

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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February (a little late) Newsletter

Issue #2018-02

Spring Sports Registration in Full Swing



Our cheerleaders having fun at the 2017 Summer Games awards ceremony!

Registration for spring sports - Athletics (track and field), Bocce, Cheerleading, and Softball - will close on March 25th. Fitness registration will end on March 23rd (but is currently filled and there is a wait list.) Beginning Swimming registration will close on March 21st (and has a wait list). Registration for the swim team and Equestrian is closed. Register by clicking [here](#).

If you do not receive a confirmation email after registering, please contact the office to ensure that your registration went through.

Registration for summer sports - golf and kayaking - will open in April.

Why It's Important to Support the Inspiration Walk - A Little Bit of History

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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@sondhc.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!



Do you ever wonder why we put so much effort into the Inspiration Walk? And do you know how the Walk originated? We had been doing a number of small fundraisers (Krispy Kreme sales, cookbooks, holiday wreaths, etc.) and also had spent 2

years manning refreshment booths at Merriweather Post Pavilion, thanks to **Joe Wagner** who led that effort. It was a person-intensive

operation requiring 20 to 30 volunteers to work each concert, about 30 events throughout the summer. Joe opined that what we really needed was a single signature fundraising event. In early 2001, we started socializing the idea of one large event. We were approached by long time Special Olympics volunteer, **George Guthrie**, with an idea of having a walk to raise money. George, and many of his co-workers at Verizon, wanted to help our organization raise needed funds for our growing program. The plan was to have the walk in the fall of 2001. However, because of the events of September 11th, we decided to move the event to the following spring. Because the "motto" of Special Olympics at that time was "Inspire Greatness", **Marilyn Miceli** suggested we call the walk, the "Inspiration Walk". The first year, we raised an impressive \$25,000.

Now in its 17th year, the Inspiration Walk is critical to our program. The walk has allowed us to spend more time on our sports programs and our athletes than raising funds as we were doing with donut sales and other small events. Currently, the walk raises about 50% of our annual operating budget. With our increased number of athletes and increased costs for facilities, uniforms, etc., we rely heavily on funds raised at the walk. We have been grateful for the support of many of our corporate sponsors who have been with us for years. We also need our families and friends to raise funds so that we can continue to provide the quality program we have. Walk brochures will be mailed out in the next few weeks. You can also [set](#)

Do you want to be a Global Messenger?

The best ambassadors for Special Olympics are the athletes themselves! If your athlete wants to help spread the word about our great program, then you may want to attend the next global messenger training session. Athletes will learn how to speak in front of an audience, interact with sponsors and be part of the Special Olympics public outreach.

If interested, contact our Global Messenger Coordinator, Marian Williams-Cato at vze1ena92@verizon.net and

you will be notified when the next training session will be held.

Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on Thursday, March 15th from 7:00 - 8:30 p.m. Anyone wanting to volunteer 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 janetlarrimore@somdnc.org or calling the office (410-740-0500).

Future volunteer orientations will be held on: Monday, April 16th Thursday, May 17th

Volunteer, Coach, and Family of the

[up a fundraising page by clicking here](#), then click on "Join Now" and then solicit donations from family and friends.

Incentives prizes this year are as follows:

Level 1: Inspiration Walk t-shirt

Level 2: \$500 = Level 1 + Heavyweight Poncho

Level 3: \$1,000 = Level 1 + Artic Zone Foldable Tote

Level 4: \$2,000 = Level 1+ Heavyweight Beach Towel

Level 5: \$3,000 = Level 1 + Collapsible Chair

Level 6: \$5,000 = Level 1 + Tailgating Grill

Top fundraisers as of May 15th, are eligible for additional prizes to be announced.

If you have a corporate or business sponsor that is interested in being a Walk sponsor, levels are as follows:

Presenting Sponsor - \$20,000 and up

Legacy Sponsor - \$5,000 to \$9,999

Team Sponsor - \$2,500 to \$4,999

Gold Medal Sponsor - \$1,000 to \$2,499

Silver Medal Sponsor - \$500 to \$999

Bronze Medal Sponsor - \$250 to \$499

Athlete Sponsor - \$100 - \$249

For Sponsors (Presenting, Legacy, Team and Gold levels) to be listed on the Walk t-shirt, a commitment is needed by March 28, 2018. If you have any leads for sponsors or are interested in being a sponsor yourself, please send an email to info@somdhc.org. Invoices for sponsorship can be sent upon request.

MSP Polar Bear Plunge

*Special Thanks to County Executive and Police Chief;
Howard County Teams Among Top Fundraisers*

We are extremely fortunate to always have had the support of local government officials and law enforcement community. Since its inception, our Inspiration Walk has been fortunate to have our county executives as an Honorary Chairpersons. Law enforcement officers have been present at competitions to present medals and raise funds through the Law Enforcement Torch Run, Cover the Cruiser and Tip-a-Cop programs.

Year Nominations Now Being Accepted

Nominations for Volunteer, Coach, and Family of the Year to be announced at this year's Inspiration Walk are now being accepted. If you are interested in nominating someone(s) for any of these awards, please provide a short write-up that includes years of service, sport(s)/activity involved with, and exemplary attributes. All nominations should be mailed to info@somdhc.org no later than March 18, 2018. Past winners include:

Volunteer of the Year:

Diane Mikulis (2012), Abby Penenburgh (2013), Gena Luoma (2014), Allan Waschak (2015), Bill Long (2016), Lavonne Smith (2017).

Coach of the Year:

Al Mineart (2012), Nancy Van Winter (2013), Bill Parlock (2014), Jack Burk (2015), Joanne Gales (2016), Rick Baker (2017)

Family of the Year:

Pinos Family (2014), Wrathall Family (2015), Vidmar Family (2016), Parlock Family (2017)

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@somdhc.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



For the fifth year, County Executive Allan Kittleman was a Super Plunger at the Maryland State Police Polar Bear Plunge, plunging once an hour for 24 hours!! This year, he was joined by Police Chief Gary Gardner who did his first super plunge. Each were given multiple SOHO Inspiration Walk shirts to wear at each of their plunges as well as a SOHO fleece blanket to keep them warm between plunges. Thanks to Allan and Gary for supporting the athletes of Special Olympics Maryland. Topping this off was Sheriff Bill McMahon who did the Police plunge on Friday with so many of the Howard County Law Enforcement community. THANK YOU SO MUCH!!

Team Mike (Waschak), Team Owen (Reynolds) and Team Maggie (Kalis) together raised almost \$60,000! See photos from Mike's team [here](#).



SOHO Volunteer Swim Coaches at Polar Bear Plunge

Martial Arts Training Opportunity

Tom Harmon, a parent and Unified Partner in golf with his son Corey, is a 3rd degree black belt martial arts

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

Outback Steakhouse
Win Kelly Chevrolet Buick
GMC

2018 Inspiration Walk Sponsors (as of 2/27/18)

PRESENTING SPONSORS

CarMax Laurel Toyota
The Lisa Higgins Hussman
Foundation

LEGACY SPONSORS

Diane and Dwight Mikulis

GOLD MEDAL SPONSORS

just B Specialties LLC

SILVER MEDAL SPONSORS

BRONZE MEDAL SPONSORS

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Rethink Water
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Steve Towne (audio)
Walter Larrimore Photography

GIFT CERTIFICATES AND PRIZE SPONSORS

Canada Dry Potomac
E.J. Dwyer Company

instructor. He is offering an opportunity for special needs individuals to participate in a martial arts program he is conducting.

For further information, [see this flier](#). The fee is \$25.00 a month and there are additional charges for uniforms and testing fees. This is not a drop off program and not affiliated with Special Olympics. Any questions should be directed to Mr. Harmon.

Deadline for Scholarship Applications Fast Approaching

The deadline for submitting scholarship applications is a month away. Four scholarships will be awarded this year to outstanding student volunteers who have been committed to the Special Olympics Howard County program as a volunteer and been advocates of our athletes. These scholarships are provided through the generosity of four families/individuals.

The **Jackie Burk Memorial Award** (\$1,500) 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.

High school seniors and college students are eligible to apply. 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. [Click here for an application](#) and more details can be found at www.somdhc.org under volunteers.

Completed applications should be mailed to Special Olympics Howard County, 8970 Route 108, Suite A-1, Columbia, MD 21045, ATTN: Scholarship Committee or emailed to info@somdhc.org. Applications must be received by April 1, 2018. Questions should be

Photos of Our Athletes

You can enjoy photos of our athletes at practice, competitions and other events on our photo page. [Click here.](#)

SOMD News

Unfortunately, SOMD Winter Games scheduled for February 25-27 at Whitetail Ski Resort had to be cancelled due to poor conditions.

To see a copy of the January SOMD newsletter, IMPACT, click [here](#). Did you know that you can support Special Olympics Maryland simply by shopping? Amazon.com donates a portion of your purchase back to SOMD.

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
Baseball hat = \$15.00
Ceramic Coffee Mug = \$8.00
Water bottle (for hot and cold drinks) = \$20.00
Ice Scraper = \$2.00
Toiletry Bag = \$2.00
Golf umbrella = \$50.00

addressed to info@somdhc.org or by calling the SOHC office at 410-740-0500.

Next USA Games Restaurant Night Fundraiser Scheduled for March 20th



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.

The fourth of these restaurant nights will be held at

Outback Steakhouse, 4420 Long Gate Pkwy, Ellicott City, on **Tuesday, March 20, 2018**. We will receive a percentage of those attending throughout the entire day, eat-in or take-out. Attendees will need to [bring this flier](#) for us to receive credit.



Several of the athletes are also having their own fundraising events. The next such event is for Julia Phillips on Thursday, April 12th at Kelsey's Restaurant (8480 Baltimore National Pike, Ellicott City, MD 21043). The fundraiser is throughout the day. Some of Julia's artwork will be displayed and raffled.

Anyone who would like to make a personal donation to any of these athletes can go to the [SOMD Team and Athlete Search page](#) and enter the name of the athlete you wish to support. (Charles Gaines, Daniel Larrimore, Julia Phillips, Catherine Gruss, Kenny Long, Jena Jones, Zach McKay, Sean Taneyhill, Edie Daniello and Unified Partners Jim Bourdon and June Kerger).

Showcase Your Athlete at the Walk

For \$40.00 (or three for \$100.00) you can showcase your athlete or a team with an 18x24 poster along the walk route. Send the photo(s) in digital format (.jpeg) to Robin Phillips @ mrobin.phillips@gmail.com along with your payment to Special Olympics Howard County which can be sent to the office address below. Photos must be received by April 1st. Posters will be returned to the family after the walk (either at the walk or pick up at the office). Posters from previous years can be used but must be dropped off at the SOHO office by April 10th.

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

(No posters will be accepted for display the day of the walk.)

SPONSOR AND VOLUNTEER HIGHLIGHT: justB Specialties, LLC and Beth Greenberg



just B Specialties, an Advertising, Promotional, and Trade Show Services business, has been a Gold Medal sponsor of our program since 2003. It's owner, Beth Greenberg has also been an active volunteer over the years serving as our Volunteer Coordinator from 1998 to 2012, the Alpine Ski Coordinator from 2001 to 2007, ski coach for many years after that and a current volunteer in golf skills and bocce. Beth got

introduced to SOHO while attending Allan Homes 25th Anniversary celebration in 1998. Beth has also helped us with uniforms and other merchandise materials. She is a great friend to our athletes and our organization and we thank her for her support!

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(410) 740-1083

Volunteers Needed for Spring Events

Volunteers are always needed but especially in the spring where we have many sports in session, multiple competitions, and our annual Inspiration Walk.

If you are interested in volunteering in any of the following sports (athletics, bocce, cheerleading and dance, softball, or fitness), contact Janet Larrimore (janetlarrimore@somdhc.org) and she will connect you with the sport coordinator for that sport. Remember, you must attend a volunteer orientation (see sidebar article) in order to volunteer.

Day of volunteers are needed for the following events:

March 17 - Basketball competition, Glenelg Country School, 8:30 - 11:30 a.m. or 12:00 to 3:30 p.m.

March 18 - Basketball Individual Skills Competition, Glenelg Country School, 8:30 - 11:30 a.m. or 12:00 - 3:30 pm

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.

April 21 - Inspiration Walk, Centennial Park, 7:00 a.m. - 12:00 p.m.

May 5 - Track Competition, Wilde Lake High School, 8:00 a.m. - 2:00 p.m.

May 20: Softball Qualifier, Kiwanis Wallace Park, 9:00 a.m. - 4:00 p.m.

June 1: Motor Activities Training Program Challenge Day, Cedar Lane School, 8:00 a.m. - 3:00 p.m.

Contact the office by phone or email Janet Larrimore if you are interested in any of these opportunities.

Volunteering at a one day event does not require attending a volunteer orientation but it does require completing a One Day Volunteer form.



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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