Summer Sports Registration Open

Registration for our two summer sports - golf and kayaking - is now open.

Kayaking athletes are required to be able to swim at least 25 meters. New athletes will be required to take a swim test on June 16th at the Roger Carter Center pool at 9:00 a.m. Kayaking practices will begin on Sunday, June 17th at 8:00 a.m. at Centennial Lake.

Golf will begin on July 19th at Timbers at Troy Golf Course. (For information about the different levels of Golf training, see Sports/Golf page on our website.

Click here to register for summer sports.

Registration for fall sports - cycling, flag football, long distance running, powerlifting, soccer, tennis, and volleyball - will open on July 1st. Registration for winter sports will open September 1st.

Powerlifting and tennis are limited on the number of athletes we can accommodate. Once the number is reached, all subsequent registrants will be placed on a waiting list. Note there is no Fitness program in the fall and Quest training is only open to those who register for Powerlifting and plan to compete at state games.
As always, Athletes registering for a team sport must review the Team Sports Participation Policy found under Policies on the SOHO web page. They must also commit to attending state games. Athletes may only register for one team sport a season.

**Inspiration Walk This Saturday**

Come out this Saturday, April 21 for our 17th Annual Special Olympics Howard County Inspiration Walk. Ravens TE Nick Boyle* will join Honorary Chairpersons Senator Guy Guzzone and County Executive Allan Kittleman in kicking off this year's Inspiration Walk. Join them, the Ravens Poe and the Oriole Bird, the Hogettes, Star Wars characters (Old Line Garrison), hula hoop contest, LaBlast Fitness, the Spirit Club, and much more for a great day of fun and fundraising. Wegmans, Canada Dry Potomac, Body Armor, Jersey Mikes, and Rethink Water will provide refreshments.

Joining Meg Cooperman (LaBlast Fitness) in our walk warm up exercises will be Special Olympian, Robert Wallop, who won the Gold Medal in individual dance at the 2017 World Special Olympics Dance Competition. Watch his Gold Medal performance.

Registration begins at 8:00 a.m. and opening ceremonies will begin at 9:00 a.m. A surprise gift will be given to the first 100 athletes who register that day. All walkers must complete a waiver form. (suggest bringing it to the walk signed to save time during registration.)

There will be lots of raffle prizes such as Orioles, Raven and Maryland gift baskets, an autographed Anthony Rizzo baseball, and lots of gift cards from local restaurants and businesses. Please donate online or send in a check if you can't make it in person.

There are some great incentive prizes this year: Level1: $50 = Inspiration Walk t-shirt

**Do you want to be a Global Messenger?**

The best ambassadors for Special Olympics are the athletes themselves! If your athlete wants to help spread the word about our great program, then you may want to attend the next global messenger training session. Athletes will learn how to speak in front of an audience, interact with sponsors and be part of the Special Olympics public outreach.

If interested, contact our Global Messenger Coordinator, Marian Williams-Cato at vze1ena92@verizon.net and you will be notified when the next training session will be held.

**Volunteer Orientations**

The next Volunteer Orientation will be held at the SOHO office on Thursday, May 17th from 7:00 - 8:30 p.m. Anyone wanting to volunteer 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 janetlarrimore@somdhc.org or calling the office (410-740-0500).

**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
Level 2: $500 = Level 1 + Heavyweight Poncho  
Level 3: $1,000 = Level 1 + Artic Zone Foldable Tote  
Level 4: $2,000 = Level 1 + Heavyweight Beach Towel  
Level 5: $3,000 = Level 1 + Collapsible Chair  
Level 6: $5,000 = Level 1 + Tailgating Grill  
The top five fundraisers as of May 15th, are eligible for additional prizes including Orioles tickets, a $200 Wegman’s gift card, an overnight at the Renaissance Harporplace Hotel and restaurant gift packages.

Athlete Fun Day - Saturday May 19th

A Sports Field Day will be held at Wilde Lake HS on Saturday, May 19 from 10 a.m. to 12:00 p.m. This is being organized by volunteer, Robert Callahan, for his Mt. Saint Joe High School Senior Service Project. Activities will include obstacle courses, frisbee toss, relay races, and throwing contests. Athletes may sign up by sending an email to Robert Callahan at rjcallahan@icloud.com. Volunteers are also requested, high school students, college students, and adults welcome to help. Interested volunteers should send email to Robert Callahan at rjcallahan@icloud.com.

Basketball State Games Wrap Up

SOHO was well represented at Basketball State Games which took place over the weekend of April 7th and 8th.

**Individual Skills** *(provided by Coordinator Lavonne Smith)*

Aaron Thornton and Brian Antwarg (below) proudly display their Silver Medals in Individual Skills competition. Kevin Gold and Randi Penenburgh both took home Gold medals and Sean McGing earned a Bronze. Congratulations to all!
**5v5 Traditional:** (provided by Coaches Pat and Maryanne Klima, Jack Miller and Jack Healey and Coordinator Jim Bourdon)

Silver Medals for Teams Healey and Miller and Bronze for Teams Klima and Hyer.

**Team Klima:**
The team, which competed in a bracket with some very skilled teams, won the Bronze medal, missing the Gold Medal game by a bucket or two after a fantastic game and comeback! The team played their hearts out all day; defense was suffocating. Everyone played a lot and contributed. Coaches Pat and Maryanne were very proud of their team! SOHO will sorely miss the Klimas who have been part of our basketball program since 2012.

**Team Healey:**
Team Healey had a very successful day at state games. They won their first game with a dominating defense against a team that had beaten them in the qualifiers. Their second game was against the eventual Gold medal team - the toughest and most talented team they had played all year and lost by one basket. They split the third and fourth games with a win and a loss. Coach Healey was proud of his team who he said played with a lot of pride and heart and who fought to the very end. Contributions were made by all and he was very proud of everyone. Thanks to Coach Duke for assisting on the bench.

**Team Miller:**
Coach Miller’s team played with a disadvantage - due to illness, they were down to just five players. In spite of this, the team “gutted it out” and took the Silver medal missing gold by just two points. Fantastic year and fantastic team!

**5v5PD:**
Gabby Jones reported her team did well, and despite losing both of their games, they remained in high spirits. Monet Lewis made awesome shots and the refs called her their ringer. Darryl Greene really persevered with all of his rebounds and Kirsten Smith was very positive throughout everything. Sam Emmerling came out of his shell going after rebounds. Our mentors this season - Blaine and Erica Kristo, Hillary Scott, and Dominique Samuels - deserve a huge shout out.

**3v3 Traditional:**
Team Stabile earned a Bronze Medal in the SEC Division. Team Anderson came in 4th place in the ACC Division, as did Team Thompson in the Big East Division.

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**Fundraisers for USA Games Athletes Continue**

The USA Games-bound athletes are busy trying to raise funds for their expenses. Each athlete has a goal to

- **5v5 Traditional:**
  - Team Stabile earned a Bronze Medal in the SEC Division.
  - Team Anderson came in 4th place in the ACC Division, as did Team Thompson in the Big East Division.

**SOHO Merchandise Discounted at the Inspiration Walk**

Looking for a gift or just want to show your SOHO pride? We will be selling merchandise at the Inspiration Walk at discounted prices and there will even be some free giveaways. We will also have very limited quantities of past merchandise store items for much discounted prices. You don’t want to miss these great bargains.

- Navy Fleece Jacket = $30.00
- Backpack = $35.00
- Short sleeve T-shirt = $10.00
- Long sleeve T-shirt = $12.00
- Charm Bracelet = $10.00
- Pen = $1.00
- Fleece Blankets = $25.00
- Thermal Bottle = $15.00
- Tumblers with Straw = $5.00
- Baseball hat = $15.00
- Ceramic Coffee Mug = $5.00
- Ice Scraper = $1.00

Are you interested in other jewelry items? Special Olympics Maryland athlete Alisa Ogden creates necklaces that symbolize the beauty in differences. $5 of each purchase is donated to Special Olympics Maryland. Click here to shop. SOMD “Be Brave” Bravelets and other items (necklaces, watches, pillows, scarves) are available here. For each Be
raise $3,000 to cover their expenses, and there are a number of events to help them in reaching their goal.

There will be a 50/50 raffle at the Inspiration Walk. Tickets are $1.00 each or 6 for $5.00. Tickets will be sold during the walk and the winner of half the proceeds sold will be announced at 11:00 a.m.

On Saturday, April 28th, the Weis market in Laurel (9250 Washington Blvd.) is planning a cookout at the store between 10:00 a.m. - 2:00 p.m. The manager will be selling hamburgers and hot dogs with the proceeds going to our USA Games athletes fundraising efforts. Our athletes will be greeting shoppers and providing information about Special Olympics Howard County. Come out for lunch and join in the festivities.

The next restaurant night will be held at Bare Bones, 9150 Baltimore National Pike #22 in Ellicott City, on May 22nd. We will receive a percentage of those attending throughout the entire day, eat-in or take-out. Watch next month’s newsletter for further information.

Anyone who would like to make a personal donation to any of these athletes can go to the SOMD Team and Athlete Search page and enter the name of the athlete you wish to support. (Charles Gaines, Daniel Larimore, Julia Phillips, Catherine Gruss, Kenny Long, Jena Jones, Zach McKay, Sean Taneyhill, Edie Daniello and Unified Partners Jim Bourdon and June Kerger).

Volunteers Needed for Spring Events

Volunteers are always needed but especially in the spring where we have many sports in session, multiple competitions, and our annual Inspiration Walk. If you are interested in volunteering in any of the following sports (athletics, bocce, cheerleading and dance, softball, or fitness), contact Janet Larimore (janetlarimore@somdhc.org) and she will connect you with the sport coordinator for that sport. Remember, you must attend a volunteer orientation (see sidebar article) in order to volunteer.

Day of volunteers are needed for the following events:
May 5 - Track Competition, Wilde Lake High School, 8:00 a.m. - 2:00 p.m.
May 20: Softball Qualifier, Kiwanis Wallace Park, 9:00 a.m. - 4:00 p.m.
June 1: Motor Activities Training Program Challenge Day, Cedar Lane School, 8:00 a.m. - 3:00 p.m.

Brave item purchased, SOMD will receive $10.00.

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

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...
Contact the office by phone or email Janet Larrimore if you are interested in any of these opportunities. Volunteering at a one day event does not require attending a volunteer orientation but it does require completing a One Day Volunteer form.

**Sponsor Spotlight: Princeton Sports**

Princeton Sports will be closing its Columbia Store in early May. For many years, they donated season ski rentals for our alpine ski team as well as providing free tuning for the team’s skis. We are grateful for their support over the years and bid them a fond and grateful farewell.

**Spring Sports Competitions Begin**

The spring sports season qualifiers kicked off with a swim meet at Loyola University.

Medley relay team of Meaghan Hyer, Wendy Jimenez, Clara Scholz and Anna Marie Dewitt celebrate their performance at Loyola qualifier

**National Volunteer Recognition Week: April 15-21**

SOHO is a volunteer run organization and this is National Volunteer Recognition Week - a perfect time for us to thank all the countless volunteers who make our organization work. The mantra that "Athletes are WHY we do it but volunteers are HOW we do it." We simply could not provide the kind of program we have without our volunteers. From the management team, to the coordinators and coaches, to our student volunteers 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.
thank you for your countless, dedicated hours and commitment to the athletes of Howard County. We could not do it without you!