

**HOWARD
COUNTY**
SPECIAL OLYMPICS
MARYLAND



**Special
Olympics**
Maryland



50
YEARS
1970-2020

August 2022 Newsletter - Issue #5

Fall Sports Registration Deadlines

Click here to register for a fall sport. Registration deadlines for each sport are as follows: (NOTE: Sports in italics have a wait list.)

Bowling Recreation - 9/17/2022

Bowling League - 9/17/2022

Cycling - 8/5/2022

Distance Running - 8/24/2022

Flag Football - 8/20/2022

Powerlifting - 8/4/2022

Soccer Skills - 8/10/2022

Soccer Skills PD - 8/10/2022

Soccer Team - 8/10/2022

Tennis Skills - 8/16/2022

Volleyball - 8/24/2022

Young Athletes Program - 8/27/2022*

**At the present time, we are still looking for a Coordinator and Coach for the Young Athletes Program. Interested individuals should contact Janet Larrimore in the office.*

All athletes must have the following forms/certifications valid through state championship for their sport. New or updated forms **MUST** be received by our office **BEFORE** the individual begins participation for the season

- SOMD Athlete Medical Form
- Communicable Disease Waiver (CDW)

If you are unsure of the status of an athlete's documentation, contact info@somdhc.org. Don't wait until the last minute to schedule your physical. You are not completely registered until all forms are current.

Office Hours

Office hours are 8:30 - 1:30 Monday and Thursday, 1:30 - 6:30 on Tuesday.

Volunteers Needed for Fall Sports

Our fall season of sports will begin this month and there are a lot of volunteer opportunities! New this year, we are planning a tennis skills group for athletes that just learning how to play. We're looking for coaches that can help teach our athletes how to play tennis. Anyone interested in helping with tennis skills, or any of our other fall sports, can send an email to janetlarrimore@somdhc.org for more information. Parents and siblings of athletes as well as students looking for service hours are welcome to volunteer!

Volunteer orientations are scheduled for 7:00 - 8:00 p.m. via on Zoom on Wednesday, August 10th and Wednesday, September 7th.



Take that Step Over the Edge

Did you miss out on going Over the Edge in last year's inaugural event? Did you wish you had signed up when you saw how much energy was generated at the event among the participants? Are you looking for a team building activity for your company? Then wait no more.

Our second Over the Edge event, presented by SOHO and the Howard Hughes Corporation, will take place this year on September 16th and 17th. The event challenges individuals to rappel down 12 stories of the tallest building in Howard County, the 6100 Merriweather Building in the Merriweather District in support of the athletes of Special Olympics Howard County. To see some of the excitement and thrills from last year's event, click [here](#).

All rappellers must fundraise \$1,000 to secure their spot at this thrilling event which gives you seven weeks to get people to support your efforts. Click [here](#) to register.

Corporate sponsorship opportunities that will help defray the cost of the event are still [available](#). If you are interested in being a corporate sponsor or if you know of companies or organizations that are interested in being a corporate sponsor, contact Jessie Hayes (jhayes@somd.org).

ATHLETES NEEDED: We need several athletes on Saturday the 17th to meet the rappellers and thank them for their support. If interested, please contact Janet Larrimore (janetlarrimore@somdhc.org)

COVID-19 Protocol Update

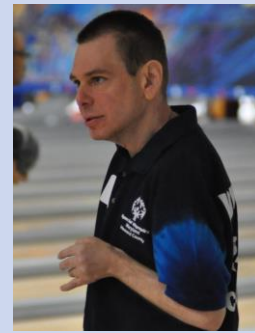
SOMD has recently released changes to their COVID-19 protocol.

- SOMD (state and Area programs) will follow the COVID-related requirements in place by the state of Maryland, the local county/jurisdiction and the facility to be used, whichever is most restrictive.
- **There will be no vaccination requirement for fall sports and activities**
- There will be no vaccination requirement for overnight housing provided by SOMD.
- A negative COVID test is no longer required to return to activities after a positive COVID test. Individuals must follow CDC recommendations for isolation and masking found [here](#).



COVID-19 STATUS

These changes are in effect through the Bowling State Finals (12/4/2022). Protocol changes to future sports seasons, sports, and activities will be communicated at a later date.



In Memoriam

Scott Heim, a Special Olympics athlete for 20 years, passed away at the age of 55 on

June 30, 2022. Scott was a long time bocce athlete. He also participated in bowling.

Athlete Leadership Weekend

The Athlete Leadership program is hosting a training weekend August 13th-14th, 2022. Most classes will be offered in person AND over Zoom.

Classes will include the following:

- Athlete Spokesperson-Global Messenger (Sharing your Story)
- Athlete Spokesperson-Global Messenger (Writing a Speech)
- Athlete Spokesperson - Global Messenger (Delivering a Speech)
- Athlete Spokesperson-Global Messenger (Media Training)

In-Person

Join us at the SOMD HQ, 3701 Commerce Drive, Suite 103, Baltimore, MD 21227 for every course except Improv Training. To attend in person, register [here](#).

To Attend Via ZOOM

Register [here](#) for the various sessions.

Coaches Training

SOMD is pleased to once again offer **live and in-person** sessions of both **Coaching Special Olympics Athletes** (aka **CSOA**) and **Principles of Coaching (PoC)**. These will be the

- SOMD will continue to follow state/local/venue restrictions for all COVID-19 Protocol, so if there is a venue (for local or state activities) that requires proof of full vaccination for participants and/or spectators, we will follow their protocol.
- Local programs cannot require vaccinations in sports and activities in which SOMD does not require full vaccination for participation.
- As always, COVID-19 protocol is subject to change based on the current COVID-19 situation. Should SOMD need to make further changes to protocol, those will be communicated directly.

We recognize that there are a variety of viewpoints around our protocol change and we want to reinforce how important it is that our Athletes, Unified Teammates, Coaches, Volunteers, and Families continue to make participation and masking decisions in the best interest of their own comfort and well-being. And while we are rolling back vaccination protocol for our fall sports season, we continue to encourage individuals to talk with their doctor about receiving COVID-19 vaccinations and boosters.



Congratulations to SOHO National Games Athletes

Special Olympics Howard County athletes who were part of Team Maryland attending USA Games in Orlando in June represented us very well. They brought back 6 Gold medals, 4 Silver medals, 5 Bronze medals and 6 ribbons of various places.

Kenny Long (powerlifting): Silver in squat; Bronze in bench press and deadlift;

Bronze in triple combination

Gillian Eisenberg (swimming): Gold in 200yd freestyle and 4x50 yd relay; Silver in 500yd free

Ryan Thibaudeau (swimming): Gold in 4x50yd freestyle; Silver in 100yd freestyle; 4th in 50yd backstroke

Charles Gaines: (athletics) Gold in 4x400 Relay; Silver in 400m; 5th in shot put

Evan Jacobs (athletics): Bronze in Long Jump; 6th place in 1500m and 800m

Mark Worley (athletics): Gold in 4x400 relay; Bronze in 1500m; 5th place in 3000m

Allan Conway (golf skills): Gold

Colin Saylor (tennis): 4th in singles

Thank you to all those who donated to these athletes who had the best experience! You help make it all possible!

first in-person sessions for these courses in over two years. While we have offered “Zoom-based” sessions of these courses (as well as offering online self-paced versions as well), these are truly designed to be conducted “live and in person” and are tremendously engaging and highly participative in that format.

Coaching Special Olympics

Athletes (CSOA) is the baseline course required for ALL coaches (must successfully complete the course once) and covers basic coaching knowledge and aspects of Special Olympics. Two live sessions of this course are being offered at this time (attend only one):

CSOA Course #1: Saturday, August 6, 2022, 9:00 am – 1:00 pm

CSOA Course #2: Sunday, September 11, 2022, 9:00 am – 1:00 pm

Principles of Coaching (PoC) is a full day course is designed for coaches with at least two years of experience and covers such “higher-level” coaching topics as Developing a Coaching Perspective; Team Management & Training; Athlete-Centered Coaching; Fitness & Nutrition; Safety and Risk Management.

PoC Course: Saturday, September 10, 2022, 9:00 – 5:00 (lunch provided)

All sessions are free of charge and will be held at SOMD Headquarters (3701 Commerce Drive, Suite 103, Baltimore MD 21227). Course participants will receive a course workbook and other materials during the session. Due to space constraints, there is a cap of 25 participants for each session. *(Note: Due to the highly interactive nature of these courses, we must have a minimum of 7 registrants for each class at least two business days in advance in order for it to be held.)*

Click [here](#) to register for these courses.



Team Maryland's swim team with SOHO swimmers Gillian Eisenberg and Ryan Thibaudeau win Gold in the 4x50 freestyle.

Around Summer Games

It was great to have our athletes back at Summer Games in Towson this year where Cheerleading, Athletics, Bocce, and Swimming were held. The softball team and skills Summer Games were held at Kiwanis Wallas Fields in Ellicott City.

Cheerleading: The Beginner Traditional team won the Gold Medal while the Hip Hop Traditional Team earned a Silver Medal. Thanks to Coordinator Felecia Hastings, Head Coach Barbara Baker and Assistant Coaches Michelle Shuman and Hillary Scott!



Medals and the Bronze medal was earned by James Frost and Alex Chase. Thanks to head coach Rick Baker and coordinator Kim Davis for another great year.

Softball: Team Silvea won the Gold Medal and Team Warren won the Bronze Medal. Thanks to Duke and Chris for coaching and to first year coordinator Felecia McLarin! In Softball Skills, Marcus Nagle won the Gold Medal; Jamil Jackson, Brody Lannesto and Jaden Carter won Silver

Kayaking Season Cancelled

Unfortunately, due to the indefinite closure of Centennial Lake, we can no longer practice and therefore, have had to cancel the remainder of the season.

Summer Games T-Shirts!

We have a number of Summer Games t-shirts (primarily larger sizes) in the office. If you didn't get your summer games shirt (or if you would like another one), come by the office to pick one up.

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 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,

The **Bocce Team** show off their new Hawaiian shirt uniforms. Thanks to Coordinator Stellamarie Kosman and Coaches Abby Penenburgh and Mike Saltzman.



Athletics: Thomas Smith, Kristen Smith and Lakiva Jackson take a break in the shade during competition. Thanks to Athletics Coordinator Lavonne Smith and Coaches Shirley Duhaney and John Worley for a super season!



Swimming: Our swim team represented us well at summer games, especially our relay teams. Thanks to Coordinator Dave Donovan and Coaches Ann Scholz, Matt Lesho, Dave Eisenberg, Mark Howard, Peggy Baker and Bob Baker for all their hard work preparing the swimmers.



Inaugural Pickleball Season a Great Success

A lot can happen in a year's time. Just last summer, Special Olympics Pickleball in Maryland was an idea from an avid player, Bob Sans. Nine months later it became reality as Howard County completed a highly successful first season



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.

with Bob taking on head coaching responsibilities and Maria Docal stepping up to coordinate, Our team consisted of 28 players with little to no experience. Much of the success of the program has been made possible through the work of the 40+ Volunteers/ Mentors from the Howard County Pickleball Association who brought one to one instruction to the athletes. Our team proved to be quick and avid learners. The 28 athletes embraced our newest sport with enthusiasm and energy, which definitely rubbed off from the volunteers who brought their love of the game each week.

We remain the only county in the State that offers a Pickleball program, but this is rapidly changing, as Coach Sans has successfully captured the attention of many other counties in Maryland, in hopes of building participation in pickleball across the state. We believe that next year we will be able to have competition between counties, and plan to end up in State Games Competition as soon as possible! Thank you to everyone who helped bring this highly popular sport to the SOHO program.



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Special Olympics Howard County

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

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