

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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July Newsletter

Issue #2015-07

Fall Sports Registration Open

Registration for fall sports continues for bowling, cycling, distance running, flag football, golf skills, powerlifting, soccer, tennis and volleyball. See the right column for specific sports registration deadlines and [click here](#) to register. Please note that Bowling registration is now full and any other registrants will be placed on a waiting list. Golf levels 2-5 registration is now closed.

Corridor Mortgage Golf Fundraiser

Register by August 1st and Save \$25

Corridor Mortgage will hold it's 5th annual Corridor Classic on September 18th at Waverly Woods Golf Course. We can help make this day a success by signing up for a foursome or singles



at www.thecorridorclassic.com. Register prior to August 1st and save \$25 per person!!! [Click here](#) for details on the event. You can also register by emailing bobbaker@somdhc.org.

We also need volunteers to help run the event on Sept 18th. If you are available to work a morning or afternoon shift, please email Janet Larrimore at janetandwalter@comcast.net.

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Sports Registration Deadlines

Bowling - 9/12 *
Cycling - 8/10
Distance Running - 8/19
Flag Football - 8/15
Golf (Skills) - 7/28
Powerlifting - 8/9
Soccer - 8/15
Tennis - 8/13
Volleyball - 8/24 **

* Limited to 120 athletes; currently full. Future registrants will be placed on a waiting list.

** Limited to 40 athletes

SOHO Office Hours

Office hours are Monday, Wednesday, and Thursday 8:00 - 1:00 and Tuesday 1:30 - 6:30.

World Games in Los Angeles Coming Up

Good Luck SOHO Athlete Ben Stevick!!

Catherine Gruss on ESPN July 23 at 9pm!!

Six athletes will represent Maryland at the 2015 Special Olympics World Games in Los Angeles later this month. Abby Reznik (Prince George's County) in aquatics; Alicia Gogue (Anne Arundel County) in cycling; Eddie Murphy (Queen Anne's county) in cycling; Terrel Limerick (Montgomery County) in sailing; Chris Dooley (Caroline County) in kayaking; and **Ben Stevick (Howard County) in equestrian.**

Robin Roberts from ABC and ESPN sent a crew to interview **Catherine Gruss** about an impactful experience she had regrading Healthy Athletes and how that changed her life. Once here however the story changed and another side of Catherine came out. That of a fierce competitor. Though she is not attending the World Games her story highlights the impact of Healthy Athletes for athletes here in Maryland but also around the world. [Click here](#) to read the article that came out of the interview.

ESPN also came to Maryland in May to spotlight Alicia Gogue who will be part of Special Olympics USA in Los Angeles. Twelve hours of shooting in 4-5 different venues resulted in this [short teaser piece](#). The actual piece will be longer.

Tune in for the Countdown to the Special Olympics World Games with Robin Roberts which airs Thursday, July 23rd at 9:00 p.m. ET on ESPN and Saturday, July 25th on ESPN and ABC including stories and appearances by Special Olympics Maryland athletes Terrel Limerick and **Catherine Gruss.**

Long Reach Marlins Swim Team Raises \$1,000 for SOHO Aquatics

The Long Reach Marlins raised \$1,000 for SOHO at their annual swimathon. Several members of the SOHO swim team - Glenn Donovan, Wendy Jimenez, Jenna Jones, Rachel Kalatsis, Jason Kauffman, Nick Stewart and Sean Taneyhill - joined the Marlins at the swimathon at Kendall Ridge pool. SOHO Unified Partner Melanie Watt, one of the Marlins coaches, introduced the SOHO athletes to the Marlins. Unified Partner Brandon Lowe also joined in the event. Thanks to the Long Reach Marlins for your support!

THANKS TO OUR 2015 INSPIRATION WALK SPONSORS!

PRESENTING SPONSORS

Corridor Mortgage

Lisa Higgins Hussman Foundation

LEGACY SPONSORS

Dwight & Diane Mikulis, Allan Homes, Pat & Maryanne Klima, Timbers at Troy Golf Course, Brunswick Normandy Lanes, Quest Fitness

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A list of all our gift certificate and raffle prizes donors can be found on our web page at

<http://somedhc.org/?s=inspiration+walk>

Volunteer Orientation

The next Volunteer Orientation will be held at the SOHO office on August 3rd from 7:00 - 8:30 p.m.

New volunteers interested in helping



Aquatics Coordinator thanks Long Reach Marlins as athletes Jason Kauffman and Wendy Jimenez accept their \$1,000 donation.

Need for Coordinators

SOHO is run by many volunteers. Critical to running our organization are the Coordinators that are responsible for each of our 19 sports programs and the Motor Activities Training Program. Coordinators do not coach the sport but rather ensure that that sport program runs smoothly. Jobs include ensuring a training facility/site, monitoring athlete registration and medicals in that sport, keeping track of athlete and volunteer attendance, setting the training schedule, and other important tasks. All Coordinators receive training from our Head Coordinator, Russ Young, prior to the sport season, and attend monthly management team meetings during their sport season.

This is a critical position without which we cannot run a sport and our policy has been that if we cannot find a coordinator for a sport, that sport will not be offered that season or until a coordinator can be found. We are extremely grateful for the coordinators we have, some of which have been coordinators for as much as 20 years!

We have a number of Coordinator positions open this fall that must be filled:

Volleyball Player Development Team Coordinator
Soccer - Player Development Team and Traditional Team

If you are interested in any of these positions or want further information, please contact info@somdhc.org.

with fall sports should attend.

Advance registration is required by contacting Janet at JanetandWalter@comcast.net.

SOMD NEWS

Click [here](#) to read the June edition of IMPACT, SOMD's e-newsletter.

Good Luck!

Watch the World Games on ESPN and cheer on our Howard County representative, Ben Stevick, who will be competing in equestrian.

TIE-DYED SOHO TEE SHIRTS

We have some tie-dyed SOHO tee shirts in two colors available in the office. Price \$15 - \$17.

Medicals Must Be Current

Remember that all athletes must have a current medical on file in order to register and participate in any SOHO activity.

These must be updated every three years. Medical forms can be found on our web site. (Click [here](#).) Through December 31st, Righttime Medical Center is offering sports physicals for \$20.00, Tuesdays - Thursdays from 10:00 - 3:00. (Regular price is \$45.00.) Appointments can be made by calling 888.808.6483 or going to myRighttime.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.

Sponsor Spotlight: Harwood House Thrift Shop

Since 2001, the Harwood House Thrift Shop, part of the Damascus United Methodist Church, has donated over \$14,000 to the athletes of Special Olympics Howard County. Our connection to this great sponsor began with Emily Snapp's grandmother, Jane Snapp. She wanted to help Emily and our program and she was instrumental in having the Harwood House direct donations to SOHO. Thank you Harwood House and Jane Snapp!!



Coaches Training



Coaches Guidelines

Sports Rules

Newsletter Information

If you are an athlete, parent or caregiver, we highly recommend that you do not Unsubscribe from this newsletter. You will miss valuable information about seasonal sports registration, policies, highlights, activities and other relevant information.

Please add info@somdhc.org and bcbaker@somdhc.org email addresses to your address book so that this letter does not go into your Junk Mail folder. If you have any suggestions or questions about the newsletter, please let us know at info@somdhc.org.

Prize Winning Athlete Enjoys Orioles Game

Glenn Donovan, one of the top fundraisers of this year's Inspiration Walk, enjoys his prize of four Oriole tickets with his Mom, Colleen, and Meaghan and Tricia Hyer. The tickets were donated by E.J. Dwyer Co., Inc. of Annapolis Junction who have donated four Orioles tickets as an incentive prize for all of our walks. According to Colleen, "It was a beautiful night for a game and the Orioles had an awesome game. We had a fabulous time."



Thanks to Kathy Dwyer and the E.J. Dwyer Company for their support!

Four SOHO Golf Athletes To Attend 2015 Special Olympics North America Golf Invitational Tournament

Four Howard County athletes and three unified partners will be part of Team Maryland attending the 2015 Special Olympics North America Golf Invitational Tournament at the Port Royal Golf Club in Hilton Head, South Carolina from September 10th-13th. The selected athletes are:

Level 2 (9 holes) - Nicky and Al Mineart and Mary Beth and Jimmy Schenk

Level 3 (18 holes) - Wayne Slifker and Tom Pirritano

Level 5 (18 holes) - Bob Strunge

Good luck to everyone!



SOHO Office, 8970 Route 108 Suite A1, Columbia, MD 21045

Hours: Monday, Wednesday & Thursday 8:00 - 1:00, Tuesday 1:30 - 6:30

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