

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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March Newsletter

Issue #2017-02

Spring Sports Registration Closing Soon; Summer Sports Registration Continues



To date, over 255 athletes have registered for our 12 spring and summer sports programs. Registration is now closed for Aquatics, Beginning Aquatics, Fitness*, Equestrian, and Kayaking* (* These sports will accept names on a wait list.)

Registration deadlines for the other spring sports are:

- Athletics (track & field) March 20
- Bocce March 20
- Cheerleading & Dance March 23
- Softball (ages 14-21) March 20
- Softball (ages 22 & up) March 20

Deadlines for summer sports are:

- Golf Level 1 (Beginner) July 13
- Golf Levels 2-5 July 6
- Kayaking * (*wait list) May 15

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CPR Training

The Howard County Fire and Rescue department will be offering CPR training at the SOHO office on Tuesday, April 18th from 6:30 - 8:30 p.m. To register, email info@somdhe.org. It is recommended training for all coaches.

Cheerleading is adding a Dance Team this year. See *article below for details*. If the sport that you were interested in is closed or accepting only names on a wait list, why not consider another sport this season. [Click here to register.](#)

SOHO Adds Dance Team to Spring Sports

The Special Olympics Dance team is forming now to compete in the Second SOMD Summer Games Dance Competition this year!

There are two teams forming this year, a hip hop team and a Pom team. The hip hop team will be performing a dance routine that will include a wide range of styles, primarily breaking, locking, and popping. Our pom team will be performing a dance routine with a variety of dance techniques including turns, leaps, kicklines, and sharp movements.

We look forward to a great year at this year's Summer Games and can't wait to see more athletes on the floor with us this year! Register for dance by choosing [Cheerleading on the website registration](#). The deadline for registering for cheerleading and/or the dance program is March 23rd.

SOHO Athletes Shine at Winter Games

Despite the extremely warm weather the week before Winter Games, the Whitetail Resort did an excellent job preparing slopes and a new snowshoe course so the athletes could compete. Some highlights from the alpine skiers were Harris Littman who in his first year competing as an intermediate skier won a Bronze and Gold medal; Wayne



Brian Mooney and Jason Kauffman carry the Howard County banner in opening ceremonies.

Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on **Monday, April 10th** 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. Any parents who might serve as a chaperone need to attend a volunteer orientation. Advance registration is required by contacting Janet at janeti@somdmc.org. Future orientations will be held on **May 16th**.

SOMD News

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

Alley Cats Bowling

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

Slifker winning a Gold Medal in each of his four events; and Joey Bobinski and his sister Melanie earning a Gold Medal in t



Kevin Fagan lights torch to open Winter Games

he Unified Partner race that they dedicated in honor of their father, Joe. The snowshoe highlights include Kevin Fagan earning a Gold Medal in the 1600 meter race and athletes and unified partners who participated in five relay races. Congratulations to all the athletes who participated. More photos can be found on our [smugmug site](#).

Be a Part of the Annual Inspiration Walk

info@somdbc.org or call 410-740-0500 to receive a sponsor information package.

PRESENTING SPONSORS

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[Lisa Higgins Hussman Foundation](#)

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Inspiration Walk Sponsors

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HOSPITALITY SPONSORS

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.



In addition to our Honorary Chairpersons, State Senator Guy Guzzone and County Executive Allan Kittleman, a special guest this year will be paralympian swimmer Cortney Jordan. A fourth grade teacher at Bollman Bridge Elementary School, Cortney competed at the 2016 Paralympic Games in Rio de Janeiro.

New this year, every athlete attending the walk will receive a surprise gift!! So come on out and show our SOHO pride!

Also, in addition to other activities, we will be having a **hula hoop contest** so start practicing! Athlete who keeps the hula hoop going around their waist for the longest time will win a prize.

Both the Baltimore Oriole and Poe will be in attendance as well as the Hogettes and the ever popular photo booth will be up and running.

The Inspiration Walk brochures will be coming in the mail this week. Start collecting donations by creating your own fundraising page by [CLICKING HERE](#) and then selecting JOIN to create a Personal Fundraiser Page, or contributions can be made directly to our general donation page ([CLICK HERE](#)) or individuals can create their own fundraising page

Once again, we will have four incentive level prizes:

Level 1: \$50 = 2017 Inspiration Walk t-Shirt plus entry into prize raffles (Raffle include gift cards from many Howard County restaurants and businesses and

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

IN KIND SPONSORS
Steve Towne (audio)
Mays and Associates
Walter Larrimore Photography

GIFT CERTIFICATES AND PRIZE SPONSORS
Canada Dry Potomac
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Stained Glass Pub

Special Thanks

SOHO would like to heartily thank the students from Centennial High School National Honor Society, Glenelg Country School and the UMD MBA program for volunteering at our recent basketball competition at Glenelg Country School. Also thank you to Siri Neerchal who gave a beautiful rendition of the national anthem. The competition, which covered the whole weekend, consisted of competitions in basketball skills, 3v3 Traditional, 3x3 and 5x5 Player Development teams. We are very grateful to Glenelg Country School for allowing us to host this event each year and a very special thanks to Jack Burk for organizing the weekend.

2019 World Games

Special Olympics International has awarded the 2019 World Games to Abue Dhabi, United Arab Emirates (UAE). . The Games will be held in March of 2019.

special prizes. Must be present to win.)

Level 2: \$500 = Level 1 + 25oz Copper Vacuum Flask with Ceramic Lining OR Inspiration Walk sherpa blanket

Level 3: \$1,000 = Level 1 + SOHO backpack OR SOHO umbrella

Level 4: \$2,000 = Level 1 + Men's or Women's Special Olympics Fossil Watch OR SOHO Rolling Duffel OR Night Out (dinner and movie for two)

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

We are still 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 30th. If you have any leads for sponsors or are interested in being a sponsor yourself, please send an email to info@somdhc.org. You can provide them with this [sponsor information flier](#).

The Walk is 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.

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; Follow Us on Instagram

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.

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

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

Showcase Your Athlete or a Team at the Inspiration Walk

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 mrobin.phillips@gmail.com. Photos must be received by March 31st. Posters will be returned to the family after the walk (either at the walk or pick up at the office). Posters from previous years can be used but must be dropped off at the SOHO office by April 10th.

SOMD is Looking for Athletes Who Want to Share Their Story

Do you have a story to tell? Do you want to be a role model for future generations? SOMD is seeking Guest Speakers to share their experiences and perspectives on a variety of topics. Stories will be collected on June 7th at Towson University. Athletes who are interested in participating can click [here](#) for information and application.

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.

For details on the scholarships and how to apply, click [here](#) for the article on our web site. The deadline to submit applications is April 1st.

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.

Inclement Weather Policy

SOHO practices are cancelled if HCPSS are closed or if after school or weekend activities are cancelled due to inclement weather.

If Parks & Recreation cancels their activities during the week or on the weekends, SOHO practices are also canceled. (The Parks and Rec inclement weather number is 410-313-4452.)

If a practice is cancelled, each sport coordinator will contact all the athletes, families, coaches and volunteers with an email. The information will also be posted on our web site, our Facebook page, and on Twitter. (See header above for links.) The information can also be heard on the SOHO office phone.

In Search of Word Press Help

We are in need of someone that has Word Press web

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.

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

The deadline for nominations for Volunteer, Coach, and Family of the Year to be announced at this year's Inspiration Walk has been extended to March 30th. 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.

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)

Volunteer Spotlight - Marissa and Bryanna Parlock

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.

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

Protective Behaviors Training



The Parlock families have been associated with our winter and cycling sports programs since both sports were started. Bill was coaching alpine skiing, cycling and swimming and joining him was his brother Bob and sister-in-law Allyson who became snowshoe coaches. Since 2006, daughters Marissa and Bryana have been involved. Both are certified cycling and snowshoe coaches and

also are Unified Partners on the snowshoe relay teams. Their dedication to early Sunday morning practices, time trials, and Winter Games since their teen years is remarkable and greatly appreciated by the athletes with whom they work. Thanks to them, our snowshoe athletes are prepared and have great partners with whom to compete .



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.

Concussion Training

ALL Special Olympics coaches (head coaches and assistant coaches) must complete a concussion training certification process prior to starting coaching and once every three years. [Click here for more details.](#)

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.

Athlete Spotlight: Toby Doremus

[SOI website!!](#) Toby Doremus decided to try a new sport, according to his Mom, because he wanted to see how it would feel

to try something new. It probably surprised even him that it wound up being so much fun. Not typically a morning person, he was set his alarm to be sure to make the early morning Sunday practices at Centennial Park, which he never missed as well as the Thursday night fitness training. He did well as time trials, despite the rain, and was ready to compete at state games, although he had to be on an entirely different course due to

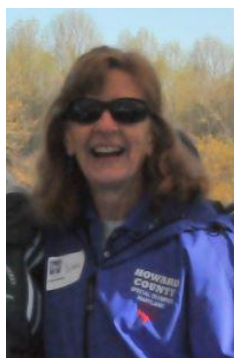


Toby shows off his snowshoe medals to his Mom.

the lack of snow on the normal trail. When he crossed the line in his first race and in first place, he looked up to the spectators with a thumbs up and a big smile. His parents were surprised at Toby's ambition, athletic drive and motivation to continue competing even with a blister on his foot! They also noticed an increase in Toby's self-esteem and confidence after Winter Games. Toby thinks more people should try snowshoeing because "it helps your legs become stronger, you lose weight faster, and you meet or become reacquainted with friend." The friend he got reacquainted with wound up being a former babysitter who happened to be one of the law enforcement officers who presented him with his gold medal! They even made plans to go to a movie together later this month. Congratulations to Toby for working hard and achieving your personal best! *This article was highlighted on the SOI website!!*

Diane Mikulis Selected As Assistant Head of Delegation for Team Maryland

Our own Diane Mikulis has been selected as the Assistant Head of Delegation of Team Maryland for the 2018 National Games in Seattle, WA. Diane has been involved with Special Olympics for 28 years and here are just a few of the many roles she has held:



- SOHO Public Relations Director
- SOHO Alpine Ski and Tennis coach
- SOMD management team for Fall Sports Festival
- Team USA Coach at World Games (1987, 1991, 2009, 2013, 2017)
- Head of Delegation for Team Maryland, 2014 USA Games in New Jersey

Congratulations Diane!



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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