

**HOWARD
COUNTY**
SPECIAL OLYMPICS
MARYLAND



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August Newsletter

Issue #2016-06

Registration for Fall Sports

Registration remains open for Soccer Skills, Player Development and Team (deadline 8/17/16) and for Volleyball (deadline 8/24/16). [Click here](#) to register.

Registration for cycling, distance running, flag football, powerlifting, team soccer, and tennis is closed. Registration for Bowling has reached capacity and names are now placed on a waitlist.

A reminder 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. Click [here](#) for a medical form.

NOTE: Athletes registering for any team sport must review the Team Sports Participation Policy found [here](#) and commit to attending state games. Athletes may only register for one team sport a season.

This is a reminder that there is no drop-in Fitness training at Quest during the fall sports season. It is restricted to those athletes registered in the Powerlifting program. Registration for Fitness will occur in the winter and spring sports seasons.

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Volunteers Needed

The following positions are open for interested volunteers:

- Soccer Player Dev. Coach
- Soccer Coordinator
- Soccer Unified Partners
- Flag Football Unified Partners
- Outreach Coordinator
- Medical Director

If interested, please call the office at 410-740-0500 or email info@somdhc.org.

Don't Miss SOHO Night at Oriole Park

Friday, August 19th, will be SOHO Night at Camden Yards to watch the Orioles play the Astros. It's fireworks night! There are a limited number of tickets still available (\$20.00 each). To reserve your tickets, contact the office at 410-740-0500 or email info@somdmc.org before August 17th .



Golfers Needed for Corridor Tournament

Sign up now for the 6th Annual Corridor Mortgage Classic, benefiting Special Olympics Howard County, Special Olympics Carrol County and the Ulman Cancer Fund for Young Adults. This tournament has been lauded as one of the best around and has raised over \$135,000 in the previous five year s.



You can play on either or both days of the tournament which will be at Waverly Woods Golf Club on September 21st and 22nd. Beverages and Food stations served by local restaurants will be available every three holes throughout the course and also included is breakfast, a Happy Hour directly following the tournament as well as a buffet dinner catered by Outback. Prizes include chances to win \$1 million dollars, a new car, golf clubs and bags and many more. Register [here](#). The price includes the mulligan package, gift, and goodie bag.

Volunteer Orientation

The next Volunteer Orientation will be held at the SOHO office on Wednesday, August 17th from 7:00 - 8:30 p.m. Individuals wishing to volunteer with fall sports should attend. Families who are new to our program are strongly encouraged to attend a volunteer orientation. Advance registration is required by contacting Janet at JanetandWalter@comcast.net. The next volunteer orientation will be on Wednesday, September 14th.

Weather Policy

We've had our share of some hot and humid weather so we want to review practice cancellation policy. If the heat index is over 100, practice is automatically cancelled. Practice cancellation notices will be sent out by the sport coordinator to all registered athletes and coaches. (So be sure your email address is correct. We use the one that was given when the athlete was registered.) We will also put a notice on the answering machine in the office and place it on the SOHO web site (under Practice Announcements on the left side of the home page), on our Facebook page, and on Twitter. (You can see how to sign up for these above.)

2016 Inspiration Walk Sponsors

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The Timbers at Troy Golf Course Wegmans

TEAM SPONSORS

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Outback Steakhouse
Win Kelly Chevrolet Buick GMC

GOLD MEDAL SPONSORS

Honor Allan Waschak's Induction into the Community Sports Hall of Fame

Aquatics Coordinator and Fundraising Chairperson Allan Waschak will be inducted into the Howard County Community Sports Hall of Fame on October 25th at Turf Valley Resort in Ellicott City. Tickets go fast for this event and can be purchased on line [here](#).



Last year, two SOHO athletes, one coach and one official were presented with Good Sports Awards (see article below) at the ceremony as well. We hope that we will have some selectees this year and will announce them if selected.

SOHO Athlete Shows Appreciation to State Police

On Friday, August 5th, SOHO athlete and Global Messenger Thomas Smith brought muffins and donuts to the Waterloo State Police Barracks to thank the troopers for all their time given to Special Olympics and other people. Thomas got a



tour of the office and a nice note from Commander LT Brian Kloos who wrote, "It was nice meeting you and your mother today. The

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

SOHO Office Hours

The SOHO office will be closed on September 5th and 6th. It will also be closed on September 21st and 22nd due to the Corridor Golf Tournament.

Team Sports Policy

This is a reminder that if an athlete is participating in a team sport, you must commit fully to that sport. (For fall sports, that means flag football, soccer and volleyball.) In these sports, the coaches and teammates count on every member of the team. They must practice and play together to realize their full potential. Therefore, if you choose a team sport, you must be fully committed for the season, including all practice and competition dates.

If a team sport is chosen and these rules are violated, the athlete will not be eligible to play that team sport next year.

Photos of Our Athletes

troopers really appreciate the baked goods you brought them!"

We are very proud of Thomas and this kind gesture. Read more about Thomas, his Special Olympics journey, and what Special Olympics has meant to him on the [SOMD web site](#).

Seeking Nominations for Good Sports Award

Nominations are now being accepted for the Good Sports Award which is part of the Celebration of Sports in October. For those of you who have attended the Hall of Fame induction, you will remember that awards were presented to a representative from various county sports programs in these categories - Officials, Youth Sports Coach, Youth Player (under 18), Adult Player (18 and older), and Official. Each sports organization is allowed to submit one name in each category from their program. This year, a new category has been added - Sports Administrator. We would like to once again contribute a Special Olympics nominee in each of those categories.

Last year, SOHO had four individuals receiving these awards - Coach John McDonough (soccer), Adult Player Jenna Jones, Youth Player Wendy Jimenez, and Official Rick McCauley (softball).

If you have someone in these categories you would like to submit, please send Bob and Marilyn (bobbaker@somdhc.org and marilynmiceli@somdhc.org) the name of any individual in each of the categories that you would like us to consider for our Special Olympics representative nominee. Provide the name and sports participating in along with a short (100 words or less) write up describing why your nominee should be selected for the award. The nominee should be evaluated in the following categories: Honor, Civility, Leadership, Teamwork, Sportsmanship, and Respect. The deadline to submit the nomination to us is August 15th.

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

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.

SOHO Merchandise for Sale

Looking for a way to show your SOHO pride? We have some merchandise 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
Toiletry Bag = \$5.00
Tie Dyed T-shirt = \$15.00-\$17.00
Golf umbrella = \$50.00
Collapsible umbrella = \$40.00

Items can be purchased in the office.

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

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 at bobbaker@somdhc.org if you can assist.

COACHES RESOURCES

Special Olympics Howard County encourages all of our coaches to stay abreast of the latest

SOMD News

SPORTS RULES UPDATE: There are new sports rules for each sport, and they can be found on the Special Olympics International (SOI) website (www.specialolympics.org). SOMD will begin using these new rules starting with Bowling. Some of the rule changes submitted by SOMD were adopted. (4x200m is now an official event for Athletics and Snowshoe and Powerlifting has adopted optional use of 15kg bar for benchpress only.) SOMD will continue to use the adaptations they have had for several years, such as the use of 15 lb bar for powerlifting and 3x3 basketball games will play for a full 20 minutes.

IMPACT: Click [here](#) to read the July issue of IMPACT, SOMD's monthly E-newsletter. Keep up-to-date with the latest SOMD news and happenings. Read and subscribe to their monthly e-newsletter: IMPACT. Click here.

ALP PROGRAM REACHES MILESTONE: SOMD CEO Jim Schmutz recently announced that SOMD had reached a significant milestone as SOMD athlete leaders and Global Messengers Michael Heup (SOAA), Philip Shepard (SOFR) and David Godoy (SOMO) shared their stories about how SO has impacted their lives at a miniature golf tournament put on at Nielsen Columbia. They represented the 499th, 500th, and 501st ALP-ortunities in 2016. They were joined by several SOHO athletes who participated in the unified miniature golf tournament. The Athlete Leadership Program provides opportunities for our athletes to share their stories, and we are proud that we have a number of SOHO athletes who have been trained and participate in these opportunities.

SO FEATURED ON TOWSON SPORTS NETWORK: Towson University and its staff are wonderful supporters and partners with Special Olympics Maryland, on a variety of fronts, but most prominently with the annual Summer Games. Another sign of how good our partnership is with Towson University and the Department of Athletics is through this [video](#), produced by its "Towson Sports Network".

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@somdhc.org and bobbaker@somdhc.org e mail 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.

SOHO ATHLETE HIGHLIGHTED: Check out the highlight of SOHO athlete Thomas Smith on SOMD's web page. Click [here](#).

SOHO Fundraiser at Glory Days Grill

SOHO will be participating in Glory Days Grill "Dining for Dollars" program. Glory Days will donate 10% of the food and beverages purchased from **September 1st through the end of November**. All we need is for you to submit your itemized original guest receipt (not your charge card receipt) from that time period to the SOHO office (address below). [The 10% donation will not apply to guest checks that receive any coupon-specific discount or promotional certificate, nor will it apply to sales tax.]

While we are not allowed to solicit receipts from other diners, either inside or outside the restaurant, or by standing in front of the restaurant, in the parking lot, or by going table to table we can get the word out to friends and family to dine out at Glory Days Grill and forward their guest receipts to our office. So lots of time to get out of the kitchen and enjoy lunch or dinner for a good cause. Check out their website for daily specials (Burger Monday, Taco Tuesday, Rib Wednesday, Pizza Thursday, Fish Fry Friday and Steak Saturday.)

Concussion Training Required for All Coaches

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) This COURSE includ

es much of the same content/video as in the CDC course plus some supplemental material).

Completion certificates should be sent to coaches@somd.org with a CC: to 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 Howard County Recreation and Parks fields.

To date, 100 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 | info@somdhc.org

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