

**HOWARD
COUNTY**
SPECIAL OLYMPICS
MARYLAND



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June Newsletter

Issue #2016-05

Registration for Fall Sports Now Open

Registration for fall sports (Bowling, Cycling, Distance Running, Flag Football, Golf, Powerlifting, Soccer, Tennis and Volleyball) is now open. Click [here](#) to register. A reminder 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. Click [here](#) for a medical form. Bowling and powerlifting have limits on the number of athletes we can accommodate. Once the number is reached, all subsequent registrants will be placed on a waiting list.

NOTE: Athletes registering for a team sport must review the Team Sports Participation Policy found [here](#). They must also commit to attending state games. Athletes may only register for one team sport a season.

There is no Fitness program in the fall and Quest training is only open to those who register for Powerlifting and plan to compete at state games (see article below.)

SOHO Night at Oriole Park

Friday, August 19th, will be SOHO Night at Camden Yards to watch the Orioles play the Astros. It's fireworks night! We have 100 tickets in Section 87. Tickets are \$20.00 each. To reserve your tickets, contact the office at 410-740-0500 or email info@somdhc.org.

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Summer Games Evaluation

The Summer Games Organizing Committee is constantly looking for ways to improve the Summer Games. The thoughts and opinions of Delegates, spectators, families, and volunteers are invited to be shared through the 2016 Summer Games evaluation survey. To complete the 2016 Summer Games evaluation, please visit the below link:

[Summer Games Evaluation Survey](#)

Allan Waschak to be Inducted in Community Sports Hall of Fame



The Howard County Community Sports Hall of Fame honors individuals who have made substantial contributions to Howard County citizens in local community recreational sports. We are proud to announce the selection of Allan Waschak to the 2016 class of the Hall of Fame! Allan has contributed

through many roles he has undertaken over the past 21 years, including coordinator, coach, volunteer, fundraising director, and member of the executive management team. Under his leadership, the aquatics program has grown from 8 swimmers to over 95, the largest program in the state. He established a "farm team" of student volunteer coaches and started the first Unified Relay teams in the state. Recognizing the importance of student volunteers to the SOHO program, he established an endowment to award scholarships to outstanding student volunteers each year. Congratulations, Allan!

The 2016 induction ceremony will take place at the annual "Celebration of Sports" in October. Tickets are \$40 each. We will include information on how to get tickets in a future newsletter.

2016 Inspiration Walk Results



The 15th Annual Inspiration Walk was another great event!!! To date, we have raised nearly \$110,000. Thank you to all our sponsors and families that donated. We had 26 families raise more than \$1000, with the top ten shown below. These 26 families raised nearly 50% of the total!!

Jason Kauffman	\$8,035
Kayla Kosman	\$4,325
Sam Emmerling	\$3,260
Stephanie Baker	\$3,030
Daniel Larrimore	\$2,850
Kristen Smith	\$2,825
Peter Schoenbrodt	\$2,800
Evan Davis	\$2,660

This survey link will be open until 6:00 p.m. on Thursday June 30, 2016.

2016 Inspiration Walk Sponsors

(as of May 10, 2016)

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Lisa Higgins Hussman Foundation

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Wegmans

Ramsey Jenkins \$2,220
Kenny Long \$2,045

126 of our 682 families donated to the IW, totaling \$79,263.

It's not too late to donate if you haven't done so already. The online page will be open through July 25th. We rely on family and volunteer financial support to keep our program running. You can donate by:

- 1) Making a general donation online by [clicking here](#), or
- 2) Send cash and check donations to our office (8970 Route 108 Suite A1, Columbia, MD 21045)

Sponsor Spotlight: Outback Steakhouse

Since 2007, Outback Steakhouse has been the Hospitality Sponsor for our annual Softball Invitational each May. They have provided lunches for the over 400 athletes, coaches, and volunteers participating in the event, an in-kind donation of over \$40,000. They were one of Hospitality Sponsors for the Corridor Golf Tournament in 2015, and they have also been the site of many of our Family Nights Out. We are very appreciative of our partnership with Manager John Henderson and the entire staff at Outback Steakhouse .



New Powerlifting and Fitness Registration and Attendance Policy

The Fitness and Powerlifting programs have become very popular. While this is 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

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

Volunteer Orientation

The next Volunteer Orientation will be held at the SOHO office on Thursday, July 14th from 7:00 - 8:30 p.m. Individuals wishing to volunteer with fall sports should attend. Families who are new to our program are strongly encouraged to attend a volunteer orientation. Advance registration is required by contacting Janet at JanetandWalter@comcast.net. The next volunteer orientation will be on Wednesday, August 17th.

SOMD NEWS

Click [here](#) to read the May 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.

Correction to : SOHO Athlete and Volunteer Named MD Honorary Best Buddy Pair

Our apologies to Glenn. In our last newsletter, we incorrectly named him as "Gregg".

SOHO athlete Glenn 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](#).

period. (Registration will open in early June.) Athletes signing up for Powerlifting must commit to attending Fall Games. 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.

Seeking Nominations for Good Sports Award

Nominations are now being accepted for the Good Sports Award which is part of the Celebration of Sports in October. For those of you who have attended the Hall of Fame induction, you will remember that awards were presented to a representative from various county sports programs in these categories -Officials, Youth Sports Coach, Youth Player (under 18), Adult Player (18 and older), and Official. Each sports organization is allowed to submit one name in each category from their program.

Photos of Our Athletes

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

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 atbobbaker@somdhc.org if you can assist.

COACHES RESOURCES

This year, a new category has been added - Sports Administrator. We would like to once again contribute a Special Olympics nominee in each of those categories.

Last year, SOHO had four individuals receiving these awards - Coach John McDonough (soccer), Adult Player Jenna Jones, Youth Player Wendy Jimenez, and Official Rick McCauley (softball).

If you have someone in these categories you would like to submit, please send Bob or Marilyn the name of any individual in each of the categories that you would like us to consider for our Special Olympics representative nominee. Provide the name and sports participating in along with a short (100 words or less) write up describing why your nominee should be selected for the award. The nominee should be evaluated in the following categories: Honor, Civility, Leadership, Teamwork, Sportsmanship, and Respect.

The deadline to submit the nomination to us is August 15th.

We Are Not a Punchline Campaign

On April 23, 2016, a comedy special called "Gary Owen: I Agree with Myself", aired on Showtime, containing a 5-1/2 minute clip in which Gary Owen tells a demeaning story about his cousin with intellectual disabilities. The sketch contains repeated use of the "r-word" and essentially dehumanizes Owen's cousin, belittling her into the punchline of a joke. The entire routine is inappropriate and uncalled for. Special Olympics Maryland has decided to take a stand against these actions and are asking Showtime to "Take Down the Content and Take Up Our Cause" and they need our help.

You can get involved with the letter writing campaign by writing a letter to Gary Owen and Showtime expressing your dislike of his sketch and requesting that it be taken down. Letters can be sent to:

Gary Owen c/o Alison Leslie
Marleah Leslie & Associates
1645 N. Vince Street, Suite #712
Los Angeles, CA 90028

or
Mr. David Nevins
President and Chief Executive Officer



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 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.

Showtime Networks, Inc.
10880 Wilshire Blvd #1600
Los Angeles, CA 90024

Summer Games Statistics

The Howard County delegation to Summer Games was its largest ever, 265 strong. Attending were 156 athletes, 30 Unified Partners, 7 Head Coaches, 25 Assistant Coaches, 10 Chaperones, 35 Volunteers, and 2 Head of Delegations. Many of our Howard County athletes were pictured in the Summer Games program.

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) 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 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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