

**HOWARD COUNTY**  
SPECIAL OLYMPICS  
MARYLAND



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November Newsletter

Issue #2016-08

**Registration for Winter Sports Open**

Registration for winter sports (alpine skiing, snowshoeing, and basketball (5 levels: skills, 3v3 Half Court Player Development (PD), 3v3 Half Court Traditional, 5v5 Full Court PD and 5v5 Full Court Traditional) remains open until December 15th. [Click here](#) to register.

**Basketball:**

If an athlete has never participated in SOHO basketball before, they should register as NEW and register for the Basketball assessment which will take place at 6:30 on December 6th at Oakland Mills Middle School. After the athlete is assessed, they will be placed in the appropriate level.



**Winter Fitness:** Because this program is limited to 20 athletes, it is currently full. Anyone registering at this point will be placed on a waiting list.

**NOTE:** If you do not receive an email confirmation after registering, call the office at 410-740-0500 to ensure that you are registered. The email is your proof of registration. Remember that athletes must have a valid medical on file prior to

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**New Facebook Page; Follow Us on Instagram**

We now have a Special Olympics MD Howard County organization Facebook page. Our old page, Howard Maryland, is an individual page and we will now only be posting information to the new organization page. Please search for "Special Olympics MD Howard County" on Facebook and like the new page to get our posts.

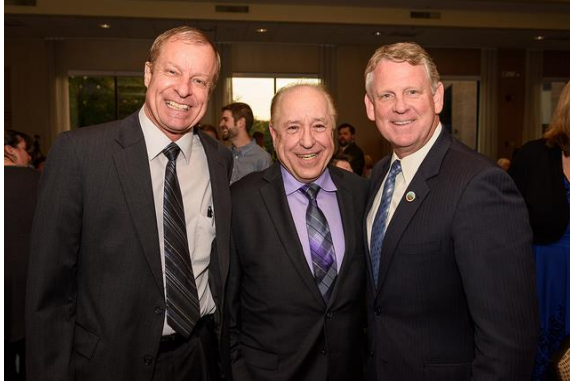
We now have an Instagram account. Follow us at [special\\_olympicsmdhoco](#).

**Volunteers Still Needed for Bowling**

the sport season in order to be able to participate in any sport.

## SOHO Shines at Celebration of Sports

Five members of the SOHO family were honored at the annual Howard County Department of Parks and Recreation Celebration of Sports. Allan Waschak was inducted into the Community Sports Hall of Fame, joining Bob Baker (2006) and Marilyn Miceli (2014).



County Executive Allan Kittleman with HOF Inductee Allan Waschak and Park and Recreation Sports Superintendent Al Harden.

Good Sports Awards were received by the following in each of these categories. Thomas Smith (Adult Athlete) who also served as a SOMD Global Messenger taping an interview with Allan after the event, Russ Young (Sports Administrator), Jack Miller (Coach) and Joe Cucchiaro (Official). Congratulations to all!



Bowling has been underway since October 16th. This is our largest sports program at a single site and many volunteers are needed to help at the lanes for the 128 athletes participating. If you are interested in volunteering, contact Stacy Valentine (stacy.valentineec@gmail.com) or call the office. Practice is from 11:30-1:30 (volunteers should arrive around 11:00).

## Invitation to Annual Christmas Party

The Knights of Columbus Council 11341 and the Champions for the Challenged invite our athletes to attend their annual Christmas party on Saturday, December 17th from 9:30 a.m. to 2:00 p.m. The party will be held in the church hall at the Church of the Resurrection in Ellicott City (Behind the new Giant at Chatham Mall). There will be music, bingo, gifts, prizes, pictures, lunch and a visit from Santa. There is limited space so RSVP by phone or email (443-506-8209 or [chefparker@aol.com](mailto:chefparker@aol.com)).

## SOMD News

Click [here](#) to read the October issue of IMPACT, SOMD's monthly E-newsletter. Keep up-to-date with the latest SOMD news and happenings.

Amazon Smile - Did you know that Amazon has a program that supports non-profit organizations? The program is called Amazon Smile and Special Olympics Maryland will receive a donation from Amazon of 1/2% of the cost of your purchases. Amazon funds this donation, there is no cost to you. Log on at <https://smile.amazon.com>. If you already have an Amazon account, it will work at Amazon Smile. When you log in, you will be asked what organization you want to support. Enter Special Olympics Maryland. All of the products and discounts offered on Amazon.com are also offered on Amazon Smile.

## Thank You!

A special thank you to the **Columbia Association** who raised \$1,055.00 at a recent fundraiser to support our tennis program. Also, special thanks to **Louise Lawson** who held a fundraiser for the tennis program and with her friends, raised over

## Support SOHO Athletes Through Polar Bear Plunge

Join or contribute to SOHO's Polar Bear Plunge page. 70% of funds raised on our [general donation page](#) will be given to our Howard County program. Come out and support the athletes of Maryland and Howard County.

## Fundraiser at Glory Days Grill

This is the final month of our fundraising at Glory Days Grill in Ellicott City.

We get 10% of food and beverages purchased through the end of November. Submit itemized original guest receipt (not your charge card receipt) to the SOHO office (address below).



Get the word out to family and friends to dine out at Glory Days this month and forward their guest receipts to our office.

## New Medical Forms

Does your athlete have a medical appointment soon? If so, be sure to take the new athlete medical form with you for the physician to fill out. (Form can be found on our web site by clicking [here](#).) If the current form expires within the next year, getting a new form filled out in advance will avoid an extra trip (and expense) of getting a form filled out later. Medical forms must be updated every three years and must be current through the end of the sports season. If you are not sure when your athlete's medical form expires, call the office at 410-740-0500.

## Volunteer Spotlight - Mike Carroll

Nineteen years ago, Pat and Fred Krischik started our volleyball program with a few athletes. When the Krischik's stepped down 12 years ago, Mike Carroll stepped in with some other parents to

\$1,385.00! Thanks from our tennis athletes, coaches, and volunteers!



## Volunteer Orientation

The next Volunteer Orientation will be held at the SOHO office on Thursday, November 17th from 7:00 - 8:30 p.m. Individuals wishing to volunteer with winter and spring sports 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 [JanetandWalter@comcast.net](mailto:JanetandWalter@comcast.net).

The last volunteer orientation for the year will take place on Thursday, December 8th.

## 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.

## SOMD Athlete Portrait Series

Marleen Van den Neste, one of SOMD's photographers, is doing a portrait series of SOMD athletes. They will be a series of square, black and white portraits. If you would like to participate, you need to register directly with Marleen at [marleenvvandennestee@gmail.com](mailto:marleenvvandennestee@gmail.com)

**WHEN:** November 17th,  
11:00 a.m. - 8:00 p.m.

**WHERE:** Studio at 16810 Chestnut Street, Gaithersburg, MD 20877

**COST:** Free

She has a few openings left.

## 2016 Inspiration Walk Sponsors

form a Unified team in order to improve on the skills of the relatively junior teams. The year after that, with an increase in athletes, Mike took over as head coach, and the volleyball program began to grow. Today, we have four teams and over 35 athletes participating in what is the only volleyball program in the state, thanks to Mike and volleyball coordinator, Russ Young. Mike's teams have participated in tournaments in Richmond and at Special Olympics Delaware Fall Games as well as for three years at a regional tournament we host. Mike's energy and enthusiasm is contagious and he always stresses the importance of teamwork. Our volleyball program is fortunate to have him as head coach!!



## Cross Country "Quick Feet" Team Run in Ft. McHenry Tunnel Run

Eleven SOHO distance runners, known as "Quick Feet", raised \$580.00 for Special Olympics Maryland as they ran in the Ft. McHenry Tunnel Run. Our runners, some of whom were running a 5K for the first time, finished strong to music



and honks from surprised truckers. Mark Worley was the first SOHO athlete to finish in 21:18 followed by Nicholas Howard and who won second place in his 20-29 male age group. All our athletes were recognized at the podium and given the opportunity to present age group awards to those participating .

### PRESENTING SPONSORS

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A list of all our gift certificate and raffle prizes donors can be found on our web page [here](#).

## Team Sports Policy

This is a reminder that if an athlete is participating in a team sport this winter (basketball teams), you must commit fully to that sport. Coaches and teammates count on every member of the team. They must practice and play together to realize their full potential. Therefore, if you choose a team

## SOHO Volleyball Program Hosts Pennsylvania Teams for Tournament; Shines at Delaware Fall Games

Our volleyball program hosted six teams from Special Olympics Pennsylvania for our 2nd Volleyball Invitational on October 24th at the Maryland Junior Sports Center in Jessup. Four teams from York County, one from Adams County and one from Monroe County joined our four SOHO volleyball teams in an afternoon of great competition and fun. As in our previous tournament, after the competition games, athletes were intermingled to play "Friendship" games. A great time was had by all. The competition was sponsored by the Maryland Juniors Volleyball Club.



SOHO Ball Hawks with Coach Mike Carroll and team from Special Olympics PA Monroe County.

Three SOHO teams (Ball Hawks, Net Hawks and Sky Hawks) and one individual skills athlete (Callie Seidl) competed at the Special Olympics Delaware Fall Games on November 12th. The Ball Hawks competed in a very tough Unified division and despite being a traditional team, gave each Unified team some good competition, finishing in 4th place. The remaining two traditional teams - Net Hawks and Sky Hawks - each brought home the Gold against Delaware teams. Callie won a Silver medal in the skills competition. Great season, everyone!

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## "Leadership U" Helps SOHO

The Leadership U program empowers students to learn by doing. It is a four-month program that offers students a behind-the-scenes look at how their community works -- from Howard County's government leaders to healthcare, public safety, businesses and services, and the nonprofit

sport, you must be fully committed for the season, including all practice and competition dates.

If a team sport is chosen and these rules are violated, the athlete will not be eligible to play that team sport next year.

### 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

The holidays are coming up and what better way to show your pride than with SOHO merchandise. We have some merchandise for sale.

- Charm Bracelet = \$15.00
- Pen = \$2.00
- Socks = \$12.00
- Ceramic Coffee Mug = \$8.00
- Travel Mug = \$8.00
- Ice Scraper = \$3.00
- Toiletry Bag = \$5.00
- 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.

### 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 [atbobbaker@somdhc.org](mailto:atbobbaker@somdhc.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

community. Students become acquainted with community issues and challenges, and work in teams to discuss, reflect upon and develop solutions for issues affecting them and their peers. They also develop mentoring relationships with adult community leaders, and hone their presentation skills.



One Leadership U team - made up of Kiarra Burton (Howard HS), Julia Cargiulo (Mt. Hebron), Rachel McClanahan (Glenelg HS), Katie Agorski (Notre Dame Prep), Sean Jordan (Long Reach HS), Evan Nugent (Glenelg), Anand Shroff (Atholton HS), and Alex Na (Centennial) - prepared a presentation for Howard County schools to highlight clubs and organizations that include those with special needs and solicited students to become volunteers.

This team raised \$560.00 to purchase equipment for our athletes including volleyballs, soccer balls, soccer socks, shin guards & basketballs and presented them at the soccer end of season party.

Thanks to everyone!

## SOHO Athletes Support Law Enforcement Tip-a-Cop Campaign

A number of SOHO athletes participated in the Howard County Law Enforcement's annual "Tip-a-Cop" at Red Robin Gourmet Burgers on October



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

## Concussion Training

ALL Special Olympics coaches (head coaches and assistant coaches) must complete a concussion training certification process prior to starting coaching. The training helps provide a safer training and competition environment for our athletes.

To meet this requirement, coaches must complete one of two approved courses:

- \* CDC Heads Up Concussion In Youth Sports (approx. 30 min). Click here for this online, self-paced course.
- \* NFHS Concussion In Sports (approx. 45 min) ([www.NFHSLearn.com](http://www.NFHSLearn.com)) This COURSE includes much of the same content/video as in the CDC course plus some supplemental material).

Completion certificates should be sent to [coaches@somd.org](mailto:coaches@somd.org) with a CC: to [info@somdhc.org](mailto:info@somdhc.org). Be sure to include that you are associated with SOHO. This certification is valid for 3 years. Both courses are offered online and for free. If coaches have not completed this course prior to the season in which they coach, they will not be permitted to coach that season.

Not only is this a Special Olympics requirement, but it is a requirement for any organization that is using Howard County Recreation and Parks fields.

To date, over 120 SOHO coaches have completed the training. Way to go!

## 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

22nd where officers volunteer their time as "Celebrity Waiters" to collect tips and pledges. to support Special Olympics Maryland. This year's event raised \$3,667.00, the 2nd highest in fundraising behind Montgomery County

Ryan Thibadeau



Megan Kemp

Special thanks to Raven Cato, Samantha Kelsey, Nick Stewart, Kaitlyn Valentine, Megan Kemp, Ryan Thibadeau, Chris Pinos and Armand Kates-Offord for spending time greeting the customers and partnering with our law enforcement

friends.

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## New Rules for One-On-One Athlete Assistants

Many of our athletes require one-on-one assistance at practices and competitions. These assistants have been provided by the parents and have not previously been required to be a certified volunteer. Due to their close proximity to other athletes, Special Olympics Maryland is now requiring that all one-on-one assistants become certified volunteers. This will help ensure the safety of all of our athletes by requiring applications and background checks for all volunteers who come in contact with our athletes. Anyone with an athlete that has a one-on-one assistant should contact Janet Larrimore at [janetandwalter@comcast.net](mailto:janetandwalter@comcast.net) for information on the volunteer certification process.

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## Therapeutic Recreation Conducting a Needs Assessment

The Howard County Department of Recreation and Parks, Therapeutic Recreation and Accommodation Services Section is conducting a "Needs Assessment" of therapeutic recreation and accommodations needs of our community. This Needs Assessment will help them identify the

registration, policies, highlights, activities and other relevant information. Please add [info@somdhc.org](mailto:info@somdhc.org) and [bobbaker@somdhc.org](mailto: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](mailto:info@somdhc.org).

needs of our citizens with disability as well current user trends, facility preferences, inclusion outcomes, and opportunities for growth and expansion of services. They are asking that either a consumer or a consumer advocate (parent, family member, caregiver) complete the survey.

To date, they have only received a handful of responses and need to get more to ensure that they have heard from all our community citizens. If someone doesn't have internet access or would prefer a paper version, please contact the Therapeutic Recreation and Accommodation Services office at 410/313-4628 or via email at [spotts@howardcountymd.gov](mailto:spotts@howardcountymd.gov) and they will provide the requestor with a hard copy. Click [here](#) to link to the online survey.



**SOHO Office, 8970 Route 108 Suite A1, Columbia, MD 21045**

**Hours: Monday, Wednesday & Thursday 8:00 - 1:00, Tuesday 1:30 - 6:30**

Phone (410) 740-0500 | Fax (410) 740-2388 | [www.somdhc.org](http://www.somdhc.org) | [info@somdhc.org](mailto:info@somdhc.org)

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