletes and accomplish all that we do. The Walk also makes us a strong and visible group to the Howard County community.

**WALK INFORMATION:** You can register for the walk by making a contribution directly to our general donation page ([CLICK HERE](#)) or create your own fundraising page by [CLICKING HERE](#) and then selecting FUNDRAISE. Every registered participant will receive a T-shirt after achieving the fundraising minimum of \$50.00. T-shirts will be available for pick up on Walk day. Every walker **MUST** complete a signed Waiver to participate. We recommend that you complete the waiver prior to coming to the walk to save time when registering at the walk. You can download the waiver [here](#).

### Incentive prizes:

Level 1: \$50 = 2016 Inspiration Walk t-Shirt

Level 2: \$500 = Level 1 + Inspiration Walk

## SOHO Spring Dance

The next SOHO dance will be held on Friday, April 29th from 7:00 - 9:00 at Harpers Choice Middle School. Music will be provided by DJ Steve Towne and light refreshments will be served. Admission is free for all athletes!!!

If you are interested in helping to chaperone or provide snacks, contact our Family Coordinator Barbara Stewart ([stewgarden@aol.com](mailto:stewgarden@aol.com))

## 2016 Inspiration Walk Sponsors

(as of 4/12/16)

### PRESENTING SPONSORS

Car Max Laurel Toyota  
Corridor Mortgage Group  
Lisa Higgins Hussman Foundation

sherpa blanket

Level 3: \$1,000 = Level 1 + SOHO Fleece

Jacket OR Fit Bit Flex

Level 4: \$2,000 = Level 1 + Gift Certificate for 2 Tickets to Toby's Dinner Theater OR Fit Bit Charge HR OR Night Out (dinner and movie for two \$150 value)

**DAY OF WALK PRIZES:** There will be lots of raffles the day of the walk, such as three free personal training sessions donated by Fitness Together, Baltimore Ravens tickets, and gift certificates to local restaurants and businesses.

**MERCHANDISE:** We will have lots of merchandise for sale. Credit cards will be accepted.

**TOP FUNDRAISERS** as of May 15th are eligible for prizes including 4 Orioles tickets, \$200 Wegman's gift certificate, \$250 gift certificate to Bob's Discount Furniture, Overnight stay at Mayflower Hotel in DC plus dinner at the Roof Terrace Restaurant, Overnight Stay at Renaissance Baltimore Harborplace Hotel with breakfast for two; and Summer Family Memories Package at Seven Springs Mountain Resort (2 nights lodging and activities).

Be one of the first 100 to register on Saturday morning and receive a coupon for a FREE PINT OF BEN & JERRY'S ice cream. Don't miss this fun event!

## THANK YOU VOLUNTEERS! National Volunteer Appreciation Month

April is National Volunteer Appreciation Month, and we would like to salute all our volunteers. We are acutely aware of the importance of those individuals who volunteer with Special Olympics Howard County. As an all-volunteer organization, our organization could not do the work we do in providing sports opportunities for our athletes without the hundreds of volunteers who give countless hours of their time to the program. Whether members of the management team, coordinators, coaches, student volunteers, unified partners or one-day event volunteers. we are extremely grateful

### LEGACY SPONSORS

Allan Homes  
Brunswick Normandy Lanes Canada Dry Potomac  
Dwight and Diane Mikulis  
Pat and Maryanne Klima  
Quest Fitness  
The Timbers at Troy Golf Course Wegmans

### TEAM SPONSORS

Dominion Federal  
Integrated Waste Analysts  
Outback Steakhouse  
Win Kelly Chevrolet Buick GMC

### GOLD MEDAL SPONSORS

Anchor Construction Burkard Homes LLC  
Jarvis Steel and Lumber  
just B Specialties LLC  
Manekin LLC  
POLAKOFF Real Estate Law Sensible Solutions and  
Technologies, Inc.

### SILVER MEDAL SPONSORS

Environmental Systems Associates, Inc.  
Jimmy Johns (Sykesville)  
Mabey Inc.

### BRONZE MEDAL SPONSORS

Berger & Taylor, O.D., LLC  
Dembo Jones  
Hillmuth Certified Automotive J.E. Schenk & Associates,  
Inc.  
Nightmare Graphics  
Wes Moore LLC

### HOSPITALITY SPONSORS

Canada Dry Potomac  
Body Armor  
Jersey Mike's  
One Dish Cuisine  
Rethink Water  
Wegmans

A list of all our gift certificate and raffle prizes donors can be found on our web page [here](#).

## Rec & Parks Dance

Howard County Department of Recreation and Parks will hold their Spring Fling dance on April 23rd. For registration information, click [here](#).

## SOMD NEWS

Click [here](#) to read the latest issue of IMPACT, SOMD's monthly E-newsletter.

and appreciative of all those individuals who give so unselfishly to SOHO. We believe that we received the Audrey Robbins Humanitarian Award as the Volunteer Team for 2016 because of the incredible group of volunteers that make up our program. The impact all of our volunteers make on our organization is immeasurable. We thank everyone for dedicating their time and talent to SOHO. You are all the BEST!

## COACHES SPOTLIGHT: Barbara Baker (Cheerleading)

Barbara Baker has been the head coach of our Cheerleading and Dance Program since it's inaugural season in 2009. She has been a member of the Cheerleading and Dance Community as an athlete or coach since 1993 when she began cheering for the local recreation teams. After college and becoming a teacher in Howard County, Barbara was a cheerleader for local professional sports teams including the Baltimore Mariners Arena Football Team and the Baltimore Blast. She was a local high school JV cheer coach for two seasons before dedicating her coaching to Special Olympics athletes. Under her leadership, our cheer program has grown in numbers and skills. Let's give a big CHEER to Barbara Baker for her commitment to our athletes.



Keep up-to-date with the latest SOMD news and happenings. Read and subscribe to their monthly e-newsletter: IMPACT.

[Click here.](#)

"Be Brave" Bravelets are available [here](#). For each Bravelet purchased, SOMD will receive \$10.00. Be Brave Bravelets are available in various materials and colors.

## 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 Orientations

The next Volunteer Orientation will be held at the SOHO office on Thursday, April 21st from 7:00 - 8:30 p.m. [Any parents or counselor who might be chaperoning at SOMD summer games should attend.] Advance registration is required by contacting Janet at [JanetandWalter@comcast.net](mailto:JanetandWalter@comcast.net). The next orientation will be Tuesday, May 24th.

## SOHO Merchandise for Sale

We have a number of SOHO items in the office for sale.

Charm Bracelet (\$15.00)  
Pen = \$2.00  
Socks = \$12.00  
Ceramic Coffee Mug = \$8.00  
Travel Mug = \$8.00  
Ice Scraper = \$3.00  
Lunch Bag = \$15.00  
Toiletry Bag = \$5.00  
Tie Dyed T-shirt = \$15.00-\$17.00  
Golf umbrella = \$50.00  
Collapsible umbrella = \$40.00

## In Search of Word Press 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 [atbobbaker@somdhc.org](mailto:atbobbaker@somdhc.org) if you can assist.

## VOLUNTEER SPOTLIGHT: Adam Linker

Adam was an athlete with our organization for over 16 years but over the past three years, he has transitioned into volunteer status. He volunteered at the Corridor Golf Tournament manning our booth as well as with the Inspiration Walk. He is an assistant softball coach as well as volunteering in basketball, bowling and fitness training. He has also volunteered at summer and fall state games at Towson University and Mount St Mary's University. Adam volunteers his time because he feels that Special Olympics has made a difference in his life and even though he no longer participates as an athlete, he wants to continue to contribute in a positive way. Thanks, Adam, for your commitment and dedication to our organization!



## 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 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](#)

## SPONSOR SPOTLIGHT: Win Kelly Chevrolet Buick GMC



Since 2014, Win Kelly Chevrolet Buick GMC has been the Team Sponsor for the softball team. In addition, Win Kelly has been an exhibitor at our annual

Inspiration Walk bringing some of their cars. The softball team is thrilled to have this sponsor for their team and our annual Softball Invitational which we have held for 19 years.

## New Powerlifting and Fitness Registration and Attendance Policy

The Fitness and Powerlifting programs have become very popular. While this is a great, it is unfortunately becoming more and more difficult to accommodate all the athletes who come out for training. As a result, we have to institute some new participation rules.

Beginning with the fall sports season, athletes who wish to practice at Quest will register on-line, just like all other sports. For the fall season, training at Quest will be restricted only to those registered for Powerlifting. Powerlifting will be limited to the first 20 athletes who register during the fall sports registration period. (Registration will open in early June.) Once the maximum number of 20 is reached, athletes signing up for powerlifting will be placed on a wait list. Athletes registered must attend 80% of practices in order to remain on the powerlifting team. Those not registered for powerlifting may not attend just for fitness training.

The Powerlifting season will run from August to October, culminating in state games on October 22nd. There will be no fitness practice during November and December.

Those interested in attending Fitness in the winter sports season (January through March) will have to register during the winter sports registration timeframe. (Registration will begin in September.) Again, this will be limited to 20 participants. Those registering after the limit is reached will be placed on a waiting list.

Athletes who attend less than 50% of the fitness training sessions in a given month will be removed and placed on an inactive list. If an opening becomes available, athletes on the wait list will be invited to participate.

Fitness will again be offered during the spring sports season (April through end of June) and registration will again be required following the same rules as above. Fitness will be closed

## 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](mailto:info@somdhc.org) and [bobbaker@somdhc.org](mailto: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](mailto:info@somdhc.org).

during July.

Athletes not registered for Fitness in either the winter or spring seasons who come to Quest will not be allowed to participate.

We appreciate everyone's interest in the powerlifting and fitness programs and we are most appreciative of Quest Fitness who have graciously donated their spaces to us since they opened.

## 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 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.

To date, 59 SOHO coaches have completed the training. Way to go!



**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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