



**Special
Olympics**
Maryland



50
YEARS
1970-2020

October 2022 Newsletter - Issue #7

Registration for Winter Sports (Alpine skiing, Basketball, Bowling, Cross Fit, SPIRIT Fitness, and Snowshoeing) opens on **October 31st**. On or after that date, click [here](#) to register.

Remember that all athletes must have a current medical **before** they can participate in a Special Olympics program. 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.



Over the Edge Event Hits New Heights!

Our second Over the Edge event, presented by SOHO and the Howard Hughes Corporation, held on September 16th and 17th was a big success with 101 rappellers who raised over \$165,900!

WBAL-TV's Tommy Clark bravely stepped over and was featured on both the [6:15 p.m. and 11:00 news](#). (see photo below).

Thanks to our cheerleaders and DJs Ron Hutchinson and Kris Stone who created a very festive atmosphere and to Emcee Jeff Abel who introduced and interviewed each of the rappellers. Also thanks to our Rope Team, the volunteers who manned the registration and swag bag tables, and the gear return team.

Special thanks to our Presenting Sponsor Howard Hughes Corporation and all our sponsors listed below. Pictures of the event can be found [here](#).

If you missed this opportunity and want to rappel next year (or rappel again!), mark your calendar for September 15th and 16th, 2023. Register early as slots fill up fast! The link will be posted on our website soon.

Office Hours

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

The office will be closed November 21 through November 30.

Volunteers Needed for Fall Sports

Our bowling season just began and more volunteers are needed. Anyone interested in helping with any of our 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! The next volunteer orientation is scheduled for 7:00 - 8:00 p.m. via Zoom on Thursday, December 1st.

Volunteer Coordinator Position Open

After almost 10 years in the role, Janet Larrimore has decided to step down as Volunteer Coordinator. She will



What's Up with Fall Sports



Cycling - The cycling team had four athletes compete in the Prince Georges/Anne Arundel qualifier on Sunday, Sept. 25. Veterans to the team included Zach Decker, Daniel Larrimore, and Yami Rojas. Malachi Watson joined the team this year. He and the others really enjoyed the day. These athletes are looking forward to state games.

Other cycling team athletes who ride with us on Sundays include Claire Shen, Jeff Krischik, Raunak Mattupalli, Frederick Nunley, and Paxton Finkelston.

Flag Football: Flag Football is in full swing! Practices are on on Monday nights and league play and qualifiers every Saturday. It has been so good to be together again and attendance by the other counties has been high! We love being under the lights again.



continue serving as our Officer Manager. We're now looking for a new Volunteer Coordinator who would be responsible for conducting volunteer orientations (currently held virtually), keeping track of volunteer paperwork, database entry of new volunteers, and seeking volunteers where needed for sports and special events. **Due to the importance of this position and required time commitment, a stipend will be offered.** Interested individuals should be organized, comfortable with public speaking, and enthusiastic about encouraging new volunteers. You can call the office for further information and to set up an interview.

Medical Support Needed

Do you have a medical or nursing degree? Are you an EMT? We are in need of medical support staff to assist at competitions. You would be asked to attend a competition two to three times a year to provide medical assistance, if needed. Special Olympics will provide supplies. If you can help, send an email to info@somdhc.org.

In Memoriam

The Special Olympics Howard County family lost two parents of our athletes in September.



Pat Krischik, mother of Jeff Krischik, passed away on September 19, 2022. Pat and her husband,

Fred, started the volleyball program, and Pat served as its first Coordinator. Pat was a warm and caring person whose gentleness is definitely reflected in Jeff's personality. Our



Long Distance Running: The Cross Country (Long Distance Running) program began its season on September 7. We have 24 athletes who run the 1500m, the 3K, and the 5K on hilly paths around Meadowbrook Park. Check out these determined athletes at the start of the 5K race at the in-house qualifier on October 5th.



Powerlifting : Powerlifting held its in-house qualifier on Sept 18th. All 16 athletes were able to get in their lifts for Bench Press and Dead Lift and are anxiously awaiting Fall Fest. We have had a great first half of the season with athlete training and participation looking a little more "normal" in this post-COVID season.

Tennis: Out of the 22 Special Olympics tennis athletes this year, 10 athletes will compete at the SOMD Fallfest on 10/22/22 at Mount St. Mary's University. They will be joined by 5 unified partners. The team has enjoyed evening practices at the Columbia Association Wilde Lake Tennis Club on Tuesday nights and will wrap up their season on October 25 with an end of the year celebration and round robin play.

Tennis Skills: We welcome our new Tennis Skills Coordinator, Sierra Mikha'El who reported that the skills athletes have been working on their backhand and forehand skills. Next, they will be learning how to serve.



sympathies go out to the Krischik family. **(Obituary)**



Dick Stevick: Richard (Dick) Stevick, father of Ben Stevick, passed away on September 26, 2022. Dick was the head alpine ski coach for the 2020, 2021, and 2022 ski seasons, stepping into the role when we lost our head coach. Dick was always very kind, funny, and laid back, and the athletes loved him. He spent a lot of his time coming up with exercises and quiz questions for our athletes at practices. He would always divide his time between coaching and running dinners and other events for the Knights of Columbus; in other words, always helping others. He will be greatly missed and remembered as a very kind-hearted person. Our deepest condolences to the Stevick family. **(Obituary)**

October Activities

SOMD's **90 Day Fit 5 Challenge** continues through December 21st. For more information, click [here](#). Other SOMD activities can be found [here](#).

October is **National Bullying Prevention Month**. You can learn more about preventing bullying and promoting kindness, acceptance, and inclusion [here](#). Also, it's **Walktober**. Maryland's national exercise is walking, this is a perfect time to celebrate! Find ways to get your friends and family involved with walking more. Look at the sites listed [here](#) to find various activities



Soccer Skills - Six athletes competed at the Special Olympics competition in Anne Arundel County and are pictured here with Coach Reid Racette. Nearly 20 athletes are practicing weekly and having a great time. Thanks to Coach Racette and Co-coordinators Sara and Martin Sommerville.

Volleyball: Our volleyball athletes are training hard in preparation for the SOHO Volleyball Invitational on October 29. At that exciting event, they will be competing against 4 teams from SO Pennsylvania and 2 teams from SO Virginia.

New SPIRIT Fitness Class to Begin in November

SOHO, in partnership with SPIRIT Club, will be providing a Fitness Class once a week during our Winter and Spring seasons. Watch future registrations to sign up. However, we will have a short 8-week session in November and December. The class will be held at the Athelas Institute on Monday evenings from 6:30-7:30. **If you are interested in participating in this class, please send an email to janetlarrimore@somdhc.org.** Athletes' medical forms must be current. Class size is limited to 15.

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. 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.



your neighborhood to participate in "Walktober".

And speaking of walking, October is also **Down Syndrome Awareness Month**. The 2022 **Step Up for Down Syndrome Walk** will take place on October 22nd at the Inner Harbor. Further information can be found [here](#).

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](#)



COVID-19 STATUS

For the most current information on Covid -19 related requirements, click [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

Help to Spread Kindness

SECU, Maryland's largest state-chartered credit union, celebrates the start of its third annual **Kindness Connects**, a month-long kindness campaign, on Oct. 1. Through Kindness Connects, SECU aims to positively impact communities throughout Maryland by inspiring 250,000 acts of kindness.

For every Kindness Kit requested, the SECU MD Foundation will donate \$5 – up to \$50,000 total – to its long-standing charity partners, **SPECIAL OLYMPICS MARYLAND**, a nonprofit providing year-round, life-changing sports training and competition for individuals with intellectual disabilities, and **KENNEDY KRIEGER INSTITUTE**, an internationally recognized nonprofit in the greater Baltimore and Washington, D.C. area that aims to improve the lives of children, adolescents and adults with neurological, rehabilitative or developmental needs through inpatient and day hospital programs, outpatient clinics, home and community services, education, and research.

Request a Kindness Kit [online](#) or pick up a kit at a local SECU Financial Center, while supplies last, and [download](#) a Virtual Kindness Kit for more ideas on how to spread positivity. Share your acts of kindness [here](#).

Summer Games Dates Set Through 2025

SOMD has made the decision to shift Summer Games to the weekend immediately following Fathers' Day for at least the next three years:

- June 23-25, 2023
- June 21-23, 2024
- June 20-22, 2025

This shift affords our athletes, programs and SOMD overall several advantages including

- More training time for the spring season (*and lessening of impact from inclement weather*)
- More competition opportunities with two additional weeks in spring season
- All five Summer Games sports can be contested on the same weekend (*softball won't need to be a week or two later*)
- Has Summer Games after schools should be out for the year.
- Mark your calendars!

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.

2022 OVER THE EDGE SPONSORS

Our deepest appreciation to our Over the Edge Sponsors. Because of their support and the

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support of 101 rappellers, we have raised \$165,900 to date. These funds will enable us to continue to provide a year-round sports and competition program in 25 sports programs.

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[Contact SOHO Today](#)

