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### **SPECIAL OLYMPICS OUTBACK NIGHT - TUESDAY, FEB 16**

Looks like the weather is cooperating and we will have Outback Night on Tuesday evening. Bring the attached flier to Outback Steakhouse in Ellicott City on Tuesday, Feb 16 from 4:00 to 10:30 pm and 10% of proceeds will benefit our program!! Eat in or carry out.

### **SPRING SPORTS REGISTRATION**

Registration forms for aquatics, beginner aquatics, bocce, cheerleading, athletics (Track & Field), softball, beginner softball, and equestrian were mailed to athletes on February 3rd. These forms are typically due about 10 days prior to the first practice. Please get these mailed back to the office ASAP so coordinators and coaches can plan appropriately. Note that cheerleading was not included on forms mailed to the athletes. This mistake was corrected on the attached registration form or you can simply mark down cheerleading on the form you already received. Athletes can participate in cheerleading and another sport since cheerleading competition will only be on Friday afternoon at the Towson Summer Games.

### **VOLUNTEERS NEEDED**

#### **BOWLING COMPETITION - SUNDAY, MARCH 7, 2010**

Special Olympics Howard County will be hosting a Regional Bowling Competition on Sunday March 7, 2010 and volunteers are very much needed for a variety of event day responsibilities. If you have previously attended a volunteer orientation and are available to help from 8:30-4:00pm, please contact Amy Korman ASAP [akorman@verizon.net](mailto:akorman@verizon.net) for volunteer pre-registration paperwork. Cut off for volunteer registration is March 1, 2010.

#### **BASKETBALL SKILLS TRAINING, WEDNESDAYS, 6:30 -8:00 PM**

Our basketball skills program is in need of volunteers for their Wednesday practices, which are held at Bonnie Branch Middle School from 6:30 - 8:00 pm. Please contact Lavonne Smith at [lavonne\\_smith@hcpss.org](mailto:lavonne_smith@hcpss.org) for more details.

## **2010 INSPIRATION WALK UPDATE - Start your fundraising NOW!**

The date for next year's Inspiration Walk has been set for April 17, 2010. The Inspiration Walk is our annual (and only) fundraiser and funds raised are critical to sustaining our organization. Remember, the IW provides approximately 70% of our operating budget. If you haven't started your fundraising page on line, please go to [www.firstgiving.com/somdhc](http://www.firstgiving.com/somdhc), create your page, and start getting sponsors. Currently, Nicki and Al Mineart and Team Tennis are the top fundraisers. Great job! Last year, we experienced a 40% drop in corporate Walk sponsorships, but our athletes, their families and friends, and the community did a great job on individual donations. WE NEED YOUR HELP!

A combination of the economy and a week of bad weather has put our fundraising efforts for IW sponsors way behind. If you know of anyone who would like to be a Gold, Silver or Bronze medal sponsor (\$1000, \$500, \$250), please have them contact Marilyn ([marilynmiceli@somdhc.org](mailto:marilynmiceli@somdhc.org)) as soon as possible. The deadline for a sponsorship commitment to be included in the walk brochure is February 22nd. Remember, Gold and Silver medal sponsors are included on the back of the T-shirts (Gold with a logo and Silver with a listing).

## **VOLUNTEER SCHOLARSHIP OPPORTUNITIES**

### **JACKIE BURK MEMORIAL AWARD**

This scholarship was established by the Burk Family in memory of their daughter, Jackie, who passed away in May 2004. The scholarship is to recognize an outstanding high school senior who has been committed to the Special Olympics program as a volunteer and advocate of the athletes. A one-time \$1500 scholarship will be awarded to the selected individual. Any high school senior who has volunteered with Special Olympics Howard County for one year or more is eligible.

### **ALLAN HOMES OUTSTANDING VOLUNTEER**

Through the generosity of our long time supporter and management team member, Allan Waschak, also established a scholarship to honor our student volunteers. The Allan Homes Award for Outstanding Special Olympics Howard County Student Volunteer is open to high school seniors or college students still actively volunteering with our program. A scholarship of \$1500 will be awarded to the selected individual.

Students will need to complete an essay and get at least one recommendation letter from a coach, management team member or sport coordinator. (Please do not include any other recommendations, college acceptance letters, and/or other scholarship awards letters.) Applications for both scholarships can be downloaded from our web site, <http://www.somdhc.org> (applications will be posted by Feb 20th), or call the office at 410-740-0500 to have an application mailed. Completed applications should be sent to Special Olympics Howard County, 8970 Route 108, Suite A-1, Columbia, MD 21045. The application must be received by April 1, 2010.

## **NEXT VOLUNTEER ORIENTATIONS – Sunday, March 14 & Tuesday, March 16**

Special Olympics requires all volunteers including family members who have direct contact with athletes during sports training, to attend a volunteer orientation. This orientation not only goes over volunteer responsibilities and protective behaviors, but also goes over a preliminary introduction to SOHO, who we are, what we do, and what we need.

Special Olympics Howard County will be conducting a volunteer orientation on Sunday, March 14, 2010 from 1:30 – 3:00 pm and Tuesday, March 16, 2010 from 7:00-8:30. PRE-Registration is required and you are asked to contact Beth Greenberg, our volunteer coordinator, for specifics. [bjb410@comcast.net](mailto:bjb410@comcast.net) / cell 301-233-1296.

## **SOHO 2010 CALENDAR CORRECTIONS**

It appears that the printer incorrectly marked three months in our 2010 calendar. March 31st is missing, as is June 30th. The printer also added a day to the end of November (obviously didn't remember the school days song, "Thirty days has September, April, June and NOVEMBER!") These errors did not affect any scheduled SOHO activity. You may notice that the SOHO Basketball competition is scheduled on your calendar for February 20th. This has been moved to February 27th at Glenelg Country School from 8:30 - 3:00. Also, Linda Rothfield was inadvertently omitted as our softball coordinator, SORRY Linda!

## **SPORTS IN SESSION**

Sunday – Alpine Skiing, Cross Country Skiing, Snowshoeing, Centennial Lake, 9:30 – 10:30 am

Sunday – Bowling, Normandy Lanes, 11:00 am – 1:00 pm

Sunday – Fitness, Quest Fitness Center, 1:00 – 2:30 pm

Sunday – 5x5 Basketball, Crossroads Church of the Nazarene, 2:00 – 3:45 pm

Wednesday – Basketball Skills & 3x3 Basketball Development, Bonnie Branch MS, 6:30 – 8:00 pm

Wednesday – 3x3 Basketball, Bonnie Branch MS, 6:30 – 8:00 pm

Wednesday – 5x5 Basketball, Long Reach HS, 8:00 – 9:30 pm

Thursday – 3x3 Basketball Development Team, Glenmar Church, 7:00 – 9:00 pm

Thursday – Alpine and Cross Country Skiing, Columbia Athletic Club, 7:00 – 8:30 pm

Thursday – Snowshoeing, Quest Fitness Center, 7:15 – 8:15 pm

Thursday – Fitness, Quest Fitness Center, 7:30 – 9:00 pm

Saturday – 3x3 Basketball, Glenelg Country School, 1:00 – 3:00 pm

## **CALENDAR OF EVENTS**

Feb 16 – Special Olympics Howard County Outback Family Night, Ellicott City Restaurant

Feb 17-19 – Special Olympics National (SONA) Unified Bowling Tournament, Reno, Nevada

Feb 18 – Winter Games Head of Delegation Meeting, 8:00 – 9:00 pm

Feb 20 – Basketball Competition (ISC, 3x3 PD, 5x5), Upper Shore

Feb 20 – Basketball Competition (ISC), Frederick County

Feb 21 – On-snow Training (Alpine Only), Whitetail Ski Resort, all day  
Feb 22 – Cross Country Skiing Wisp Coaches Meeting, 6:00 – 7:00 pm  
Feb 23 – Alpine Skiing Wisp Coaches Meeting, 7:00 – 8:00 pm  
Feb 23 – Snowshoe Wisp Coaches Meeting, 8:00 – 9:00 pm  
Feb 27 – SOHO Basketball Competition, Skills, 3x3, 3x3 Player Dev., Glenelg Country School, 9:00 – 3:00  
Feb 28 – Aquatics practice begins, Howard Community College  
Feb 28 – Bowling End-of-Season Party, 11:00 am – 1:00 pm, Normandy Lanes  
Feb 28-Mar 2 – Winter Games, Wisp, Deep Creek Lake  
Mar 6 – Basketball Competition (ISC, 3x3, 3x3 PD, 5x5), Calvert County  
Mar 6 – Basketball Competition (ISC, 3x3, 5x5), Washington County  
Mar 6 – Basketball Competition (ISC), St Mary's County  
Mar 7 – Basketball Competition (3x3, 3x3 PD, 5x5), St Mary's County  
Mar 7 – Host Central Region Bowling Competition, Normandy Lanes  
Mar 8-10 – 2010 SONA National Invitational Tennis Championships, Hilton Head, SC  
Mar 9 - General meeting, SOHO office, 7:00 – 8:30 pm  
Mar 14 – Volunteer Orientation, SOHO Office, 1:30-3:00pm  
Mar 16 – Volunteer Orientation, SOHO Office, 7:00-8:30pm  
Mar 16 – Coaches Meeting Webinar - Basketball Skills, 6:30 pm  
Mar 16 – Coaches Meeting Webinar - Basketball 3x3, Player Development, 7:00 pm  
Mar 16 – Coaches Meeting Webinar - Basketball Traditional & Unified 5x5, 8:00 pm  
Mar 20 – SOMD Basketball Competition, Skills, 3v3 & Player Development, PG County, 9:00 am - 7:00 pm  
Mar 21 – SOMD Basketball Competition, Traditional and Unified 5v5, PG County, 9:00am - 7:00 pm  
Mar 27 – Spring Sports Coaches Training, Towson University  
Mar 27 – Equestrian Practice Begins (TRRC & LeCheval Stable) and Track Practice Begins (Oakland Mills HS)  
Mar 27 - Softball Practice Begins for Rookie Team, Cypress Meade Park, 2:00 – 4:00 pm  
Mar 28 - Softball Practice Begins for Veteran Team, Cypress Meade Park, 2:00 – 4:00 pm  
Mar 28 – SOHO Aquatics Competition, HCC, 9:00 – 12:00 pm  
Apr 7 – Beginner Aquatics Begins with MarTar Swimming, Lifetime Fitness Center, 7:00 – 7:30 pm  
Apr 7 - Bocce Practice Begins, Cedar Lane Park  
Apr 13 - General meeting, SOHO office, 7:00 – 8:30 pm  
Apr 17 – 9<sup>th</sup> Annual Inspiration Walk, Centennial Park, 8:00 – 10:30 am  
Apr 24 – Aquatics competition, Fairlands aquatics center  
Apr 24 or May 1 - SOHO Track & Bocce Competition  
Apr 30 – SOHO Dance, Harpers Choice MS, 7:00 – 9:00 pm  
May 11 - General meeting, SOHO office  
May 16 - Softball Invitational, Kiwanis-Wallas Park  
Jun 8 - Summer Games Parents Meeting, location TBD, 7:00 – 8:00 pm  
Jun 11-13 – SOMD Summer Games, Towson Univ (Aquatics, Athletics, Bocce, Softball)  
Jun 12 – SOMD Equestrian Competition, PG County Equestrian Center  
Jul 1 – Fall Sports Registration Forms Mailed

Jul 17-23 – Special Olympics National Games, Univ of Nebraska, Lincoln, Nebraska  
Jul 25 - Cycling Practice Begins  
Jul 29 - Golf Practice Begins  
Aug 8 - Powerlifting Practice Begins  
Aug 10 - General meeting, SOHO office  
Aug 14 - Soccer, Flag Football, Tennis, & Cross-country Running Practices Begin  
Aug 23 - Volleyball Practice Begins  
Sep 12 - SOHO Golf Competition, Timbers  
Sep 14 - General meeting, SOHO office  
Sep 25 - SOMD Cycling Competition, MD State Police Driving Training Center, Sykesville, MD  
Sep 25 – SOMD Level 1 Golf Competition, Blue Mash GC  
Sep 26– SOMD Levels 2-5 Golf Competition, Compass Pointe GC  
Oct 1 – Winter Sports Registration Forms mailed  
Oct 12 - General meeting, SOHO office  
Oct 23 - SODE Volleyball Competition  
Oct 23 - SOMD Fallfest Competition, Mt Saint Mary's University, Emmitsburg, MD  
Oct 24 - SOMD Soccer Competition, Salisbury, MD  
Nov 5 - SOHO Dance  
Nov 7 - Bowling Practice Begins  
Nov 9 - General meeting, SOHO office  
Dec 4-5 – SOMD State Bowling Competition, Gaithersburg, MD  
Dec 8 - Basketball Assessments  
Dec 14 - General meeting, SOHO office  
Calendar Year 2011  
Jun 25-July 4 – World Summer Games, Athens, Greece

## **OFFICE INFORMATION**

Mailing Address:

Special Olympics Howard County  
5:00  
8970 Route 108 Suite A1  
Slifker, at [adeleslifker@hotmail.com](mailto:adeleslifker@hotmail.com)  
Columbia, MD 21045  
other hours.  
410-740-0500  
410-740-2388 (fax)  
[info@somdhc.org](mailto:info@somdhc.org)  
<http://www.somdhc.org>

Office Hours:

Monday 8:30 - 5:00, Thursday 8:30 -

or email our office manager, Adele

to arrange for a pickup or drop-off at

## **Directions to Office:**

Take Route 29 to Route 108 East, pass through two lights (2nd one is at Red Branch Rd), after Red Branch Rd take the third left turn into Oakland Center Business Park, go 100 feet, make right turn and immediately on left is the SOHC office (where there are six parking spaces and you will see the SOHC sign. Our building # is 8970, Suite A1.

## **SOHC POINTS OF CONTACT**

Executive Management Team

Director - Bob Baker, [bobbaker@somdhc.org](mailto:bobbaker@somdhc.org)

Asst. Director - Marilyn Miceli, [marilynmiceli@somdhc.org](mailto:marilynmiceli@somdhc.org)

Finance Director - Allan Waschak, [allan@allanhomes.com](mailto:allan@allanhomes.com)

Public Relations Director - Diane Mikulis, [dianemikulis@verizon.net](mailto:dianemikulis@verizon.net)

Management Team (Exec Members plus:)

Volunteer Coordinator - Beth Greenberg, [bjb410@comcast.net](mailto:bjb410@comcast.net)

Unified Sports Director - Cara Gregg, [clgregg@gmail.com](mailto:clgregg@gmail.com)

Competition Coordinator - Abby Penenburgh, [abby.penenburgh@fiserv.com](mailto:abby.penenburgh@fiserv.com)

Outreach Coordinator - Gena Luoma, [gluoma@verizon.net](mailto:gluoma@verizon.net)

Office Manager - Adele Slifker, [adeleslifker@hotmail.com](mailto:adeleslifker@hotmail.com)

Family Coordinator - Barbara Stewart, [Stewgarden@aol.com](mailto:Stewgarden@aol.com)

Athlete Representative - Nick Stewart, [captainlikesportsmanship7277@hotmail.com](mailto:captainlikesportsmanship7277@hotmail.com)

Special Events Coordinator - Jen Perry, [JPerry1228@aol.com](mailto:JPerry1228@aol.com)

Medical Coordinator - Rosemary Gruss, [rosemary.gruss@hotmail.com](mailto:rosemary.gruss@hotmail.com)

SOMD District Director - Katie Shannon, [kshannon@somd.org](mailto:kshannon@somd.org)

## **Individual Sports Coordinators**

Alpine Skiing - Clare Colleli, [cc@djhpm.com](mailto:cc@djhpm.com) and Mike Harding, [harding64@comcast.net](mailto:harding64@comcast.net)

Aquatics - Allan Waschak, [allan@allanhomes.com](mailto:allan@allanhomes.com)

Aquatics Skills - Marianne Otto-Smith, [mottosmith@verizon.net](mailto:mottosmith@verizon.net)

Athletics - Joe Bobinski, [bobskibum@aol.com](mailto:bobskibum@aol.com) and Tracey Eberhardt, [traceyeberhardt@verizon.net](mailto:traceyeberhardt@verizon.net)

Athlete Congress Parent Representative - OPEN

Basketball Skills - Lavonne Smith, [lavonne\\_smith@hcpss.org](mailto:lavonne_smith@hcpss.org)

Basketball 3x3 Development - Dave Donovan, [thedonovans5@verizon.net](mailto:thedonovans5@verizon.net)

Basketball 3x3 - Phil Swanson, [swansonp@cdpotomac.com](mailto:swansonp@cdpotomac.com) and Therese Dalrymple, [Tada75td@aol.com](mailto:Tada75td@aol.com)

Basketball 5x5 - Iveta Hagelis, [MsIBH@aol.com](mailto:MsIBH@aol.com)

Bocce - Karen Thiem, [kthiem@verizon.net](mailto:kthiem@verizon.net)

Bowling - Sandy Schoenbrodt, [TheSchoenbrodts@verizon.net](mailto:TheSchoenbrodts@verizon.net), Assts. Amy Korman [akorman@verizon.net](mailto:akorman@verizon.net), Pat Condron, [Mi0821ke@yahoo.com](mailto:Mi0821ke@yahoo.com), Sheila Dwyer, [sdwyermd@verizon.net](mailto:sdwyermd@verizon.net)

Cheerleading - Mike Peter, [navydude1@verizon.net](mailto:navydude1@verizon.net)

Cross Country Running – Ann Worley, [annworley@comcast.net](mailto:annworley@comcast.net)

Cross Country Skiing - Byung and Young Ahn, [byungahn1@msn.com](mailto:byungahn1@msn.com)

Cycling - Cheryl Decker, [ZachandCheryl@verizon.net](mailto:ZachandCheryl@verizon.net)

Equestrian - Susan Buningh, [sohcequestrian@hotmail.com](mailto:sohcequestrian@hotmail.com) and Marianne Otto-Smith, [mottosmith@verizon.net](mailto:mottosmith@verizon.net)

Flag Football - Kim McKay, [themckayfamily@verizon.net](mailto:themckayfamily@verizon.net) and Jan Ulrich, [frontline@comcast.net](mailto:frontline@comcast.net)

Golf Skills - Cindy Vidmar, [vidgang@msn.com](mailto:vidgang@msn.com)

Golf - Howard Mooney, [mooneyfamily1@aol.com](mailto:mooneyfamily1@aol.com) and John Stapleton, [jstapleton17@verizon.net](mailto:jstapleton17@verizon.net)

Motor Activities Training Program (MATP) - Gena Luoma, [gluoma@verizon.net](mailto:gluoma@verizon.net) and Jen Perry, [JPerry1228@aol.com](mailto:JPerry1228@aol.com)  
Powerlifting - Bill Long, [blong716@aol.com](mailto:blong716@aol.com)  
Snowshoeing - Peggy Baker, [pegandbobbaker@verizon.net](mailto:pegandbobbaker@verizon.net)  
Soccer Skills – Ginny Geis, [Bsktginny@aol.com](mailto:Bsktginny@aol.com)  
Soccer Emerging Level Team – Ann Scholz, [annscholz@comcast.net](mailto:annscholz@comcast.net)  
Soccer Low Level Team – Cara Gregg, [clgregg@gmail.com](mailto:clgregg@gmail.com)  
Soccer Mid Level Team – Cheryl Kemp, [clkemp77@gmail.com](mailto:clkemp77@gmail.com)  
Soccer Unified Team – Cara Gregg, [clgregg@gmail.com](mailto:clgregg@gmail.com)  
Softball Veteran Team - Linda Rothfield, [lindarothfield@comcast.net](mailto:lindarothfield@comcast.net)  
Softball Rookie Team - Linda Pinos, [linda.pinos@yahoo.com](mailto:linda.pinos@yahoo.com)  
Tennis - Sonal Parikh, [sonalparikh1@gmail.com](mailto:sonalparikh1@gmail.com)  
Volleyball - Russ Young, [russtace@comcast.net](mailto:russtace@comcast.net)  
Webmaster - Frits Buningh, [fbuningh@hotmail.com](mailto:fbuningh@hotmail.com)

### **SPECIAL OLYMPIC LINKS**

Special Olympics National/International - <http://www.specialolympics.org>  
Special Olympics Maryland - <http://www.somd.org>  
Special Olympics Howard County - <http://www.somdhc.org>  
Special Olympics Howard County Photos - <http://somdhc.smugmug.com/>

### **DID YOU KNOW...**

...that Marilyn Miceli, Becky Lessey, Tracy Youngmann, Bill Parlock and Allan Waschak are celebrating their 15th year as Special Olympics Howard County Volunteers - thank you for your continued dedication and commitment to our athletes!!

...that Jimmy Bucher will be participated in his 25th season as a Special Olympics athlete in the spring of 2009!!

...that we have 115 registered bowlers this season!! That sets the record for most athletes participating in any of our 21 sports. We are using all 32 lanes at Normandy AMF Bowling Center in Ellicott City.

...that in 2009, the main Special Olympics account received over 7000 emails and nearly 5000 email responses were sent!

...that Marilyn Miceli, our assistant director, has been actively involved on the management team of the Howard County program since 1993? She has served longer than any other management team member or coordinator.

...that SOHC has 568 athletes? 458 in traditional programs and 110 in MATP at the Cedar Lane school. Our athletes range in age from 6 to 72 with 68% of our 568 athletes being 21 years or younger and 32% are over 21 years of age?

...that the SOHC Inspiration Walk celebrated its 8th year last April and these eight events have raised nearly \$525,000!!

...that the average cost per athlete to operate our program in 2009 was nearly \$242?

...that John Newnan, a Police Officer from Howard County, leads the Special Olympics Maryland Torch Run effort that has raised hundreds of thousands of dollars for Special Olympics Maryland!!

...that our family coordinator, Barbara Stewart, has organized the following social events for the past ten years: a fall dance, family restaurant night, spring dance and an outing to an Oriole game during the summer!!

...that Beth Greenberg, Gena Luoma, and Diane Mikulis conduct eight to ten volunteer orientations per year, with nearly 350 new adult and student volunteers being trained annually!!!

...that with the selection of Nick Stewart, SOHO has sent five athletes to World Games competitions since 2001 (Wayne Slifker to Alaska in 2001, Mark Worley and Steve Miller to Ireland in 2003, Katie Proia to Japan in 2005 and Nick Stewart to China in 2007). We've sent 41 athletes to National events (golf from 2000-2007 and National games in Iowa in 2006).

...that Allan Homes, in addition to donating \$7,500 dollars per year to our program, has consistently donated services such as office painting, shelf building, and new carpet? Thank you Allan Waschak!!

...that Glenelg Country School and Marriotts Ridge High School have provided us with the most student volunteers over the past two years?

...that SOHC hosts an average of a dozen local competitions each year where athletes from around the state attend?

...that SOHC has 1,047 registered volunteers and that does not include day only volunteers!!

...that SOHC receives nearly \$50,000 worth of in-kind donations each year? Facilities such as Quest Fitness Center, Timbers at Troy Golf Course and the Gardens Ice House provide their facilities completely free of charge for our use!!

...that SOHC offers 20 sports plus MATP, more than any other county in the state?



...that the SOHC monthly news emails are sent to over 1200 families, volunteers and athletes?

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Best Regards,  
Bob Baker, parent  
Director

Marilyn Miceli, parent  
Assistant Director

NOTE: If you'd like to be removed from this mailing list simply reply with REMOVE in the subject.

"Special Olympics Maryland, Inc is a 501(c)(3) nonprofit organization - donations to which are tax deductible to the fullest extent allowed by law"