

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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December Newsletter

Issue #2017-09

Happy Holidays and All the Best in 2018!

We wish everyone a very happy holiday season, and we look forward to another year filled with sport and fun. 2018 will start with our winter sports - alpine skiing, snowshoeing, basketball, a second session of bowling and our winter fitness program. Before you know it, we will begin registration for spring sports (opens Jan 8th), and nine of our athletes, two unified partners, and two coaches will head to Seattle for USA Games in July! Our county program is very strong, offering more sports and local competitions than any other county. Our dedicated group of volunteers help make this program great.

If you aren't a volunteer and looking to join us, 2018 is a good year to start. Come out to a volunteer orientation to find out all the possible ways you can get involved. Volunteer - what you get back is immeasurable!

Bob and Marilyn

INVITATION: Screening of "Swim Team" Movie - "an exceptional documentary"

On Friday, January 5, 2018 at 7:00 p.m., the highly acclaimed film, "SWIM TEAM" movie will be presented at Oakland Mills High School (9410 Kilimanjaro Road, Columbia). The film is being sponsored by the Howard County Autism Society, Special Olympics Howard

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Next Restaurant Fundraiser for USA Games-Bound 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 to help them in reaching their goal.

We will hold our third restaurant night at Tino's Italian Bistro, 8775 Centre Park Drive, Columbia, on Monday February 5, 2018. Further details will be in the January newsletter.

County, Howard County Public School System, and the Columbia Association. Tickets are \$5.00 and can be purchased by [clicking here](#) or at the door.

SWIM TEAM chronicles the extraordinary rise of the Jersey Hammerheads, capturing a moving quest for inclusion, independence and a life that feels winning.

According to Steve Silverman, author of NeuroTribes:

The Legacy of Autism and the Future of Neurodiversity, "Swim Team is a probing, honest, and uplifting look at the challenges that young autistic people and their families face as they "age out" of services after high school. It's also a beautifully filmed and sensitively paced portrait of a group of autistic people of color who give their all to take their team to the state finals for a chance to swim at the Special Olympics. You will not soon forget these wonderful young swimmers, or the struggles of their parents as they refuse to allow their kids' potential to be limited by society's low expectations for their future."

This is an event you won't want to miss. For further information, contact the Howard County Autism Society at 410-290-3466 or info@howard-autism.org.



MATP Coordinator Highlighted on Golf Channel

We were thrilled to see Jody Duff, Adaptive PE teacher at Cedar Lane School and our Special Olympics



Challenge Day Coordinator, highlighted on the Golf Channel ([CLICK HERE](#) to watch.) In an amazing piece narrated by SOI CEO Tim Shriver, it highlighted Jody's commitment to her students and how she has developed adaptive equipment in order for her students to achieve their personal best. You do not want to miss this, it is quite moving, as is Challenge Day, which will take place on

June 1st, 2018! This picture of Tim Shriver and Jody was taken at last June's Challenge Day at Cedar Lane School.

Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on Monday, January 3rd from 7:00 - 8:30 p.m. Anyone wanting to volunteer with winter sports should attend. Families who are new to our program are strongly encouraged to attend a volunteer orientation. Advance registration is required by contacting Janet at janet@somdnc.org or calling the office (410-740-0500).

Future volunteer orientations will be held on:
Tuesday, February 6th
Thursday, March 15
Monday, April 16th
Thursday, May 17th

Thank You to Cake Plus

Thanks to Laura Hilley of [Cake Plus](#) in Laurel who donated this delicious and beautiful cake for the volleyball end of season party. It was yummy!



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

Car Donation Program

Through the efforts of longtime coach and volunteer, Duke Silvea, Special Olympics can now accept car donations to benefit our program! If you have a car you would like to donate, please contact the office at 410-740-0500 or email info@somdhc.org. We will come and pick up your car, ready it for sale, and provide you with a tax deduction for the amount the car is sold for at auction. Please help us by donating an unwanted vehicle!

Scholarship Applications Now Being Accepted; Fourth Scholarship Announced

Through the generosity of four families, Special Olympics Howard County will award four scholarships to outstanding student volunteers who have been committed to the Special Olympics Howard County program as a volunteer and advocate of the athletes. High school seniors and college students are eligible to apply.

The Jackie Burk Memorial Award for Outstanding Student Volunteer for Special Olympics Howard County (\$1500) was created in 2004 by Jack and Linda Burk in memory of their daughter, Jackie, a special friend and volunteer to Special Olympics Howard County. The Allan Homes Award (up to \$1,500) was established in 2005 by Allan and Kathy Waschak. Allan is a member of the SOHO Executive management team, Fundraiser Co-Chair, and Aquatics Coordinator. The Kathy Lindner Memorial Award (\$500), in memory of Special Olympics Howard County's first Volunteer Coordinator, was created in 2012. Kathy was a dedicated volunteer in a number of sports, including the annual Softball Invitational. Added in 2018 is the Schnorf Family Scholarship (\$1,500). Cole is a member of the Executive Management Team, Fundraising Co-Chair, and a basketball coach.

Interested students must complete an application, provide at least one recommendation from a SOHO coach, management team member or sports coordinator, and write a 500-word essay about their experiences as a volunteer. Applications and details can be found at www.somdhc.org under volunteers.

Completed applications can be mailed to Special Olympics Howard County, 8970 Route 108, Suite A-1, Columbia, MD 21045, ATTN: Scholarship Committee or

sponsor information package.

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emailed to info@somdhc.org. Applications must be received by April 1, 2018. Questions should be addressed to info@somdhc.org or by calling the SOHC office at 410-740-0500.

Global Messengers in Action

TRRC Special Olympics Equestrian team athletes **Ben Stevick and Christine Towne** spoke at a November meeting of the Finish Line Corporation that was held at TRRC. Ben talked about his competitive journey to World Games in Los Angeles and Christine talked about the benefits of Special Olympics. Director Helen Tuel, Founder of TRRC, noted that she has been receiving many emails about the fact that Special Olympics is more than just sports; "tis the "new face" of being in the community at-large, meeting with corporate leaders." Great job Ben and Christine!

Alex Barnes and Andy Young did outstanding jobs as emcees for two of the regional bowling competitions and Alex went on to emcee the final bowling competition in Gaithersburg.

A beginner global messenger class will be offered over the winter, exact date and time TBD. If you are interested in attending, contact the office (410-740-0500 or info@somdhc.org).

ATHLETE SPOTLIGHT: Athletes Highlighted in HCPSS Newsletter

Two of our athletes who work for the school system are this month's spotlight. **Jen Andres** is a part-time employee in the mail room at the HCPSS central office for the past 11 years. Jen participates in Special Olympics Golf and Alpine



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Steve Towne (audio)
Mays and Associates
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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 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



Skiing. **Darius Martin** was recently hired by the HCPSS mail room and Darius participates in flag football and basketball. Both Jen and Darius were highlighted in the HCPSS Fall Purchasing Department Newsletter. Read this article by [CLICKING HERE](#).

Jen and Darius are pictured in their Halloween costumes that were worn to work that day!

CarMax Laurel Toyota Supports SOHO with Grant for Third Year



SOHO is honored to have been selected for a \$36,500 grant from CarMax Laurel Toyota. This grant is part of their regional giving program and is focused on helping with healthy living and leadership development. This is the third year we have been selected for this honor and we are very grateful. CarMax employees, who are committed to giving back to their communities, have also volunteered at a number of our events such as the Inspiration Walk and the track and field competition at Wilde Lake High School. Thanks to CarMax Laurel Toyota general manager Angela Larrabee and her employees for their support.

Team Sports Participation 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.

- 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.

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 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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