



## March 2021 Newsletter - Issue #3



As noted in last month's newsletter, we will not be having our annual Inspiration Walk this year at Centennial Lake due to pandemic restrictions. This was disappointing because this year marks the 20th anniversary of the Walk. However, we have some great news to report. **We will celebrate our 20th Walk on Saturday, August 21st at Symphony Woods and the Merriweather grounds in Columbia's new Merriweather District.** The event will be combined with an Over the Edge (OTE) event taking place on August 20th and 21st. (see

below). This should be a terrific weekend event!

The Walk has been our single fundraiser for many years and provided us with much needed funds to run our training and competition programs. We are looking forward to being able to celebrate this 20th Anniversary together with all of you! Further information and fundraising details will be in the April newsletter. Anyone interested in being part of the planning committee for the Walk and OTE, please email [info@somdhc.org](mailto:info@somdhc.org) or call the office.

An exciting new fundraising event for SOHO this year is Over the Edge! Individuals will rappel down 12 stories of the tallest building in Howard County, the 6100 Merriweather Building (aka, the Tenable Bldg.) in the Merriweather District in support of Special Olympics Howard County. Sponsorship opportunities are available. If you have a business lead, please contact our fundraising coordinators, Allan Waschak ([allan@allanhomes.com](mailto:allan@allanhomes.com)) or Cole Schnorf ([cschnorf@verizon.net](mailto:cschnorf@verizon.net)) who can follow-up with more details.



### Are You Ready to Return to Activities?

We certainly are!! Unfortunately recent COVID surges are making it difficult to begin our full scale sports programs. Although spring and summer sports have not yet been finalized due to COVID restrictions, we're hoping to offer some limited in-person sports and online activities. If you want to understand what the protocols are for allowing us to Return to Play, click [here](#).

### Office Hours

The office is open from 4:00-7:00 p.m. on Tuesdays and 10:00 a.m.-1:00 p.m. on Thursdays. Individuals entering the office are required to wear a mask and to use social distancing.

### Newsletter Scavenger Hunt

Unfortunately, there was no winner to last month's scavenger hunt so we are going to give everyone a second chance to find the answer to the question.

**"In what sport did our oldest athlete participate?"** The correct answer **must** list both the sport **AND** the article it is found in. The first person to find the answer and email [info@somdhc.org](mailto:info@somdhc.org) with the answer in the correct format will win a restaurant gift card. Also, no one can win two months in a row (in order to give more people the opportunity to win.)

### Volunteer Orientations

The next volunteer orientation will be held virtually on **Wednesday, April 21st** from 7:00-8:00 p.m. Anyone who is interested in obtaining volunteer certification should contact Janet Larrimore ([janetlarrimore@somdhc.org](mailto:janetlarrimore@somdhc.org)) for

### **Return to Play Protocol - Athlete Training**

SOMD is offering a training course for athletes to remind them about the Return to Play Protocols. It will be held on April 14th at 6:30 p.m. Any athlete who may be participating in spring or summer sports should take this course. Click here to register.

### **Athlete Medicals:**

Remember that all athletes must have a current medical before they can participate in a Special Olympics program, whether in person or virtual. It's a good time to ensure that your medical will be current once programs open up again. Medicals last for three years. If you are unsure of when your medical expires, contact [info@somdhc.org](mailto:info@somdhc.org). Don't wait until the last minute to schedule your physical.

Thanks to a national partnership with MinuteClinic, Special Olympics athletes are eligible to receive a sports physical at a discounted rate of \$49.00. This **voucher (need to add link)** must be presented at the time of the physical. It is also important that the athlete bring the SOMD Medical form with them to ensure the proper paperwork is completed. To find the closest MinuteClinic and to make an appointment, visit [www.minuteclinic.com](http://www.minuteclinic.com). Please note, this is not an endorsement of MinuteClinic by Special Olympics Maryland or Special Olympics Howard County. We are just passing along a resource for athletes and their families.



### **Snowshoe Athletes Finish Season**

After several weeks of weather delays, the snowshoe athletes participated in a race event on March 7th at Centennial Park. Nine athletes competed in races from 25 meters to

800 meters. Congratulations to athletes Jesse Carrico, Edie Daniello, Rose Daniello, Monica Evans, Kevin Fagan, Nick Howard, Daniel Larrimore, Kate Moschel, Calvin Racette and Julian Than for their hard work.

further information. Pre-registration is required.

### **Helpful Hints If Your Athlete Needs To Go To Hospital**

Are you worried about what would happen if your child/adult with special needs was admitted to a hospital while COVID 19 restrictions are in place? Would you be able to stay with them to advocate for their needs? The answer is YES. The state of Maryland has put guidelines in place allowing parents or guardians of individuals with intellectual and bowling developmental disabilities to stay at the hospital even though that privilege is not allowed to the general public.

[Click Here For Info](#)

### **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@somdhc.org](mailto: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 donating an unwanted vehicle!

### **Photos Of Our Athletes**

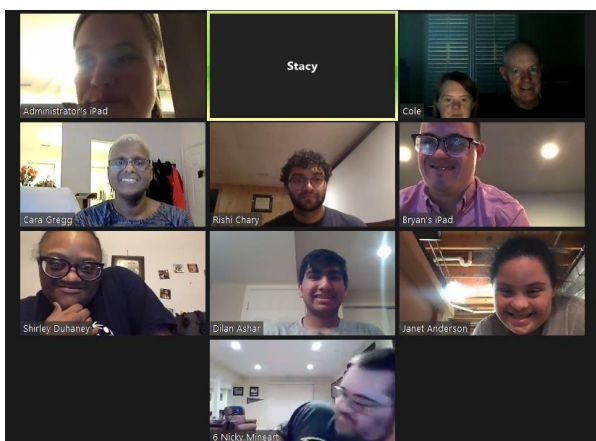
You can enjoy photos of our athletes at practice, competitions and other events on our photo page.

[Event Photos](#)

### **Coaches Training and Resources**

## 5x5PD Basketball Improving Skills (Virtually!)

Coordinators Stacy Valentine and Cole Schnorf report that although different, the virtual practice gave them a great opportunity to look at the athletes' skills differently and learn some new strategies that will help them when they return to the courts. They worked on individual skills; including defensive position, triple threat position, passing, dribbling, and shooting jump shots and layups; using videos, coach and mentor demonstrations, and practice repetitions. Everyone enjoyed the weekly meetings, and seeing each other was great. Special thanks to coaches Cara and Bryan Gregg and our mentors Ken, Rishi, and Dilan.



## Volunteer Appreciation

Special Olympics Howard County is an all volunteer organization. For Volunteer Appreciation Week (April 17-24), we would like to highlight some of the many wonderful volunteers who make our program possible.. We are looking for some quotes from our volunteers (coaches, coordinators, mentors, sport volunteers, etc.) about why you bowling volunteer with SOHO and what it means to you. Please include your sport(s), events, years involved. Send your comments to [info@somdhc.org](mailto:info@somdhc.org) by April 11th.

## Special Olympics Maryland Online Programs

**SOMD Saturday night dances** with DJ Kris Stone. To register, [CLICK HERE](#). Dances run from 7-8:30 p.m. March dance themes are:

April 3rd: Celebrity Look-a-Like

April 10th: Classic Rock Night

April 17th: Aloha Luau

April 24th: Oscars Night (Movie Soundtracks)

**Athlete Virtual Leadership and Social Clubs** - Among the many activities are Meditation and Mindful Mondays and now on Fridays, Cooking Lessons, Morning and Afternoon Coffee Chats with Special Olympics Maryland staff members (limited number attend), Sports Trivia, Being Internet Awesome, Travel Series to California, Jeopardy, and many more. Descriptions of events and registration information can be found [here](#).

**Virtual Movement:** This is an online community of athletes, staff, and volunteers sharing what they're doing to stay active, stay healthy, and stay connected while we can't have in person programs! [CLICK HERE](#) for more information. Don't have Facebook? No problem! Visit this [website](#) for archived workouts, social clubs, and a calendar of events. Don't miss the virtual block party section!

**Principles of Coaching (PoC)** - SOMD is pleased to host the Principles of Coaching course, a *required course* for all coaches wishing to take teams/athletes or serve as a coach to any competition above the state level (including USA Games, World Games, NITs, NIRSA events, etc.). This free course is intended for coaches with a minimum of two years coaching experience and, along with appropriate sport-specific training, serves to certify a coach as an Advanced coach. (Due to the conversational and interactive nature of this course, and the need to send "hard copy" course materials to participants in advance of the session, we must have a *minimum of 7 registrants at least 5 business days prior* to a virtual PoC course in order for it to be held.)

**Sunday, April 18, 2021, 9:00 a.m. – 2:00 p.m.** Virtual Session (limit of 20 participants)

To register for this course, click [here](#).

[Coaches Training](#)

[Coaches Guidelines](#)

## 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.

[More Info Here](#)

## 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

**YAPpy Hour:** Grab your Young Athletes and join in for the half-hour virtual practices based upon SOMD's Young Athlete Program (YAP) curriculum! We guarantee you'll leave #YAPpy Mondays at 4:30 PM Wednesdays at 4:30 PM Friday at 10:00 AM



## Recreation and Parks Activities

On-line registration for Spring and Summer Activities is now open. You can see all the opportunities [here](#) in the new Activity Guide.

[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).

## SOHO Merchandise for Sale

No need to go out to stores. We are continuing our big sale on SOHO merchandise. Need a birthday gift? Want to thank a sponsor? Lots to choose from.

- Ice scraper \$1.00
- Sherpa blanket \$15.00
- Navy short sleeved T-shirt \$10.00 (limited sizes)
- Maroon long sleeved t-shirt \$10.00
- Foldable umbrella \$15.00
- Foldable Chair \$20.00
- Small foldable stool with carry bag \$10.00
- Seat cushions \$5.00
- SOHO Face Mask **SPECIAL** - \$1.00 each
- Tote Bag - insulated & foldable \$8

Don't miss out on these great prices and show your SOHO Pride with these items!! Contact the office (410-740-0500) or email [info@somdhc.org](mailto:info@somdhc.org) to place an order.



**The Lisa Higgins-Hussman Foundation**





## Special Olympics Howard County

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Contact SOHC Today

