



Inspiration Walk a Big Success!



Despite the overcast skies and rain, this year's Inspiration Walk was a big success. The Raven's Michael Campanaro and U.S. paralympian Cortney Jordan joined Walk Chairpersons State Senator Guy Guzzone and County Executive Allan Kittleman in kicking off the walk. The crowd was pumped up having being led by Meg Cooperman in pre-walk dancing as well as meeting Star Wars and Frozen characters. Thanks to Wegmans, Canada Dry Potomac, Rethink Water, and

Jersey Mike's who provided great food and drinks to all the walkers and Glenelg Country School, GymGuyz, Corridor Mortgage, Autism Society, Win Kelly, and Walter Larrimore for providing lots of activities and information to the participants.



The Oriole Bird and Raven's Poe are joined by State Senator Guzzone, IW Emcee and Global Messenger Nick Stewart, County Executive Kittleman, Raven's Michael Campanaro and Paralympian Cortney Jordan.

This year's walk exceeded our expectations, raising over

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Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on Thursday, June 15th from 7:00 - 8:30 p.m.

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 or calling the office (410-740-0500). The next volunteer orientation will be held on Wednesday, July 12th.

Recreation and Parks Summer Dance

The Howard County Recreation and Parks Therapeutic Program has openings for two summer programs. There are openings in the "Summer Sizzler Bowling

\$135,000!! Thanks to all our sponsors and families that donated. Thirty-one families raised more than \$1,000. The top 13 fundraisers raising more than \$2000 are:

Jason Kauffman	\$8,555
Kayla Kosman	\$3,760
Sam Emmerling	\$3,655
Stephanie Baker	\$3,150
Brandt Mackey	\$2,725
Kirsten Smith	\$2,720
Josh Jenkins	\$2,685
Evan Davis	\$2,500
Peter Schoenbrodt	\$2,275
Glenn Donovan	\$2,153
Daniel Larrimore	\$2,120
Jane Ahn	\$2,000
Reed Carter	\$2,000

Kayaking Begins June 17th



All athletes who registered for kayaking will be receiving an email from coordinator Cathy Vigus in the next week, but here are the general plans for this new sport.

- Swimming skills assessment will take place at Cedar Lane pool Saturday morning, June 17th. Beginners will need to be able to swim 25 meters with a life vest. Advanced need to swim 25 meters without a life vest.
- Kayak orientation and skills assessment will be held the next Saturday, June 24th at Cedar Lane pool.
- Practices will then commence at Centennial Lake on July 2 and every Sunday morning thereafter through the competition date on August 26th.
- Skills athletes will practice from 8-9:15 am and advance athletes from 9:15-10:45 am
- Monday evenings from 6:00 - 8:00 pm will be the rain makeup time if needed.
- We still need volunteers. Contact Janet Larrimore if interested, janetlarrimore@somdhc.org

Summer Sports Registration

Registration for two of our summer sports have a wait list - Beginner Golf (Level 1) and Kayaking. Registration for **Golf Levels 2 - 5** is open until **July 6th**, other two are still accepting waitlisted athletes. [Click here](#) to register.

League" (RP4304.401) and the "Summer Sparkler" dance (RP4301.401).

To register, for these programs, click [here](#).

Registration for fall programs starts on August 2nd.

For further information on Howard County Recreation & Parks programming for individuals with disabilities, contact Susan L. Potts, MS, CTRS at 410-313-4628 or spotts@howardcountymd.gov or Chloe Hodge at 410-313-1671 or chodge@howardcountymd.gov

SOMD News

To see the April edition of SOMD's newsletter IMPACT, click [here](#). SOMD is excited to share its first ever Podcast, "Brave in the Attempt in Maryland." In this episode, SOMD President and CEO Jim Schmutz talks about why they are doing podcasting and Global Messenger Adam Hays will talk about importance of Special Olympics in his life. Enjoy the podcast [here](#).

ABLE Accounts Information Session

Maryland ABLE accounts are a new way to help individuals with disabilities save money and pay for qualified disability-related expenses without jeopardizing federal means-tested benefits such as SSI or Medicaid. Bette Ann Mobley, Director for the Maryland 529 ABLE Plan, will speak about the accounts on Monday, June 12th from 6:30-8:00 p.m. at the Roger Carter Community Center (3000 Milltowne Drive, Ellicott City).

Space is limited. RSVP by June 2, 2017 to bhein@arrow.org or call 443-713-3910 (voice/relay).

For information or to request accommodations for participation in this event, please contact Erica Lewis by June 2, 2017 at 410-313-6402 (voice/relay) or ealewis@howardcountymd.gov.

Registration for fall sports (cycling, soccer, tennis, volleyball, powerlifting, and flag football) will open June 25th. Watch our web page, Facebook and Twitter for announcements.

Bowling registration will open August 1st. There will be two sessions to choose from, Oct to Dec and Jan to Mar. Please decide which works best with your schedule as we try to accommodate the demand for more athletes to participate in bowling.

Top Volunteers Honored at Inspiration Walk

April was National Volunteer Month - a chance for us to thank the hundreds of volunteers that make our organization great. From the management team, to sports coordinators and coaches, to our student volunteers, and to parents - this organization could not do what we do without you. We thank everyone (albeit a belated wish!) for your commitment to provided our athletes with the best possible training and competition opportunities.

We always highlight a few individuals at the Inspiration Walk and this year, **Lavonne Smith** was selected as the **Volunteer of the Year**. Lavonne has served as the basketball skills and track and field coordinator for 12 years. Her dedication to the athletes, especially those just starting in a sport having limited skills, is unparalleled. She brings a smile to every practice, sharing joy with each athlete's achievement.



Rick Baker, our **Coach of the Year**, has been involved with Special Olympics for 12 years as a softball and soccer coach

Our **Family of the Year** is the **Parlock Family (Bob, Marissa, Bryanna and Allyson)** who have been coaches in our cycling and snowshoeing program for 16 years. Both these programs have grown in numbers, and they have been an integral part in athletes in these sports achieving new personal bests.

Congratulations to this year's award recipients and **THANK YOU** to all our volunteers!

Volunteers Needed for MATP Challenge Day - June 2nd

Sprout Film Festival Showcases Seven Films During Columbia Festival for the Arts

The Sprout Film Festival, which will be part of the Columbia Festival of the Arts, is an innovative film event featuring work by and about people with intellectual and developmental disabilities. It will be held on Saturday, June 24th at 4:00 at Montebaro Hall, Horowitz Center at Howard Community College and is presented in partnership with the Arc of Howard County and Howard County Autism Society.

Sprout showcases films related to the field of developmental disabilities, fulfilling its mission to make the invisible visible. For a brief description of the films to be shown and to purchase tickets, click

[here](#).

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

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We have a great event coming up and we could use some volunteers.

The Motor Activity Training Program (MATP) provides participation in Special Olympics for individuals with intellectual disabilities and disabilities requiring the greatest assistance and support. The program emphasizes training and participation rather than competition. The training is conducted during the school year and emphasizes mobility, fine motor skills, aquatics and use of adaptive equipment. A culminating Challenge Day, is held each year to highlight each participant's personal best.

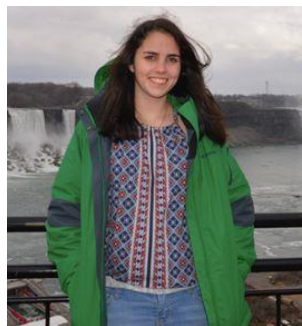
This year's Challenge Day will be on June 2nd, with opening ceremonies to begin at 8:40am with special guests Tim Shriver, Chairman and CEO of Special Olympics and Dr. Michael M, new superintendent of HCPSS.

We are asking volunteers to come between 8:00-8:15 to sign in and help with opening ceremonies (parade of athletes) and then be ready to help with the carnival and events. Events will run until 2:00. Lunch will be provided (11:30-12:00). Volunteers are welcome for the full day or half day, whenever they are available.

Contact Janet Larrimore (janetlarrimore@somdhc.org) or the office (info@somdhc.org, 410-740-0500) if you are interested in volunteering.

Four Students Honored with Outstanding Student Volunteer Scholarships

In recognition of their volunteer service, four students have been selected to receive scholarships from Special Olympics Howard County (SOHO). These scholarships are funded by endowments created by the generosity of three families.



Atholton High School graduate, **Elizabeth Jordan**, was selected as this year's **Jackie Burk Memorial Scholarship** recipient, and received a \$1,500 award. She has been a volunteer for four years in basketball, serving as an on-court mentor who plays with the athletes. Elizabeth has also volunteered with bowling and cross country running. She plans to study computer science at the University of

Maryland.

Two Allan Homes Scholarships were awarded to Marriotts

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Walter Larrimore Photography

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DS-Connect

DS-Connect is a powerful resource where people with Down Syndrome and their families can: Connect with researchers and health care providers; Express interest in participating in certain clinical studies on Down Syndrome, including studies of new medications and other treatments; and

Ridge High School twin brothers **Matthew and Spencer Leins**. Each received a \$750 scholarship. Both Matthew and Spencer have volunteered as coaches with the swimming program for the past four years. Spencer plans to study business, and Matthew plans to study mathematics, both at the University of Maryland.



Take confidential health-related surveys. These surveys are aimed at better understanding of the health of people with Down Syndrome across their lifespans. To learn more about DS-Connect, click [here](#).

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.

- Navy Fleece Jacket = \$40.00
- Short sleeve T-shirt = \$10.00
- Long sleeve T-shirt = \$12.00
- Charm Bracelet = \$15.00
- Pen = \$2.00
- Fleece Blankets = \$25.00
- 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.



The **Kathy Lindner Memorial Scholarship**, a \$500 scholarship, was awarded to **Rylie Chambers** of Howard High School. For the past three years, Rylie has served as a soccer coach, earning her certification last year. She has also volunteered with basketball. She will attend Indiana University of Pennsylvania to study nursing. Congratulations to this year's winners and thank you to all our student volunteers!

Spring Competitions

SWIMMING

SOHO hosted over 193 athletes (171 Special Olympics athletes and 22 Unified Partners) from Howard, Montgomery, and Prince George's Counties for our annual swim competition at Howard Community College on April 23rd.



In addition, 10 USAA officials donated their time to officiate the event and 57 teenage volunteers helped run the event.



Special thanks to all our stagers (Becky Lessey, Joanne Gales, Katie Fives, Clarissa Staggs, Maura Dougherty, and Shelby Lederman) and Howard Lessey, our head timer and data entry volunteers Colleen Donovan, Jennifer Phillips and Tricia Hyer. To view the event, see the great [photos](#) taken by Mimi Goodman and team photographer Marie

McGing.

ATHLETICS

Over 100 athletes from Carroll, Montgomery and Howard counties didn't let the drizzling rain dampen their spirits as they competed at our annual track and field competition at Wilde Lake High School on May 4th. The event is sponsored by SOHO and Wilde Lake High School thanks to WLHS Athletic Director Brian Rau, Beth Johnson (who runs the concession stand and handles the athletes' and volunteer lunches) and the many WLHS student volunteers who served as escorts and timekeepers.



Athletics Coordinator Lavonne Smith with WLHS Athletic Director Brian Rau and Beth Johnson

Thanks to the Minearts who handled staging, Cole Schnorf (head timekeeper), Alex Barnes (co-emcee for opening ceremonies) and especially coach Shirley Duhaney and coordinator Lavonne Smith for putting together a great and very organized

event.

SOFTBALL INVITATIONAL

Twelve counties plus Baltimore City and 386 athletes attended our 20th annual Softball Invitational on Sunday, May 21st at Kiwanis Wallas Park. Another 100 volunteers came throughout the day to help this year's tournament our largest ever. We presented HCYP, the co-sponsors of the event who have generously given us use of their fields on the third Sunday in May for the past 20 years, with a commorative banner for the park.

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 of your time, we could certainly use the help!! Please contact Bob Baker at bobbaker@somdnc.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



State Senator Ed Kasemeyer joined us for the second year to give a warm Howard County welcome to all the participants. We also presented Howard County Police Chief Gary Gardner with a plaque recognizing the Police Department's dedication and involvement with all 20 years of the event.



A special award was presented to Lt. Ed Sprinkle, who has been a member of the Honor Guard at every tournament since it began. For the 10th year, Outback Steakhouse provided lunches to all athletes, coaches, and volunteers. Wegmans and Champions for the Challenged supplied water and snacks. We thank tournament coordinator Dave Fagan, volunteer coordinator Linda Hoyt, Field Marshall Zach Decker, Global Messenger and co-emcee Kenny Long, as well as Rick McCauley and all the wonderful umpires who donated their time, for a fabulous day.

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.



SOHO Office, 8970 Route 108 Suite A1, Columbia, MD 21045

Hours: Monday, Wednesday & Thursday 8:00 - 1:00, Tuesday 1:30 - 6:30

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