

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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October
Newsletter

Issue #2016-
07

Winter Sports Registration Now Open

Registration for winter sports (alpine skiing, snowshoeing, winter fitness, and basketball (5 levels: skills, 3v3 Half Court Player Development, 3v3 Half Court Traditional, 5v5 Full Court Player Development and 5v5 Full Court Traditional) is now open. [Click here](#) to register.

Winter Fitness: This program is limited to the first 20 athletes who register. Others will be placed on a waiting list.

Basketball: If an athlete has never participated in SOHO basketball before, they should register as NEW and register for the Basketball assessment. After the athlete is assessed, they will be placed in the appropriate level.

NOTE: 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

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Volunteers for Bowling Needed

Bowling starts on Sunday, October 16th. This is our largest sports program at a single site and many volunteers are needed to help at the lanes for the 120 athletes participating. Practice is from 11:30-1:30 (volunteers should arrive around 11:00). If you are interested in volunteering, contact Stacy Valentine (stacy.valentineec@gmail.com) or call the office.

SOHO Fall Dance

The next SOHO dance will be held on Friday, November 4th 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 SOHO athletes!

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

order to be able to participate in any sport.

Corridor Mortgage Golf Fundraiser a Huge Success!

The weather couldn't have been more beautiful for the 288 golfers who participated over two days in



the 6th annual Corridor Mortgage Golf Fundraiser to benefit Special Olympics Howard and Carroll Counties and the Ullman Cancer Fund for Young Adults. At the end, a check for \$52,500 was presented to the three charities.

Special thanks to Jerry Rader, Corridor President and CEO, for allowing his staff to plan and run the event. The core planning team of David Hudson, Chris Sittig, Ron Mason and Kerry Fitzgerald did a fantastic job, from recruiting sponsors and foursomes to planning all the details and special items that make this tournament the best in the county.

Also a big thank you to Janet Larrimore for organizing and delivering all the tables and tents, recruiting volunteers and setting up our chipping contest (which was outstanding once again, we received many nice comments and raised \$1,425).

Thank you to the volunteers who worked the contest over the two days - Janet and Daniel Larrimore, Dave Fagan, Robin Phillips, Adam

Thank You!

Thanks to Caliburger for their donation of \$2,217.69. Our athletes participated in their Columbia location "soft" opening, and Caliburger collected donations from patrons to support our athletes.



Global Messengers Megan Kemp, Nick Stewart, and Christine Towne joined our friends at Caliburger at their Columbia opening.

Volunteer Orientation

The next Volunteer Orientation will be held at the SOHO office on Tuesday, October 18th from 7:00 - 8:30 p.m. Individuals wishing to volunteer with fall and winter 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.

Remaining 2016 volunteer orientations are:
Thursday, November 17th
Thursday, December 8th

Protective Behaviors Training

Protective Behaviors Training is required for ALL volunteers (coaches, unified partners, Area leaders, general volunteers, etc.) and needs to be renewed every three years. It is typically completed at the same time volunteers update their volunteer applications.

Taking the protective behaviors "course" and quiz is fairly quick (10 minutes or so depending on reading speed) and SOMD is sent a notification from SOI for anyone who completes it online.

Upcoming Competitions

Did you know that on September 18th, SOHO hosted 5 competitions? (Tennis, Golf, Cycling, Distance Running and Powerlifting) Thanks to all the coordinators, coaches, and volunteers for putting together great competitions. Here's some competitions coming up: (Details and locations can be found on our web site calendar.)

10/2: Golf Finals
10/2: SOMO Distance Running
10/2: SOMO Tennis Competition

Linker, Sara Sommerville, Marita Lesho, Debbie Gemmill, Byung Ahn, Bill and Kenny Long and Marilyn Miceli. Thanks to Marie McGing for taking photos.

Our global messengers - Andy Young and Kenny Long - did a fantastic job with their speeches on both days. Alex Barnes started the days with the National Anthem played on his sax. Our putters each morning hit them nice and straight...thank you Bridget Vidmar, Ralph Gemmill, Brian

Mooney and Wayne Slifker.

We are so grateful for the commitment Corridor Mortgage has made to our athletes over the

past six years, and we are proud to have them as our Presenting Sponsor. Check out photos of this two day event by [clicking here](#).



SOHO Fundraiser at Glory Days Grill

SOHO is 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

10/6: SOHO Powerlifting (in-house)
10/8: SOHO Soccer league Play
10/9: SOAA Soccer 7x7 competition
10/15: SOHO Soccer league play
10/16: SOBC Soccer competition
10/22: SOHO Volleyball competition
10/22: SOMD Fall Sports Fest
10/30 SOMD Soccer Tournament

2016 Inspiration Walk Sponsors

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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.)

Community Sports Hall of Fame To Recognize Several SOHO Individuals

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.

In addition, SOHO will have the following four individuals receive Good Sports Awards in various categories at the dinner:

Russ Young, Sports Administrator
Thomas Smith, Athlete (adult category)
Jack Miller, Coach
Joe Cucchiaro, Official

Come and join us in celebrating these individuals.

Tickets can be purchased for \$40 by calling 410-313-7275 and registering for RP6600.101. Registration is open Monday through Friday, 8 AM-4:30 PM.

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

Team Sports Policy

This is a reminder that if an athlete is participating in a team sport this winter (basketball teams), you must commit fully to that sport. 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

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.

Volunteer Spotlight - Dave Fagan



When the Juda Family moved away in 2012, we had a some big shoes to fill insofar as running our annual softball invitational. Dave Fagan offered to take over the reigns and has been doing an

outstanding job continuing the tradition of an excellent tournament. In addition, Dave is a Unified Partner and coach in bocce and golf, and was a huge help in the office rennovation a few years ago. Dave is one of our volunteers that steps up to the plate whenever help is needed without being asked. Thanks, Dave, for your commitment to our organization and athletes!

New Athlete Medical Form Coming

Within the next couple of months, we will introduce a new medical form for athletes. The new form was designed by Special Olympics International and will be used for all Special Olympics athletes across the U.S. The new form will be longer and will include more detailed information about athletes' health. This will ensure that each athlete has a full and proper exam to confirm that they are physically able to participate in sports.

The process of updating athlete medical forms every three years

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 training. SOHO will reimburse any coach that wishes to take the online training courses offered below.



Coaches Training



[Coaches Guidelines](#)

[Sports Rules](#)

Concussion Training

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 includes 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,

will remain the same: medical forms that expire during the sports season must be updated before the sports season begins. The new medical form will be phased in, as the current forms expire over the next couple of years. Use of the new form will not be required until the current form expires.

New Rules for One-On-One Athlete Assistants

Many of our athletes require one-on-one assistance at practices and competitions. These assistants have been provided by the parents and have not previously been required to be a certified volunteer. Due to their close proximity to other athletes, Special Olympics Maryland is now requiring that all one-on-one assistants become certified volunteers. This will help ensure the safety of all of our athletes by requiring applications and background checks for all volunteers who come in contact with our athletes. Anyone with an athlete that has a one-on-one assistant should contact Janet Larrimore at atjanetandwalter@comcast.net for information on the volunteer certification process.

SOMD News

Athlete of the Month: SOMD's Athlete of the Month for August was SOHO athlete Raven Cato. She was interviewed by athlete reporter and SOHO athlete Bob Strunge. Click [here](#) to watch the video interview. (Also check out the fish in the background which was decorated by former Outreach Coordinator Gena Luoma and the students at Cedar Lane School.)

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, over 120 SOHO coaches have completed the training. Way to go!

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.

Also, check out the article about SOHO athlete Thomas Smith on the [SOMD web site](#).

IMPACT(SOMD E-Newsletter):

Click [here](#) to read the September issue of IMPACT, SOMD's monthly E-newsletter. Keep up-to-date with the latest SOMD news and happenings. To subscribe to the IMPACT, click [here](#).

2018 USA Games: The 2018 Special Olympics USA Games will bring 3,500 athletes to the greater Seattle area to compete in a variety of sports. Team Maryland will be comprised of about 60 total athletes to be selected over the next year.

Amazon Smile - Did you know that Amazon has a program that supports non-profit organizations? The program is called Amazon Smile and Special Olympics Maryland will receive a donation from Amazon of 1/2% of the cost of your purchases. Amazon funds this donation, there is no cost to you. Log on at <https://smile.amazon.com>. If you already have an Amazon account, it will work at Amazon Smile. When you log in, you will be asked what organization you want to support. Enter Special Olympics Maryland. All of the products and discounts offered on Amazon.com are also offered on Amazon Smile.

Therapeutic Recreation Conducting a Needs Assessment

The Howard County Department of Recreation and Parks, Therapeutic Recreation and Accommodation Services Section is conducting a "Needs Assessment" of therapeutic recreation and accommodations needs of our community. This

Needs Assessment will help them identify the needs of our citizens with disability as well current user trends, facility preferences, inclusion outcomes, and opportunities for growth and expansion of services. They are asking that either a consumer or a consumer advocate (parent, family member, caregiver) complete the survey.

To date, they have only received a handful of responses and need to get more to ensure that they have a heard from all our community citizens. If someone doesn't have internet access or would prefer a paper version, please contact the Therapeutic Recreation and Accommodation Services office at 410/313-4628 or via email atpotts@howardcountymd.gov and they will provide the requestor with a hard copy. Click [here](#) to link to the online survey.

Coordinators' Corner - *Incident Reports*

by Russ Young

By its nature, athletic activity and competition involve some risk of injury to participants. Even though our coaches and volunteers do an excellent job of helping our athletes train and compete safely, injuries do sometimes occur. Any time an athlete is injured or potentially injured or if there has been a behavioral issue (either athletes, parents or counselors), the coordinator should prepare an Incident Report form as completely and accurately as possible and submit it to Bob, Marilyn, and Janet within one day of the occurrence. The SOHO office will quickly review the form and forward it to SOMD.

You may wonder why it is so important for coordinators to complete the incident report and

quickly submit it to the SOHO office. Here are two good reasons: 1) the incident report is the essential element for obtaining proper insurance coverage, if it becomes necessary; and, 2) incident reports can be analyzed to identify the causes of injuries and accidents, and that information may be used to help reduce or prevent future accidents.

So coordinators, please remember that the the incident report is a very important part of your toolkit. It's your responsibility to use the form to report all injuries or potential injuries.

Scholarships Available for Individuals with Down Syndrome and Autism

Two Phoenix, Arizona, law firms - Kelly Law Team and Feldman and Royle Attorneys at Law - are offering two annual scholarships of \$1,000 each to people with Down syndrome or diagnosed with Autism Spectrum Disorder (ASD or Autism) who wish to attend trade school, college or other higher education endeavors. The deadline for submission of all required information is November 7, 2016. Further information and applications can be found at these site: Down syndrome (click [here](#)); Autism (click [here](#)).

Governor Hogan Announces New Tablet Program for Low-Income Marylanders with Disabilities

Governor Larry Hogan announced that Maryland Relay, a public service provided by the state to assist people who are unable to use a standard telephone to make and receive calls, is now accepting

applications for no-cost tablets through the Maryland Accessible Telecommunications (MAT) program. Maryland residents who are unable to use a standard telephone due to a disability and who meet specific financial requirements are eligible to apply for a tablet computer. After an evaluation, approved applicants will receive a tablet from the State of Maryland that will come pre-loaded with software - including video chat or captioned telephone programs - to assist with telecommunication. "For a child or adult who is Deaf, DeafBlind, hard of hearing, or has difficulty speaking, access to a tablet computer can make a significant difference in their ability to communicate successfully," said Brenda Kelly-Frey, director of Telecommunications Access of Maryland (TAM). "The tablets' technologies will help expand many horizons, enabling our constituents to become better students, employees, and contributing members of their communities."

People wishing to apply for a tablet or assistive telephone through the MAT program, or who would like more information, may visit www.mdrelay.org or contact Maryland Relay at 800-552-7724 (Voice/TTY), 410-767-6960 (Voice/TTY), or 443-453-5970 (Video Phone).



SOHO Office, 8970 Route 108 Suite A1, Columbia, MD 21045

Hours: Monday, Wednesday & Thursday 8:00 - 1:00, Tuesday 1:30 - 6:30

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