



**Special
Olympics**
Maryland



50
YEARS
1970-2020

January 2022 Newsletter - Issue #1

IN MEMORIAM

It is with a heavy heart that we mark the passing of two longtime athletes, Brad Honey and Justin Saenz and Jim Myrick, Sr., Upper Shore Area Director and summer games volunteer who impacted many of our athletes.

Brad Honey: Former bowling coordinators, Sheila Dwyer and Sandy Schoenbrodt, shared their memories of Brad who passed away suddenly on December 21, 2021. He was 63. Both remembered his quiet friendliness and calm demeanor. They noted that he could be depended upon to set an example of good sportsmanship and support for others. He would go out of his way to pick up another long time, and our oldest athlete, Kathleen Anderson, so that she could participate in Sunday bowling. Brad worked at Home Depot for many years and was a valuable employee. Brad will be missed.



testament to the spirit of Special Olympics. Justin had many friends with

Justin Saenz: We lost another athlete this January when Justin Saenz, 22, passed away suddenly. A multi-sport athlete (basketball, flag football, kayaking and softball) and an active participant in Recreation and Parks programs, Justin was remembered by all who knew him as happy, good natured and loving, with a smile that just made you smile, too. Comments included that he was a "bright and beautiful light in this world" and "an absolute joy to be around". He was also recognized as an enthusiastic and positive team player, a role model for good sportsmanship who was determined to be the best athlete he could be, a

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

Registration for spring sports (athletics, bocce, cheerleading and dance, equestrian, pickleball, softball and swimming) begins **February 6th at 10 pm on our website.**

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:

Thursday, February 17
Thursday, March 24th
Monday, April 18th
Thursday, May 19th

whom he enjoyed socializing and especially going to the movies . He will be deeply missed by his Special Olympics Howard County family.

James Myrick, Sr. : The long time Area Director of Special Olympics Maryland - Upper Shore, James (Jim) Myrick, 64, passed away on January 5, 2022 after a long illness. Jim and his whole family had a profound impact on Special Olympics Maryland for over 30 years. He served as an Area Director, Management Team Member, Coach, former Board Member, Super Plunger and father of Special Olympics Maryland athlete, Jimmy Myrick, who passed away in 2016. Jim always worked to ensure athletes in the Upper Shore and across the state could participate in the sports they love.



Jim and his wife, Sharon, were fixtures at the summer games aquatics venue as they helped run this sport at summer games. He was also a big advocate for the golf program serving on the sports development team for many years. The impact that Jim had on Special Olympics Maryland- Upper Shore and throughout the state is immeasurable and will be felt for years to come.

Status of Winter Sports

CROSSFIT: 12 Labours Crossfit is once again offering an exceptional fitness experience twice per week for fifteen of our athletes. Practices began January 11th and run through March 24th. Pictured below are the athletes sporting their new 12 Labours tee shirts.



BOWLING: Given the protocols for indoor sports which limits the group size to 50 during SIGNIFICANT COVID periods, we had no choice but to cancel the winter bowling season. We fully understand the frustration this brings and the changes in scheduling for athletes and their families. While we will NOT be hosting our bowling program, Bowlero remains open for public business and is ready to welcome any of you, your families and friends to bowl with them during their normal hours of operation.

BASKETBALL: Basketball Skills started last week. Coordinator Lavonne Smith noted what a great time they had. Veteran volunteers organized everything on the court and worked with the new volunteers. There were lots

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

Volunteers are especially needed for winter program sports: alpine skiing and snowshoeing and in all levels of our basketball program as well as Unified Partners for our 5x5 Player Development program. Volunteers are also needed in our Young Athletes Program as well as upcoming spring sports of athletics, bocce, cheerleading, equestrian, and softball.

Sport Coordinators are critical to our program. If a sport does not have a coordinator, we will not have that program until someone steps up. Currently, we have several openings for the coordinator position. For spring sports, we need a second Softball Coordinator and in the fall, we hope to have a separate Tennis Skills program and are looking for a coordinator to lead that sport.

In addition, one day volunteers are needed for the Inspiration Walk/SWBC Carnival on April 24th 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@somdhc.org)

ABLE Accounts

Special Olympics Maryland is excited to partner with Maryland ABLE to offer a MarylandABLE Account information sessions for Special Olympics Maryland athletes and families! Kelly Nelson from Maryland ABLE will share an overview of how **ABLE accounts** can help people with disabilities and their families to save and invest for the future without jeopardizing federal, state, and local benefits such as SSI and Medicaid. Families will learn about tax-advantaged savings and investment options qualified disability-related expenses. **Join us on**

of new, younger athletes, a number of them who knew each other from being in soccer. Lavonne is looking forward to the season and thinks she will already have some athletes that will be ready to move up next season.

3x3 Player Development: Coordinator Gigi Sheltraw noted that their first two practices were virtual (the second one due to snow). They are looking forward to getting back in the gym in person this week.

3x3 Traditional, 5x5 Player Development and 5x5 Traditional: These programs all start this week after a delay due to COVID.

Alpine Skiing and Snowshoeing: These outdoor sports have had to deal with frigid temperatures but have had virtual and dryland training and will be outside again and on the slopes. 13 Snowshoe athletes braved the cold weather and had their first "on snowshoe" practice on Jan. 23.

Inspiration Walk and SWBC Carnival

This year's Inspiration Walk will take place on **Sunday, April 24th from 9:00 - 2:00 at Centennial High School** along with a Carnival sponsored by SWBC and the Corridor Foundation. It will be a great event with lots of festival games in addition to the walk. The Carnival is open to SOHO athletes, their families and friends. Information on setting up fundraising pages will be on our web page and in the next newsletter.



Upcoming Restaurant Nights to Support USA Games Athletes

FEBRUARY: Our next restaurant fundraiser to support our athletes going to USA Games in June will be at Glory Days (10035 Baltimore National Pike, Ellicott City, MD 21042). The best part of this fundraiser is that it is for the ENTIRE month of February (See [flyer.](#)) . Glory Days will donate 10% of the food and beverage purchased based on the collected receipts. There are some specific instructions so read carefully so that we stay within the guidelines:

- At the end of the meal, participants should ask their server for the itemized guest check (not the credit card receipt) for submission. Only one additional guest check can be provided per visit.
- **IMPORTANT:** Participants may not solicit receipts from other diners, either inside or outside the restaurant or by standing in front of the restaurant, in the parking lot or by going table to table.
- Get the word out to family and friends asking them to forward their receipts to the office

MARCH: Chipotle, March 15th, 9120 Baltimore National Pike, Lot A-1, Ellicott City, MD 21042-2612 from 5:00 p.m. - 9:00 p.m. on March 15th. You need to

February 17th to learn about the eligibility criteria, enrollment process, features of a Maryland ABLE account and the account management process. Current ABLE account holders are also invited to join us to learn about some exciting new updates to the program! Click [here](#) to register.

In addition, the Arc's Center for Future Planning has developed a [series of videos](#) about special needs trusts and ABLE accounts.

A Happy Birthday Thank You!

Have you often wondered what might be a nice gift for your Special Olympics athlete? Well, **Joe Scott's family and friends** have celebrated his birthday for several years by donating to SOHO. In the past two years, donations honoring Joey for his birthday have totaled over \$2,000! Thank you to all those wishing Joe a Happy Birthday in this generous way, we give our sincerest thanks and we join in wishing Joe a very Happy Birthday!

Athlete Leadership Training and Other Fun Activities

Check out this [file](#) for a list of great opportunities for SOMD athlete leadership training and other activities that athletes can participate in.

Coaches Training

Principles of Coaching

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

show the cashier a flyer (either [paper](#) or digital) prior to paying. If you order online, use the code GHK4K8W.

APRIL: We are returning to Tony Locos (710 Lisbon Center Drive, Woodbine, MD 21797) on April 19th all day. No flyer is needed.

We appreciate everyone supporting these athletes by having a meal out.

Updated SOMD Return to Activities Protocols; Vaccination Tracking

Special Olympics Maryland has changed protocols for indoor sports in consideration of the COVID-19 Omicron variant. Current COVID Risk Status is SIGNIFICANT with cases above 50 per 100,000, forcing all programs to operate in SIGNIFICANT RISK protocol. Refer to the [SOMD Return to Activity – Latest Protocol](#) for specifics that our sports must follow.

In order to create the safest environment for all participants, SOMD has implemented a vaccine requirement for participation in all indoor sports (Bowling, CrossFit, Powerlifting, Swimming, Basketball, Cheerleading, Volleyball), as well as flag football, soccer, and softball outdoor team sports. Other outdoor sports do not have a vaccine requirement. [CLICK HERE TO READ MORE.](#)

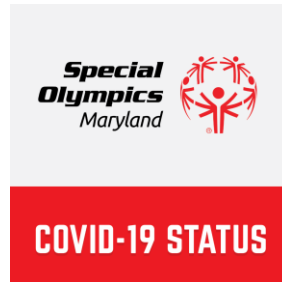
Join the SOHO Plunge Team; Athletes Needed to Help with Plunge

As you may have heard, the MSP Polar Bear Plunge has been postponed to March 26th. This year, you can plunge **your** way, whether that's in-person at Sandy Point State Park or virtually! Not only is this a Maryland state tradition, but it is the largest Plunge in the world.

Let's keep this tradition alive by either plunging at Sandy Point or do a virtual plunge like many did last year. To learn more about being a virtual plunger which can be done at any time, click [here](#). Join the SOHO plunge team [here](#) and get others to support you by donating to your efforts and those of your fellow Howard County plungers. SOHO will receive 70% of all the funds raised as part of the Howard County Team Page. Help us reach our goal of \$5,000.00.

SOMD is looking for athletes to help at the various plunges.

[CLICK HERE TO READ MORE.](#)



course and pass the course test are provided with a certificate that they can send to 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. 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. 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

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. We will come and pick up your car, ready it for sale, and

Outstanding Student Volunteer Scholarships Applications Now Available

High school seniors and college students who have been committed to the Special Olympics Howard County program as a volunteer and advocate of the athletes can apply to four scholarships provided through the generosity of four families.

- The **Jackie Burk Memorial Award** for Outstanding Student Volunteer for Special Olympics Howard County (up to \$1,500) was created in 2004 by Jack and Linda Burk in memory of their daughter, Jackie, a special friend and volunteer with Special Olympics Howard County.
- The **Kathy Lindner Memorial Award** (\$500), in memory of Special Olympics Howard County's first Volunteer Coordinator, was created in 2012.
- The **Allan Homes Award** for Outstanding Student Volunteers (up to \$1,500) was established in 2005 by Allan and Kathy Waschak. This award was formerly restricted to swim volunteers but is now open to volunteers in all our sports programs.
- The **Schnorf Family Scholarship** (\$1,500) was created in 2018 by Cole and Joan Schnorf to honor outstanding student volunteers.
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Only one application is required to apply to all four scholarships and can be found [here](#). The deadline for submitting applications for the 2022 Outstanding Student Volunteers Scholarships is March 4, 2022. Applications can be dropped off at the office (8970 Route 108, Suite A-1, Columbia, MD 21045) and placed in the mailbox or emailed to info@somdhc.org and must be received by March 4th.

Pickleball Being Added to Spring Sports

It certainly is a funny name for a sport but Pickleball is one of the fastest growing sports in the U.S. Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, much like a wiffle ball, with 26–40 round holes, over a net.

We are planning on adding pickleball to our spring line up of sports and have been delighted with the number of individuals interested in volunteering. While days and locations are still being worked out, registration will be included with spring sports registration.

If you would like to know more about Pickleball and how it is played, You can watch several You Tube videos or on the USA Pickleball [website](#).

National Girls & Women in Sports Day

SOMD is celebrating National Girls & Women in Sports Day (NGWSD). The celebration inspires girls and women to play and be active gaining confidence, strength, and character, tools that they need to become strong leaders in sport and life. This virtual event, which will take place on Wednesday, February 2, 2022 at 7 p.m., will serve as a kickoff to the celebration of the 50th Anniversary of Title IX, happening throughout 2022.

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](#)

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.

Register [here](#). Participants are asked to wear something purple when you join the call.



**The Lisa Higgins-Hussman
Foundation**



Waverly Woods

Golf Course



CBG Building
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Special Olympics Howard County

8970 Route 108, Suite A-1
Columbia, MD 21045
Phone (410) 740-0500

[Contact SOHC Today](#)



