



## March Newsletter

Issue Number 2013-2

### Spring Sports Registration Closes April 2nd

Athlete online registration for Spring Sports is closing on Tuesday, April 2. [Click here to go to the online registration](#). Sign up now for Beginner Aquatics, Athletics (Track & Field), Bocce, Cheerleading, Softball (ages 14-21), Softball (ages 22+) or Tennis. Aquatics and Equestrian is already closed.

### Inspiration Walk 2013 - April 20, 2013

Only three more weeks until our 12th Annual Inspiration Walk on April 20, 2013 at Centennial Park. Please help by asking friends and relatives for pledges. Click here to [START A FUNDRAISING PAGE](#) and then click on the JOIN NOW button to personalize a page that you can send out to friends and relatives. Or click here to [MAKE A DONATION](#).



If interested in helping with the event, email our IW Planning Team chairperson, Marilyn Miceli [marilynmiceli@somdhc.org](mailto:marilynmiceli@somdhc.org). The next IW planning meeting is on Tuesday, April 9th at 8:00 in the SOHO office.

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*Did you know?*

### Did you know...

- ...that Special Olympics Howard County serves 580 athletes with intellectual or closely related disabilities?*
- ...that SOHO offers 20 sports throughout the year, 6 or 7 per fall, winter and spring seasons?*
- ...that SOHO requires a budget of ~\$220,000 per year to support our 20 sports programs?*
- ...that of the budget amount above, we get approximately \$80,000 via in-kind donations from businesses?*
- ...that our Inspiration Walk raises about 70% of the cash needed to run our programs?*
- ...that SOHO offer social events in addition to our sports programs? There are fall and spring dances, end of season parties, two restaurant nights per year, and an Oriole Game outing in the summer!*

### Coaches Resources



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## Order Athlete Posters for the Inspiration Walk



Showcase your athlete at the Inspiration Walk with a poster to line the walk area. Then you get to take the poster home to enjoy! [Click Here for a Flier](#) with prices and ordering details. The deadline to order is April 8th.

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## Volunteer & Coach of the Year Nominations

*Last year at the Inspiration Walk, we started a new tradition by honoring a Volunteer and Coach of the Year. Last year's recipients were Diane Mikulis and Al Mineart. If you would like to nominate someone for this year's award, send an email to [info@somdhc.org](mailto:info@somdhc.org) stating why you think the person should be selected. Deadline: April 15<sup>th</sup>.*

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## SOHO Spring Merchandise On Sale Now

Let's show some Special Olympics Howard County spirit! Our spring merchandise is now available on-line at

[www.ourshirtsarethebest.com](http://www.ourshirtsarethebest.com) and click on Howard County Special Olympics. The "store" will be open until April 19<sup>th</sup> only so don't delay. Orders can be picked up at the SOHO office when they are completed (approximately 2-3 weeks later). Don't miss this great opportunity to show off SOHO pride!



## Volunteer Opportunities & Orientation

If interested in volunteering for spring sports (aquatics, bocce, softball, track and field, cheerleading, equestrian, tennis) or with a one-day event such as the Annual Inspiration Walk on April 20, Aquatics Competition on April 14, Cheerleading Competition on May 11, or Softball Competition on May 19, please email [info@somdhc.org](mailto:info@somdhc.org).

If you haven't attended a Volunteer Orientation, this is required prior to helping with any sports. **The next Volunteer orientation is scheduled for Saturday, April 13 from 9:30 - 11:30 am**, at the Special Olympics Howard County office at 8970 Route 108, Suite A-1, in Columbia. Pre-registration is required by sending an email to [info@somdhc.org](mailto:info@somdhc.org). Provide your name, age, and preferred date. Parents of athletes are highly encouraged to attend a Volunteer Orientation as well.

Thank you for your support!!



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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