



**Special  
Olympics**  
Maryland



**50**  
YEARS  
1970-2020

## February/March 2022 Newsletter - Issue #2

### Inspiration Walk and SWBC Carnival

We are looking forward to our first in-person Inspiration Walk since 2019 which will be combined with a Carnival sponsored by **SWBC Mortgage** as well as a competition of our long distance runners prior to the Walk. Registration will open at 9:00 at our new Centennial High School location with Opening Ceremonies starting at 10:00.



Early registration fees are \$40.00 for an individual and \$100.00 for a family of 3 or more. After April 1st, registration fees increase to \$50.00 for an individual and \$125.00 for a family of 3 or more. **[CLICK HERE TO REGISTER.](#)** Your registration page is also your fundraising page where you can encourage friends and families to support an athlete's participation in SOHO programs by donating on that page. Supporters can either donate directly on line or send a check to the office noting the athlete's name they are supporting on the Memo line. Each registered individual will receive a commemorative T-shirt.



Participation in the Carnival will be limited to registered individuals and families only. The Oriole Bird and Poe will once again be joining us in the festivities, and we will be honoring our 2022 Volunteer, Coach, and Family of the Year. The Walk will be approximately 2 miles with shorter options if desired. There will be merchandise and food for sale as well as raffles and give away merchandise. The photo booth will return and there may even be a dunking booth!

Come out for a fun day of celebrating our athletes, coaches and volunteers and just being all together again!!

### Office Hours

Office hours are 8:30 - 1:30 Monday and Thursday, 1:30 - 6:30 on Tuesday. Individuals who are not vaccinated are required to wear a mask when entering the office.

### Spring Sports Registration

Spring sports registration has closed and Summer sports registration for Kayaking and Golf will open on May 2nd, **[check our website](#)** on that day to register.

### Hail and Farewell

SOHO said goodbye to a very special friend and volunteer this month when **Dave Fagan**, our 2019 Volunteer of the Year, and his family moved to Colorado. Dave is one of those volunteers that never sat on the sidelines. If help was needed, he stepped right up without being asked. He coached bocce, track and snowshoeing and was the Softball Invitational Coordinator for many



## Winter Games Wrap-Up

**Alpine Skiing:** It was a beautiful Monday at Whitetail Resort and our SOHO alpine skiers had a great day of competition on the slopes. Joey Bobinski earned Gold Medals in both the Slalom and Super G. Harris Littman earned a Gold in the Super G and a Silver Medal in the Slalom. Nathan Kornreich was amazing in both the Glide and the Super Glide.



Ben Stevick received a Gold medal in the Slalom and a Bronze medal in the Super G. Athlete Wayne Slifker, who earned Silver Medals in the Slalom and Super G with volunteer, Mike Harding.

Special thanks to Coaches Dick Stevick, Trevor Croft, Doug Kornreich, Teresa Roberts, Volunteers Mike Harding and Jess Maxwell, and to our Alpine Coordinator Clare Colleli.



**Snowshoe:** The 2022 Special Olympics Winter Games is in the books! First snowshoeing competition in two years, thanks to COVID. It was a shortened competition this year: One full day instead of three, no dinner/dance for the athletes, and a boxed lunch instead of eating a free meal at the ski



years. Dave was the kind of individual who made our organization better by his willingness to offer his time and energy wherever needed. A dear friend, we will miss him and wish him, Vicki and Kevin all the best in Colorado (where we bet he will be volunteering again!)

## Volunteer Orientations and Volunteer Opportunities

Was one of your New Year's resolutions to get more involved? The best way to start is to attend one of our Volunteer orientations where you can learn about all the opportunities there we have for those who are interested. Orientations are scheduled for 7:00 - 8:00 p.m. via on Zoom on the following dates:

**Monday, April 18th**

**Thursday, May 19th**

Anyone interested in obtaining volunteer certification should contact Janet Larrimore ([janetlarrimore@somdnhc.org](mailto:janetlarrimore@somdnhc.org)) for further information. Pre-registration is required.

**Volunteers are needed in our upcoming spring sports of athletics, bocce, cheerleading, equestrian, softball, and swimming. We are also in need of coaches for swimming as well as a Coordinator for our Fall Season Tennis Skills program. Without a coordinator, we are unable to offer that sport.**

One day volunteers are needed for the **Inspiration Walk/SWBC Carnival** on April 24th (see article to the left) and for the **Over the Edge** event on September 16th and 17th.

Interested individuals should contact the office for more information. (Call or email [info@somdnhc.org](mailto:info@somdnhc.org))

## Coaches Training

### Principles of Coaching



lodge. But it was still an awesome event with our 8 athletes competing in two events each and earning a total of 9 Gold Medals and 7 Silver medals.



**Distance Running:**  
Nine long-distance athletes just ended an 11-week winter running practice at Meadow Brook Park. Despite some cold days, they tackled big hills....and now they are SO ready for Spring Track!

**CrossFit** 12 Labours Crossfit once again offered an exceptional fitness experience twice per week for fifteen of our athletes. Practices began January 4th and ran through March 29th. Pictured are the athletes sporting their new 12 Labours tee shirts.



### **5v5 Player Development Basketball**

Co-coordinator Barbara Evans reports that since they had an insufficient number of mentors (Unified Partners) to field an SOMD regulation athlete/UP team this season, the 5v5 player

development basketball team focused on skill development and sponsoring internal scrimmages. There are 23 athletes and 14 coaches/volunteers. They subdivided into 3 mini-teams of 7-8 athletes with one mentor on each. Our season wrapped up mid-March with a formal competition among the three teams. Thanks to Co-coordinator Jen Montgomery and Barbara Evans for taking on this sport this season.

SOMD is very pleased to announce that coaches can now complete the Principles of Coaching course online on their own schedule via the version of the course available through CoachTube. The course is free and combines both videos and activities that coaches engage in on their own and can be completed in one or more sittings. Coaches who complete the course and pass the course test are provided with a certificate that they can send to [coaches@somd.org](mailto:coaches@somd.org) for course credit and to earn their Advanced Coaching Level status. Specific instructions will be available shortly on the Coach Education & Development section of the [SOMD Coach Coach Resource Page](#)

To get the most current information about scheduled coaches training as well as certification status reports, go to the Coach Resource Page (link above).

## **Athlete Medicals and the New Communicable Diseases Waiver Required**

Remember that all athletes must have a current medical before they can participate in a Special Olympics program, whether in person or virtual. 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.

All athletes, volunteers and coaches must sign a Communicable Diseases Waiver (CDW) before participating in sports. The form can be signed in advance by reading the fact sheet and signing page 3. The [signed waiver](#) can be emailed to [info@somdhc.org](mailto:info@somdhc.org). The CDW will need to be re-signed every 3 years. Those who already signed the CDW do not have to sign it again until 2024.

## **Car Donation**



**3x3 Basketball:** After a two-year hiatus, due to Covid, the SOHC basketball qualifier returned to action at Glenelg Country School on Saturday, March 19th. Eight PDU and eleven Traditional 3v3 teams participated in preparation for the 2022 State competition March 26-27 at the University of Maryland Xfinity Center where our teams took home one Gold and two Bronze medals. The SOHO teams displayed tremendous enthusiasm, hustle and sportsmanship throughout the competition. It was wonderful to see our athletes back on the court enjoying the completions. Thanks to all the coaches and volunteers who made this a great season!

**3x3 PD Basketball:** What a great season! Despite the uncertainty at the beginning of the season 3v3 PDU ended up with 6 teams, many returning athletes but also added 9 new players. The teams were able to participate in 3 competitions but the highlight by far was the State Competition held at the University of Maryland. The event was so well run, a big shout out to the volunteers who truly made it a memorable day. It was so exciting for the athletes (coaches and mentors as well) to play on the same court as the Terps! Looking forward to the 2023 Basketball season!



## Upcoming Restaurant Nights to Support USA Games Athletes

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!

## Volunteers Needed for PALS Summer Camps

**PALS Programs** is recruiting volunteer Peer participants this summer! PALS hosts week-long, immersive overnight summer camp experiences at college campuses throughout the country. Peers are paired 1-1 with a Partner who has Down syndrome for a week of engaging and inclusive activities as we build a world of belonging. **PALS is hosting two programs in the DMV area this summer - PALS Baltimore from June 19-25 at UMBC, and PALS DC from July 24-30 at Georgetown University.** There are no costs for Peers to attend programs, and we can offer up to 80 hours of volunteer service for a week of PALS! Peer participants must be age 18+ by the beginning of the camp program. Applications can be submitted through our website, [here](https://www.palsprograms.org). Any questions? Contact PALS at [support@palsprograms.org](mailto:support@palsprograms.org) or 267-477-7257

## Photos Of Our Athletes

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

[Event Photos](#)



Thank you to everyone who supported our restaurant fundraisers at Glory Days and Chipotle. The last two events for this spring will be:

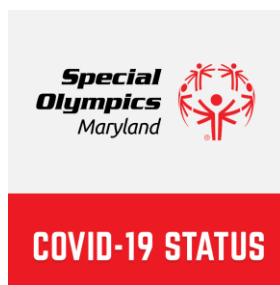
**April 19th** all day: Tony Locos (710 Lisbon Center Drive, Woodbine, MD 21797). No flyer is needed.

**Thoughtful Thursdays** at Manor Tavern (3733 Old Columbia Pike, Ellicott City, MD 21043) Every Thursday in April, go to Manor Tavern and diners will receive a wooden token. On the way out, drop your token in the Special Olympics bucket. At the end of the month, they will tally up the wooden tokens given to each charity and a donation will be given to each cause based on the number of tokens they receive.

We appreciate everyone supporting our SOHO athletes attending USA Games by having a meal out.

## SOMD Return to Activities Protocols

As we continue to engage athletes, partners, coaches, and volunteers in as many sports programs as we can, please remember to visit our Return to Activities Webpage linked below. This [page](#) will have necessary information and resources including the most up-to-date protocol.



## 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](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).



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[Contact SOHC Today](#)

