

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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April Newsletter

Issue Number 2013-3

Inspiration Walk 2013 - April 20, 2013

Only one more day until our 12th Annual Inspiration Walk!!! Join us on April 20 from 8:00 - 10:30 am at Centennial Park. Walk starts at 9:20. Don't forget to ask 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](#).

Come out and meet our new SOMD President, Jim Schmutz, our county Executive, Ken Ulman, and State Delegate, Guy Guzzone.

Activities will include food and drinks by Wegmans, Garbanzo Mediterranean Grill, and Body Armour, lots of gift card raffles, Athlete Caricatures sponsored by Corridor Mortgage, Face Painting and crafts by Abrakadoodle Art, Fidos for Freedom dogs, incentive gifts for raising \$100, \$250, \$500 and \$1000 in pledges, WLIF 101.9 radio station on site, car displays, Zumba dancing, Photo booth, MarTar Swim School, and of course, the Oriole Bird and Raven's Poe!! **Plus a surprise special guest appearance!!**

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Did you know?

Did you know...

...that Special Olympics Howard County (SOHO) raised \$466 at our Outback Family Restaurant Night in March--thanks to all who attended!!!!

...that SOHO 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

Spring Dance April 26th

Athletes, come out and enjoy an evening with friends at our spring dance to be held on Friday, April 26th 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 steward@aol.com if available.

Aquatics Swim Meet a Success!

SOHO hosted an aquatics meet on April 14th with four counties and 142 athletes in attendance. A great time was had by all. Special thanks to Allan Waschak, our aquatics coordinator for leading the planning efforts. Also integral to the success of the event was Russ and Sharon Anderson for handling data entry, our starter, Jim Bourdon, Joanne Gales and Clarissa Staggs for leading the pre-staging volunteers, Becky Lessey and Tracy Youngmann for handling on deck staging, Matt Hiley and Kate Gaskin for leading our timing volunteers and all the teenage unified partners and volunteers that helped!! What a fantastic day! Check out photos at "SOHO Aquatics" on Facebook or our smugmug site:

http://somdhc.smugmug.com/Sports/2013-SOHO-HCC-Swim-Meet/28936194_6RVw8z#!i=2459434511&k=NNHsnjZ

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

and click on Howard County Special Olympics. The "store" will be open until Tuesday, April 23rd, 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!



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



Coaches Training



Coaches Guidelines

Sports Rules

Volunteer Opportunities & Orientation Dates

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 Cheerleading Competition on May 11 or Softball Competition on May 19, please email 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 Thursday, April 25 from 7:00 - 8:30 and a second tentatively on May 11 from 10:00 - 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. 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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