

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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October Newsletter

Issue #2015-10

Winter Sports Registration Open

Registration for winter sports (alpine skiing, snowshoeing and basketball (5 levels: skills, 3v3 Half Court Player Development, 3v3 Half Court Traditional, 5v5 Full Court Player Development and 5v5 Full Court Traditional) is now open. [Click here to register.](#)

NOTE: If an athlete has never participated in SOHO basketball before, they should register as NEW and plan to attend Basketball Assessments on 12/2/15 at Oakland Mills MS at 6:30 pm.



If you do not receive an email confirmation after registering, call the office at 410-740-0500 to ensure that you are registered. Remember that athletes must have a valid medical on file prior to the sport season in order to be able to participate in any sport.

**Bertucci's Restaurant Fundraiser
Tuesday, October 20th**

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Upcoming Competitions

Oct 24: Fallfest (Mt. St. Mary's University)

Oct 30-31: Volleyball Finals (Middletown, DE)

Nov 2: SOMD Soccer Finals (Fruitland, MD)

It's time to take a break from the kitchen and join us at Bertucci's on Tuesday, October 20th. [With this coupon](#) for dine in, carry out or delivery from 11:00 a.m.-10:00 p.m., SOHO will receive 15% of all purchases. Come out and join us for great food and friendship!

Athletes Needed for Tip-A-Cop Event at Red Robin on October 24th

The Howard County Police Department will be holding their annual "Tip-A-Cop" at Red Robin restaurants as part of the Law Enforcement Torch Run Campaign fundraising event. Law enforcement officers and department personnel volunteer their time as "Celebrity Waiters" to collect tips and pledges at Red Robin Restaurants to support Special Olympics Maryland. This event will take place in Howard County at the Red Robin at 8640 Snowden River Pkwy on Saturday, October 24th.

Any athlete who would like to serve as a greeter to the Red Robin patrons as they come in should contact marilynmiceli@somdhc.org. Shifts are 12-1, 1-2, 2-3, 4-5, 6-7, and 7-8. (Parents/caregivers are asked to remain at the restaurant while the athlete is there.) Athletes should wear a Special Olympics shirt and some medals that they have won.

The Law Enforcement community has been the best of friends to our athletes. This will show them that we support them in their efforts to raise funds for Special Olympics.

SOHO Fall Dance Friday, November 13th

Athletes, reserve Friday November 13th on your calendars for our annual Fall Dance. This will be held at Harpers Choice Middle School from 7:00 - 9:00 pm. Tunes will be spun by our favorite DJ, Steve Towne. Light refreshments will be served. Our family coordinator, Barbara Stewart, can always use extra hands, so if you'd like to volunteer, email her at Stewgarden@aol.com.

SOMD NEWS

[Click here](#) to read the September edition of IMPACT, SOMD's e-newsletter. SOHO athlete Bob Strunge is the featured Athlete of the Month.

SOMD "Be Brave" Bravelets are available [here](#). For each Bravelets purchased, SOMD will receive \$10.00. Be Brave Bravelets are available in various materials and colors.

Alex and Ani "Power of Unity" bracelets are available [here](#). Special Olympics will receive \$20.00 for each bravelet purchased before 12/15/15.

Volunteer Orientation

The next Volunteer Orientation will be held at the SOHO office on October 21st from 7:00 - 8:30 p.m. New volunteers interested in helping with bowling and/or winter sports (alpine skiing, snowshoeing, and basketball) should attend. The next scheduled orientations are November 19th and December 16th. Advance registration is required by contacting Janet at JanetandWalter@comcast.net.

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

Nick Stewart Selected as Torch Run Athlete Ambassador

Nick Stewart has been selected as the Law Enforcement Torch Run (LETR) Athlete Ambassador for 2015-2018. Nick will be the "voice" of the Maryland LETR at media events. During his first year, he will be training at the state level. In the second year, he will attend the international LETR Conference for additional training and in his final year, he will serve as a mentor for the first-year Athlete Ambassador. Congratulations to Nick! We know that you will be an excellent representative for our state!



Corridor Mortgage Golf Update

Last month we told you about the wonderful golf tournament put on by Corridor Mortgage that benefited three charities, including our own. We recently received the good news that SOHO will be receiving \$27,500 of the \$45,000 that was raised!! Check out pictures from the event by [clicking here](#).



Once again, our thanks to Corridor Mortgage Group President Jerry Rader (leftmost in the picture above) and the Leadership Committee (L to R above), Kerry Fitzgerald, Dave Hudson, Chris Sittig and Ron Mason for designating SOHO the main beneficiary from the event!

Course, Brunswick Normandy Lanes, Quest Fitness

TEAM SPONSORS

Integrated Waste Analysts,
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GOLD MEDAL SPONSORS

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The Bob Lucido Team, Aquatics Specialties

HOSPITALITY SPONSORS

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A list of all our gift certificate and raffle prizes donors can be found on our web page at <http://somdmc.org/?s=inspiration+walk>

Team UP For 1
FOUNDATION

Team Up for 1 (TU41) is an organization that connects athletes with disabilities with local sports teams and they are looking for participants from Special Olympics. They match children, ages four to 18 (and possibly up to age 22), with local high school and college sports teams, promoting a team 'adoption' which turns into team activities, MVP ceremonies and endless Team Up For 1 programs that create a bond between the child/family and the athletes/coaches on the sports team.

SOHO athlete Will Frisinger has been adopted by the Towson University Golf

SAC Donates Equipment

Soccer Association of Columbia & Howard County recently donated 60 new Under Armour soccer shirts of various sizes; eight new size five regulation balls and 25 pinnies to Special Olympics Howard County. Special thanks to Bill Lewis and his daughter Caroline, for arranging this donation. Bill is a SAC travel coach and Caroline plays for SAC and Howard HS and also assists with Special Olympics in swimming and soccer. Thanks also to Bob Grandfield for helping with the logistics of delivering the donated items.

Good Sports Award Winners

SOHO is proud to announce that four individuals from our organization received Good Sports Awards at the annual Howard County Department of Recreation and Parks Celebration of Sports on October 6th. From left to right in the photo below is **John McDonough**, our soccer coach for over 14 years, adult athlete **Jenna Jones**, County Executive **Allan Kittleman**, youth athlete **Wendy Jimenez**, SOHO Management Team member **Allan Waschak** and softball official (umpire) winner **Rick McAuley**.



Check out all the pictures from the evening's festivities by [clicking here](#).

New SOHO Facebook Page

We now have a Special Olympics MD Howard County organization facebook page. Our current account, Howard Maryland, is an individual page and we will now only be posting information to the new organization page. Please search for "[Special](#)

Team through TU41. Will's MVP ceremony took place on September 2nd at The Eagles Nest Country Club, with 160 people in attendance!!

If you'd like a similar experience for your son or daughter, contact Charlielevine@comcast.net. [Click here](#) for further information about TU41.

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

Concussion Training for Coaches

Special Olympics is now requiring that all coaches complete the Heads Up Concussion In Youth Sports training in addition to the Coaching Special Olympics Athletes course (which must be taken every 3 years) and a sport specific course. Information will be forthcoming about taking the course either in the office or online at home. Stay tuned!

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.



[Olympics MD Howard County](#)" on Facebook and like the new page to get our posts.

Fall Competitions

Special Olympics Howard County hosted 14 competitions this fall, more than any other county in the state!

Thanks to the following sports coordinators who spearheaded the planning efforts for each of these competitions: Cycling (**Cheryl Decker**), Distance Running (**Ann Worley**), Flag Football (**Robin Phillips**), Golf (**Cindy Vidmar**), Powerlifting (**Bill Long**), Soccer (**Dan Vidmar**), Tennis (**Therese Dalrymple** and **Barbara Evans**) and Volleyball (**Russ Young** and **Rachel Maddock**).

Check out an article about our flag football league play by [clicking here](#).

A special treat occurred at our Volleyball competition where six teams from Pennsylvania and four of our own teams competed. We had a surprise visitor and volunteer, International Junior Miss Hawaii, Byrgundy Mallory. We thank her for graciously spending the day with us and posing with our athletes for pictures.



In Search of Word Press Web Help

We are in need of someone that has Word Press web site development skills. If you have some

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 bobbaker@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.

knowledge in this area and would like to donate a few hours of your time, we could certainly use the help!! Please contact Bob Baker at bobbaker@somdhc.org if you can assist.



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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