

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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September Newsletter

Issue #2017-06

Bowling Registration Closes September 18th



Registration for bowling closes on September 18th! This year we are offering two sessions to accommodate more athletes. The first session runs from October 8th to December 17th and is still accepting waitlisted athletes. The second session runs from January 7th to March 11th and there are openings still available. Practices are on Sundays from 11 am to 1pm at Normandy Lanes in Ellicott City. Athletes can sign up for just one of these sessions. [CLICK HERE](#) to register.

Corridor Golf Tournament Raffle - Time's Fleeting - Don't Miss Out!

A new feature for this year's Corridor Golf Classic is a fantastic raffle. Only 1000 tickets will be sold (\$100 each) for the **Grand Prize of a 2017 Chevy Silverado (or cash prize of \$40,000)** plus 4 other winners of major prizes. SOHO will receive 100% of the net proceeds for every raffle ticket we sell. [CLICK HERE](#) for instructions on purchasing tickets (either online or in the office.)



SOHO Representation on Team Maryland for 2018 National Games - Update

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Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on Monday, September 25th from 7:00 - 8:30 p.m. Families who are new to our program are strongly encouraged to attend a volunteer orientation. Advance registration is required by contacting Janet at janellam@somdmc.org or calling the office (410-740-0500).

The next volunteer orientation will be held on Thursday, October 19th.



SPECIAL OLYMPICS
USA GAMES
SEATTLE 2018



Congratulations to the 16 athletes, coaches and staff that will be representing Howard County on Team Maryland at the 2018 USA Games in Seattle, WA, next July!!

Selected as Team Maryland's Assistant Head of Delegation is Diane Mikulis and as a support staff member, Al Mineart.

Three Howard County coaches have been selected to be part of Team Maryland's coaching staff. Nancy VanWinter (Tennis Head Coach), Jack Healy (Tennis, Assistant Coach), and Kathy Barrett (Powerlifting)



The nine Howard County athletes pictured above will participate in the 2018 USA Games along with unified partners June Kerger and Jim Bourdon, in the following sports:

Athletics: Charles Gaines

Bocce: Daniel Larrimore

Golf: Level 2 :Julia Phillips (athlete) & Jim Bourdon (unified partner)

Powerlifting: Catherine Gruss and Kenny Long

Swimming: Jena Jones (Level 3), Zach McKay (Level 2) and Sean Taneyhill (Level 3)

Tennis: Edie Daniello and June Kerger (unified partner)

Change to Verizon Email Addresses

Starting in February 2017, Verizon will no longer provide verizon.net email service. Verizon has teamed up with AOL to provide verizon.net email customers with AOL Mail. Customers have been notified about the change and given the option to keep their verizon.net service through AOL Mail or switch to another email service provider. If you have switched or will be switching to another email provider, please be sure to contact the office so that you will continue to receive our eNewsletter and any other important information we send out to you through email.

Sponsors

Are you interested in being a sponsor? Do you want to see your business listed in our monthly e-newsletter or on our web page? Contact info@sonshc.org or call 410-740-0500 to receive a sponsor information package.

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Dwight and Diane Mikulis Integrated Waste Analysts

Inaugural Kayaking Season Wraps Up

This year, SOHO added its 20th sports program - kayaking - and were fortunate to have Cathy Vigus as our first coordinator. Cathy is very familiar with many of our athletes having worked in Therapeutic Recreation for many years. Sixteen athletes came out early on Sunday mornings at Centennial Lake. Some of the volunteers learned to kayak right along with our athletes. All the athletes improved greatly and got stronger as the weeks



Peter Byun

went by. Cathy is planning that they will compete in state competitions next year. Cathy noted that during the whole season, only one athlete tipped his kayak at the very last practice during a race, and that he laughed the whole way back to shore and got right back in and raced again! Congratulations to all the athletes for their commitment to be out early in the morning practicing. Thanks to all of the awesome volunteers and especially to our coaches - Greg and Luci Hollingsworth, Craig and Jen Zinderman, Elizabeth Yao, and Marris Parlock.



Our first year kayakers

service by the boat dock staff every Sunday morning and to Cathy, who took on coordination of the sport.

A special THANKS to Howard County Recreation and Parks for the kayaks, paddles, and PDF use and the outstanding customer

SOHO Athletes Support Law Enforcement Torch Run Fundraiser at Chick-fil-A

Ten SOHO athletes joined the Howard County Sheriff's Department at the Cover the Cruiser event at Chick-fil-

Pat and Maryanne Klima
[Quest Fitness](#)
[Timbers at Troy Golf Course](#)
[Wegmans](#)

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[Canada Dry Potomac](#)

A to raise funds to support Special Olympics athletes. Thank you to Kaitlyn Valentine, Adam Linker, Thomas Smith, Megan Kemp, Monet Lewis, Jason Kauffman, Jennifer Wright, Catherine Gruss, Anna Marie DeWitt and Stephanie Baker for helping our Law Enforcement partners raise \$2,900. In addition, two other SOHO athletes (Kenny Long and Munir Vohra) helped at Chick-fil-A locations in Laurel and Eldersburg.



The Howard County Law Enforcement community have been involved with Special Olympics since 1986 when they organized Maryland's first Special Olympics Law Enforcement Torch Run. They continue to be a major contributor to Special Olympics athletes through events such as the Torch Run, Tip-a-Cop at Red Robin and Cover the Cruiser at Chick-fil-A.

Thank you to the Sheriff's Department and Chick-fil-A and their customers for their generosity!!

Quest Fitness and Timbers at Troy to be Honored at Celebration of Sports



Quest Fitness and The Timbers at Troy will be honored as Sponsor of the Year at this year's Department of

E.J Dwyer Company
Stained Glass Pub

Photos of Our Athletes

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

SOHO Merchandise for Sale

Looking for a gift or just want to show your SOHO pride? We have some SOHO merchandise for sale in the office.

- Navy Fleece Jacket = \$40.00
- Backpack = \$45.00
- Short sleeve T-shirt = \$10.00
- Long sleeve T-shirt = \$12.00
- Charm Bracelet = \$15.00
- Pen = \$2.00
- Fleece Blankets = \$25.00
- Ceramic Coffee Mug = \$8.00
- Travel Mug = \$8.00
- Ice Scraper = \$2.00
- Toiletry Bag = \$2.00
- Tie Dyed T-shirt = \$15.00- \$17.00
- Golf umbrella = \$50.00
- Collapsible umbrella = \$40.00

Items can be purchased in the office.

In addition, SOMD "Be Brave" Bravelets and other items (necklaces, watches, pillows, scarves) are available [here](#). For each Be Brave item purchased, SOMD will receive \$10.00.

Recreation and Parks Celebration of Sports on October 17th at Turf Valley Resort.

Since Quest Fitness opened, they have provided facilities for our powerlifting and fitness programs twice a week throughout the year. The value of this in-kind donation is over \$126,000. The staff is always welcoming to the athletes, coaches, and families who bring the athletes to the facility.

This year will be our 18th season at The Timbers at Troy Golf Course. The success of our golf program is because we have this terrific facility on which to train. In addition, Timbers has provided us with a facility to hold a competition each year where over 80 athletes from multiple county Special Olympics programs compete.

The in-kind value of their donation is over \$165,000! By practicing and training at these facilities, the community can observe our athletes in a different light and community members become more accepting of those with intellectual disabilities.

Please come out to show our appreciation to these sponsors. Tickets for the Celebration of Sports event are \$42.00 and can be purchased [here](#).

This year's guest speaker will be sportscaster Scott Garceau. The evening will also feature this year's Hall of Fame inductees as well as Good Sports Awards.

SOHO Volunteers and Athlete 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 17th at 5:30 p.m. The evening will also include the induction of new members of the Community Sports Hall of Fame.

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.

SOHO individuals being honored are:

Coach: John Worley, cross country and track coach for over 16 years

Adult Athlete: Multi-sport athlete Meaghan Hyer

Sports Administrator: Abby Penenburgh

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@somdnc.org if you can assist.

COACHES RESOURCES

Special Olympics requires that all of our coaches be certified by taking training classes at least once every three years. SOHO will reimburse any coach who wishes to take any of the online training courses offered below.



Coaches Training



[Coaches Guidelines](#)

[Sports Rules](#)

Official: Basketball official Keith Lampel

If you would like to attend the event, tickets (which include dinner) can be purchased for \$42.00 on line by clicking [here](#) or by calling 410-313-7275 and registering for RP6600.501. Registration is open Monday through Friday, 8:00 AM-4:30PM.

ATHLETE SPOTLIGHT: Zach Decker

For the past 18 years, Zach Decker has trained and competed in cycling. He trains year-round - outdoors during spring, summer and fall and indoors in the winter. He has competed in 5K and 10K races and recently in Bowie, participated in a 20K race, the first time SOMD has held such an event. An extremely strong cyclist, this past summer, Zach rode about 65 miles as he participated in a "Bike to the Beach" event. Zach loves this sport (and he also participates in bowling.)



Nick Stewart to be Honored by the Commission on Disability Issues

Each year, the Howard County Commission on Disability Issues Awards Program recognizes outstanding efforts in advancing full participation in community life for ALL citizens and promoting the spirit and intent of the Americans with Disabilities Act (ADA) and other disability rights laws.

This year, SOHO athlete **NICK STEWART** has been selected as one of two winners of the Commission's **Individual Achievement Award**. The award recognizes an individual adult 22 years or older, who has a disability and has achieved success as a role model or leader in a specific area, including, but not limited to, athletics, art, education, employment, and community advocacy.

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.

Concussion Training

ALL Special Olympics coaches (head coaches and assistant coaches) must complete a concussion training certification process prior to starting coaching and once every three years. [Click here for more details.](#)

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.

Nick is being honored for his participation as a Special Olympics Global Messenger, a SOHO Management team member, a SOMD Board of Directors member and the Law Enforcement Torch Run Athlete Ambassador.

The award will be presented at a ceremony on Thursday evening, October 5, 2017, 7:00 pm, at the Roger Carter Community Center in Ellicott City. The event is hosted by Howard County Executive Kittleman and members of the Commission, with Maryland Department of Disabilities Secretary Carol Beatty providing welcoming remarks. If you are interested in attending, RSVP to Erica Lewis at 410-313-6402 or ealewis@howardcountymd.gov by September 28th.

Congratulations, Nick, on this well-deserved honor.



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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