

# HOWARD COUNTY

SPECIAL OLYMPICS  
MARYLAND



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March Newsletter

Issue #2016-02

## SOHO Selected for 2016 Audrey Robbins Humanitarian Award

Special Olympics Howard County was selected for the Volunteer Team of the Year Audrey Robbins Humanitarian Award. The award is presented by the Association of Community Services (ACS) whose mission is to develop, support, and prom



Volunteer Coordinator Janet Larrimore with congratulatory balloons presented to us by

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### SOHO Spring Dance

The next SOHO dance will be held on Friday, April 29th from 7:00 - 9:00 at Harpers Choice Middle School. Music will be provided by DJ Steve Towne and light refreshments will be served. Admission is free for all athletes!!!

If you are interested in helping to chaperone or provide snacks, contact our Family Coordinator Barbara Stewart ([stewgarden@aol.com](mailto:stewgarden@aol.com))

### Rec & Parks Dance

Howard County Department of Recreation and Parks will hold their Spring Fling dance on April 23rd. For registration information, click [here](#).

### SOMD NEWS

ote the Howard County nonprofit community with education and training, advocacy, and community connections. These awards are presented annually to extraordinary people and groups whose efforts and legacies have transformed Howard County residents' lives. We are very honored to have been selected for this prestigious honor. It is the direct result of the incredible group of volunteers that make up our organization. The award will be presented on April 29th at the annual ACS luncheon being held at Ten Oaks Ballroom.

Maureen Heim and John Dunn of ACS at our February meeting.

## Support the 15th Annual Inspiration Walk



We are celebrating our 15th Inspiration Walk this year on April 16th at Centennial Park. The Walk is our primary fundraiser and critical to our raising funds needed to provide sports training and competitions for over 680 athletes and accomplish all that we do. (Check out the 2015 Year in Review in the right sidebar to see what we did last year.)

Register for the walk by making a contribution directly to our general donation page ([CLICK HERE](#)) or create your own fundraising page by [CLICKING HERE](#) and then selecting FUNDRAISE. Registration cost is \$50.00. Each walker MUST complete a signed Waiver to participate. We recommend that you complete the waiver prior to coming to the walk to save time when registering at the walk. You can download the waiver [here](#).

### Incentive prizes:

Level 1: \$50 = 2016 Inspiration Walk t-Shirt

Level 2: \$500 = Level 1 + Inspiration Walk sherpa blanket

Level 3: \$1,000 = Level 1 + SOHO Fleece Jacket **OR** Fit Bit Flex

Level 4: \$2,000 = Level 1 + Gift Certificate for 2 Tickets to Toby's Dinner Theater **OR** Fit Bit Charge HR **OR** Night Out (dinner and movie for two \$150 value)

Click [here](#) to read the latest issue of IMPACT, SOMD's monthly E-newsletter. Keep up-to-date with the latest SOMD news and happenings. Read and subscribe to their monthly e-newsletter: IMPACT. [Click here.](#)

"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.

## New Facebook Page

We now have a Special Olympics MD Howard County organization Facebook page. Our old page, Howard Maryland, is an individual page and we will now only be posting information to the new organization page. Please search for "Special Olympics MD Howard County" on Facebook and like the new page to get our posts.

## Photos of Our Athletes

You can enjoy photos of our athletes at practice, competitions and other events on our photo page. [Click here.](#)

## Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on Monday, March 28th from 7:00 - 8:30 p.m. Newvolunteers interested in helping with summer sports (athletics, bocce, cheerleading, equestrian, and softball) should attend. Advance registration is required by contacting Janet at [JanetandWalter@comcast.net](mailto:JanetandWalter@comcast.net). The next orientation will be Thursday, April 21st.

## SOHO Merchandise for Sale

We have a number of items in the office for sale.

- Special Olympics Charm Bracelet (\$15.00)
- SOHO Socks = \$12.00
- SOHO Coffee Mug = \$8.00
- SOHO Travel Mug = \$8.00
- SOHO Ice Scraper = \$3.00

Top fundraisers as of May 15th are eligible for prizes including 4 Orioles tickets, \$200 Wegman's gift certificate, \$250 gift certificate to Bob's Discount Furniture, Overnight stay at Mayflower Hotel in DC plus dinner at the Roof Terrace Restaurant, Overnight Stay at Renaissance Baltimore Harborplace Hotel with breakfast for two; and Summer Family Memories Package at Seven Springs Mountain Resort (2 nights lodging and activities).

Interested business sponsors should contact the office at [info@somdhc.org](mailto:info@somdhc.org). Sponsorship levels are found [here](#).

Please help raise funds among family and friends to support our athletes and their dedication to being the best they can be!

Inspiration Walk brochures were sent. If you need additional brochures, contact the office.

## Showcase Your Athlete or Team at the Inspiration Walk

For only \$40.00 each (or 3 for \$100.00), you can purchase a 18" x 24" poster of your athlete which will be used to mark the event venue at this year's Inspiration Walk.

Pick a favorite photo of your athlete or team, preferably training or competing, and sent it in digital format (jpeg) along with your payment (made out to Special Olympics Howard County) to our office (address below). Photos may also be emailed to Robin Phillips at [mrobin.phillips@gmail.com](mailto:mrobin.phillips@gmail.com). Photos must be received by March 31st.

Posters from past years can be used but must be dropped off at the SOHO office by April 10th. (No posters will be accepted the day of the event.)

Posters can be picked up at the end of the walk or from the SOHO office after the walk. Order your poster today and let's show the community what a true inspiration these athletes really are!

SOHO Lunch Bag = \$15.00  
SOHO Toiletry Bag = \$5.00  
SOHO Tie Dyed T-shirt = \$15.00-\$17.00

## 2016 Inspiration Walk Sponsors

(as of 3/23/16)

### PRESENTING SPONSORS

Car Max Laurel Toyota  
Corridor Mortgage  
Lisa Higgins Hussman Foundation

### LEGACY SPONSORS

Allan Homes - Brunswick Normandy Lanes - Canada Dry Potomac - Dwight and Diane Mikulis - Pat and Maryanne Klima - Quest Fitness - The Timbers at Troy Golf Course - Wegmans

### TEAM SPONSORS

Dominion Federal  
DARCARS Automotive  
Integrated Waste Analysts  
Outback Steakhouse  
Win Kelly Chevrolet Buick GMC

### GOLD MEDAL SPONSORS

Anchor Construction Corporation - Burkard Homes - Jarvis Steel and Lumber - just B Specialties LLC - Manekin LLC - POLAKOFF Real Estate Law - Sensible Solutions and Technologies, Inc.

### SILVER MEDAL SPONSORS

Environmental Systems Associates, Inc. - Jimmy Johns (Sykesville) - Mabey, Inc.

### BRONZE MEDAL SPONSORS

Berger & Taylor, O.D., LLC, -Dembo Jones - Hillmuth Certified Automotive, Inc. - Nightmare Graphics - Wes Moore LLC

### HOSPITALITY SPONSORS

Canada Dry Potomac - Body Armor  
One Dish Cuisine - Wegmans

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

## In Search of Word Press Help

We are in need of someone that has Word Press web site development skills. If you have some knowledge in this area and would like to donate a few hours of your time, we could certainly use the

## Deadline for Outstanding Student Volunteer Scholarships- April 1st

The deadline for submitting an application for one of our three outstanding student volunteer scholarships is fast approaching. The scholarships, provided through the generosity of three families, are awarded to three outstanding student volunteers who have been committed to the SOHO program as a volunteer and advocate of the athletes. High school seniors and college students are eligible to apply.

Details about the scholarships and the application can be found on our [web site](#). The application must include a 500 word essay about their experiences as a volunteer and at least one recommendation from a SOHO coach, sports coordinator or management team member. Completed applications can be emailed to [info@somdhc.org](mailto:info@somdhc.org) or mailed to Special Olympics Howard County, 8970 Route 108, Suite A-1, Columbia, MD 21045. They must be received no later than April 1st. Questions should be addressed to [info@somdhc.org](mailto:info@somdhc.org) or by calling the SOHO office.

## Concussion Training Required for All Coaches Starting January 1, 2016

Beginning on January 1, 2016, ALL Special Olympics coaches (head coaches and assistant coaches) must complete a concussion training certification process prior to starting coaching. The training helps provide a safer training and competition environment for our athletes.

To meet this requirement, coaches **must** complete one of two approved courses:

- \* CDC Heads Up Concussion In Youth Sports (approx. 30 min). [CLICK HERE](#) for this online, self-paced course.
- \* NFHS Concussion In Sports (approx. 45 min)([www.NFHSLearn.com](http://www.NFHSLearn.com)) This [COURSE](#) includes much of the same content/video as in the CDC course plus some supplemental material).

help!! Please contact Bob Baker [atbobbaker@somdhc.org](mailto:atbobbaker@somdhc.org) if you can assist.

## 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](http://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.



[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



Completion certificates or notification of completion should be sent to [coaches@somd.org](mailto:coaches@somd.org) with a CC: to [info@somdhc.org](mailto:info@somdhc.org). Be sure to include that you are associated with SOHO. This certification is valid for 3 years. Both courses are offered online and for free. If coaches have not completed this course prior to the season in which they coach, they **will not** be permitted to coach that season. Not only is this a Special Olympics requirement, but it is a requirement for any organization that is using Recreation and Parks fields.

To date, 59 SOHO coaches have completed the training. Way to go!

## Winter Games Highlights

Thirty-five athletes, coaches and unified partners represented Howard County at the 2016 Winter Games at the Whitetail Ski Resort. This two-day event was a great opportunity for our athletes to shine. The athletes displayed their talents in the downhill ski and snowshoe events as well as their dance moves at the "hoedown" themed dance. Congratulations to all the athletes for doing their best and bringing home many medals!



Alpine Ski Team

relevant information. Please add [info@somdhc.org](mailto:info@somdhc.org) and [bobbaker@somdhc.org](mailto:bobbaker@somdhc.org) 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](mailto:info@somdhc.org).



Snowshoe Team

## COACHES SPOTLIGHT: Pat and Maryanne Klima

Our 5x5 traditional basketball program has grown over the years from one to five teams. Maryanne and Pat Klima coach one of those teams and have transformed a bunch of individual players and turned them into a well-oiled machine who play unselfish basketball. All season, they have stressed the importance of a team goal and collective achievement. The result has been a lot of personal and athletic growth in team members. Besides being major financial benefactors to SOHO, Pat and Maryanne has adopted the basketball program as part of their family. We are lucky to have these dedicated and caring volunteers as part of our program.



Pat and Maryanne Klima



**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](http://www.somdhc.org) | [info@somdhc.org](mailto:info@somdhc.org)

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