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March Newsletter

Issue #2015-02

Outback Steakhouse Fundraiser - March 3rd

Looks like we are going to have mostly rain tomorrow evening, so we are going forward with the Outback fundraiser.

Come out and join us for family fun on March 3rd from 11:30am - 10:00pm. Dine in or Carry Out. You must bring the flier for us to receive a 10% credit . [Click here for flier.](#)



Our next Family Night Out will be held on May 18 at Tinos Italian Restaurant.

Register for Spring Sports Now!

Registration for all spring sports except Aquatics is still open. Complete the registration by [clicking here](#). If you do not receive an email confirming your registration, please contact Janet in the SOHO office.

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SOMD News

* Munir Vohra is SOMD's Athlete of the Month for March. See www.somd.org.
* February IMPACT E-newsletter (click [here](#)) which features the first athlete of the



Deadlines for sports registration:

- Beginner Aquatics - 3/22/15
- Athletics - 3/18/15
- Bocce - 3/18/15
- Cheerleading - 3/19/15
- Equestrian - 3/14/15
- Softball - 3/21/15

Athletes must have a current medical form on file before the sport season begins. These forms must be updated every three years. If you are not sure when a medical expires, you can send an email to info@somdhc.org or call the SOHO office. Try to schedule your doctor's appointment in plenty of time so not to jeopardize an athlete's participation.

Support the 14th Annual Inspiration Walk

month for 2015.:
Terrel Limerick from
SOMO.

* Check out [article](#) on
equestrian athlete
Ben Stevick who has
been selected to
attend World Games
in Los Angeles this
summer.

We are on Twitter!

You can now follow
us on Twitter.
[@SOMD_HoCo.](#)

**Support our
Inspiration Walk
Sponsors**

**2014 Inspiration Walk
sponsors to date:**

Presenting Sponsors

Corridor Mortgage and
Lisa Higgins Hussman
Foundation

Legacy Sponsors

Dwight & Diane Mikulis,
Allan Homes, Pat &
Maryanne Klima

Team Sponsors

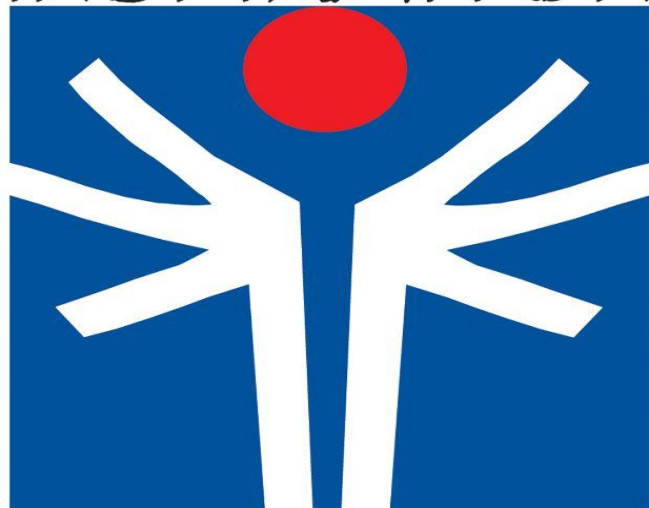
Integrated Waste
Analysts

Gold Medal Sponsors

Darcars Toyota,
Dominion Federal,
Polakoff LLC, Manekin
LLC, Jarvis Steel and

The annual

INSPIRATION



WALK

Inspiration Walk is our primary fundraiser and critical to our raising the funds needed to provide sports training and competitions for over 650 athletes. On average, it costs approximately \$275 per athlete for each sport.

Individuals can begin their fundraising efforts by creating their own page . [Click here](#). Athletes may also link their individual pages to a team in which they participate to see which sport raises the most funds. The volleyball team raised the most funds in the 2014 Inspiration Walk (\$17,610) and won a pizza party at the end of the season. In addition, general donations can also be made by [clicking here](#).

Corporate and business sponsors are still being sought.

Sponsors levels are:

Legacy Sponsor - \$5,000.00

Team Sponsor - \$2,500.00

Gold Medal Sponsor - \$1,000.00

Silver Medal Sponsor - \$ 500.00

Bronze Medal Sponsor - \$ 250.00

Team and Gold Medal sponsors will have their logo on the Walk t-shirt and Silver Medal sponsors will be listed on the walk T-shirt if received by March 1st.

If you have any leads for sponsors or are interested in being a sponsor yourself, please send an email to info@somdhc.org.

Watch your mail in mid-March for the Inspiration Walk brochures.

Lumber Company, just B
Specialties LLC

Silver Medal Sponsors

Diamond Graphics,
Environmental Systems
Associates

Bronze Medal Sponsors

Nightmare Graphics
The Bob Lucido Team

Hospitality Sponsors

Body Armour
Canada Dry Potomac
Wegmans

Global Messengers

Special Olympics Howard
County is proud to have
the following athletes
who are Global
Messengers:
Alex Barnes
Thomas Smith
Nick Stewart
Munir Vohra
Andy Young

March is.....

*Developmental
Disabilities Awareness
Month
* World Down Syndrome
Day (March 21st)
*National Cerebral Palsy
Awareness Month
*National Cerebral Palsy
Awareness Day (March
25th)

Team Sports Participation Reminder

Please review the policy
related to participating in
team sports by [clicking](#)

Planned Activities for the Inspiration Walk

You don't want to miss coming to the annual Inspiration Walk on April 18th. There will be lots of things to do and see, including over 40 raffle prizes, pre-walk Zumba dance warm-up, face painting, photo booth, lots of informational booths on health, fitness, transportation, CPR, blood pressure screening, and new cars provided by Win Kelly and Darcars Toyota. The 101.9 radio truck will be back with games and prizes. Wegmans and Vitamin Water will provide snacks and drinks. Bring friends and your donation sheets. Come out for a great time and support our program!

Medical Forms Must be Current for Participation

Athletes must have a [current medical](#) on file in order to participate in any sports season. These medicals must be updated every three years. It is important to keep track of when an athlete's medical will expire and be sure that a medical form is completed in advance. Because of when physicals can be done (no sooner than one year from the last physical), the [form](#) may have to be completed the year prior to when the old one expires.

Another option is to have a sports physical completed at a medical center, such as Righttime Medical Care. Through December 31st, they are offering sports physicals for only \$20.00 Tuesday - Thursday from 10:00 a.m. - 3:00 p.m. (\$45.00 all other times). Appointments can be made through myRighttime.com or by calling 888-808-6483.

Student Scholarship Application Deadline Fast Approaching

Applications for the three Outstanding Student Volunteer scholarships - the Jackie Burk Memorial Scholarship, Allan Homes scholarship and the Kathy Lindner Memorial Scholarship - are due **March 30, 2015**. The scholarships are open to high school seniors and college students. (Further details can be found on our web site at www.somdhc.org.)

Interested students must complete an application, provide at least one recommendation from a Special Olympics Howard County coach, management team member or sports coordinator, and write a 500 word essay about their

[here](#). If an athlete violates the policy, he/she will be prohibited from participating in that sport the next season.

2015 SOHO Calendars for Sale

SOHO 2015 calendars are still available at the office for a reduced rate. .

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

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.



experiences as a volunteer. Details about the scholarships and the applications can be found by [clicking here](#).

Completed applications can be emailed to info@somdhc.org or mailed to Special Olympics Howard County, 8970 Route 108, Suite A-1, Columbia, MD 21045, ATTN: Scholarship Committee. Applications must be received by **March 30, 2015**. Questions should be addressed to info@somdhc.org or by calling the SOHO office at 410-740-0500.

Coaches Certification Update

Starting with the 2015 basketball season, SOMD has instituted new regulations for coaches certification. For coaches to obtain a new sport certification, a coach must:

- complete and maintain Class A volunteer status (general orientation, Class A screening (i.e., background check), Protective Behaviors Course),
- complete a course on coaching Special Olympics athletes, and
- complete sport specific training.

Existing coaches must renew their sport certification once every three years and must:

- maintain Class A volunteer status (new background check)
- complete an approved course or development experience which advances the coach's knowledge, skills and abilities in either aspects of the sport or coaching in general.

See the side panel Coaches Resources for training opportunities. As other training opportunities become available, emails will be sent to all sports coordinators for distribution to their coaches.

Volunteer, Coach, and Family of the Year Nominations Now Being Accepted

Nominations for Volunteer, Coach and Family of the Year to be announced at this year's Inspiration Walk are now being accepted. If you are interested in nominating

Coaches Training



Coaches Guidelines

Sports Rules

someone(s) for any of these awards, please provide a short write-up that includes years of service, sport(s)/activity involved with, and exemplary attributes. All nominations should be mailed to info@somdhc.org no later than **March 31, 2015**. Past winners include: Volunteer of the Year: Diane Mikulis (2012), Abby Penenburgh (2013) and Gena Luoma (2014). Coach of the Year: Al Mineart (2012), Nancy Van Winter (2013), and Bill Parlock (2014). Our newest award, Family of the Year honoring families who have contributed to the success of our program, was presented for the first time last year to the Pinos Family. (Napoleon, Linda, Napoleon III, Marcos and Chris.

Volunteer Orientation Dates and Form

The next Volunteer Orientations will be held on **March 19th** from 7:00-8:30 pm at the SOHO office. Anyone interested in volunteering must attend a volunteer orientation, complete a volunteer application (<http://somdhc.org/volunteer/>) and an on-line Protective Behaviors Course. Parents are highly encouraged to attend an orientation. Parents that will serve as chaperones at state games in June must be certified Volunteers.

For more information, contact Volunteer Coordinator Janet Larrimore. (JanetandWalter@comcast.net).

The next orientation is scheduled for **April 8th**.

Volunteers must update their volunteer application every three years. There is no need to attend another orientation, but the application must be updated.



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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