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April Newsletter

Issue Number 2012-1

Hello!

Special Olympics Howard County newsletters are back as we debut our first monthly edition using Constant Contact email service. You are receiving this because you've been associated with our program as an athlete, family member, coach, volunteer or supporter. Thank you all for your help!!! If you no longer wish to receive newsletters, you can unsubscribe at the bottom of this page.

Inspiration Walk 2012

Just six more days until our 11th Annual Inspiration Walk to be held once again at Centennial Park's stage area. Registration and festivities begin at 8:00 am, opening ceremonies will start at 9:00 and Honorary Chairperson State Delegate Guy Guzzone will officially start the walk at 9:15 am. This is our one and only fundraiser of the year. Please help us reach our goal of \$100,000. There are three ways to help:



- 1) Click here to [MAKE A GENERAL DONATION](#)
- 2) Click here to [START A FUNDRAISING PAGE](#) and then click on the Fundraise button to personalize a page that you can send out to friends and relatives.
- 3) Bring donations to the walk on Saturday.
- 4) Send checks to our office - address is at bottom of this newsletter.

Festivities include:

- Wegman's Food Tent (Regular & Gluten free options, plus sign up for your Wegmans Club Card)
- Facepainting and Crafts (by Abrakadoodle Art)

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Seasons Realigned

Starting with the fall season, Special Olympics Maryland is transitioning to three 12-week sports training seasons.

The fall season will take place from August to October for Soccer, Flag Football, Golf, Cycling, Distance Running, Kayaking, Bowling and Volleyball.

The Winter season is from December to February for Bowling, Basketball, Snowshoeing, Alpine Skiing, and Cross Country Skiing.

The Spring season is from April to June for Aquatics, Athletics, Bocce, Cheerleading, Equestrian, Powerlifting, Softball and Tennis.

There is a full month between seasons to allow for coaches training, athlete registration and general preparations.

Note that both Powerlifting and Tennis will be offer this coming fall to help ease the transition of those sports to the spring season.

- Athlete Portraits (sponsored by Corridor Mortgage)
- Zumba to get everyone loosened up
- Gift Certificate Give-aways
- Fun Photo Booth
- Healthy Athlete Information
- Carnival Games
- Fidos for Freedom dogs
- Auto displays by Mile One Mercedes
- Body Armour and Vita Coco Drinks

Incentive prizes include:

- \$25 - Inspiration Walk Tee Shirt
- \$100 - SOHO Reusable Shopping Bag (and above)
- \$250 - SOHO Metal Water Bottle (and all above)
- \$500 - SOHO Hooded Poncho (and all above)
- \$1000 - SOHO Beach Blanket-n-Tote (and all of above)

Prizes for Top Fundraisers Include:

- One week at a RCI resort
- 40" HD Flat Screen TV (donated by E-Structors, Inc)
- Pandora Bracelet (donated by Smyth Jeweler)
- Joe Flacco autographed Picnic Table
- Four Orioles Tickets with Parking
- Wegmans Gift Certificates
- Three Baskets of Restaurant Gift Certificates
- Columbia Sheraton Hotel Stay and more....

Spring Dance May 4th

Athletes, come out and enjoy an evening with friends at our spring dance to be held on Friday, May 4, 2012 at Harpers Choice Middle School from 7:00 to 9:00 pm. Drinks and snacks will be served. Volunteers are needed. Contact our family coordinator, Barbara Stewart at stewgard@aol.com if available.

Glenelg Country School Fun Day - May 19th

For the eighth consecutive year, Glenelg Country School Students will host a Fun Day for Special Olympics athletes at their school from 10:00 - 2:00 on May 19, 2012. The activities will include games, sports, crafts, lunch, and other activities.

Thank you for your support!!

Coaches Resources



Coaches Training



Coaches Guidelines

Sports Rules



SOHO Office, 8970 Route 108 Suite A1, Columbia, MD 21045 Hours: Monday 8:30 - 5:00, Thursday 8:30 - 5:00

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