

Special Olympics Howard County Volunteer Information

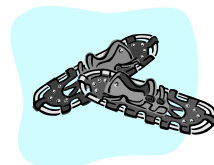
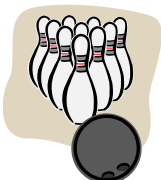


Looking for a place to volunteer? Want to feel the joy of watching athletes with intellectual disabilities work hard and excel in the various sports? Need to earn Community Service Requirements for high school graduation or church requirements? Whether you are looking for a few hours a week or month or a larger commitment, whether you can help with administrative/office work, fundraising or want to work hands-on coaching the athletes, Special Olympics Howard County can use you!

Individuals interesting in volunteering are required to attend a Volunteer Orientation class before working directly with Special Olympics athletes. Individual volunteers must be at least 14 years old or a freshman in high school. **Pre-registration is required for all volunteer orientation classes.**

Ready to get started? Here's what you need to do:

1. Complete a Volunteer Application (found on our web page at www.somdhc.org under Volunteers.) Please type the application OR use black ink only. If you are under 18 years of age, you must have a parent sign in several places on the form (on page 2 at the bottom and on page 3 in both the Housing and Concussion sections. Also, if you are under 18 years of age, you must also complete a Student-Minor Reference form, also found on our web page.
2. In addition, you must complete the on-line Protective Behaviors Course. It is an on-line tutorial that takes about 15 minutes to complete, and can be found on the Volunteer page on our website (www.somdhc.org). Once the ten questions have been answered correctly, click on the Finish button, enter your Full Legal name and other requested information. Print a copy of the confirmation page at the end of the course.
3. Lastly, you must attend a volunteer orientation class. The orientation will provide participants with a better understanding of what Special Olympics Howard County has to offer as well as our goals and needs. Orientations are held 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 Janet Larrimore, at JanetandWalter@comcast.net** . You can bring your completed Volunteer Application and Student-Minor Reference form (if applicable) to orientation.



Special Olympics Howard County Sports



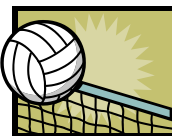
Spring Sports

- Aquatics
- Aquatics Skills
- Athletics (Track & Field)
- Bocce
- Cheerleading
- Equestrian
- Motor Activities Training Prog. (MATP)
- Softball Veteran Team
- Softball Rookie Team
- Tennis



Fall Sports

- Bowling
- Cross Country Running
- Cycling
- Flag Football
- Golf
- Golf Skills
- Powerlifting
- Soccer Skills
- Soccer Emerging Level Team
- Soccer Unified Team
- Soccer Mid Level Team
- Volleyball



Winter Sports

- Alpine Skiing
- Basketball Skills
- Basketball 3x3/5x5 Development
- Basketball 3x3
- Basketball 5x5
- Cross Country Skiing
- Snowshoeing



Volunteer Opportunities

Coach a sport

Assist coaches

Work directly with athletes

Volunteer at competitions

Annual Inspiration Walk

Fundraising

Medical

Public Relations

Sports Management

Unified Partner