

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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January Newsletter

Issue #2017-01

In Memoriam: Melba McCarthy

Melba McCarthy, former director of Special Olympics Howard County, passed away at age 87 in Canton, Illinois on December 12th. All of you with children involved in Special Olympics for 18 or more years will certainly remember her.



Melba and her daughter, Maureen (Mo), were responsible for the rebirth of Special Olympics in the early 1990's after the program was dormant for several years. Many of us on the management team worked with Melba as she built the program and increased athlete numbers. Melba was honored by Special Olympics Maryland as Volunteer of the Year for her work in Howard County. We are truly grateful for what Melba did to resurrect Special Olympics in this county and create a foundation for the program we are today.

Spring Sports Registration Opens January 29th



Yes, it's time to start thinking about spring sports (aquatics, athletics [track and field], bocce, cheerleading, equestrian, fitness, and softball) will open on January 29th. **New this year will be Kayaking which will be offered from June through August, but registration will occur with the spring sports.**

Reminders will be sent on Facebook, Twitter and Instagram.

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Outback Fundraiser

Come out and join us for a family fundraiser on Monday March 7th from 11:00 am to 10:00 pm. Dine in or Carry Out. [Click here for the list](#) to bring in order for us to receive a 10% credit.



New Facebook Page; Follow Us on Instagram

We now have a Special Olympics MD Howard County organization Facebook page. Our old page, Howard Maryland, is an individual

Support SOHO Athletes Through MSP Polar Bear Plunge

The Maryland State Police Polar Bear Plunge will be held on January 28 at Sandy Point State Park. [Click here to join or contribute](#) to SOHO's Polar Bear Plunge page where 70% of funds raised will be given to our Howard County program. Come out and support the athletes of Maryland and Howard County.



Volunteer Spotlight - Clare Colleli



The success of our ski program has been the result of our many wonderful coaches, including Clare Colleli, who we spotlight this month. An alpine ski coach since 2003, Clare assumed the additional role of alpine ski coordinator in 2008. She is beloved by all the alpine ski athletes with whom she has worked at all levels from beginner to novice to intermediate to advanced. She also serves as a Unified Partner. An incredibly dedicated volunteer, in 2014, Clare volunteered to be a chaperone for the Howard County basketball team's female athletes that competed at the 2014 National Games in Princeton, NJ, using a week of her vacation time even though her son was not participating. Clare has raised thousands of dollars for Special Olympics through her participation at the Polar Bear Plunge and Inspiration Walks. We are fortunate to have Clare as part of our program and thank her for her time and commitment to our athletes!

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.

We now have an **Instagram** account. Follow us at [special_olympicsmdhoco](#).

New Management Team Member - Athlete Leadership Program

Welcome Marian Williams-Cato will be the Coordinator of the Athlete Leadership Program. Marian is the mother of Raven Cato, one of the SOHO athletes in the Athlete Leadership Program (ALP). Four of our athlete leaders were among the top 25 athlete leaders participating in events throughout Maryland. We are proud to have our athletes representing Howard County and advocating for our athletes.

SOMD News

Click [here](#) to read the December issue of IMPACT, SOMD's monthly E-newsletter.

Amazon Smile - Did you know that Amazon has a program that supports non-profit organizations? The program is called Amazon Smile and Special Olympics Maryland will receive a donation from Amazon of 1/2% of the cost of your purchases. Amazon funds this donation, there is no cost to you. Log on at <https://smile.amazon.com>. If you already have an Amazon account, it will work at Amazon Smile. When you log in, you will be asked what organization you want to support. Enter Special Olympics Maryland. All of the products and discounts offered on Amazon.com are also offered on Amazon Smile.

Be a Part of the Annual Inspiration Walk

Our 16th annual Inspiration Walk will take place on Saturday, April 22nd at Centennial Park in Ellicott City. The Walk is our primary fundraiser and critical to raising funds needed to provide sports training and competitions for over 700 athletes in our 20 sports programs.



New this year, every athlete attending the walk will receive a surprise gift!!

Here are many ways you can be part of this important event:

1. **Be part of the planning committee.** There's lots of work that goes into planning and executing the walk. If you are interested in being part of the team, email info@somdhc.org.

2. **Donate.** Contributions can be made directly to our general donation page ([CLICK HERE](#)) or individuals can create their own fundraising page by [CLICKING HERE](#) and then selecting JOIN to create a Personal Fundraiser Page.

Once again, we will have four incentive level prizes:

Level 1: \$50 = 2017 Inspiration Walk t-Shirt

Level 2: \$500 = Level 1 + TBA

Level 3: \$1,000 = Level 1 + TBA

Level 4: \$2,000 = Level 1 + TBA

Top fundraisers as of May 15th, are eligible for additional prizes to be announced.

3. **Showcase Your Athlete or Team:** For \$40 (or three for \$100.00), you can showcase your athlete or a team with an 18 x 24 poster along the walk route. Send the photo(s) in digital format (jpeg) along with your payment to Special Olympics Howard County, 8970 Route 108, Suite A-1, Columbia, MD 21045. Photos can also be emailed to Robin Phillips at mrrobin.phillips@gmail.com. Photos must be received by March 31st. Posters from previous years can be used but must be dropped off at the SOHO office by April 10th.

Thank You Corridor Mortgage for Your Continued Support!

David Hudson and Ron Mason of Corridor Mortgage presented the management team with a check for \$26,000 from the Corridor Mortgage Golf Classic proceeds. In the six years of the tournament, Corridor has raised nearly \$200,000 for Special Olympics Howard County as well as Special Olympics Carroll County and the Ulman Young Adult Cancer Fund. Thank you Corridor for your amazing commitment to our athletes!!!

Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on **Wednesday, February 1st** from 7:00 - 8:30 p.m. Individuals wishing to volunteer with winter and spring 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 janellarrimore@somdhc.org. Future volunteer orientations will be held on **February 1st, March 1st, April 10th and May 16th.**

Protective Behaviors Training

Protective Behaviors Training is required for ALL volunteers (coaches, unified partners, Area leaders, general volunteers, etc.) and needs to be renewed every three years. It is typically completed at the same time volunteers update their volunteer applications.

Taking the protective behaviors "course" and quiz is fairly quick (10 minutes or so depending on reading speed) and SOMD is sent a notification from SOI for anyone who completes it online.

Alley Cats Bowling

4. **Solicit Sponsors:** We are looking for corporate and business sponsors. Sponsors levels are:

Presenting Sponsor - \$20,000 and up
Legacy Sponsor - \$5,000.00 - \$19,999
Team Sponsor - \$2,500.00 - \$4,999
Gold Medal Sponsor - \$1,000.00 - \$2,499
Silver Medal Sponsor - \$ 500.00 - \$999
Bronze Medal Sponsor - \$ 250.00 - \$499
Athlete Sponsor - \$100 - \$249

Team and Gold Medal sponsors will have their logo on the Walk t-shirt and Silver Medal sponsors will be listed on the walk T-shirt if received by March 15th. If you have any leads for sponsors or are interested in being a sponsor yourself, please send an email to info@somdhc.org.

5. **BE THERE!** It's a fun time with lots of activities. but it's also important to have lots of folks attend the walk because it makes us a strong and visible group to the community and encourages sponsors.

Watch your mail in early March for the Inspiration Walk brochures.

Howard County Recreation & Parks Therapeutic Program is offering adult bowling on Wednesdays from 10:30 am - noon at Normandy Brunswick Lanes. The cost is \$100.00 for a 10 week session. You can call Recreation and Parks registration at 410-313-7275 or [click here](#) to register online.

Sponsors

Are you interested in being a sponsor? Do you want to see your business listed in our monthly e-newsletter or on our web page? Contact info@somdhc.org or call 410-740-0500 to receive a sponsor information package. Sponsorship levels are posted in the Inspiration Walk article to the left.

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
Quest Fitness
Timbers at Troy Golf
Course Wegmans

TEAM SPONSORS

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

Team Sports Policy

This is a reminder that if an athlete is participating in a team sport this winter (basketball teams) , you must commit fully to that sport. Coaches and teammates count on every member of the team. They must practice and play together to realize their full potential.

Adaptive PE Teacher of the Year-Jodi Zinn



Congratulations to Cedar Lane teacher and our Special Olympics Motor Activities Training Program lead, Jodi Zinn, who was recently recognized as Maryland's Adaptive PE Teacher of the Year!! Come out to Challenge Day this June at Cedar Lane school to see all the great adaptations Jodi has made to enable rewarding experiences for her students.

Carmax Laurel Toyota Supports SOHO with Grant

Special Olympics Howard County was recently awarded a one-time \$54,000 grant from CarMax Laurel Toyota!!

The grant is part of their regional giving program and is focused on helping with healthy living and leadership development. "CarMax associates are passionate about giving back to our local communities and the company is a strong supporter of organizations dedicated to children's healthy living," said Angela Larrabee, location general manager at CarMax Laurel Toyota. "The Special Olympics Howard County is a wonderful organization to support and we feel honored to award them with this grant. "



[Click here to go to CarMax website](#)

New Medical Forms

Does your athlete have a medical appointment soon? If so, be sure to take the new athlete medical form with you for the physician to fill out. (Form can be found on our web site by clicking [here](#).) If the current form expires within the next year, getting a new form filled out in advance will avoid an extra trip (and expense) of getting a form filled out later. Medical forms must be updated every three years and must be current through the end of the sports season. If you are not sure when your athlete's medical form expires, call the office at 410-740-0500.

Therefore, if you choose a team sport, you must be fully committed for the season, including all practice and competition dates.

If a team sport is chosen and these rules are violated, the athlete will not be eligible to play that team sport next year.

Photos of Our Athletes

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

SOHO Merchandise for Sale

Looking for a gift or just want to show your SOHO pride? We have some SOHO merchandise for sale in the office.

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

Items can be purchased in the office.

In addition, SOMD "Be Brave" Bravelets and other items (necklaces, watches, pillows, scarves) are available [here](#). For each Be Brave item purchased, SOMD will receive \$10.00.

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

Student Scholarship Applications Now Being Accepted

Through the generosity of three families, Special Olympics Howard County will award three scholarships to outstanding student volunteers who have been committed to the SOHO program as volunteers and advocates of the athletes. High school seniors and college students are eligible to apply.

The **Jackie Burk Memorial Award** for Outstanding Student Volunteer for Special Olympics Howard County (\$1500) was created in 2004 by Jack and Linda Burk in memory of their daughter, Jackie, a special friend and volunteer to Special Olympics Howard County. The **Allan Homes Award** (\$1000) was established in 2005 by Allan and Kathy Waschak and students who volunteer with the aquatics program. Allan is a member of the Special Olympics Howard County management team and the aquatics team coordinator. The **Kathy Lindner Memorial Award** (\$500), in memory of Special Olympics Howard County's first volunteer coordinator, was created in 2012. Kathy was a dedicated volunteer in a number of sports, including the annual softball invitational tournament.

Interested students must complete an application, provide at least one recommendation from a SOHO coach, management team member or sports coordinator, and write a 500-word essay about their experiences as a volunteer. Applications and details can be found at www.somdhc.org.

Completed applications can be mailed to Special Olympics Howard County, 8970 Route 108, Suite A-1, Columbia, MD 21045, ATTN: Scholarship Committee or emailed to info@somdhc.org. Applications must be received by April 1, 2017. Questions should be addressed to info@somdhc.org or by calling the SOHC office at 410-740-0500.

Spring Community Bowling League Opportunity

Interested in bowling in a "practice league" during the off season? There will be a community league where our athletes are welcome to participate beginning in April on Tuesday evenings at Normandy Lanes in Ellicott City. Very reasonable weekly charge of ~\$10 for 3 games. If interested, contact bowling head coach, Al Mineart at mineart@verizon.net.

New Rules for One-On-One Athlete Assistants

Many of our athletes require one-on-one assistance at practices and competitions. These assistants have been provided by the parents and have not previously been required to be a certified

of your time, we could certainly use the help!! Please contact Bob Baker at bobbaker@somdhc.org if you can assist.

COACHES RESOURCES

Special Olympics requires that all of our coaches be certified by taking training classes at least once every three years. SOHO will reimburse any coach who wishes to take any of the online training courses offered below.



Coaches Training



[Coaches Guidelines](#)

Sports Rules

Concussion Training

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.nfhs.com) This COURSE includes much of the same

volunteer. Due to their close proximity to other athletes, Special Olympics Maryland is now *requiring that all one-on-one assistants become certified volunteers.* This will help ensure the safety of all of our athletes by requiring applications and background checks for all volunteers who come in contact with our athletes. Anyone with an athlete that has a one-on-one assistant should contact Janet Larrimore at janetandwalter@comcast.net for information on the volunteer certification process.

Volunteer, Coach, and Family of the Year Nominations Now Being Accepted

Nominations for Volunteer, Coach, and Family of the Year to be announced at this year's Inspiration Walk are now being accepted. If you are interested in nominating someone(s) for any of these awards, please provide a short write-up that includes years of service, sport(s)/activity involved with, and exemplary attributes. All nominations should be mailed to info@somdhc.org no later than March 15, 2017.

Past winners include:

Volunteer of the Year: Diane Mikulis (2012), Abby Penenburgh (2013), Gena Luoma (2014), Allan Waschak (2015), Bill Long (2016)

Coach of the Year: Al Mineart (2012), Nancy Van Winter (2013), Bill Parlock (2014), Jack Burk (2015), Joanne Gales (2016)

Family of the Year: Pinos Family (2014), Wrathall Family (2015), Vidmar Family (2016)

content/video as in the CDC course plus some supplemental material).

Completion certificates 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 Howard County Recreation and Parks fields.

To date, over 120 SOHO coaches have completed the training. Way to go!

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.



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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