HOWARD COUNTY SPECIAL OLYMPICS MARYLAND

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March Newsletter **Issue #2018-03**

Spring Sports Registration Closed

Registration for spring sports - Athletics (track and field), Bocce, Cheerleading, Fitness,Equestrian, Swimming, and Softball - is now **CLOSED**.
If you believe you registered for a sport and did not receive a confirmation or have not heard from the sports coordinator, please contact the office at info@somdhc.org to ensure that your registration went through.

Registration for summer sports - **golf and kayaking** - will open on **April 19th.** Registration for fall sports will open in **mid-June**. (Date will be in next newsletter.)

Support the Inspiration Walk on April 21st!

INSPIRATION WALK

We are excited to announce that Ravens tight end Nick Boyle will join Honorary Chairpersons Senator Guy Guzzone and County Executive Allan Kittleman in kicking off this year's Inspiration Walk. Come out and join them, the Ravens Poe and the Oriole Bird, the Hogettes, Star Wars characters (Old Line Garrison), games, LaBlast Fitness, and more for a great day of fun and fundraising. Wegmans, Canada Dry Potomac, Body Armor, and Rethink Water will provide refreshments.

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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@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

Registration begins at 8:00 a.m. and opening ceremonies will begin at 9:15 a.m. A surprise gift will be given to the first 100 athletes registering.

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 have been mailed out. If you have not received one, please call the office.

You can also set up your own fundraising page by clicking here, then click on "Join Now" and then solicit donations from family and friends. If you prefer to donate directly without setting up your own fundraising page, you can donate to the SOHO General Donation page here. Checks (made out to Special Olympics Howard County) can also be sent to the office at the address below. (Be sure to mark in the Memo line if you wish any specific athlete to be credited with your donation.)

There are some great incentive prizes this year:
Level1: $50 = 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
The top five fundraisers as of May 15th, are eligible for additional prizes including Orioles tickets and other items.

If you are or know of a business that is interested in being a Walk sponsor, levels are listed **here.** 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.

donating an unwanted vehicle!

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 Monday, April 16th 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@somdhc.org or calling the office (410-740-0500).
The next volunteer orientation will be held on Thursday, May 17th

Deadline for Scholarship Applications Due April 1st

The deadline for submitting scholarship applications is **April 2nd.** 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 Scholarship
The Allan Homes Scholarship
The Kathy Lindner Memorial Scholarship, and
The Schnorf Family Scholarship.

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

Several USA Games Restaurant Night Fundraisers Scheduled

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.

Because the weather did not cooperate on our last fundraiser on March 20th at **Outback Steakhouse**, we will have another night on **April 3rd**. You must bring this flyer with you. (Despite the date, they will be accepted.)

Julia Phillips will be holding a fundraising on **Thursday, April 12th** at **Kelsey's Restaurant**

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

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 3/26/18)

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

(8480 Baltimore National Pike, Ellicott City, MD 21043). The fundraiser is throughout the day. There will also be silent auction items. Click here for the flyer to bring with you.

The next restaurant night will be held at Bare Bones, 9150 Baltimore National Pike #22 in Ellicott City, on **May 22nd.** We will receive a percentage of those attending throughout the entire day, eat-in or take-out. Watch next month's newsletter for further information.

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).

MATP Coordinator Lauded Nationally

Jody Duff, Adaptive PE teacher at Cedar Lane School and our Special Olympics Challenge Day Coordinator, was n

Jody and Tim Shriver at the 2017 MATP Challenge Day at Cedar Lane School

amed the SHAPE (Society of Health and Physical Educators) America National Adapted Physical Education Teacher of the Year! Late last year, Jody was also highlighted on the Golf Channel for her work at the school (see December 2017 newsletter.) Jody's commitment to her students and finding ways for them to reach their personal best is remarkable. Congratulations to Jody on this well deserved honor and recognition.

Showcase Your Athlete at the Walk

For $40.00 (or three for $100.00) you can showcase

BRONZE MEDAL SPONSORS

HOSPITALITY SPONSORS
Body Amour
Canada Dry Potomac
Rethink Water
Wegmans

IN KIND SPONSORS
Steve Towne (audio)
Walter Larrimore Photography

GIFT CERTIFICATES AND PRIZE SPONSORS
Canada Dry Potomac
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.

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 Ferbruary SOMD newsletter, IMPACT, 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

your athlete or a team or a family photo with an 18x24 poster along the walk route. Send the photo(s) in digital format (.jpeg) to Robin Phillips at 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. (No posters will be accepted for display the day of the walk.)

Athlete Mike Keough and his family captured this great shot at USA Games in NJ for one of their poster selections

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:
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.

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
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.

American Sport Education Program
A Division of Human Kinetics

Coaches Training

Volunteer Spotlight: Centennial High School Honor Society

Getting up very early on a weekend morning is generally not something teens enjoy doing. However, SOHO was fortunate to have a large group of Centennial High School Honor Society students come out to our basketball qualifier weekend (3v3, 3v3PD, 5v5PD and skills) at Glenelg Country School. Melissa Anger from Special Olympics Maryland said: "The volunteers were amazing both days for all sessions! They listened to directions well, interacted with the athletes and were extremely friendly. They were willing to help with any task- big or small- and did it with a smile. The event could not of happened with such success if we didn't have them! Many Thanks!"
Well said and we couldn't agree more! Thanks to all from CHSHS who participated (including the ones that missed the photo!)

Corridor Mortgage Golf

Last September, the Corridor Classic raised $72,000 for Special Olympics Howard County, The Ulman Cancer Fund for Young Adults, and the Corridor Foundation. We are very grateful for all that Corridor Mortgage has done over the past seven years to support our athletes and their donation from the tournament of $30,000 to SOHO. Since its inception in 2011, the Corridor Classic has donated a total of $153,900 to Special Olympics

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

Howard County. We are honored to have them as one of our Presenting Sponsors.

Pure Meditation

Pure Meditation Studio of Ellicott City will be raising funds for SOHO on Saturday, April 14th. During their monthly PURE Giving donation-based meditation class, participants pay whatever they want and all proceeds will be given to SOHO. For additional information, click here.

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
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