



**Special
Olympics**
Maryland



50
YEARS
1970-2020

November 2022 Newsletter - Issue #8

Heartfelt 
THANKS
TO OUR VOLUNTEERS!

County family!

As a volunteer-run organization, we are grateful for all of our volunteers, coaches, and sponsors who make our program run so successfully. Happy Thanksgiving to everyone who is part of our Special Olympics Howard

Registration for Winter Sports (Alpine skiing, Basketball, Bowling, Cross Fit, SPIRIT Fitness, and Snowshoeing) closes December 15th. Click [here](#) to register.

Seeking a New Volunteer Coordinator

After almost 10 years in the role, Janet Larrimore has decided to step down as Volunteer Coordinator. She will continue serving as our Office Manager. The Volunteer Coordinator is responsible for conducting volunteer orientations (currently held virtually once per month), 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. Call 410-740-0500 or email info@somdhc.org to learn more.



Hail and Farewell to Soccer Coaches

"A truly great coach is hard to find, difficult to part with and impossible to forget."

This quote

perfectly describes retiring soccer coaches **John McDonough** and **Russ Dickens**. SOHO's soccer

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 Winter Sports

Volunteers are needed for bowling, basketball, snowshoeing and alpine skiing. Contact Janet Larrimore at 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

program has been fortunate to call John and Russ our head soccer coaches for a combined 40 years! While our athlete numbers and skill levels have changed over the years, John and Russ have organized and re-organized teams, practices, practice locations and inter-county competitions. As a result of their coaching, our athletes are always ready for any competition, playing hard, and enjoying themselves.

Melissa Anger, SOMD's Senior Sports Director for soccer, praised John for his dedication to the SOMD Soccer Program. John was part of the SOMD Sports Management Team, and despite his hectic work schedule, he always found time to work with coaches through Coaches Training, making the schedules and running league play every Saturday even before she was part of the SOMD staff.

Both John and Russ are retiring this year and will be truly missed. SOHO has been fortunate to have had them as coaches since 2000 and are grateful for their dedicated service.



Special Olympics Howard County Merchandise Store Now Open

The Special Olympics merchandise store is now open through November

28! [Click here](#) to access the online store. Items include a hooded sweatshirt, beanie cap, wind jacket, wind pants, gym bag, fleece jacket, flannel plaid pants, lunch bag, color block 3 in 1 jacket, and an all conditions jacket. Sample items will be available at the office to check for size (call the office to schedule a time.) **Samples will also be available to try on at bowling practice on Sunday from 11-1pm at Normandy Bowlero lanes in Ellicott City.**

Please note:

- Once purchased, **items cannot be returned**
- Last day to order is **11/28/2022**
- Merchandise will be delivered by **12/15/2022**
- All items will be shipped to your address (shipping charges applied)
- The SOHO logo will be added to all items
- Items available in **blue, black or grey**

Fall Sports Fest Highlights

volunteer orientation is scheduled for 7:00 - 8:00 p.m. via Zoom on Thursday, December 1st.

Four SOHO Members Honored at Celebration of Sports

On October 18th, four members of the SOHO family were among the Good Sports honorees at the annual Celebration of Sports. **Ory Docal and Glenn Donovan** (pics below) received the Youth and Adult Player Good Sports Award. **Adam Yoe** (pictured in the Long Distance Running article) received the Coach Award and **Jenn Mineart** (pic below) was awarded the Sports Administrator Award. In addition, **Heather Ronning, manager of Outback Steakhouse**, accepted the Sponsor of the Year award. We were delighted to see them recognized as Outback Steakhouse has been a long time supporter of SOHO and has been the Hospitality Sponsor of our annual Softball Invitational since 2007, providing lunches for all the participants and volunteers.



#GIVINGTUESDAY
Benefitting Special Olympics Howard County

Giving Tuesday is the global day dedicated to giving back to the non-profit community. On Tuesday, November 29th, please join others in



Cycling - Cycling wrapped up the season with a fall fun themed bike ride. Athletes, coaches, and volunteers decorated their bikes and helmets or dressed up in a costume. We thanked our head coach Marissa Christensen for a wonderful season. We also thanked our other coaches, Bill Parlock, Allyson and Bob Parlock, Bryanna Parlock, Elizabeth Yao, and Zach Decker. Our volunteers, Alex Blackburn, Eric Huang, Balwyn and Jerry Jing, and our many parents who rode with us, were amazing!! Three of our athletes, Zach Decker, Daniel Larrimore, and Malachi Watson attended state games at Fort Ritchie. They each did a great job representing the Howard County Special Olympics cycling program.



Flag Football: Fall Fest was a great success for all. The athletes played their hearts out and took home one Gold and two Silver medals.

Long Distance Running:

Practice paid off for the 15 Cross Country athletes who attended Fall Fest! They ran 5k, 3k, and 1500m courses, and most exceeded their expected times. A combination of hill



celebrating generosity! Click [HERE](#) for how you can donate. Please help us in our mission to create a world where opportunity is not limited by disability!

Discounted MinuteClinic Physicals/Medical Updates

Special Olympics has continued their nation-wide partnership with **MinuteClinic!** Click [here](#) for the updated voucher for discounted medicals at all MinuteClinics for Special Olympics participation! Please make sure you bring Special Olympics medical forms with you as they may not have them there.

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.

Winter Games Location Changed

Special Olympics Maryland will host the 2023 SOMD Winter Games at Wisp Resort, in McHenry, Maryland. The 2023 Winter Games will be held on Sunday-Tuesday, February 26-28, returning to Wisp for the first time since 2010. Wisp is enthusiastic to once again host SOMD's premiere winter sports competition.

SOMD is also very appreciative of the tremendous and incredibly generous support it has received over the past decade from Whitetail Resort, serving as both a primary athlete training location and host for Winter Games. We are excited that our partnership with Whitetail will continue, as it will serve as site for on-snow athlete training dates on January 7, and February 12, 2023.

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

work, excitement at the event, and great weather no doubt contributed to their successes. Seven of our volunteers came to show their support by running as unified partners and some just came to cheer. Josh Geesaman eked out Logan Thomas to win the gold in the 5k, and Chad Honeycutt was the first finisher of the 3k. Charlie Cleveland led our team in the 1500m, and Liam Olson (with Adam Yoe) won gold in the unified division. (Photo is of Coach Adam Yoe (recipient of Coach Good Sports Award at the Celebration of Sports) with athlete Kalen Green.

On October 30th four Howard County Special Olympic runners converged on the D.C. Mall at the start of the Marine Corps Marathon 10K. For these young men ranging in age from 20 to 27, running is a central focus in their lives. Less than a week after the end of their Cross Country program during which they trained on challenging hills, they exploded with a burst of energy at the start! Fortified with excitement and adrenaline, they sprinted in high gear the entire 6.2 miles, culminating in a climb up that notorious hill at the MC War Memorial. The top two, Logan Thomas and Josh Geesaman, placed 3rd (34:08) and 7th (35:22) respectively overall in a heat of over 4,500 runners! A celebration of these amazing times followed in an award ceremony at a tent by all the Special Olympics delegations.



Powerlifting : Powerlifting had a great season ending with a fun filled Fall Fest. We had eleven athletes

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

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

Special Olympics Maryland



For the most current information on Covid - 19 related requirements, click [here](#).

COVID-19 STATUS

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.

participating. Kenny Long set a meet high dead lift of 152.5 kg (335 lb). Six athletes earned first place medals for combined bench press and dead lift with many more athletes placing in the top three.

Tennis:The Special Olympics Tennis team wrapped up the competition season at Fallfest on October 22, 2022 with a medal count of 6 gold, 8 silver, and 1 participation ribbon!

Ten athletes and four unified players participated in the singles, unified doubles, and skills events while competing against athletes from Baltimore, Anne Arundel, and Harford counties.

Coach Jack Healey ran the skills competition for the state while also coaching our Howard county delegation.

Beautiful weather, well organized matches, and a high medal count contributed to a fantastic day.

During the fall season, the Howard County tennis program had 23 athletes and 20+ volunteers which made it one of the most populated programs in the history of the SOHC tennis program.



Soccer Skills - Ed Sommerville and Jessica Li both received bronze medals in their categories. It was nice to be outside this year with the other soccer teams. Thanks to Coach Racette and Co-coordinators Sara

and Martin Sommerville.

Howard County Special Olympics Volleyball



Volleyball: SOHO hosted their annual Volleyball Invitational on Saturday at the Maryland Juniors Sports Center in Jessup with teams from Special Olympics PA (Area M, Adams County, and Monroe County) and from Special Olympics Virginia (Area 26 and Loudoun County). The host teams earned a Bronze Medal in Division 2 and two Division 1 teams tied for Gold Medals. Many thanks to Mr. Rui Liu for providing such a great venue again for this tournament.

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.

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Special Olympics Howard County

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Contact SOHO Today

