



**Special  
Olympics**  
Maryland



**50**  
YEARS  
1970-2020

## September 2022 Newsletter - Issue #6



### Don't Miss this Exciting Event!

Our second Over the Edge event, presented by SOHO and the Howard Hughes Corporation, will take place this year on September 16th and 17th. If you missed this event last year, be sure to come out this year and join in the

excitement as our Howard County cheerleaders, family and friends cheer on those individuals who, like our athletes are being Brave in the Attempt as they 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 the excitement and thrills from last year's event, click [here](#).

If you'd like to rappel, click [here](#) to register. Click [here](#) to donate.

On Friday night, rappellers will include WBAL-TV's Tommy Clark and our own Director, Bob Baker, as well as Howard County Chief of Police Gregory Der. Other Friday night rappellers will be representatives from our Inclusion Revolution Partners, those organizations who provide facilities at which our athletes train and compete. We would really like for our athletes to come out to thank these folks for making it possible for them to become the best athletes they can be.

Our Fearless Leader, Bob Baker, will be once again going over the edge but this year, he will be joined by his daughter, Kim. Management Team Members, Cole Schnorf and Mimi Goodman, will also rappel for the second year. If you would like to support any of these individuals or one of the many supporting organizations, click [here](#).



### Office Hours

Office hours are 8:30 - 1:30  
Monday and Thursday, 1:30 -  
6:30 on Tuesday.  
The office will be closed  
September 19th and 20th.

### Volunteers Needed for Fall Sports

Our fall season of sports has begun and there are a lot of volunteer opportunities! Our bowling season will begin on October 9 and many volunteers are needed. Anyone interested in helping with any of our sports, can send an email to [janetlarrimore@somdhc.org](mailto: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 Zoom on Wednesday, September 7th and Wednesday, October 5th.

### 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 first in-

We are still in need of 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](mailto:janetlarrimore@somdhc.org))

*Howard Hughes*



## Four SOHO Athletes and Volunteers to be Honored at the

### Celebration of Sports

SOHO is proud to announce that four individuals from our organization will receive Good Sports Awards at the 18th annual Howard County Department of Recreation and Parks Celebration of Sports on October 18th at 5:00 p.m. at the Turf Valley Resort.

**Adam Yoe**, a track and distance running coach, athletes **Ory Docal** and **Glenn Donovan** and Golf Coordinator **Jennifer Mineart** will be honored for their exception sportsmanship and dedication to Special Olympics.

If you would like to attend the event and support our honorees, tickets (which includes dinner, Hall of Fame Induction Ceremony and Good sports Awards), are \$42.00. SOHO will pick up the tab for any coordinator or coach who would like to attend. RSVP to our office **by September 16h** by emailing [info@somdhc.org](mailto:info@somdhc.org) or calling 410-740-0500.

This year's Keynote Speaker is Rob Long, host of O's Xtra on MASN and co-host of the Big Bad Morning Show on FM 105.7 The Fan.



forward to more chances to compete!

## Fall Sports Snippets

**Cycling** - Cycling is off to a great start. Our coaches and volunteers are amazing and our athletes are focused. Our in-house qualifier on August 28 was a great success and we look

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: 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.)

**Golf** - The golf season has been underway with athletes attending several qualifiers in preparation for their final state competition at Queenstown Golf Course on September 25th. Head coach Al Mineart and Asst. Coaches Tom Pirritano and Jack Healey lead 26 alternate shot unified teams and one individual golfer, rotating weekly practices between Timbers at Troy, Fairway Hills and Waverly Woods golf courses. Additionally, 30 skills athletes are practicing every Thursday at Timbers under the expert tutelage of Head Coach Bob Muller and his 10 assistant coaches!



To the right is Bucky Buchanan and his helper Pam Coates at a recent golf practice. Bucky has been a Special Olympics athlete for over 30 years and a golfer for 25 years. Pam, now a retiree and volunteer, has been a Special Olympics supporter dating back to her days as a Long Fellow ES teacher.

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## Join the SOHO Plunge Team

Are you ready to BEAR the cold at the 2023 MSP Polar Bear Plunge? You can plunge your way, whether that's in-person at Sandy Point State Park or virtually! The Maryland Plunge will take place on February 4th, 2023. 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.



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. Since we can't wait to see how you choose to Plunge, be sure to send videos of your virtual plunges to [info@somdhc.org](mailto:info@somdhc.org). 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.

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

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## What Families Need to Know About Planning for a Loved One with Special Needs

Attendees will learn what is involved in the planning process for a family member with special needs and the importance of preserving your loved one's financial security and quality of life. Understanding the role of public benefits, making decisions about the future, Maryland ABLE, and using estate planning and trusts to protect assets will be discussed along with the types of special needs trusts and their specific purposes (along with who the decision makers and beneficiaries can be in these trusts). Presented by attorney Stephen R. Elville of Elville and Associates on Wednesday, September 14th, 10:00am-11:30am. For questions please contact Jeff Stauffer at 443-216-9626 x117. To register, click [here](#). Sponsored by Elville and Associates, this event is free.

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## 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.

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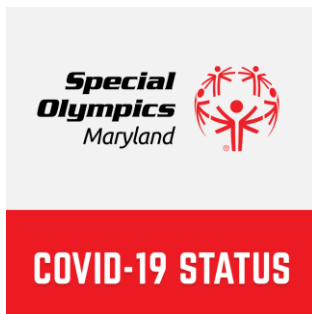
## Car Donation

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

## COVI-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](#).



**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.

- 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.

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## Get out and Vote Information Sessions

On September 22nd and October 1st, the Special Olympics Maryland Athlete Leadership Program is offering opportunities for athletes to learn more about the upcoming vote this November 8th. The upcoming election will be reviewed by using the latest sample ballot and also see what candidates are in the athletes' areas. A

[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!

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## Photos Of Our Athletes

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

[Event Photos](#)

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## 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).

resource page will be introduced to help athletes find further information.

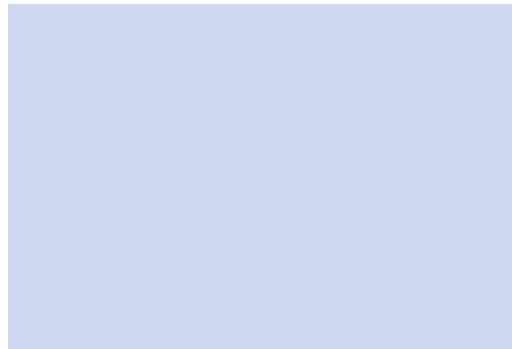
Athletes must register in advance so SOMD will know how many people will be attending.

Choices of dates and times are below with links.

Thursday, September 22nd, 2022 8am. Register [here](#).

Thursday, September 22nd, 2022 7pm. Register [here](#).

Saturday, October 01st, 2022 9am. Register [here](#).



**The Lisa Higgins-Hussman  
Foundation**



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## Special Olympics Howard County

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Contact SOHC Today



