

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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February Newsletter

Issue #2014-2

Tennis Season Moving Back to the Fall

Special Olympics Maryland has just announced that the Tennis Season will move from the Spring to the Fall with the final competition to be held as part of Fallfest at Mount Saint Mary's on October 25th. Thanks to all those who advocated for this move, led by head coach, Nancy VanWinter.

Coach VanWinter still plans to hold practices this spring since many athletes already registered and to prepare the four tennis athletes attending National Games in June.

Spring Sports Registration Continues

Register now to participate in a spring sport. [Click here to go to the online registration system.](#) Sign up now for Aquatics, Beginner Aquatics, Athletics (i.e., Track & Field), Bocce, Cheerleading, Equestrian, Softball and Tennis (practice only).

Note that Aquatics registration closes on February 23rd!!! Other sports registration deadlines are in March.

MarTar Swim School handles instruction for our beginner swimmers. [Click here](#) for a featured article on their center and the good work they do.

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Refinance and Raise Funds for SOHO

[Corridor Mortgage Group](#), who sponsors the fall golf fundraiser for Special Olympics Howard County is offering our organization \$250 for anyone who refinances their mortgage or borrows for a new mortgage through Corridor. Mention that you heard of the offer through the SOHO newsletter. For more details, call Chris Sittig at 443.539.1596 or email at csittig@corridormtg.com

Support the 13th Annual Inspiration Walk

Please reserve April 26th, 8:00 - 11:00 am on your calendar to attend the 13th Annual Inspiration Walk. This is our major fundraiser of the year and we rely on family and volunteer financial support to keep our program running. You can donate by:

- 1) Starting a personalized pledge page to solicit pledges online by [clicking here](#) and then click on the JOIN NOW button on the web page, or
- 2) Making a general donation online by [clicking here](#), or
- 3) Bring cash and check donations to the walk or sending to our office (8970 Route 108 Suite A1, Columbia, MD 21045)

Showcase your Athlete at Inspiration Walk

For only \$40.00 each (or 3 for \$100.00) you can purchase an 18"x24" poster of your athlete which will be used to mark the event venue at this year's inspiration walk.

Pick your favorite photo of your athlete or team - preferably training or competing - email it in digital format (JPEG) to Robin Phillips at robin1152@verizon.net and send your payment to Special Olympics Howard County 8970 Route 108, Suite A1, Columbia, MD 21045. Photos **must be received by April 14th**. Posters from past years can be used at the event (but must be dropped off at the SOHC office by 4/24). Posters can be picked up at the end of the walk or from the SOHO office.

Volunteer and Coach of the Year Nominations

For the past two years, SOHO has selected a Volunteer of the Year and Coach of the Year and announced the recipients at our annual Inspiration Walk. This year, we are adding another award - **Family of the Year**. We have so many families who have contributed to the success of our organization. If you are interested in nominating someone(s) for any of these awards, please provide a short write-up that includes years of service, sport(s)/activity

Tim Shriver on Fighting Injustice

"You Are Loud"

The chairman of Special Olympics writes about how great moments of bravery often arise unexpectedly -- and how the power to make a difference is within each of us. [Read more](#)

Polar Bear Plunge

The Maryland State Police Polar Bear Plunge has been rescheduled to March 8th. See an updated [PSA](#) or [click here](#) for more details.

What is an Intellectual Disability?

Children and adults with intellectual disabilities inspire us every day at Special Olympics events around the world. But what are intellectual disabilities? [Learn More](#)

Coaches Resources

Special Olympics Howard County encourages all of our coaches to stay abreast of the latest training. SOHO will reimburse any coach that wishes to take the online training courses offered below.

involved with, and exemplary attributes. All nominations should be mailed to info@somdhc.org no later than March 31, 2014. Past winners include: Volunteer of the Year: Diane Mikulis (2012) and Abby Penenburgh (2013). Coach of the Year: Al Mineart (2012) and Nancy Van Winter (2013).

Help Honor Our Fabulous Volunteers

Howard County is seeking nominations for the 2014 "Volunteer of the Year" Awards program. This annual program recognizes people, agencies and groups whose efforts have a significant impact on an individual or the community. Categories include Individual Youth (18 and Under), Individual Adult (over 18) and Non-profit Organizations (like us!). [Click here for details](#) and application forms. We have so many wonderful and dedicated volunteers. Please consider nominating some of your best as well as our organization as a whole.

Practices and Inclement Weather

With all the snow this year, a reminder that you should check our web site's [home page](#) for practice announcements. Our Facebook page will also contain updates and your sports coordinator will send out emails. In general, when schools are closed, practices are cancelled.

Volunteer Opportunities & Orientation Dates

If interested in volunteering for spring sports (softball, track and field, cheerleading, bocce) or if you are interested in helping with the Inspiration Walk on April 26th or the annual Softball Invitational on May 18th, 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, March 13th from 7:00 - 8:30 pm at the Special Olympics Howard County office. Pre-registration is required by sending an email to our volunteer coordinator, Janet Larrimore, at JanetandWalter@comcast.net or



Coaches Training



Coaches Guidelines

Sports Rules

info@somdhc.org or calling the office at 410-740-0500.
Parents of athletes are highly encouraged to attend a
Volunteer Orientation as well.

Thanks for your support!!



SOHO Office, 8970 Route 108 Suite A1, Columbia, MD 21045
Hours: Monday, Wednesday & Thursday 8:00 - 1:00, Tuesday 1:30 - 6:30
Phone (410) 740-0500 | Fax (410) 740-2388 | www.somdhc.org | info@somdhc.org
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