



August Newsletter

Issue #2017-05

Bowling Registration Opens August 15th; Changes to the Program



Registration for bowling will open on **August 15th**. We will be offering two sessions to accommodate more athletes. The first session will run from October 8th to December 17th and the second session will run from January 7th to March 25th. Each session will be limited to 96 athletes, and practice will be from

10:30 am to 12:30 pm at Normandy Lanes in Ellicott City. Athletes can sign up for just one of these sessions.

Corridor Golf Tournament Raffle - Buy Tickets Now!

A new feature for this year's Corridor Golf Classic 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 we sell. Tickets can be purchased at the SOHO office, by contacting Janet Larrimore via email at janetlarrimore@somdhc.org, or on line at the [registration page](#) for the tournament. Be sure to check SOHO to give us credit for the sale.

Fall Sports Registration

Registration for fall sports continues for several sports. [Click here to register](#). Registration end dates are listed below:

Cycling - closed

Distance Running - closes August 10th

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Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on Monday, August 14th 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 janetlarrimore@somdhc.org or calling the office (410-740-0500).

The next volunteer orientation will be held on Wednesday, September 6th.

Flag Football - closes August 10th
Powerlifting - closed
Soccer Skills - closes August 10th
Soccer Player Development - closes August 10th
Soccer Team - closes August 10th
Tennis - closed (wait list only)
Volleyball - closed (wait list only)

Eight SOHO Athletes Selected for Team Maryland for 2018 National Games

The following Howard County athletes were recently selected for Team Maryland at the 2018 USA Games in Seattle, Washington in July 2018.

Athletics: Kirsten Smith

Golf: Level 2 :Julia Phillips (athlete) & Jim Bourdon (unified partner)

Powerlifting: Catherine Gruss and Kenny Long (check out SOMD facebook page to see Kenny being surprised by the SOMD patrol to tell him of his selection)

Swimming: Jenna Jones (Level 3), Zach McKay (Level 2) and Sean Taneyhill (Level 3)

Tennis: Edie Daniello

Congratulations to all the athletes!

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 32 foursomes available for Tuesday and 18 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
- Million Dollar Hole-in-one
- New Car Hole-in-one
- 3 Putting Contests
- 2 Long Drive Contests
- 5 Closest to Pin Contests

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.

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

PRESENTING SPONSORS

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Quest Fitness
Timbers at Troy Golf Course
Wegmans

TEAM SPONSORS

Dominion Federal
Outback Steakhouse

- Straight Drive Contest

To register, click [here](#).

Athletes Needed to Assist with Law Enforcement Torch Run Event at Chick-fil-A

Athletes interested in helping our local Law Enforcement community support Special Olympics at the **Chick-fil-A Cover the Cruiser Fundraising Event** on Tuesday, August 22nd from 3:00-8:00 p.m. should contact the SOHO office at info@somdhc.org. We need athletes to serve one hour. (Further details will be sent to athletes at a later day.) The event will take place at Chick-fil-A at Dobbin Road and also at the Executive Park Drive location. Let's thank our Law Enforcement officers by helping them support us! (Parents and/or caregivers must remain at the event during the shift.)

There is another Law Enforcement Torch Run event- **Bowie Cop for the Day** - on September 16th from 10am - 4pm at the Bowie Town Center, 15606 Emerald Way, in Bowie. Join us for a chance to experience a day in the life of a police officer! Enjoy a thrilling vehicle pursuit, foot chase, conduct a traffic stop, search a building and more! This event is open to everyone 9 years and older. Registration is \$15 and includes t-shirt or \$10 without a shirt. Lunch will be provided by Mission BBQ. There will also be a free Kid Zone with a moon bounce and other activities. Participants can register for any of the available time slots. All proceeds go directly to Special Olympics Maryland.

Quest Fitness and Timbers at Troy to be Honored at Celebration of Sports



Quest Fitness and The Timbers at Troy will be honored as this year's Sponsor of the Year this year's Department of Recreation and Parks Celebration of Sports on October 17th at Turf Valley Resort.

Since Quest Fitness opened, they have provided facilities for our powerlifting and fitness programs twice a week throughout the year. The value of this in-kind donation is over \$126,000. The staff is always welcoming to the athletes, coaches, and families who bring the athletes to the facility.

This year will be our 18th season at The Timbers at Troy Golf Course. The success of our golf program is because we have this terrific facility on which to train. In addition, Timbers has provided

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2017 Inspiration Walk Sponsors

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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

us with a facility to hold a competition each year where over 80 athletes from multiple county Special Olympics programs compete.

The in-kind value of their donation is over \$165,000! By practicing and training at these facilities, the community can observe our athletes in a different light and community members become more accepting of those with intellectual disabilities.

Please come out to show our appreciation to these sponsors. Tickets for the Celebration of Sports event are \$42.00 and can be purchased [here](#).

This year's guest speaker will be sportscaster Scott Garceau. The evening will also feature this year's Hall of Fame inductees as well as Good Sports Awards.

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 represent 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](#).

Nominations Sought for Good Sports Awards

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 Celebration of Sports event in the past, 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), Official, and Sports Administrator. Each sports organization is allowed to submit one name in each category from their program. We would like to once again contribute a Special Olympics nominee in each of those categories.

If you would like to nominate someone in one of these categories, please send Bob (bobbaker@somdhc.org) or Marilyn (marilynmiceli@somdhc.org) 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.

Last year, SOHO had four individuals receiving some of these awards

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.

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.

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

- Coach Jack Miller (basketball), Adult Player Thomas Smith, Sports Administrator Russ Young, and Official Joe Cucchiaro (swimming).

SOHO Night at Camden Yards

On July 21, Special Olympics athletes and guests enjoyed a very hot evening at Camden Yards to watch the Orioles take on the Houston Astros. Despite a 5 run comeback in the bottom of the ninth inning, the Orioles lost 8 to 7. Fireworks after the game ended the evening on bright note and a good time was had by all!



Columbia Neighborhood Swim Teams Support SOHO Swim Program



Plaque presented to Columbia Association and CNSL

Again this summer, a number of Columbia Association Columbia Neighborhood Swim Leagues (CNSL) held swimathons - some of which including some of our swimmers in relay events - and raised over \$4,000.

The success of our swim program has a lot to do with the relationship that we have had with CNSL and the Columbia Clippers for the past 16 years. CNSL Swim Teams have raised over \$30,000 over the 16 years which helps us pay for Howard Community College pool

rental and uniforms for our swimmers. We have had over 100 teenage volunteers who were CNSL and/or Columbia Clippers. At the All City Meet on July 29th, Swimming Coordinator

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 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

Allan Waschak presented a plaque to thank the Columbia Association and all the Special Olympic Volunteer Coaches/Unified Partners.

SOMD Features Two SOHO Athletes

Featured in this month's SOMD newsletter and on their [website](#) are two SOHO athletes - **Kenny Long** and **Nick Malouf**.

Kenny is SOMD's Athlete of the Month. Some of you may have seen the video on Facebook of Kenny being told that he has been selected as a member of Team Maryland in powerlifting. Kenny participates in powerlifting, volleyball, basketball, softball, and bowling. He is also a Global Messenger and has participated in two previous National Games - 2006 in Iowa and 2014 in New Jersey.

"When Softball is Yellow and Reminds You of Space Camp" is an article about 25 year old athlete Nick Malouf. Although Nick is someone who thoroughly enjoys being active and does skiing (black diamond trails), yoga, Karate (black belt), cycling, and long distance running, this is his first ever experience playing sports with a team. The article talks about how he and his family have been moved by Nick's experiences thus far and how much happier Nick has been since joining the Special Olympics Softball team.

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.



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

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