

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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November Newsletter

Issue #2017-08

'Tis the Season for Thanks

During this time of thanksgiving, we want to take this opportunity to thank all the people who make our organization succeed. We have so many individuals who give selflessly of their time, talent, and treasure so that our athletes can continue to train and compete and achieve their personal bests.

Whether you are a volunteer who works directly with our athletes or one who helps at competitions, you make it possible for us to be the strong, all-volunteer organization that we are today. To our sponsors and donors - through your generosity, we are able to continue to provide a strong training program in 20 different sports throughout the year for over 750 individuals with intellectual disabilities.

We are grateful to be part of such a wonderful organization. Happy Thanksgiving to all!

Bob and Marilyn

Fall Sports Wrap Up

FALL FEST:

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Thank You to Texas Roadhouse

SOHO was selected to be part of the soft opening for Texas Roadhouse. Some of our USA Games bound athletes greeted customers as they entered. All proceeds from alcohol sales that day plus additional donations from the patrons resulted in a donation of \$1,278!

Tim Yakel and Sam Carder carry the Howard County banner in the opening ceremonies at Fall Fest at Mount St. Mary's University in Emmitsburg.



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CYCLING -

The 2017 Cycling season was very successful. The team enjoyed a full season of riding, with little disruption due to weather. Our athletes competed well in qualifier competitions in Prince Georges and Carroll County, and in our own Howard County qualifier. The season wrapped up with the State competition at Ft. Richie, where Zach Decker was the first Howard County athlete to compete in the newly added 20k race. The team was supported by a great team of coaches and volunteers led by Coach Bill Parlock.



Cycling Team at Fall Fest



Texas Roadhouse Columbia Manager Kimberly Arnott presents check to Bob Baker. The funds raised will be divided among the USA-bound athletes who worked at the event.

Invitation to Christmas Celebration

The Champions for the Challenged and Knights of Columbus 11341 have extended an invitation to their annual Christmas celebration on Saturday, December 16th from 9:30 to 2:00 p.m. at the Church of the Resurrection Parish Hall (3175 Paulskirk Drive, Ellicott City, MD. There will be music, games, Santa, gifts, pictures and lunch.

For more information, contact Mike Parker (443-506-8209, chefparker@aol.com) or Melissa Matos (787-538-9152).

Space is limited, so RSVP by November 21st.

Next Resturant Fundraiser for USA Games-Bound Athletes

SOHO will hold its third restaurant night to raise funds for our athletes

At our end of season party, we bid farewell and thanks to Bryanna Parlock who has been a volunteer with the cycling program since 2006 (when she was 12 years old!) Bryanna, who has also volunteered with the snowshoeing program, is moving to Roanoke for a job as a forensic scientist. Rumor has it that she may make the trip back "north" on some weekends for cycling or snowshoeing practice. She is always welcome and we wish her well in her new job.

Bidding Bryanna farewell are
 Cycling Coordinator Cheryl Decker,
 Coach (and Uncle) Bill Parlock,
 Kevin and Dave Fagan

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DISTANCE RUNNING -

Ten of our athletes competed in various events (5K, 3K, and 1500m) at Fall Fest. **Sam Carder** honored our cross country team by carrying the Howard County banner at opening ceremonies. Athlete **Nicholas Howard** won the 5K by a wide margin, crossing the finish line in 20:01! Athlete **Evan Jacobs** turned in a fast time of 16:14, demonstrating how much he has improved this season. We celebrated our end of season at Ledo's while enjoying a slide show of the many photos taken by parents and volunteers.



Nick Howard

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SOCCER SKILLS -



attending the USA Games in Seattle next summer at Tino's Italian Bistro, 8775 Centre Park Drive, Columbia, on Monday February 5, 2018. Watch for further information in future newsletters.

Special Olympics Maryland Athletes Re-define 'Healthy'

You don't want to miss [this](#) recent article on the SOMD web site. Athletes Candace Whiting and Elaina Camacho talk about what it's like to be a female athlete with a disability and how they overcome the pressures put on them by the media and society.

Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on Monday, November 20th 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 janet@arrimore@somdnc.org or calling the office (410-740-0500).

The last volunteer orientation for the year will be on December 18th.

NFL: My Cause, My Cleats Initiative

My Cause, My Cleats is a player-led initiative that allows players across the NFL to wear custom cleats that reflect their

Coach Neil Hudson with athletes Michael Murphy, Kai Lambert and Ed Sommerville showing their medals

Four soccer skills athletes - Kai Lambert, Ed Sommerville,

Michael Murphy, and David Wei participated in soccer skills competition at the Soccer State Championship in Salisbury. Michael and David won Silver Medals and Kai and Ed brought home the Bronze. Thanks to all the cheering fans who made the competition very exciting and congratulations to all.

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TENNIS -

Tennis wrapped up another fabulous season. Head Coach Nancy Van Winter and Assistant Coach Sam Lieber and many fabulous volunteers provided tennis instruction for 39 athletes this season. Howard County hosted a qualifier on September 17th for Level 5 tennis players and then an in-house qualifier on October 5th. Fifteen Athletes and ten Unified Partners participated in Fall Fest. We really enjoyed seeing all the improvements that athletes exhibited this year and our looking forward to next season.



Tennis Team at Fall Fest

Winter Sports Registration Continues

Registration continues for winter sports - alpine skiing, snowshoeing, fitness (*wait list only*), basketball (5 levels: skills, 3v3 Half Court Player Development, 3v3 Half Court Traditional, 5v5 Full Court Player Development and 5v5 Full Court Traditional) and bowling (*limited spots remain*). Registration closes on December 17th. Click [here](#) to register.

NOTE: If an athlete has never participated in SOHO basketball before, they should register as **NEW** and plan to attend **Basketball Assessments on Tuesday, December 5, 6:30PM at Oakland Mills Middle School.**

If you do not receive an email confirmation after registering, call the office at 410-740-0500 to ensure

commitment to charitable causes during Week 13 games.

Special Olympics International has secured the following NFL athletes - Aaron Rodgers, DeSean Jackson, Joe Haden and Adam Gettis.

SOMD is thrilled to announce that Joe Flacco has agreed to wear the SOMD logo on his cleats for the December 3rd Ravens home game vs. the Detroit Lions. Thank you, Joe, for representing SOMD and for all the time you have given to our athletes.



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

that you are registered. Remember that athletes must have a valid medical on file prior to the sport season in order to be able to participate in any sport.

TEAM POLICY:

This is a reminder that if an athlete is participating in a team sport this winter (i.e., 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. 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.

Fundraiser for USA Games Athletes



The USA Games-bound athletes are busy trying to raise funds for their expenses. Each athlete has a goal to raise \$3,000 to cover their expenses, and we are having a number of restaurant events (see right hand column) to help support them. Another event they are planning will be next Sunday, November 12th. Jean Daniello, mother of tennis athlete Edie Daniello, will be hosting a Touch stone Crystal by Swaroski Party at her home to benefit the athletes. If you are interested in attending, respond to this invitation. If you can't make the event but would like to order, catalog sales will continue through November 27th. You can access the catalog here. There will also be catalogs in the office.

Looking for Some Holiday Gifts? Merchandise Store Open

In addition to the SOHO merchandise we have in the office for sale (see side column), a winter merchandise store is now open. Items include a winter jacket, fleece vests, warm up jackets and pants, winter hat and scarf. Items can be viewed and ordered here. **The store will close on November 19th.** No orders will be accepted after this date. Do not include shipping and handling

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

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 Integrated Waste Analysts
Pat and Maryanne Klima Quest Fitness
Timbers at Troy Golf Course Wegmans

TEAM SPONSORS

Dominion Federal
Outback Steakhouse
Win Kelly Chevrolet Buick GMC

charges as we will pick up all orders and bring them to the office for pick up by December 8th. Remember, all orders are custom, so there are no refunds, returns or exchanges.

ATHLETE SPOTLIGHT: Nate Zahn

SOHO athlete **Nate Zahn** has been racing with Athletes Helping Athletes for three years. He has done the Maryland Half Marathon, Annapolis 10 Miler, the 10K Across the Bay, and a Duathlon. Here are the pictures of Nate racing with ASA. This is his third year racing with them. He has done Maryland Half Marathon, Annapolis 10 Miler, 10k Across the Bay and a Duathlon this year. He is currently training for a Triathlon. Nate participates in SOHO athletics and basketball. The mission of Athletes Helping Athletes, Inc. is to connect local special needs athletes with mainstream athletes in a spirit of friendship for their mutual benefit and inspiration. AHA believes that a world of greater acceptance for all can begin with sharing athletic experiences and a love for sport while developing compassion and mutual respect.



VOLUNTEER SPOTLIGHT: Student Volunteers This Fall

SOHO is very grateful for the many student volunteers that assist in our sports programs and other events throughout the year. Here's some that have been active this fall:

2017 Inspiration Walk Sponsors

GOLD MEDAL SPONSORS

Anchor Construction
Cameron Group LLC
Corporate Office Properties
Trust
just B Specialties LLC
The Howard Hughes
Corporation (Columbia
Regional Office)
The Nancy and Victor Frenkil
Jr Foundation Inc.
Polakoff Sefret Attorneys at
Law

SILVER MEDAL SPONSORS

Environmental Systems
Associates
Columbia Association
Hillmuth Certified Automotive
Sandy Spring Bank

BRONZE MEDAL SPONSORS

Centre Park Grill
Dembo Jones
Dr. Taylor & Associates
Nightmare Graphics
Tracy Miller Law LLC

HOSPITALITY SPONSORS

Body Amour
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
E.J Dwyer Company
Stained Glass Pub

Star Spangled Banner

At many of our events, we have athletes sing the National Anthem during opening ceremonies. In early 2018, we will be having auditions for any athlete that is interested in



(Clockwise from upper left) Kaitlyn Won, Katie Garner, Sophia Walsh, Alexandra Stanislavsky, Thomas Thurmond, Rachel Slattery, Julia Grable, Sana Aslam, Heer Patel

Members of the Centennial High School National Honor Society volunteered at our third Volleyball Invitational held on September 30th at the Maryland Junior Sports Center in Jessup. SOHO hosted five teams from Special Olympics Pennsylvania, for this annual event. These student volunteers were a great help. Their enthusiasm was contagious!

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This year's Leadership U team sponsored a Trunk or Treat event at Cedar Lane School on October 27th. There were lots of trunk-or-treats in the parking lot, and games, dancing, and a haunted hallway took place inside the school. Thanks to the Leadership U team for planning this event and to the SOHO Trunk team of Pat and Mary Condron and Adam and Amini Zaidi (shown below giving out treats.)



singing at events. Follow this newsletter for dates and times. Start practicing!

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.

Navy Fleece Jacket = \$40.00

Backpack = \$45.00

Short sleeve T-shirt = \$10.00

Long sleeve T-shirt = \$12.00

Charm Bracelet = \$15.00

Pen = \$2.00

Fleece Blankets = \$25.00

Thermal Flask = \$20.00

Ceramic Coffee Mug = \$8.00

Ice Scraper = \$2.00

Toiletry Bag = \$2.00

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.



(Left to right) The Leadership U Team: Jessica Zinderman, Grace Hendricks, Corey Cooke, Julian Basena, Avery Woods-Gresham, Lilly Decelles, and Hamzah Yousuf

Celebrating Sponsors and Good Sports

Four members of the SOHO family were honored at the annual Howard County Department of Parks and Recreation Celebration of Sports with Good Sports Awards. Good Sports Awards were created to highlight positive sportsmanship for athletes, coaches, officials, and sports administrators in a community recreation program.



Kevin Smith, General Manager, The Timbers at Troy Golf Course

over \$291,000. We are extremely grateful to both these organizations.

The Timbers at Troy Golf Course and Quest Fitness received the Sponsors of the Year award. By providing training facilities for both SOHO's golf, powerlifting and fitness programs, free of charge, our athletes have been able to train in quality facilities among other community members for 16 years at Quest and 18 years at Timbers. The value of these combined in-kind donations is valued at

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 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



Meghan Hyer (Adult Athlete), John Worley (Coach),
Abby Penenburgh (Sports Administrator), Keith
Lampel (Official)

Congratulations to everyone!

Funds for Friends - Green Turtle Supports Special Olympics Maryland

The Greene Turtle has been the proud sponsor of the VIP Hospitality Tent at the MSP Polar Bear Plunge. SOMD is honored that they will grow this partnership with Special Olympics Maryland by expanding this relationship through in-store Greene Turtle fundraising support! To kick off this expansion, Special Olympics Maryland will be the beneficiary of **Funds for Friends**, occurring a local Green Turtles every Wednesday through the month of November.

Funds for Friends will be held at all Maryland Greene Turtle locations (excluding Ocean City) on the following dates: November 1st, November 8th, November 15th and November 29th.

Dine in or carry out from any participating Maryland Green Turtle on Wednesdays in November. [Click here for flier](#) to bring to the restaurant.

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.



20% OF ALL PROCEEDS WILL BE DONATED ON BEHALF OF THE GREENE TURTLE!

Join The Greene Turtle in helping to raise funds for Special Olympics Maryland!
Dine in or Carry Out from any participating Maryland Greene Turtle on Wednesdays in November. Give this flyer to your server (or hostess) and The Greene Turtle will donate 20% of all proceeds to Special Olympics Maryland.



Share @thegreenturtle   

Please visit www.thegreenturtle.com for a participating location near you.

DATES INCLUDE:

Wednesday, November 1 / Wednesday, November 8
Wednesday, November 15 / Wednesday, November 29



to your server (or hostess) and the Green Turtle will donate 20% of all proceeds to Special Olympics Maryland.



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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