Do You Believe in the Special Olympics Mission?

If the answer is yes, then we have a favor to ask. Please help us continue to provide sports training and competition opportunities for the 876 Special Olympics Howard County athletes who we support by setting up an Inspiration Walk online fundraising page by clicking here, or by making a general donation by clicking here. Full details on our 18th Annual Inspiration Walk can be found in the article below.

Spring Sports Registration Continues

Registration for spring sports continues. Registration deadlines are fast approaching:
Athletics, Beginning Swimming and Bocce - March 20th
Cheerleading - March 19th
Softball - March 23th
Fitness* - March 25th (waitlist only)

Registration for Equestrian and Swimming is closed.

Register by going to the web site or clicking here. If you do not receive a confirmation email, notify the office at 410-740-0500. Note that registration for fitness is now full and additional registrants will be placed on a wait list.

We regret that due to unforeseen circumstances, we had to cancel the spring session of the Young Athletes Program. We will resume the program in the fall.
Remember that athletes must have a current medical to participate and the medical must be updated every three years.

**Deadline for Student Scholarship Applications Approaches**

There are four scholarships available to students who have volunteered with our organizations. Applications for the Allan Homes Scholarship and the Schnorf Family Scholarship are due to the Columbia Foundation on March 9th. Click on the scholarship names for information and application.

The deadline for the Jackie Burk Memorial Award and the Kathy Lindner Memorial Award is April 1st. The application for both these scholarships can be found here.

**University of Maryland Men's Basketball Hosts Clinic for Special Olympics**

In January, several of our basketball athletes participated in a clinic hosted by the UMD Terps basketball team and head coach Mark Turgeon at the XFINITY Center. The coach noted, “There were a lot of talented Special Olympics athletes......”Senior Jared Nickens noted "It feels really good to come out with my teammates and have fun with this great group of Special Olympics athletes."
Mike Keough greets Maryland Coach Turgeon.

Mark Your Calendars: Inspiration Walk - April 27, 2019 - Help Support Our Annual Event

**April 27th - Inspiration Walk, Centennial Park**

**April 28th - SOHO Swim Meet, Howard Community College**

**May 4th - Track Meet, Wilde Lake High School, 8:00-2:00**

**June 7th - MATP Challenge Day, Cedar Lane School, 8:30-2:00**

If you are interested in volunteering at any of these events, contact Janet Larrimore (janetlarrimore@somdhc.org). Of course, all are welcome to come an cheer on the athletes!

### Car Donation Program

Through the efforts of longtime coach and volunteer, Duke Silvea, 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!

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

The best ambassadors for Special Olympics are the athletes themselves! If your athlete wants to help
The annual Special Olympics Inspiration Walk will be held on April 27. Now in its 18th year, the Inspiration Walk is critical to our program. The walk raises about 50% of our annual operating budget. With our increased number of athletes and increased costs, we rely heavily on funds raised at the walk so that we can provide sports programs free of charge for our athletes. (For example, our costs for basketball training facilities increased 50% this year.)

Individuals and teams can register and set up a fundraising page by clicking here, click on “Join Now” and then solicit donations from family and friends. General donations and/or registering with having a fundraising page can be made by clicking here. Walk brochures will be sent out by early March. Incentive prizes for each level of fundraising are listed below.

Level 1: $50 = 2019 Inspiration Walk t-shirt plus entry into prize raffles. (Raffles include gift cards from many Howard County restaurants and businesses and special prizes. Must be present to win.)
Level 2: $500 = Level 1 plus $25 Amazon gift card
Level 3: $1,000 = Level 1 plus $50 Amazon gift card
Level 4: $2,000 = Level 1 plus $100 Amazon gift card
Level 5: $3,000 = Level 1 plus $150 Amazon gift card
Level 6: $4,000 = Level 1 plus $200 Amazon gift card
Level 7: $5,000 = Level 1 plus $250 Amazon gift card

Top fundraisers as of May 18th are eligible for prizes, including four Orioles tickets, $200 Wegman's gift card and more to be announced.

If you have any leads for sponsors or are interested in being a sponsor yourself, please send an email to info@somdhc.org. Invoices for sponsorship can be sent upon request.

Sponsorship levels are as follows:
- Presenting Sponsor - $20,000 and up
- Legacy Sponsor - $5,000 to $9,999
- Team Sponsor - $2,500 to $4,999
- Gold Medal Sponsor - $1,000 to $2,499
- Silver Medal Sponsor - $500 to $999
- Bronze Medal Sponsor - $250 to $499
- Athlete Sponsor - $100 - $249

For Sponsors (Presenting, Legacy, Team and Gold levels) to be listed on the Walk t-shirt, a commitment is needed by March 29, 2019.

Every year, we have posters of our athlete lining the walkway at the event. If you would like to showcase your athlete, posters can be purchased for $40 each or three for $100. See attached paper for further details.

Many volunteers are needed to help in planning the event and the day of
the event. If you are interested in helping with this event, contact Janet Larrimore (janetlarrimore@somdhc.org).

**Winter Games Round-Up**

Winter Games at Whitetail Resort contained ranges of weather - heavy fog, beautiful sun, and strong winds - but it was a very successful weekend for SOHO athletes. Daniel Larrimore and Wayne Slifker brought in the torch during opening ceremonies. The Alpine team placed in 13 events (3 Gold, 3 Silver, 2 Bronze, 4 4th place and 1 5th place). The Snowshoe team placed in 17 events (9 Gold medals, 2 Silver, 3 Bronze, 1 4th and 1 5th place). First year snowshoe athlete Julian Than won Gold in all four of his events including the 1600 meter race. For more photos of alpine skiing and the snowshoe season, click here.

Joe Bobinski and Brian Mooney

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**Coordinator Position Vacancy**

We are looking for someone to serve as our Medical Coordinator: The Medical Coordinator is in charge of all medical related activities. Specific duties include:

- Arranging for on-site medical support for all local competitions.
- Ensuring medical kits are filled with supplies prior to each sports season.
- Attending monthly general meeting with management team and coordinators.

The individual must be (or become) a certified Special Olympics volunteer. Interested individuals should contact Janet Larrimore (janetlarrimore@somdhc.org).

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**Photos of Our Athletes**

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

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Dwight and Diane Mikulis
Integrated Waste Analysts
Outback Steakhouse
Quest Fitness
Timbers at Troy Golf Course
Wegmans

SOMD News
Camp Inclusion Registration Open

Camp Inclusion is a summer day camp in Howard County for any student (12-21) with or without a cognitive, social, or physical disability. At Camp Inclusion, campers participate in group games and sports including soccer, kickball, and handball. Campers also participate in arts & crafts activities such as tie-dye and painting, as well as developmentally appropriate board games, which are adapted for campers as needed. Click here for more information.

Planning for a Loved One with Special Needs

Elville and Associates’ principal and lead attorney Stephen R. Elville, J.D., LL.M. will present What Families Need to Know About Planning for a Loved One with Special Needs on March 27th and April 24th at two locations. Attendees will learn what is involved in the planning process for an individual with special needs and their family.
Coaching Special Olympics Athletes Course Scheduled

SOMD will host a live Coaching Special Olympics Course at SOMD Headquarters in Baltimore on Saturday, March 23, 2019 from 9:30 am to 1:00 pm.

Coaching Special Olympics Athletes is a core course for all Special Olympics Coaches in the new Coach Education and Development System.

To ensure maximum interaction among participants, the class will be limited to a maximum of 25 registrants and is free of charge.

To register click here.

Athletes as Coaches Training

Are you ready for a new challenge in Special Olympics? Do you know how to talk with other athletes so that they understand what you mean? Do you like helping the coach?

The Athletes as Coaches Course is the first in the series of Athlete Leadership Programming within the sports tract. This introductory course on coaching will provide basic knowledge, skills, value statements and a practical application for the athlete to work toward becoming a coach. Are you ready for a new challenge in Special Olympics? Do you know how to talk with other athletes so that they understand what you mean? Do you like helping the coach?

Within this course, the athlete who is going through the training will be referred to as "Prospective Coach". This course DOES NOT count towards the "Coaching Special Olympics Athletes" course.

Desired Outcomes
1. Describe Athlete Leadership Programs (ALPs) and ALPs University.
2. Describe what it means to be a coach.
3. Identify what a coach needs to know.
4. Outline expectations that the Prospective Coach has for the Mentor and...
that the Mentor has for the
Prospective Coach.
5. Explore the various coaching jobs which reflect different levels of
responsibility.
6. Apply key communication skills, task analysis and skills instruction to
effectively teach and train
athletes.
7. Experience working with athletes.
8. Plan next steps in training and certification.

The course will be offered on March 16th from 9:00 a.m.- 1:00 p.m. at the
Special Olympics Maryland office (3701 Commerce Drive, Suite 103,
Baltimore). To register, click here.

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**Special Olympics Figure Skating**

Since its founding in 2009, the Special Olympics Figure Skating Team in the Rockville area has
competed throughout the region, winning plenty of
gold medals along the way. Thanks to their dedicated
head coaches (Mia Soviero and Mark Adams) and
countless assistant coaches, they have been able to
put many of their skaters into a variety of
competitions from the local and above. Interested? Come and join the
program every Saturday from 11:15am to 12:15pm at the Rockville Ice
Arena. If you want to know more, please contact the team at
somdskating@gmail.com or visit us on the web here.

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**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.

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**Bravelets and other items (necklaces,
watches, pillows, scarves) are available**
here. For each Be
Brave item purchased,
SOMD will receive
$10.00.

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**COACHES RESOURCES**

- Coaches Training
- Coaches Guidelines
- Sports Rules
- SOMD Introduces Coach Resource Page

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SOMD recently added
a Coach Resource
Page to SOMD’s public

The Coach Resource Page currently includes such things as the SOMD Sports Calendar, links to register for various coach webinars, links to webinar recordings and slide decks, the SOMD Code of Conduct, and Coach Training and Education opportunities. The page is rudimentary and SOMD will be developing/expanding it and several other resources for coaches over the next several months. Check back regularly and let SOMD know if you find this resource helpful and how they can continue to improve its value. In the very near future, SOMD will begin launching sport-specific and event-specific (e.g., Winter Games) pages focused on the information needs of coaches, athletes, Unified partners and families.

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.