

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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April Newsletter

Issue #2020-04

Virtual Inspiration Walk: A First for SOHO

Since the first Inspiration Walk in 2002, we have never had to cancel the event, even one year rushing it through because of high winds and driving rain. But the coronavirus had other ideas for this year's Walk. However, we were not about to skip it completely, so with the enthusiastic support of our Honorary Chairpersons, County Executive Dr.



Calvin Ball (in what would have been his first Walk), State Senator Guy Guzzone (who has attended every Walk but one since 2002), Chief of Police Lisa Myers, and our warm up instructor, Meg Cooperman, producer Steve Towne put together an incredible virtual walk which can be [viewed on You Tube by clicking here](#) or on our website.



Virtual Walk
Producer Steve
Towne

Fifteen athletes encouraged their fellow athletes, families, coaches, volunteers and the community to join us in a walk and to post their walking on social media site. Included were also photos from previous walks so viewers could get the feel of what our walks are like. In addition, Steve's son, Michael, created an

Inspiration Walk game (posted on our web site) to see how fast a walker could make it around Centennial Lake as if we were actually there walking. Major kudos and thanks to the Towne family for such a great job!

Prizes will be given to the top fundraisers **as of May 15th**. Long-sleeved t-shirts will be given to everyone who raised \$50 and incentive prizes outlined in the brochure

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The next volunteer orientation is *tentatively* scheduled for Monday, May 11th. Anyone wanting to volunteer should attend, especially those interested in volunteering for summer or 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 janet@mimore@somdnc.org or calling the office (410-740-0500).

The next volunteer orientation is tentatively scheduled for Wednesday, June 17th

In Memoriam

will be available in the office once we reopen. Donations are still being accepted, [please click here](#) to donate.

We want to thank all those individuals who have donated so generously to the Walk, especially in this critical and difficult time for so many in our community. We are so grateful for your continued support.

Celebrating Our Volunteers

April is **National Volunteer Month**, when we celebrate the work that volunteers do year-round. As an all volunteer organization, Special Olympics Howard County could not function without the hundreds of volunteers that make up our organization. We want to express our sincerest thanks to our management team, coordinators, coaches, sports assistants, unified partners, student volunteers, and event day volunteers without whom we could not provide the quality sports programs that we do.

At our "virtual" Inspiration Walk this year, the following individuals were selected for special volunteer recognition.

VOLUNTEER OF THE YEAR: Janet Larrimore



Janet has been part of our organization since 2008, starting as a bocce Unified Partner and general volunteer. She became the Snowshoe Coordinator in 2010. In 2012,

she also assumed the duties of our Volunteer Coordinator, and runs a volunteer orientation once a month, training over 350 new volunteers each year. She has been a member of the Inspiration Walk Planning Committee each year. While she is officially the Office Manager for 20 hours in the office, she works more than 40 hours a week at home and at events on the weekend and evenings. She is a huge help to all the sports coordinators and indispensable to Bob and Marilyn. We congratulate Janet as this year's Volunteer of the Year.

FAMILY OF THE YEAR: The Donovan Family

Dave, Colleen, Tara, and Glenn have been active volunteers since Glenn became an athlete in 2005. Dave has been a great advocate for the basketball program, running assessments and coaching. Colleen has served as the Tennis Co-Coordinator since 2015 and has also been responsible for data entry at our swim meets and GMS data entry to register our athletes for state swim competitions. Tara has been a Unified Partner and a



Young Hyun Ahn, mother of athlete Jane Ahn, passed away on April 23th, at age 79 from complications of a stroke. In addition to Jane, Mrs. Ahn is survived by her husband, Dr. Byung Hwan Ahn, her daughters, Elaine, and Caroline. For the past three decades, she has been an active parent and volunteer with Special Olympics Howard County as a Unified Golf partner and our first cross country ski coordinator. Mrs. Ahn, along with her husband, were involved in the founding of the Korean American Disabled People's Association (KADPA), a non-profit established for developmentally disabled children.

Special Olympics Howard County has lost a great friend. Bill Stoner ("Stoney") passed away suddenly on January 28th.

One of the Redskin Hogettes, Bill was a popular feature at our annual Inspiration Walk, greeting athletes and dancing with the Oriole and Poe mascots. Bill also volunteered with many other organizations such as Neighbor Ride, Sarah's House, Our Daily Bread and many others. In his obituary, it noted that Bill

general volunteer at practices and events. Thank you to the Donovans for giving of their time and talent to our organization. Colleen remarked. "We can't say enough how much Special Olympics Howard County means to our family and how much we all have benefited from it! Hope to be involved many more years!"



COACH OF THE YEAR: Elizabeth Yao

Elizabeth has been with SOHO since 2005. In those years, she has served as the Head Coach of the Snowshoe team and the Assistant Coach of the Cycling Team. She also volunteered with the basketball program for two years. When we began Kayaking as a summer sport in 2018, Elizabeth jumped right in as a volunteer in that program. She inspires the athletes with her limitless energy and enthusiasm for their efforts. Congratulations Elizabeth and thank you for your many years of service.



Being a volunteer is very rewarding and we welcome everyone to get involved in some way. As you can see from these volunteers, many of our volunteers have been involved with our athletes for a long time. **Volunteers who have been involved over 20 years include: Director and Assistant Director Bob Baker and Marilyn Miceli, Allan Waschak, Bill Parlock, Abby and Joel Penenburgh, Peggy Baker, Jack Burk, Susan Buningh, Trevor Croft, Zach and Cheryl Decker, Russ Dickens, Beth Greenberg, Jack Kuhn, Bill Long, John McDonough, Jackie Miller, Duke Silvea, Barbara Stewart, Nick Stewart, John and Ann Worley, and Clyde Wrathall.**

The average age of members of our management team and sports coordinators is **60!** Come join these and other very dedicated volunteers who have volunteered

made many 15 minute life-long friends, meaning he never met a stranger who didn't become a lifelong friend. "Stoney", you will be missed.



Support Our Restaurant Friends

Many Howard County restaurants who have graciously donated gift cards for our Walk raffle prizes over the years or have supported our end of season parties have had to close except for carry out. When planning for a takeout meal, please consider one of these SOHO supporters: Outback Steakhouse, Stained Glass Pub, Ledos, Jersey Mikes, Bertuccis, The Ale House, Coal Fire, Silver Diner and Charter Deli.

Congratulations, Kenny Long

Congratulations to KENNY LONG who has met the NEW requirements in becoming Athlete Leaders. At the beginning of 2020, SOMD reset the Athlete Leadership program to align themselves with the new curriculum being slowly released by SOI.

for many, many years and who have made this program what it is today. **We can't do it without you!**

Activities Cancelled Through June 30th; Kayaking Season Cancelled

Special Olympics Maryland is canceling all community sports programs, practices, and competitions, school-based competitions or extracurricular events that Special Olympics Maryland is responsible for managing, as well as any in-person fundraising and special events through 6/30/20. Because of this decision, our **2020 Kayaking Time Trials (8/8/2020) and State Championships (8/15/2020)** will also be canceled as our programs will not be able to provide the appropriate level of training and preparation.



While canceling events is very disappointing, the health and safety of our athletes, families, volunteers, and staff remains our primary concern. We recognize that these are extraordinary times that require exceptional measures to deal with a health risk that affects us all.

Please see SOMD's COVID-19 Status [Update page](#) on their website for up-to-date details. We appreciate your understanding and support in preventing the spread of COVID-19.

Summer Sports - Registration for Golf Continues

While Kayaking has been cancelled, and because we don't know what the next few months will bring, we will continue registering for Golf. The decision on the Golf season will be made no later than August 1st.



Fall sports registration will open on July 3rd for the following sports: Crossfit Functional Fitness, Cycling, Flag Football, Long Distance Running, Powerlifting, Soccer, Tennis, Volleyball and Young Athletes Program.

When [registering](#), if you do not receive a confirmation email within one hour, notify the office at 410-740-0500 as it means something went wrong and you are not

The new levels include:
**Athlete Ambassador,
Athlete Leader and
Certified Athlete Leader.**

Athlete Ambassadors: Any athlete with no formal training who partakes or is involved in a leadership activity in the community.

Athlete Leader An athlete who has successfully completed the Introduction to Athlete Leadership and Understanding Leadership courses.

Certified Athlete Leader: An Athlete Leader who has completed advanced course work in several areas. These courses have not been released yet. See [attached](#) for areas that will be covered.

Deadline for Merchandise Store Extended

Governor Hogan has asked all non-essential businesses to shut down. Nightmare Graphics has shifted to making masks, a vital and much needed commodity. (Yeah, Nightmare Graphics!) Therefore, the SOHO store we had for merchandise will remain open indefinitely until Nightmare Graphics can open again. If you wish to put in an order, you may, but no action will be taken until Nightmare is allowed to re-open.

Click [here](#) for General Store

registered. Some sports are limited in number so do not wait to register. If we have reached the limit, you will be placed on a wait list.

Remember that athletes must have a current medical to participate (no exceptions!). There is no allowance because they have a doctor's appointment next week or because they "have it" but forgot to bring it. If the athlete's medical is expired, they cannot participate at all until there is a current medical. Medicals must be updated every three years.

Athlete Social Clubs - At Home Activities

Virtual MOVEment:

Click [here](#) to access Special Olympics Maryland's unique home-based health and wellness campaign, **Virtual MOVEment**. Our campaign will consist of fitness exercises from [Fit5](#), [WWE School of Strength](#), and NFL Play 60, as well as interactive social groups, health cooking tips, dances, information sessions, and other boredom busters. Some of the events have included discussions about Star Wars and Harry Potter, talks with Law Enforcement officials, figure skater Kimmie Meissner, meteorologist Justin Berk and sharing pets. Use the calendar on the page to sign up for these great events!

In addition to the above, the Columbia Association has posted several [classes](#) that can be accessed even by non-members.

Athlete Leadership Training:May-June 2020

SOMD has just scheduled Athlete Leadership Trainings until mid-June. All the training will be on Zoom. Click [here](#) for the list of courses. There is a new format of shorter trainings over several days rather than on concentrated long training on one day.

All the Pre-Requisites during this training period have been removed so everyone is invited to participate. This new method will accommodate a variety of learning styles and offer opportunity and time to digest/understand the material better.

MONDAY, WEDNESDAY and FRIDAY will be one hour of training each day but you have to attend ALL three to get credit for the course.. Courses will be recorded so if you miss one you may still take it

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.

Car Donation

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!

Photos of Our Athletes

TUESDAY and THURSDAY will be 60-90 minutes of training each day but you may have to attend BOTH days to get credit for the course.

*The only exception is the Photography and Video course which are one day ONLY.

Coaches Training Opportunities

With the recent suspension of training and competition activity, as well as in-person meetings, now extended through June 30,2020, SOMD is adapting its coach training opportunities to meet this new challenge. This is a good time to begin or update your coach's certification training.

Coaching Special Olympics Athletes (CSOA)

While there will continue to be the online version of Coaching Special Olympics Athletes (CSOA) available via Human Kinetics (links available on the SOMD Coach Resource Page), SOMD is aware that many coaches strongly prefer the live version of this course and will offer the following "Virtual Training" sessions for CSOA, delivered online (limit of 20 participants per session).

Saturday, May 30, 2020, 9:00 a.m. - 1:00 p.m.
Click [here](#) to register.

Saturday, June 27, 2020, 9:00 a.m. - 1:00 p.m.
Click [here](#) to register.

Principles of Coaching (PoC) Live Course -

June 20, 2020 (Virtual) and September 12, 2020 (Live)
Update: Since SOMD will still be under a suspension of in person activity, we WILL still hold the June 20th session of Principles of Coaching as a virtual training session (e.g. online)

SOMD is very pleased to be one of the first few SO USA programs to offer the updated "life" version of the Principles of Coaching course. This exceptional, highly participative full day course is designed for coaches with at least two years of experience and covers such topics as:

- Developing a Coaching Perspective
- Team Management and Training
- Athlete-Centered Coaching
- Fitness and Nutrition
- Safety and Risk Management

In the new Coach Education and Development Model, completion of Principles of Coaching is a requirement for

You can enjoy photos of our athletes at practice, competitions and other events on our photo page. [Click here.](#) Also, here are some great photos from Winter Games at Whitetail Ski resort. [Click here.](#)

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

Concussion Training

ALL Special Olympics coaches (head coaches and assistant coaches) must complete a concussion training certification process

a coach to earn Advanced Coach status and will also renew, upgrade, and extend all current coach sport certifications for three years from the date of course completion. As a reminder, *Advanced Coach status is a requirement* in order for a coach to take a team or athletes to any competition above the state level (including USA Games, World Games and National Invitational Tournaments or their equivalents). Coaches must attend and participate in the entirety of the course to receive credit for course completion.

SOMD currently has two sessions of this course scheduled in 2020 and will look to potentially add another session in the fall if interest warrants it. The intent is to offer this live session at least twice per year going forward.

Saturday, June 20, 2020, 9:00 a.m. - 5:00 p.m. (delivered as a virtual session*)

Saturday, September 12, 2020, 9:00 a.m. - 5:00 p.m., SOMD HQ, Baltimore

To register for one of these courses, click [here](#). There is no registration fee for these sessions. Lunch and refreshments throughout the day will be provided and registration for each session will be limited to a maximum of 25 coaches. (*NOTE: Please do not register for a session if you are not certain you will attend. It may mean another coach who actually could attend will be unable to register.*)

****Important Note on Virtual Training Sessions (CSOA and PoC):*** *Given the interactive nature of these courses, participants MUST be able to join the ZOOM meeting with a webcam, speaker and microphone so we can see and hear everyone during the course. Please also check in advance of the session that ZOOM works properly for your computer (with webcam, microphone and speaker) as we will have limited opportunity to provide tech assistance during the session itself. (ZOOM's online help has been fairly solid.)*

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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