

# HOWARD COUNTY

SPECIAL OLYMPICS  
MARYLAND



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November Newsletter

Issue #2019-11

## 'Tis the Season to Give Thanks

Heartfelt   
**THANKS**

## TO OUR VOLUNTEERS!

In this month of giving thanks, we want to express our appreciation to all the individuals who give tirelessly to our organization. SOHO could not exist without those that give selflessly of their time, talent, and treasure so that our athletes can continue to train, compete and achieve their personal bests.

Whether you are a volunteer who works directly with our athlete throughout a season or someone who helps with one-day events, 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 our amazing training programs in 20 different sports - plus the Motor Activities Training Program and the Young Athletes Program and our newest activity, CrossFit Fitness - throughout the year for over 800 individuals with intellectual disabilities.

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### Volunteer Orientations

The last volunteer orientation for 2019 will be held on Monday, December 16th from 7:00 - 8:30 p.m. Anyone wanting to volunteer should attend, especially those interested in volunteering for winter 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](mailto:janetlarrimore@somdhc.org) or calling the office (410-740-0500).

The schedule for 2020 volunteer orientations will be

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

*Bob and Marilyn*

## Winter Sports Registration Remains Open Bowling Now Open to All

Registration for winter sports (Alpine Skiing, Basketball, Bowling Session 2, CrossFit Training, Powerlifting Conditioning, and Snowhoeing) continues through December 15th. [Click here to register.](#)



Remember that if you do not receive a confirmation email after you register, call the office immediately because it means you aren't registered.

Some details regarding these winter sports:

- **Skiing** - You have to be at least 14 for alpine skiing.
- **Basketball** - If you are **new** to basketball or want to move from level you were in last year, you must attend **basketball assessments** on **Tuesday, December 3rd at 6:30** at Mayfield Woods Middle School. Coaches will then place you in a level.
- **Bowling Session 2** is now open to all who wish to participate, even if you were part of session 1.
- **CrossFit Functional Fitness** - This is a new program (see article) and you must be 16 years old. Practices are Tuesday and Thursday and you **must** attend both sessions. The program is limited to 15 athletes.
- **Powerlifting Conditioning** - This is open **only** to those who have competed in powerlifting in the fall and intend to continue to train and compete in that sport.

A final few reminders: These are spelled out on our web site under Policies.

- If you sign up for a team sport, you are committed to that team sport through all competitions despite any conflict with other sports that you may be in as an individual.

posted in the December newsletter.

## Discounted Medicals at Minute Clinic

Thanks to a new partnership between Special Olympics International and Minute Clinic, Special Olympics athletes are now entitled to a sports physicals at a reduced rate of \$49. Any US Special Olympics Athlete, or prospective athlete who needs to complete a physical can present this [voucher](#) at any of the 1,100 Minute Clinics in CVS or Target stores between now and July 31, 2020.

A list of participating locations can be found [here](#). No insurance or appointment is needed but be sure to bring the SO MD Athlete Medical Form with you.

## SOMD News

Check out the October SOMD IMPACT newsletter [here](#).

## Swim Team Merchandise

We have a limited number of Swim Team T-shirts left in the following sizes:  
Youth: Medium (2), Large (1), XL (2)  
Adult: Small (3), Medium (2), Large (2), XL (3), 3XL (1)

We also have 2 swim backpacks (\$25.00) and 2 large towels. (\$20.00)

- In order to compete at the state competition, an athlete must attend 80% of the practices and two qualifiers.

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## Giving Tuesday and Amazon Smile

# #GIVINGTUESDAY

Benefitting Special Olympics Howard County

We have one day for giving thanks (Thanksgiving); two days for shopping deals (Black Friday and Cyber Monday\*). There is now a global day dedicated to giving back - **#GIVINGTUESDAY**. On Tuesday, December 3rd, please join others in celebrating generosity. [Click here to make a donation](#) which will enable us to continue to provide a quality training and competitive program for over 800 Howard County children and adults with intellectual and developmental disabilities. Through sport, we are creating a world where opportunity is not limited by disability!!

\*If you shop online with Amazon, there's an easy way to raise money for Special Olympics. Just sign in [here](#), use your normal Amazon log on, and select **Special Olympics Maryland** as your charity. Then, each time you log onto <https://smile.amazon.com> and make a purchase, Amazon will donate 0.5% to Special Olympics Maryland..

Looking for other ways to give? Support our county plunge team either by directly donating or plunging yourself and connecting your fundraising page to our county team. (see below)

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## SOHO Athletes Compete at Marine Corp Marathon

Seven SOHO runners competed in the Marine Corps event on Sunday, October 27th. Six ran the 10K and one (Nicholas Howard) completed the full (26.2 mile) marathon in 3:57:53. Despite constant rain (with intermittent downpours!), these athletes finished the 10K in the following times:

Logan Thomas- 38:45 (1st male 15-19 winner)  
 Bruce Worley - 46:10  
 Mark Worley - 46:17  
 Matt Weingram: 51:02  
 Julian Than: 51:13  
 Evan Jacobs: 53:27

## 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@scmdhc.org](mailto:info@scmdhc.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!

## Inspiration Walk Sponsors

### PRESENTING SPONSORS

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(L-R) Julian Than, Matthew Weingram, Mark Worley, Bruce Worley, Logan Thomas, Evan Jacobs

## Holiday Events

### CAMP INCLUSION JINGLE BASH

The second annual **Jingle Bash** will take place on Friday, December 13th from 6:00-10:00 p.m. at St. Andrew's Church (2892 MD97, Glenwood). The event - a fun-filled night of holiday activities, hot cocoa, and dancing to music provided by DJ Will - is designed to be a fun event for children, teens and young adults of all abilities. The event gives parents an opportunity to do some holiday shopping, have dinner out, or simply relax at home! The event is open to all individuals ages 5 and above. There will be developmentally appropriate activities for each age group. The cost is \$40 per registered guest. To register, click [here](#). Registrations CAN NOT be accepted on the day of the event.

\*\*\*\*\*

### WINTER CRAFT PARTY

There will be a winter craft party on Friday, December 13, 2019 from 6:00-8:00 pm at the New Hope Lutheran Church (8575 Guilford Road, Columbia). Elementary school students with disabilities will make snowflake picture frames, thumbprint snowflakes, pinecone bird feeders, glitter ornaments and winter artwork! Parents can enjoy a cup of coffee and a little adult conversation while helping their children. Siblings are welcome. This FREE event is sponsored by HCPSS. For more information, call the Family Support and Resource Center at 410 313-7161. To register, click [here](#).

\*\*\*\*\*

### CHAMPIONS FOR THE CHALLENGED CHRISTMAS PARTY

Athletes from Special Olympics Howard County are invited to this annual event which will take place on December 14th from 9:30 - 2:00 at the Church of the Resurrection (3175 Paulskirk Drive, Ellicott City.) There will be games, music, food, gifts, and of course, Santa. It

## SILVER MEDAL SPONSORS

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## Voluntary Flagging Program

The Howard County Police Department is expanding its voluntary 911 flagging program, which allows households to "flag" their address in the county's 911 database if a person living in the home has a disability. Families can note if someone in the home may have special needs or circumstances that could affect how first responders react in an emergency situation.

For example, if someone living with autism has sensory sensitivity, an officer could be mindful of the possible effects of police lights or sirens when approaching that household.

All information submitted as part of the 911 flagging program remains confidential and will only be used by emergency

is a FREE event. Athletes of all faiths are welcome. (Please RSVP to Mike Parker @ [chefparker@aol.com](mailto:chefparker@aol.com) or 443-605-8209.

## SOHO Student Volunteer Among Top Super Plunger Fundraiser for Polar Bear Plunge

Volunteering since she was in fifth grade, Mt. Hebron high school senior Lexi Cucchiaro, is preparing to plunge into the cold water at Sandy Point in January as she has done for the past three years, raising funds for the Special Olympics athletes with whom she has volunteered.

This year, she took on a new challenge and decided to be a super plunger, plunging once an hour for 24 hours. She has been holding multiple fundraisers including a Plunge-a-Thon (doing 25 100-yard swims - one for each plunge plus a bonus 100 in honor all the Special Olympics athletes - for a total of 2,500 yards) for her Greater Baltimore Swim Association swim team asking the families to pledge a certain amount per 100 yards. She also held a bake sale at the event and another bake sale at the Veterans Day parade in Columbia. She has currently raised \$5,851, a little over half way to the required goal of \$10,000. She has the most donors of all the superplungers - 76 donors to date!. Because of what she had raised to date, she got to participate in the Over the Edge event in Montgomery County.

Anyone wanting to contribute to Lexi's goal, click [here](#).



Lexi going "Over the Edge."

dispatchers and responders.

### 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

Some of these items are in short supply so get them while you can!

Navy Fleece Jacket = \$20.00

Short sleeve T-shirt = \$10.00

Pen = \$1.00

Fleece Blankets = \$15.00

Thermal Bottle = \$10.00

Ice Scraper = \$1.00

Car magnet = \$1.00

Heavyweight poncho = \$5.00

Cooler foldable tote = \$10.00

Collapsible chair = \$20.00

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



At the start of Lexi's Plunge-a-Thon.



Lexi's bake sale at the Veterans Day parade; shown with Councilman David Youngman

## Join or Support the SOHO Polar Bear Plunge Team



folks to "take the plunge" and join the team.

However, for those who prefer to watch (from the beach or home), please support our team by [donating directly on our team page](#) with encouraging words to those plunging. Encourage family and friends to plunge and/or donate. If you are plunging and have your own fundraising page, you can connect your page to our county plunge team page so that we get credit for the funds you raise. **SOHO will**

Want to be a part of the largest Plunge in the world? Come join the fun at the **24th Annual Maryland State Police Polar Bear Plunge on January 25th.**

This year, SOHO will have its own plunge team that you can either join or support. We encourage



Executive Board Member and official SOHO Photographer Mimi Goodman will be taking the plunge again this year. .

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

## 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

**receive 70% of the funds we raise on our page.**

Watch the newsletter, our web site, and social media sites (Facebook, Twitter and Instagram) for more information as we get closer to the event.

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## **Transportation and Arrival/Pick-up Policies Reminder**

Because of several recent incidents, we want to remind everyone of the transportation and arrival/pick up of athletes policies.

**Transportation:** SOHO is not a babysitting or respite care provider. It is not the responsibility of the coach, coordinator, or any other SOHO volunteer to transport an athlete to and/or from practices. These volunteers give willingly of their time; to serve beyond the practice time for your convenience is inconsiderate. If you can not commit to transporting your athlete (either on your own or by making car pooling arrangements), you will need to reconsider your athlete's participation in that sport.

**Arrival/Pick-up of Athletes:** Parents or chaperones must escort their athlete into the practice location and must leave a contact phone number if they are not staying for the practice or competition. Everyone must return 15 minutes prior to the end of practice. This will allow the coordinator the ability to contact the parent/chaperone in the event that practices ends early, if there is an issue with the athlete, or if another issue with the practice site may occur. Although contact information is provided in the online registration, the person responsible for the drop off/pick up of athletes sometimes changes from week to week. Having a sign out sheet will provide the coordinator the contact information applicable for each practice or competition.

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## **Tim Tebow Night to Shine Events**

**Tim Tebow Night to Shine** events will be held in several area churches. The event will take place on Friday, February 7th from 6:00-9:00 p.m. Night to Shine is an unforgettable prom night experience for people with special needs, ages 14 and up, that will take place at more than 600 churches around the world simultaneously. Everything is FREE! Registration is filling up quickly, so register today! Each guest will have one on one support, have dinner and participate in many activities including a limo ride for all guests! Every guest will be crowned as king or queen, and everyone goes home with a swag bag!

seasonal sports registration, policies, highlights, activities and other relevant information.

Please add

[info@somdhc.org](mailto:info@somdhc.org) and  
[bobbaker@somdhc.org](mailto: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](mailto:info@somdhc.org).

**Our Lady of Perpetual Help Church** (Ellicott City): Guests and those interested in volunteer should register [here](#).

**Grace Community Church** (Fulton): Guests should register [here](#). Those interested in volunteering should register [here](#).



**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](http://www.somdhc.org) | [info@somdhc.org](mailto:info@somdhc.org)

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