Registration for Winter Sports

**WINTER SPORTS:** Registration for winter sports (basketball, snowshoeing, alpine skiing and fitness) will begin on October 21st.

**BOWLING:** Registration for the first session of bowling is now closed. There are still openings in the second session. Register [here](#). Volunteers are still needed for both bowling sessions. Interested individuals should contact Janet Larrimore at janetlarrimore@somdhc.org.

SOHO Volunteers and Athletes to be Honored at Celebration of Sports

SOHO is proud to announce that five individuals from our organization will receive Good Sports Awards at the annual Howard County Department of Recreation and Parks Celebration of Sports on October 16th. The evening will also include keynote speaker, former Baltimore Oriole Joe

Mark Your Calendar: Fall Dance

Friday, November 2nd at Harpers Choice Middle School from 7:00-9:00 p.m. Water and light refreshments will be served. Volunteers are needed and should contact Family Coordinator Barbara Stewart (Stewgarden@aol.com)

Mark Your Calendar: SOHO Restaurant at BJ’s Restaurant & Brewhouse

Join us on Monday, November 5th at BJ’s Restaurant & Brewhouse for a fundraising event. With each flyer presented during this event, BJ’s will donate 20% of food and soft beverage sales to SOHO. This is from 11:00 a.m. - 10:00 p.m. and is
Orsulak and inductions into 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 programs. One coach, one youth player, one adult player, one official, and one sports administrator from each program can be recognized.

SOHO individuals being honored include:
Coach: Cara Gregg (player development basketball coach)
Youth Athlete: Justin Richter
Adult Athlete: Sean Tanevhill
Sports Administrator: Michelle Jordan (basketball player development coordinator)
Official: Jim Chin (softball official)

If you would like to attend the event, tickets (which includes 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.

**Corridor Golf Classic a Huge Success**

Despite threatening weather, the 8th annual Corridor Golf Classic, held on September 12th and 13th at Waverly Woods Golf Course, was a huge success. 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 previous seven years of the tournament, Corridor has donated over $150,000 to Special Olympics from this event!)

**Volunteer Orientations**

The next Volunteer Orientation will be held at the SOHO office on Wednesday, October 3rd from 7:00 - 8:30 p.m. Anyone wanting to volunteer should attend, especially those interested in volunteering for fall sports. Families who are new to our program, including families in the Youth Athletes 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).

Future volunteer orientations are on Wednesday, November 7, Thursday, December 13

**Why Volunteer?**

Did you know that 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.

"At the end of the day, it's not about what you have or even what you've accomplished....it's about who you've lifted up, who you've made better. It's about what you've given back." - (Denzel Washington)

Volunteer! What you get back is immeasurable!

Check above for the next Volunteer orientation or contact Janet Larrimore (janetlarrimore@somdhc.org)

**Car Donation Program**

Through the efforts of longtime coach and volunteer, Duke Silva, Special Olympics can now accept car donations to benefit our program. If you have a car you would like to donate, please contact the office at 410-740-0500 or email info@somdhc.org. We will come and pick up your car, ready it for sale, and provide you with a tax deduction for the amount the car is sold for at auction. Please help us by donating an unwanted vehicle!
Corridor Mortgage presents check to Special Olympics Howard County and the Ulman Cancer Fund for Young Adults.

This year, the tournament raised $75,000 and one of the golfers won a Ford Mustang for getting a hole in one and then had a chance at the million dollar hole in one contest by getting a second hole in one later in the course. One of our volunteers, Jack Kuhn, got to hit for the million dollar hole in one. Unfortunately, neither golfers hit the big money.

Athletes Nicky Mineart, Catherine Gruss, Kenny Long, and Daniel Larrimore participated in the putting event at the beginning of the tournament. Alex Barnes gave an outstanding performance of the National Anthem on day one, with Molly Peter singing on day two of the event. Sean Taneyhill spoke to the golfers about his Special Olympics experiences at the end of the first day of the event, and Raven Cato followed on day two with how much Special Olympics has meant to her, thanking all the sponsors and golfers for supporting our cause.

Global Messenger Raven Cato thanks everyone for their support.

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. 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
Car Max Laurel Toyota
Corridor Mortgage Group
Lisa Higgins Hussman Foundation

LEGACY SPONSORS
Allan Homes
Brunswick Normandy Lanes Canada Dry Potomac
Dwight and Diane Mikulis
Integrated Waste Analysts
Pat and Maryanne Klima
Quest Fitness
Timbers at Troy Golf Course Wegmans

TEAM SPONSORS
Outback Steakhouse
Win Kelly Chevrolet Buick GMC

2018 Inspiration Walk Sponsors

PRESENTING SPONSORS
CarMax Laurel Toyota
Corridor Mortgage Group
The Lisa Higgins Foundation

LEGACY SPONSORS
SOMD CEO Jim Schmutz and SOHO athletes Raven, Nick Stewart, Daniel Larrimore, and Kenny Long thank Corridor Mortgage for their support for the past eight years.

Thanks to Corridor President Jerry Rader and Corridor Golf Classic Planning Committee Ron Mason, David Hudson, and Kerry Fitzgerald. We are incredibly grateful for your dedication to our athletes and for making it possible for them to continue to train and compete.

Molly Peter with Corridor President Jerry Rader.

Diane and Dwight Mikulis
Integrated Waste Analysts

TEAM SPONSOR
Win Kelly Chevrolet Buick GMC

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Steve Towne (audio)
Walter Larrimore Photography

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USA Games Sponsors

GOLD MEDAL:
Hayles and Howe

SILVER MEDAL:
John Beakes, Janet and Walter Larrimore, Zachary McKay, Withumsmith and Brown, Richard Healy, Gary Jimm, DDS: (All Smiles Care), Matthew Style

BRONZE MEDAL:
Elliott Assett Management LLC, Evelyn Bolduc, Ramona Hill, Knights of Columbus, Scott Myers, Lois Smith

Photos of Our Athletes
Special thanks also to Janet and Daniel Larrimore, Marilyn Miceli, Dave Fagan, Bill and Kenny Long, Robin Phillips, Monica Evans, and Diane Mikulis for working the SOHO chipping contest on Hole 3. The golfers always enjoy our event and we had seven winners this year over the two days with one golfer chipping in two balls.

Leadership U Students To Support the New Young Athletes Program

This fall, SOHO will hold its first community based Young Athletes Program (YAP). The program is a free of charge sport and play program for children with and without intellectual disabilities ages 2 to 7 years old. The program introduces basic sport skills, like running, kicking and throwing, and supports the growth of important motor, social and learning skills. It will run each Saturday morning from 9:00 - 10:00 a.m. from September 29th to November 17th at Rockburn Elementary School. A second session is planned for the spring. Spearheading the program are new YAP Coordinators Ashley and Mike Murphy and Katie Boggs.

In addition, students from Howard County’s Leadership U program have decided to “adopt” YAP for their project and will be actively involved in volunteering, fundraising and documenting the program.

Candidate Forum on Developmental Disabilities - Cancelled

The Candidate Forum on Developmental Disabilities featuring Allan Kittleman and Calvin Ball scheduled for on October 1st has been

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

SOMD News

To see a copy of the August SOMD e-newsletter, IMPACT, click here.

Lost and Found

If you think you may have left something behind at a competition, be sure to check our lost and found box in the office. If you’re missing something, contact the office at info@somdhc.org or call 410-740-0500.

SOHO Merchandise for Sale

Contact the office if you are interested in any of these items.

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.
cancelled. Watch our Facebook page for the rescheduled time.

**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 (125 York Road Towson MD 21204) from 11:00 am to 4:00 pm. The Expo will combine Special Olympics Healthy Athletes program with additional health and fitness related services with the single focus of increasing access to quality health care for individuals with intellectual disabilities. For more information, contact healthyathletes@somd.org. You can pre-register here.

**In Memoriam: Joseph Miller**

Joseph Miller passed away on August 17, 2018. Joseph was an original participant of Special Olympics Baltimore County in track and swimming. Upon retiring from the Arc of Howard County jobs program, he participated in Special Olympics Howard County softball and golf programs.

Softball skills Coach Rick Baker remembered Joe as one of his favorite softball players and one with great spirit and enthusiasm. While Joe may have been slow and deliberate when running bases, he always got the job done with a huge smile on his face. Coach Rick noted that Joe set an example for managing life's challenges at any age and that he will be missed by everyone in the softball skills program, coaches, volunteers, and his other teammates.

**Athlete Leadership Programs Scheduled**

**Coaches 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 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.
SOMD will hold an Introduction to Athlete Leadership course on Saturday, January 5th, 2019 from 10:00 a.m. to noon. This 2 hour course will give athletes and Unified partners a basic overview of the many offerings of the Athlete Leadership Program and will explain what options they have to be athlete leaders in their community not just to be public speakers. This includes:

- Understand the structure of Athlete Leadership
- Explore roles you might be interested in trying
- Develop a personal purpose statement
- Identify the next steps to start your Athlete Leadership journey

To register, email our Athlete Leadership coordinator, Marian Williams-Cato (vze1ena92@verizon.net) by December 1, 2018.

SOMD will also be offering an Athlete Leadership Technology Course in Social Media on Saturday, March 23rd, 2019 from 9:00 a.m. - 2:00 p.m. in the SOHO office. Social media is everywhere and many people are on many different social media platforms like Facebook, Twitter, Instagram and Snapchat. To become a better athlete leader you need to understand social media and how to interact with people in a responsible and authentic manner. In this course we will cover the following:

- Why would you use Social Media?
- What are the different types of Social Media?
- What kind of Social Media do you use?
- Improve your use of Facebook, Twitter, and Instagram
- How to create and maintain a Page
- How to create Groups
- Difference between Page / Groups
- Discuss Social Media Safety

To take the Social Media course, you must have completed the full day beginner Global Messenger courses.

To register, email our Athlete Leadership Program coordinator, Marian Williams-Cato (vze1ena92@verizon.net) by January 15, 2019.
Athlete Leadership Registration System *NEW

**VolunteerHub** is an exciting new system that will allow athlete leaders to see a schedule and sign up for many variety of athlete leadership opportunities that happen all the time including talking to the media, speeches, advocacy, state championships, special events, and local program events in their area! Just to name a few. It will also allow athletes to build a personal schedule of events and offers immediate confirmations when you sign up.(To sign up, click [here](#).)

Because it is a new system, new users will be asked to build a volunteer/Athlete Leader profile. It only takes a minute or two to fill out so even if you do not see an event for you now feel free to get ahead of the game and build your VolunteerHub account.

Join us now on VolunteerHub and take advantage of all the great ALP-ortunities ahead of you.

You DO NOT have to be certified in any athlete leadership classes to join this new system. Just interested in sharing your story and leading Special Olympics Maryland into the future.

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**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 (janettlarrimore@somdhc.org).

- **September 29, October 13 - Soccer League Play Days, 9:00 am - 12:00 pm (Cedar Lane Park East)**
- **September 29 - 12:00 - 4:00 pm Volleyball Tournament (Maryland Junior Sports Center, Jessup)**
- **October 14 - 9:00 - 11:00 am Distance Running Competition (Reservoir High School, Fulton)**
- **November 11 - 10:00 am - 2:00 pm, Regional Bowling Tournament (Normandy Lanes, Ellicott City)**
Weather Policy Update

This fall has been a real challenge for us to have practices. Either it was heat indices of over 100 degrees, pouring rain, or water soaked fields. We appreciate the disappointment when we can't have practices but the safety of our athletes, volunteers, and coaches is paramount in our decision making, as is the fact that courts and fields that we use are governed by outside organizations who make the decision on the condition of their facilities.

As a reminder, our weather policy is posted on our web site under Policies. The coordinator will send out an email as soon as the decision is made and notification is posted on our home page, Facebook and Twitter accounts.

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.