

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



[Connect with SOHO](#)

[Facebook](#)

[Twitter](#)

[Visit our Website!](#)

[About Us](#) | [Volunteers / Volunteer Scholarships](#) | [Become an Athlete](#) | [Calendar](#) | [Inspiration Walk](#) | [Photos](#)

May Newsletter

Issue #2016-04

JOIN US FOR CHARITY DAY AT CALIBURGER ON MAY 11th



Join us at
CaliBurger's

pre-opening Charity and Public Service Day on Wednesday, May 11th from 10:30 a.m. - 10:00 p.m. Fifteen percent of proceeds will go Special Olympics Howard County. Enjoy burgers, fries, handspun milkshakes and more! Some of our athletes will be greeting customers as they arrive at this exclusive pre-opening of CaliBurger, a 21st century revival of the classic California burger joint. It is located across from the Mall (near the Sears end) at 10000 Town Center Drive, Suite B.

Come on out and join us for this early opening! Thank you to CaliBurger for making giving back to the community a top priority.

IN THIS ISSUE

ARTICLE TITLE

2016 Inspiration Walk

Volunteer Appreciation Month

Coaches Spotlight

Volunteer Spotlight

Concussion Training

New Fitness Rules

IW Sponsors

SOMD News

Summer and Fall Sports Registration

The June newsletter will contain information about summer and fall sports registration information.

2016 Inspiration Walk Sponsors

(as of May 10, 2016)

PRESENTING SPONSORS

Car Max Laurel Toyota

Corridor Mortgage Group

Lisa Higgins Hussman Foundation

LEGACY SPONSORS

Allan Homes

Brunswick Normandy Lanes Canada Dry Potomac

Dwight and Diane Mikulis

Pat and Maryanne Klima

Inspiration Walk 2016



The weather was fabulous and there were lots of activities that helped make our 15th annual Inspiration Walk a big success. Athlete /

Volunteer Adam Linker helped emcee the program which included Zumba dancing with Meg Cooperman and the Reservoir High School Madrigals singing the National Anthem. The Oriole Bird, Raven's Poe, the Hogettes, and the Chick Fil-A cows greeted participants throughout the morning.

Honorary Chairperson County Executive Allan Kittleman and SOMD CEO Jim Schmutz welcomed all the participants who enjoyed many of the great activities such as face painting and crafts by Abrakadoodle and games run by students from Glenelg Country School. There were two photo booths where participants could dress up or have their photo taken with a Prince and Princess. Softball Team sponsor Win Kelly displayed some new cars. Great snacks were provided by our Hospitality Sponsor Wegmans, Canada Dry Potomac, ReThink Water and Jersey Mike's. [Click here](#) for photos from the day. (Note: Not all photos have been posted so keep checking the site.)

To date, we have raised over \$109,000. If you haven't donated yet, there is still time You can donate directly to our general donation page. ([click here](#))

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

Quest Fitness
The Timbers at Troy Golf Course Wegmans

TEAM SPONSORS

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

GOLD MEDAL SPONSORS

Anchor Construction Burkard Homes LLC
Dominion Federal
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 J.E. Schenk & Associates, Inc.
Nightmare Graphics
Wes Moore LLCs

HOSPITALITY SPONSORS

Canada Dry Potomac
Body Armor
Jersey Mike's
Rethink Water
Wegmans

A list of all our gift certificate and raffle prizes donors can be found on our web page [here](#).

Northfield Elementary School Spring Carnival to benefit SOHO

Northfield Elementary School (9125 Northfield Rd Ellicott City) will be holding their Spring Carnival on Saturday, May 14th from 11:00 - 3:00 (rain or shine). In addition to fun and games, the PTA wanted the students the opportunity to give back to the community. The students voted and selected SOHO as one of the two charities to receive a portion of the Carnival proceeds. Students will be able to use their tickets and prize tokens to make a donation to the one of the two charities they have selected. Thank you to Northfield Elementary. Come out and support their Carnival.

Volunteer Orientation

dinner at the Roof Terrace Restaurant, Overnight Stay at Renaissance Baltimore Harborplace Hotel with breakfast for two; Fitness and Spa Package, and Summer Family Memories Package at Seven Springs Mountain Resort (2 nights lodging and activities).

SOHO Receives Audrey Robbins Humanitarian Award as Volunteer Team of the Year

A number of our volunteers were able to attend the Audrey Robbins Humanitarian Award luncheon on April 29th where Special Olympics Howard County was the recipient of the Volunteer Team of the Year award. You can view the video that the Association of Community Services made about our organization by clicking [here](#). As an all volunteer organization, we are honored to have all our incredible volunteers recognized with this award.

Volunteers Honored at Inspiration Walk



Bill Long was selected as this year's **Volunteer of the Year**. Bill

The next **Volunteer Orientation** will be held at the SOHO office on Tuesday, May 24th from 7:00 - 8:30 p.m. [Any parents or counselor who might be chaperoning at SOMD summer games and has not yet completed volunteer orientation must attend.] Advance registration is required by contacting Janet at JanetandWalter@comcast.net.

SOMD NEWS

Click [here](#) to read the April issue of IMPACT, SOMD's monthly E-newsletter. Check out the spotlight on our basketball coaches, Pat and Maryanne Klima. The newsletter also contains the results from the state basketball tournament.

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.

SOHO Athlete and Volunteer Named MD Honorary Best Buddy Pair

SOHO athlete Gregg Donovan and Leandro Conti, soccer and basketball Unified Partner and recent winner of the Kathy Lindner Outstanding Student Volunteer scholarship, were recently named MD Honorary Best Buddy Pair. For the story, click [here](#).

In Memoriam

George Thornton, age 91, of Ellicott City, passed away recently. George was a volunteer with SOHO for many years, coaching our softball team and being part of the early softball invitational tournaments. Memorials in his honor were requested to the SOMD sailing program or the American Diabetes Association.

Photos of Our Athletes

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

coordinates our powerlifting program and is also a softball coach. Keeping busy in the fall and the spring would be enough for someone but Bill is a believer in keeping our athletes fit so he has dedicated himself to athlete fitness by coordinating a year-round fitness program at Quest Fitness every Thursday night and Sunday afternoon. He encourages any athlete who wants to keep fit to join him and his band of coaches and volunteers to work out on a consistent basis even when an athlete may not be "officially" participating in a sport at that time. Bill goes about his duties quietly, but totally effectively. He has an unfailing good humor and is well-respected by both athletes and parents alike. We thank Bill for his commitment to our athletes and to our program.

Our aquatics program has been very fortunate to have coaches who have been stayed with the sport for many years. This year's **Coach of the Year** is no



exception. **Joanne Gales** is celebrating her 20th year as an aquatics coach, although initially she began with SOHO as a volleyball coach. She has been a dedicated volunteer to the Sunday morning training sessions even after she got married and built her own family. She is also a volunteer at the Aquatics venue at SOMD Summer Games and is considered essential to that event being successful. We are incredibly grateful to Joanne and her family for sharing her with our athletes.

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.

SOHO Merchandise for Sale

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

Charm Bracelet = \$15.00
Pen = \$2.00
Socks = \$12.00
Ceramic Coffee Mug = \$8.00
Travel Mug = \$8.00
Ice Scraper = \$3.00
Toiletry Bag = \$5.00
Tie Dyed T-shirt = \$15.00-\$17.00
Golf umbrella = \$50.00
Collapsible umbrella = \$40.00

Show your SOHO Pride with these items.

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 help!! Please contact Bob Baker at bobbaker@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.

COACHES RESOURCES

The Vidmar Family has been able to balance the commitment of career, home, family and has given



numerous hours to volunteering for SOHO. Their daughter, Brigit, became an athlete in 2004 and has participated in aquatics, golf, bowling, and athletics. Shortly thereafter, Mom Cindy became the coordinator for Golf. Dad Dan has been a unified partner in Golf and coordinates one of our soccer programs. Brothers Matthew and Brian (this year's Jackie Burk Memorial Scholarship Award winner) have been Unified Partners in golf and soccer and sister Megan was a Unified Partner in soccer as well. Being part of SOHO is definitely a family affair for the Vidmar Family, this year's Family of the Year.

2016 Outstanding Student Volunteers Announced

The recipients of this year's Outstanding Student Volunteer scholarships were announced at this year's Inspiration Walk.

Brian Vidmar received the **Jackie Burk Memorial Scholarship**. A senior at Liberty High School, Brian

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

Concussion Training Required for All Coaches

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.



Brian Vidmar

has been an eight year volunteer in golf, soccer, and bowling, serving over 450 hours. Brian plans on attending Howard Community College and then attend University of

Maryland to study mechanical engineering. **Natalie White** was the runner-up. She has been a two year volunteer in basketball skills, 3x3 basketball and tennis.

Leandro Conti was awarded the **Kathy Lindner Memorial Award**. Leandro is a five year volunteer and Unified Partner in basketball, bowling, and soccer serving over 350 total hours. He is also a volunteer for the Allied bowling and softball programs and involved with the Best Buddies program at Atholton High School where he attends.



Leandro Conti

The **Allan Homes Scholarship** was presented to River Hill High School senior, **Anna Latzko**. Anna has been a four year volunteer in aquatics, serving over 200 hours as a coach and Unified Partner. The runner-up was Rachel Lin



Anna Latzko

who has been a three year volunteer in aquatics and one year in bowling.

Congratulations to these outstanding student volunteers, as well as all of our graduating seniors volunteers!

Spring Competitions

* NFHS Concussion In Sports (approx.. 45 min)(www.NFHSLearn.com) This COURSE includes much of the same content/video as in the CDC course plus some supplemental material).

Completion certificates or notification of completion should be sent to coaches@somd.org with a CC: to 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, over 85 SOHO coaches have completed the training. Way to go!

SOHO held two highly successful competitions this spring to date. Howard Community College was the site for our annual aquatics competition and this year's competition was the largest ever. Four counties participated in the event - 187 athletes from Howard, Montgomery, Prince George's and Frederick counties. Some 34 student volunteers worked the event as well eight officials. Thanks to Aquatics Coordinator Allan Waschak, and all the coaches, volunteers and officials who made this such a great event.

Once again, Wilde Lake High School hosted the athletes competition. Over 100 athletes from four counties participated in the day's events. Global Messenger Raven Cato emceed opening ceremonies. Wilde Lake HS athletic director, Brian Rau, recruited 75 of his varsity and JV athletes to be volunteers for the day and the WLHS cheerleaders led the parade of athletes around the track! Special thanks to Lavonne Smith for planning the event and coach Shirley Duhaney for making all the data entries for each of the heats.

New Powerlifting and Fitness Registration and Attendance Policy

The Fitness and Powerlifting programs have become very popular. While this a great, it is unfortunately becoming more and more difficult to accommodate all the athletes who come out for training. As a result, we have to institute some new participation rules.

Beginning with the fall sports season, athletes who wish to practice at Quest will register on-line, just like all other sports. For

the fall season, training at Quest will be restricted only to those registered for Powerlifting. Powerlifting will be limited to the first 20 athletes who register during the fall sports registration period. (Registration will open in early June.) Once the maximum number of 20 is reached, athletes signing up for powerlifting will be placed on a wait list. Athletes registered must attend 80% of practices in order to remain on the powerlifting team. Those not registered for powerlifting may not attend just for fitness training.

The Powerlifting season will run from August to October, culminating in state games on October 22nd. There will be no fitness practice during November and December.

Those interested in attending Fitness in the winter sports season (January through March) will have to register during the winter sports registration timeframe. (Registration will begin in September.) Again, this will be limited to 20 participants. Those registering after the limit is reached will be placed on a waiting list.

Athletes who attend less than 50% of the fitness training sessions in a given month will be removed and placed on an inactive list. If an opening becomes available, athletes on the wait list will be invited to participate.

Fitness will again be offered during the spring sports season (April through end of June) and registration will again be required following the same rules as above. Fitness will be closed during July. Athletes not registered for Fitness in either the winter or spring seasons who come to Quest will not be allowed to participate.

We appreciate everyone's interest in the powerlifting and fitness programs and we are most appreciative of Quest Fitness who have graciously donated their spaces to us since they opened.



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

© 2009. Special Olympics Maryland. All rights reserved.