Bowling Registration Opens August 26th

We will offer two bowling sessions to accommodate more athletes. The first runs from October 7th to December 16th. The second from January 6th to March 3rd. Athletes will be able to sign up for just one of these sessions. (Please take into consideration the day/time of any other SO sporting activities that an athlete may be engaged/engaging in during each calendar session.) Athletes with a family member who coordinates or coaches a sport, are allowed to sign up for both sessions.

Participation each week is vital for all of our athletes. Each week all of our athletes practice bowl in a competition setting (no bumpers, all scores recorded, etc.), which prepares them for the regional tournament and State games.

Beginning Sunday, August 26th, Click here to register or go to the SOHO web site under “Become an Athlete/Register for a Sport”. If you do not receive a confirmation email, contact the office. Be sure to save your confirmation email. A reminder that all athletes must have a current medical on file in order to participate in any SOHO activity. These must be updated every 3 years. Click here for a medical form.

Volunteers are needed! To host and run our largest sport, we need volunteers to serve as coaches, lane volunteers and registration/administration volunteers. If you are interested in volunteering and have already attended a volunteer orientation, contact Stacy Valentine (stacy.valentineec@gmail.com). If you

Did you know......

Volunteering two hours a week can boost your well-being? Research shows being a volunteer helps combat loneliness which has been linked to dementia. It doesn't cost anything but your time, and it can reduce stress, improve well-being, and even add years to your life. Volunteer! What you get back is immeasurable!
have not attended an orientation, see sidebar for next scheduled orientation and contact Janet Larrimore (janetlarrimore@somdhc.org).

Registration for winter sports (basketball, snowshoeing, alpine skiing and fitness) will begin October 21st.

Corridor Golf Classic to Benefit SOHO

The 8th annual Corridor Golf Classic will be held this year on September 12th and 13th at Waverly Woods Golf Course. The Corridor Classic is Central Maryland's premier charity golf tournament, with proceeds benefiting Special Olympics Howard County and the Ulman Cancer Fund. In the seven years of the tournament, Corridor has donated over $150,000 to Special Olympics!

This event sells out every year so reserve your spot now. For further information on what the golf package includes, check out this flyer. To register, click here. The silent auction items offered each day are awesome!

In addition, the Classic will have a special Raffle Event - The Corridor Classic Cash Bash. How it works: 50% of the ticket sales will go towards the WINNER'S POT and a minimum of 5 lucky winners will win a portion of the pot and the proceeds will go directly to charity! the more tickets sold, the higher the prize amount.

The drawing will be held at Waverly Woods Golf Club on Thursday, September 13, 2018 at 6:00 PM EST and will be live streamed on Corridor's Facebook page. If you are interested in purchasing a raffle ticket, click here. Raffle tickets can also be purchased at the SOHO office (cash or check) or by completing this form and mailing it into the office. Tickets are $25, 5 for $100 or 10 for $175. Checks should be made payable to The Corridor Foundation.

Vote SOHO As Best Volunteer Organization

The Baltimore Sun's "Howard Magazine" is conducting its annual search to identify the best businesses and community organizations in Howard County. This is a great opportunity for acknowledging the
outstanding efforts of our all volunteer organization and all the individuals who keep our programs in operation. Equally important, public recognition helps us to attract new volunteers and sponsors. Voting is quick and easy and can be done on multiple platforms (computer, phone, tablet, etc.) Multiple family members can vote, too.

Voting is quick and easy. Click here for the ballot. Question #6 is where you can vote for the Best Volunteer Organization. In the Write In block, type Special Olympics Howard County. Don't forget to put your name and location at the bottom of the web page before you hit Submit.

**Health Expo - Rescheduled**

SOMD will host its first ever Health Expo presented by CareFirst Blue Cross Blue Shield this fall, on Saturday, October 6th at the Towson American Legion Hall. The hall is located at 125 York Road Towson MD 21204. Approximate times are 11:00 am to 4:00 pm. There will be presenting five clinical areas this year: Health Promotion, Special Smiles, FunFitness, Strong Minds and Healthy Hearing. More information will follow.

**Glenn Donovan Competes in Down Syndrome World Swimming Championships**

SOHO multi-sport athlete Glenn Donovan competed in the 8th Down Syndrome World Swimming Championship in Truro, Nova Scotia, Canada on July 20th - 26th. Twenty-four countries and over 230 swimmers participated in this event. Glenn was one of thirteen swimmers on Team USA composed of 7 male swimmers and 6 female swimmers. This was by far the largest team ever fielded by Team USA.

Glenn received 6 heat medals (2 gold, 1 silver, and 3 bronze) and 6 Personal Records (PRs) out of the seven individual races in which he competed. Glenn also competed in two relays with his team. Team USA finished 10th overall.

The championships started through the realization that at disabled events, swimmers with Down Syndrome were being outclassed in competition by other athletes with learning disabilities who did not have the same physical disabilities that are often associated with Down

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. We are hoping to have a training session later this fall or winter. 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.

**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@somdhc.org or call 410-740-0500 to receive a sponsor information package.

**PRESENTING SPONSORS**

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**LEGACY SPONSORS**

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Syndrome. For this reason, the Down Syndrome International Swimming Organization (DSISO) was created and holds the World Championships every two years.

Glenn spent endless hours training for this event for the past two years as part of the Clippers Fitness Group and also participating in Special Olympics Howard County Aquatics.

The athletes’ favorite part of the competition was making new friends! The baseball hat Glenn is wearing has at least one signature from a swimmer from each country that participated and the bill has the signatures of all of his teammates. Congratulations, Glenn!

**Celebration of Sports Photo Contest**

Think you've captured what it means to be a good sport? Enter up to three photos of your own that represent respect, positive leadership, team ethics and/or dedication in community sports. The deadline is August 31, 2018. Winners will receive two complimentary tickets to Celebration of Sports on October 16, 2018 at Turf Valley Resort and have their photos on display at the event. Rules and application can be found [here](#).

**SOHO Adds Young Athletes Program**

Special Olympics Howard County Young Athletes Program (YAP) is a free of charge sport and play program for children with and without intellectual disabilities ages 2 to 7 years old. Young Athletes introduces basic sport skills, like running, kicking and throwing, and supports the growth of important motor, social and learning skills. The program will run each Saturday morning from 9:00-10:00 a.m. at Rockburn Elementary School and is limited to 20 athletes. This is NOT a drop off program. Parental engagement is required. To register, complete this form and either email to info@somdhc.org, or mail/drop off at the office. Registration ends on September 21st.
Spearheading the program are new YAP Coordinators Ashley and Mike Murphy and Katie Boggs.

**Fall Competitions Scheduled**

There are a number of competitions and league play events this fall where you can come out and cheer on our athletes. If you are interested in volunteering at any of these events, contact Janet Larrimore (janetlarrimore@somdhc.org).

- **August 26th - 2:00 - 7:00 pm** - Golf Competition (Timbers at Troy Golf Course)
- **September 8th - 1:00 - 6:00 pm** - Golf Competition (Turf Valley Country Club)
- **September 8, 15, 22, 29, October 13** - Soccer League Play Days, 9:00 am - 12:00 pm (Cedar Lane Park East)
- **September 22nd** - Tennis Competition (Reservoir High School)
- **September 23rd - 8:30 - 4:00 pm** - Powerlifting Competition (Colosseum Gym, Columbia)
- **September 29th - 12:00 - 4:00 pm** - Volleyball Tournament (Maryland Junior Sports Center, Jessup)
- **October 14th - 9:00 - 11:00 am** - Distance Running Competition (Reservoir High School, Fulton)
- **November 11th - 10:00 am - 2:00 pm** - Regional Bowling Tournament (Normandy Lanes, Ellicott City)

**Upcoming Decisions On Swimming, Bocce and Basketball**

At the July Area Leader meeting, SOMD shared several important decisions that will be made in the next several months regarding potential changes to SOMD state championships for Swimming, Bocce and Basketball. The increase in the number of Special Olympics athletes has created challenges in the ability to accommodate this growth at state-wide competitions. Area leaders were given the opportunity to provide input on these issues and decisions on each have been promised no later than the November 10th Area Leadership Meeting (at least with respect to 2019).

SOMD has scheduled several web meetings to allow Area coaches, athletes, volunteers and family members the...
opportunity to both hear “first hand” what the issues are as well as to provide input on these issues prior to final decisions being made for 2019. Details of these issues and how to register for the web sessions were sent to sports coordinators in basketball, bocce, and swimming for distribution. If you did not receive the information, please contact your coordinator. You can only sign up for one session. Sessions are scheduled as follows:

Basketball: September 17th and 25th
Bocce: September 12th and 13th
Swimming: August 23rd and 27th

Thanks to USA Games Sponsors

We would like to thank the many individuals, families, friends and businesses that supported our athletes that attended the USA Games in Seattle in July. Your support was greatly appreciated and allowed these athletes to have a terrific experience. Two of these athletes have been selected to attend World Games in Abu Dhabi in March 2019. (See July newsletter.)

GOLD MEDAL SPONSORS:
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Navy Fleece Jacket = $30.00
Backpack = $30.00
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
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 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.
Bike Safety Education and Rodeo

Distance Running Coordinator and Coach Ann and John Worley and St. John United Church are hosting a bike safety education and rodeo on Saturday, September 22 at the Wilde Lake Interfaith Center. The purpose of the event is (1) to educate children and adults on bike safety, bike care, and proper use of bikes and (2) to encourage interest in biking as a sport, to show biking as a viable means of transportation, and to increase bike ridership. There will be a bike rodeo, helmet check, bike inspections, and fun bike activities as well as bike advocacy groups, bike vendors, HC Office of Transportation people, and others.

For additional information, contact John and Ann Worley @ 410-730-0749 or worley.ann@gmail.com.

Carnival Cruise to Benefit SOMD

Don’t miss the chance to join Carnival Cruise for their first ever 7-day cruise to the Eastern Caribbean aboard the Carnival Pride to benefit Special Olympics Maryland. (A portion of the proceeds from each cabin will be donated to SOMD.)

Departing on May 12, 2019, the weekly itinerary includes stops in Grand Turk, Half Moon Cay, and Freeport. Guests of Special Olympics Maryland will have access to additional, custom events all in celebration and support of the athletes.

If you are interested in booking this cruise, contact Janice Colbert directly at janice.colbert@yahoo.com or 410-446-7465. A limited number of cabins are available for this once-in-a-lifetime adventure.
Welcome to Newest Member of SOHO Family

A warm welcome to the newest member of the SOHO Family. Charles Frederick Davis ("Charlie") was born to Softball Skills Coordinator Kim Davis and her husband Ben (also a softball skills volunteer) on July 21st.

Congratulations to the Davis family and we will have to get Charlie suited up to join you at softball practice!