

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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June Newsletter

Issue #2017-04

Fall Sports Registration Now Open

Registration for fall sports (Cycling, Distance Running, Flag Football, Golf, Powerlifting, Soccer, Tennis and Volleyball) is now open. [Click here to register](#) or go to the SOHO web site under Become an Athlete/Register for a Sport. 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.](#)

Powerlifting and tennis are limited on the number of athletes we can accommodate. Once the number is reached, all subsequent registrants will be placed on a waiting list. Note 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.

As always, Athletes registering for a team sport must review the Team Sports Participation Policy found under Policies on the SOHO web page. They must also commit to attending state games. Athletes may only register for one team sport a season.

Registration for bowling will begin on **August 15th**. We will offer two sessions to accommodate more athletes. The first runs from October to December and

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Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on Wednesday, July 12th from 7:00 - 8:30 p.m.

the second from January to March. Athletes will be able to sign up for just one of these sessions.

SOHO Night at Oriole Park



Friday, July 21st, will be SOHO Night at Camden Yards to watch the Orioles play the Houston Astros. It's fireworks night! We have 85 tickets in Section 71. Tickets are \$20.00 each (face value \$25!) To reserve your tickets, contact the office at 410-740-0500 or email info@somdhc.org. First come, first served.

Tim Shriver Joins Cedar Lane School Athletes for Challenge Day

On June 2nd, Special Olympics Howard County and Cedar Lane School were honored to have Special Olympics Chairman Timothy Shriver join us for MATP Challenge Day and for the signing of the official partnership between the Howard County Public School System (HCPSS) and Special Olympics Howard County.

The partnership formalizes the relationship SOHO has had with Cedar Lane School and expands opportunities to the entire HCPSS. SOHO will continue to donate and support Cedar Lane's Challenge Day each year by providing equipment for the Motor Activities Training Program (MATP), athlete shirts, medals and volunteers. In addition, we will offer professional development support by providing information about SOHO programs to HCPSS Special Education teachers to share with families at IEP meetings. SOHO will advocate for Cedar Lane School MATP athletes to compete at SOMD state games.



Families who are new to our program are strongly encouraged to attend a volunteer orientation. Advance registration is required by contacting Janet at janellamimore@somdhc.org or calling the office (410-740-0500).

The next volunteer orientation will be held on Monday, August 14th.

SOMD News

To see the May edition of SOMD's newsletter IMPACT, click [here](#).

If you missed SOMD's first podcast and would like to catch up on the most recent one, click [here](#).

When the Constellation Senior Players Championship comes to Baltimore in a little over 1 month, Special Olympics Maryland will have the opportunity to win an \$10,000 by receiving the 'most votes' out of the tournament's volunteers. Please take 2 min. today to vote for the SOMD athlete team of Justin Hunsinger, Josh Smith, Michael Heup, and Ralph Gemmill [here](#).

Dryland Training

Dryland Training continued to be an important part of the aquatics program. Run by the Zinderman family and a number of student volunteers, the program prepares the athletes prior to getting in the pool by



Mr. Shriver spent time with the athletes as they competed in a variety of activities. MATP is conducted by physical and occupational therapists, physical educators, classroom teachers and paraprofessionals during the school year. Challenge Day is the students' opportunity to demonstrate the skills they've developed.

7th Annual Corridor Golf Classic

The 7th annual Corridor Golf Classic will be held this year on September 19th and 20th at Waverly Woods Golf Course. In the six years of the tournament, Corridor has donated over \$100,000 to Special Olympics Howard County.



Currently, there are 31 foursomes available for Tuesday and 22 for Wednesday. This event will sell out on both days, so get registered early! The golf package includes:

- Breakfast by Eggspectation and an Outback Dinner
- 8 Restaurants on the course
- Flying Dog stations throughout
- Mulligans and Power Ball Tee Shot
- Golf Balls & Tees
- Raffle Tickets for Door Prizes
- Golf Swag

doing warm up exercises and even yoga. [Check out this photo montage](#) made by Jessica Zinderman, which gives you some insight into this year's program.

In addition, Adam Zaidi made this [video of our 2017 Swim Season](#).

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

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- Million Dollar Hole-in-one
- New Car Hole-in-one
- 3 Putting Contests
- 2 Long Drive Contests
- 5 Closest to Pin Contests
- Straight Drive Contest

To register, click [here](#).

New this year is a fantastic raffle. Only 1000 tickets will be sold (\$100 each) for the Grand Prize of a 2017 Chevy Silverado (or cash prize of \$40,000) plus 9 other winners of major prizes. SOHO will receive 100% of the net proceeds for every raffle ticket sold. They can be purchased on line at the registration link above or at the SOHO office.

Valentine Family and Coach Rick Baker Highlighted on WBAL-TV

The week before Summer Games, WBAL-TV highlighted Special Olympics athletes, families and coaches. SOHO was represented in two segments - one, entitled [Volunteers Essential to Special Olympics Maryland](#), featured the Valentine family and how being volunteers is a family affair. The second, [Special Olympics Maryland Offers Opportunities for Athletes](#), features our Coach of the Year, Rick Baker, talking about the developmental training of athletes in softball skills. The interviews are great; be sure to watch. Thanks to the Valentines and Rick being great representatives of Special Olympics.

Summer Games Bits and Pieces

Torch Run Representative: Randi Penenburgh carried the torch during Summer Games opening ceremonies at Towson's SECU Arena.

[Timbers at Troy Golf Course](#) [Wegmans](#)

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Random Acts of Kindness. SOHO swimmer Dominic Na was upset because he DQ'd his relay team which included his cousin Mathew. Unified Partners Adam Zaidi and Zachary Lin stepped in immediately and gave their Silver Medals from their relay to Dominic and Matthew Na. At the end of season party, Dominic and Matthew thanked Adam and Zach by presenting them with a Gold Medal. A nice upgrade for their act of kindness!!



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DS-Connect

DS-Connect is a powerful resource where people with Down Syndrome and their families can:

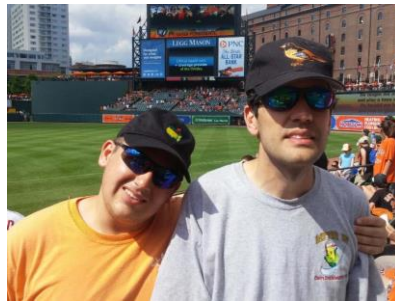
Connect with researchers and health care providers;

Express interest in participating in certain clinical studies on Down Syndrome, including studies of new medications and other treatments; and

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](#).



Joanne Gales, our 2016 Coach of the Year, is retiring this year after 19 years as our swim coach.



Sam Emmerling and Will Alexion enjoy an Orioles game. Sam, who was once again one of our top Inspiration Walk fundraisers, chose the tickets which were donated by the E.J. Dwyer Company.



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

SOHO's first year Hip Hop Dance Team won a Gold Medal at Summer Games.

Change to Verizon Email Addresses

Starting in February 2017, Verizon will no longer provide verizon.net email service. Verizon has teamed up with AOL to provide verizon.net email customers with AOL Mail. Customers have been notified about the change and given the option to keep their verizon.net service through AOL Mail or switch to another email service provider. If you have switched or will be switching to another email provider, please be sure to contact the office so that you will continue to receive our eNewsletter and any other important information we send out to you through email.

Celebration of Sports Photo Contest

Think you've captured what it means to be a good sport? Enter up to three photos of your own that represents respect, positive leadership, team ethics and/or dedication in community sports. The deadline is September 1, 2017. Winners will receive two complimentary tickets to Celebration of Sports on October 17 at Turf Valley Resort and have their photos on display at the event. Contest rules and further information can be found [here](#).

Recreation and Parks Summer Activities

The Howard County Recreation and Parks Therapeutic Program has openings for four summer programs for people with intellectual disabilities.

Slice of Summer (RP4310.401): Adults with mild developmental disabilities enjoy community outings and social activities. Adults must have moderate-to-high functioning level of independence and require minimal assistance with personal skills to be functionally independent. Staff-to-participant ratio is 1:5. The

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.

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@somdhc.org if you can assist.

program starts July 8th and runs for four weeks (except July 22nd). The cost for this program is \$185.00.

Summer Sizzler Bowling League (RP4304.401): Teens and adults with developmental disabilities, enjoy socializing with your peers. Bowl one or two games per week. Fee of \$94.00 includes shoe rental and bowling fee.

Summer Sparkler Dance (RP4301.401): July 22nd at the Florence Bain Center. Cost is \$15.00 and can also be paid at the door.)

I Can Bike Camp: Has your family member been unsuccessful with riding a two-wheel conventional bike? In this program, children, adolescents and adults with disabilities learn how to ride a two conventional bike without training wheels! Participants must have a documented disability and be at least 8 years old and weigh no more than 220 pounds. Parents must attend informational meeting on Sunday, July 9 at 4 PM. The program, which begins on July 10th, starts out indoor and progresses to outdoors. Schedule dates and time subject to change per contractor availability.

Camp is held at the Gary J. Arthur Community Center, session times available are;

RP4218.401	8:30-9:45am
RP4218.402	10:05-11:20am
RP4218.403	11:40am-12:55pm
RP4218.404	2:15pm-3:30pm
RP4218.405	3:50-5:05pm

Cost of the program is \$250.00 per participants.

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

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

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

Registration for fall programs starts on August 2nd.

REMINDER: Uniform Policy

We want to remind everyone of our uniform policy. Each athlete competing in sports is issued a regulation SOHO uniform. Each uniform package contains instructions on washing and drying procedures (some uniforms can NOT be put in the dryer) and also how the uniform is to be returned at the end of the season. When uniforms are not returned, we must incur additional costs to purchase replacements. If a uniform is not returned, the following steps will be taken:

1. Athletes who have failed to return their uniform will be notified by email.
2. Athletes need to return the uniform to the SOHO office by the date stated in the email.
3. Athletes not returning their uniform by the expected date will be billed for the uniform.
4. Future participation in any sport will require a uniform deposit before being issued a uniform.

Summer Games Evaluation - Due June 30th

The Summer Games Management Team is constantly looking for ways to improve the Summer Games. The thoughts and opinions of Delegates (HOD's, coaches, chaperones, athletes, partners, etc.), spectators, families, and volunteers are invited to be shared through the 2017 Summer Games evaluation survey. Please be sure to include things that you approved of, as well as areas that can be improved. If you have additional comments, please include those comments as well. This survey link will be open until 6:00 p.m. on Friday June 30, 2017. Please make sure that the link below is shared with all attendees from your Area/County Program. To complete the 2017 Summer Games evaluation, please visit the website [here](#).

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

Phone (410) 740-0500 | Fax (410) 740-2388 | www.somdhc.org | info@somdhc.org

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