



June Newsletter

Issue #2018-06

Fall Sports Registration Open



Registration for fall sports (Cycling, Distance Running, Flag Football, Golf, Powerlifting, Soccer, Tennis and Volleyball) is now open. [Click here to register](#) or go to the SOHO web site under "Become an Athlete/Register for a Sport". A reminder that all athletes must have a current medical on file in order to register and participate in any SOHO activity. These must be updated every three years. Click [here](#) for a medical form.

Powerlifting and tennis are limited on the number of athletes we can accommodate. Once the number is reached, all subsequent registrants will be placed on a waiting list. Note there is no Fitness program in the fall and Quest training is only open to those who register for Powerlifting and plan to compete at state games.



As always, Athletes registering for a team sport must review the Team Sports Participation Policy found under Policies on the [SOHO web page](#). They must also commit to attending state games. Athletes may only register for one team sport a season.

Registration for bowling will begin on August 26th. We will offer two sessions to accommodate more athletes. The first runs from October to December and the second from January to



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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@somdnc.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 want to be a Global Messenger?

The best ambassadors for Special Olympics are the athletes themselves! If your athlete wants to help spread the

March. Athletes will be able to sign up for just one of these sessions.

Inspiration Walk Wrap-Up

Thank you to everyone who contributed to our 17th Annual Inspiration Walk. We raised just over \$118,000 and 45% of that total was raised by our 14 top fundraising families listed below who all raised more than \$2000!!!

Jason Kauffman
The Keough Family
Diane and Dwight Mikulis
Kayla Kosman
Stephanie Baker
The Waschak Family
Glenn Donovan
Daniel Larrimore
Peter Schoenbrodt, Sam Emmerling, Kirsten Smith,
Evan Davis, Munir Vohra, and Reed Carter.



An additional 23 families raised more than \$1000 each. With the 14 families above, they collectively raised almost 70% of the total, a truly remarkable commitment to our organization!!!

Photos from the photo booth and other great pictures can be found on our smugmug page [by clicking here](#).

The Inspiration Walk page will remain open for donations until July 15th. If you wish to still make a donation, click [here](#).

Health Expo - September 22, 2018

There will be a Health Expo presented by CareFirst and Special Olympics Maryland on Saturday, September 22nd at Towson Center Gymnasium, Towson University. The event is open and free of charge to all persons with intellectual disabilities. No previous participation in Special Olympics is required.

There will be free health screenings offered by medical professionals in a welcoming, fun environment. Exams will cover vision, hearing, dentistry, podiatry, physical therapy, health and nutrition and emotional well-being. Free prescription lenses, sports frames and mouth guards will be fitted onsite. Additional giveaways and incentives will be available for all participants.

Volunteer Spotlight: Michele Schuman

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, July 16th from 7:00 - 8:30 p.m. Anyone wanting to volunteer should attend, especially those interested in volunteering for fall sports. 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).

Future volunteer orientations are scheduled for Thursday, August 9,

Thursday, September 6,
Wednesday, October 3,
Wednesday, November 7,
Thursday, December 13

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



Our newest cheerleading volunteer celebrated her 26th birthday at the state games cheerleading competition at Towson University. Michele Schuman lived to dance and was a dancer at Disney World. Due to a rare degenerative disease and other complications, Michele is confined to a wheel chair. However, her enthusiasm and infectious smile inspired the cheerleaders she worked with, and it was apparent that she gained immeasurable joy working with the athletes. We are so glad that Michele join our program.

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

**USA Games Bound Athletes Leave for Seattle;
 ESPN Coverage of Event**



After months of preparation and training, the USA Games-bound athletes left for Seattle on June 29th.

ESPN, the official media partner of the 2018 Special Olympics USA Games, has announced its initial coverage plans for the event that will begin July 1 with live coverage of the Opening Ceremony at 3:30 p.m. ET. Click [here](#) for the press release about the coverage. If you want to watch or set your DVR to look for our athletes, the schedule is as follows:

Day/Date	Program	Time (ET)	Network
Sun, July 1	2018 Special Olympics USA Games Opening Ceremony	3:30 p.m.	ABC
Mon, July 2	2018 Special Olympics USA Games	6 p.m.	ESPN2
	LIVE Special Olympics Swimming	5 p.m.	ESPN3
Tue, July 3	2018 Special Olympics USA Games	6 p.m.	ESPN2
	LIVE Special Olympics Swimming	4:30 p.m.	ESPN3
Wed, July 4	2018 Special Olympics USA Games	5 p.m.	ESPN2
	LIVE Special Olympics Swimming	1 p.m.	ESPN3

2018 Inspiration Walk Sponsors

PRESENTING SPONSORS

CarMax Laurel Toyota
Corridor Mortgage Group
The Lisa Higgins Foundation

LEGACY SPONSORS

Diane and Dwight Mikulis
Integrated Waste Analysts

TEAM SPONSOR

Win Kelly Chevrolet Buick GMC

GOLD MEDAL SPONSORS

Anchor Construction Corporation
Corporate Office Properties Trust
just B Specialties LLC
Polakoff Sefret

SILVER MEDAL SPONSORS

Bridge EdU, Inc.
Environmental Systems Associates
J. E. Schenk and Associates, Inc.

BRONZE MEDAL SPONSORS

Berger & Taylor, OD, LLC
Centre Park Grill
Dembo Jones
Mercury Management
Sandy Spring Bank
Wes and Dawn Moore

HOSPITALITY SPONSORS

Body Amour

Thu, July 5	2018 Special Olympics USA Games	6 p.m.	ESPN2
	LIVE Special Olympics Swimming	4:30 p.m.	ESPN3
Fri, July 6	2018 Special Olympics USA Games	6 p.m.	ESPN2
Sun, July 8	2018 Special Olympics USA Games	2 p.m.	ABC

Go [here](#) to see all real time results from the USA Games or Download the "SpecialOlympicsUSAGames" app on Android or iPhone. Follow on Twitter #GoTeamMD. You can also follow information about how our athletes are doing on our Facebook, Twitter and Instagram pages

Thank you to everyone who contributed to the athletes' fundraising efforts to raise the \$3,000.00 needed to cover the cost of each participant.

Donations are still being accepted. 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).



Edie Daniello and her Unified Tennis Partner June Kerger at a send off party.

Challenge Day a Huge Success



Cedar Lane Assistant Principal Mel Thompson accepts the

Canada Dry Potomac
 Jersey Mikes
 Rethink Water
 Wegmans

IN KIND SPONSORS

Steve Towne (audio)
 Walter Larrimore Photography

GIFT CERTIFICATES AND PRIZE SPONSORS

Applebees, Bertucci's, Bj Restuarnt, Outback Steakhouse, City Nails, Canada Dry Potomac, Coal Fire Grill, Dicks Sporting Goods Store, Famous Dave's, E.J. Dwyer Company, Flavor of India, Renaissance Harborhouse Hotel, Iron Bridge Wine Company, Kendall Hardware, Ledo Pizza, Maggiano's, Olive Garden, PF Changs, Red Lobster, Stained Glass Pub, The Ale House, Touche Touchet Bakery,

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

To see a copy of the May SOMD newsletter, IMPACT, [click here.](#)

Lost and Found

If you think you may have left something behind at a competition, be sure to check our lost and found box in the office. If you're missing something, contact the office at info@somdnc.org or call 410-740-0500.

SOHO Merchandise Discounts Continue

We are continuing the sale of some SOHO merchandise. (limited quantities.) Contact the office if you are interested in any of these items.

"torch" from two athletes to kick off Challenge Day.

Dr. Michael Martirano, Howard County Superintendent of Schools, welcomed guests and athletes to Challenge Day at

Cedar Lane School, as he showed his matching rose colored socks which matched the color of the athletes' shirts. Challenge Day Coordinator, Adaptive PE teacher and the SHAPE (Society of Health and Physical Educators) America **National Adapted Physical Education Teacher of the Year, Jody Zinn**, and the staff at Cedar Lane School, once again did a fabulous job creating challenging and fun events for the athletes. Thank you to **Krista Surii**, of the Systems and Project Engineering Academy at the Applications and Research Lab, and her students who spent the year learning about the students and creating some exceptional and challenging games for the athletes. A special thanks to the Howard County police officers who continued their tradition of presenting medals to the athletes. This event showcases how every athlete can achieve their personal best when games and equipment are created to meet their needs.

In Memoriam: Robert Reid

In May, Special Olympics Howard County lost a dear friend and supporter. **Robert (Bob) Reid** passed away on May 16th. Bob was an avid supporter of Special Olympics and was always looking for ways and methods of raising money for our athletes, especially in the early years of our program when funding was limited. Bob held many events, such as golf and bowling tournaments, to raise those funds. As former SOHO Director Maureen McCarthy said, Bob "was kind, fun and wonderful.....He was a force of nature." Another friend wrote to us, "We will miss Bob but his legacy of providing a helping hand to Special Olympics will live on." Bob's wife, Ann, requested that in lieu of flowers, donations be made to SOHO in his memory. Bob's legacy of giving and caring truly does live on. We were fortunate to have known him and are so appreciative of his support which helped build the organization we are today.

Bits and Pieces

Hail and Farewells:

Navy Fleece Jacket = \$30.00
Backpack = \$30.00
Short sleeve T-shirt = \$10.00
Long sleeve T-shirt = \$12.00
Charm Bracelet = \$10.00
Pen = \$1.00
Fleece Blankets = \$25.00
Thermal Bottle = \$15.00
Baseball hat = \$15.00
Ceramic Coffee Mug = \$5.00
Ice Scraper = \$1.00

Are you interested in other jewelry items?
Special Olympics Maryland athlete Alisa Ogden creates necklaces that symbolize the beauty in differences. \$5 of each purchase is donated to Special Olympics Maryland. Click [here](#) to shop.
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

Fred Snyder has been one of those parents that just stepped right in to help whenever help was needed. In all the years that his son, David, was in powerlifting and fitness, Fred was a coach, helping work the athletes through their various stations and keeping track of their progress. In swimming, Fred could be counted on to help with staging at both our local tournament and at state games, collecting and corralling the athletes to the staging area. Clipboard in hand, Fred was a calm presence in the oft time chaotic gym area, searching for athletes and answering parents' questions. Fred, his wife, Ann, and David have moved to Florida, and we will all miss them.



Fred Snyder, seen here at Summer Games throwing out his last set of heat sheets.

Off to College: We wish all the best to three athletes who are headed to college this fall - **Clara Scholz** will be attending Penn State in Harrisburg, **Meaghan Hyer** will be at East Stroudsburg University, and **Anna Marie DeWitt** will be at University of Cincinnati.



Meaghan, Clara, and Anna Marie who led the Howard County delegation into Opening Ceremonies

Softball: Despite storms that rolled in at Summer Games, the softball teams were able to play all their games and are seen below celebrating their season together with the skills program at their end of season party.



Softball Skills with Coordinator Kim Davis and Coach Rick Baker.



[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



Assistant Coach Bill Long and Coordinator Lisa Emmerling join Head Coach Duke Silvea celebrating with their team that won the Bronze Medal at Summer Games.



Coach Warren and his volunteers celebrate with their team who won the Gold Medal at Summer Games.



Cheerleading: The cheerleading squad had a good showing at summer games. The Hip Hop Team and POM Traditional both earned silver medals and the Intermediate Traditional squad received a 4th place.

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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