

**HOWARD  
COUNTY**  
SPECIAL OLYMPICS  
MARYLAND



**Special  
Olympics**  
Maryland



**50**  
YEARS  
1970-2020

## April 2023 Newsletter - Issue #3

### Summer Sports Registration

Registration for Summer Sports (*Golf and Kayaking*) will open on May 1, 2023.



### Join us for our 22nd Annual Inspiration Walk on May 6th

Join us on **Saturday, May 6th at 9am** for our 22nd Annual Inspiration Walk. The **location** this year will be at The Meeting House at Oakland Mills Village Center in Columbia. We will use the Columbia path systems and we've mapped out 1 mile, 2 mile and 3.4 mile courses. The 2 mile course will take us over the Rt 29 footbridge and the 3.4 mile course will go completely around Lake Kittamaqundi before returning to the Meeting House.

Families, this is your chance to give back to Special Olympics for all the free sports programs that are offered. [Click here to register, donate and to create a fundraising page.](#)

Or scan the QR code to the right from your phone's camera to go to the Inspiration Walk website to register or donate.



### Thank you Winter Sports Coordinators

All of our volunteers are fantastic, but we wanted to give a special shout out to our winter sports coordinators, who without, we could not operate our sports programs. Thank you to Clare Colleli (Alpine ski), Allyson Parlock (Snowshoe), Donna Wright (Spirit Fitness), Jon Phillips (CrossFit), Franco Frande and Pat Condon (Bowling), Lavonne Smith (Basketball Skills), Jack Burk and Alesia Richter (BB 3v3), Gigi Sheltraw (BB 3v3 PD), Jen Montgomery and Barbara Evans (BB 5v5 PD), Jim and Theresa Bourdon (BB 5v5 Traditional and Unified). Without a volunteer coordinator, we cancel that sport, so please be sure to thank these individuals every chance you get!!

### Office Hours

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

### 2023 Volunteer Orientations

Wednesday, April 12, 2023  
Monday, May 22, 2023  
All begin at 7pm at the SOHO office.

Volunteers are needed for the spring sports of Bocce, Cheerleading, Dance, Softball, Swimming, Track & Field, and the Young Athletes Program.

Contact Megan Larson at [meganlarson@somdhc.org](mailto:meganlarson@somdhc.org) for more information. Parents and siblings of athletes as well as students looking for service hours are welcome to volunteer!

**ABLE Accounts: A Financial Planning Tool for People with Disabilities and Their Families.**

## Another Great Hoops Season in the Books

### Basketball Skills

The skills group had a great season! There were a lot of athletes new to the group, and new to Special Olympics – and they made the most of their experience! Thanks to a great group of volunteers, not only did the athletes acquire new basketball skills, but had a great time with new drills and games introduced this season. A highlight of the season was the Basketball Skills Qualifier held on March 12<sup>th</sup> at Glenelg Country School. There were representatives from ten different counties, totaling nearly 100 athletes – our largest qualifier ever! SOHO was well represented at state games by two of the most dedicated skills athletes, Kevin Gold and Randi Penenburgh – a good time was had by all! We are looking forward to next season already!



### 3x3 Player Development

3x3 Player Development Coordinator Gigi Sheltraw said, "I say this every year, but I think I can speak for all the coaches, volunteers and athletes and declare this THE BEST SEASON EVER!! 3v3 PDU fielded a record 7 teams, many returning along with a whole batch of new faces. What really made this year special were the volunteers. There were moms, dads, grandmothers, caregivers, brothers, and sisters who got out on the court with the athletes making every practice and every game so much fun! There was some great improvement from January to the end of March, defense being at the top of the list. State Games was a great ending to the season, getting to play on the big courts where there were some firsts for 3v3 PDU including a 3 Pointer and Double OT!! Again, a BIG shout out to the coaches, mentors and especially Head Coach Colleen for keeping the practices fresh and fun and Coordinator Gigi Sheltraw who has built this program since 2015. Everyone is looking forward to 2024!!

Join Kelly Nelson from Maryland ABLE on Wednesday, April 12, from 6:00-7:00 p.m. as she presents an overview of how ABLE accounts can help people with disabilities and their families 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 as well as how to use the ABLE account to pay for qualified disability expenses. Kelly will describe the eligibility criteria, enrollment process, features of a Maryland ABLE account and the account management process. Register for this Virtual Event [here](#).



Plans are underway for our 3rd Annual Over the Edge

event on September 23rd. If you want to face your fears, you can register and start your fundraising [here](#). If you are a company interested in being an OTE sponsor, contact Cole Schnorf ([cschnorf@manekin.com](mailto:cschnorf@manekin.com)).

### Thanks to Harwood House

On March 12th, Bob Baker attended the 30th Anniversary Celebration of Harwood House at Damascus United Methodist Church. Bob presented Debbie Stone with a plaque thanking them for their 23 years of donations to SOHO totaling \$30,500.00! Our connection to this great sponsor began with athlete Emily Snapp's grandmother, Jane Snapp. As a founding member of Harwood House



### **3x3 Traditional**

The SOHC 3v3 Traditional basketball team capped a successful and enjoyable season winning two Gold and one Bronze team medals at the State Basketball Tournament at the University of Maryland College Park. Howard Thompson and Howard Docal each won Gold medals in their divisions. All three teams displayed outstanding sportsmanship and effort throughout the season.

Thank you to the athletes and parents for their support throughout the season. Twenty athletes participated in three qualifiers and the State Tournament. A special thank you to Co- Coordinator Alesia Richter for serving in this capacity for the past seven years and special thanks to Co-Coordinator, Jack Burk, who started this program and has been its dedicated leader for 23 years!

Thrift Shop, she wanted to help Emily and our program, and she was instrumental in having the Harwood House direct donations to SOHO. We are so grateful for their continued and generous support.



### **Summer Camp Opportunities and Other Spring and Summer Activities**

**Camp Friendshine:** Howard County Recreation and Parks Therapeutic programs is offering a camp for teens with moderate developmental/cognitive disabilities. The program includes various recreation and leisure activities like art, music, nature and physical activities. Click [here](#) for specifics on the program

**Camp Inclusion:** Camp Inclusion is excited to operate both the elementary and secondary programs again this summer with an ADDITIONAL week available for each program! Click [here](#) for further information.

The Howard County Department of Recreation and Parks Spring and [Summer Guide Activity Guide](#) is out. Online Registration opened on March 1st. Individuals with disabilities are welcome in all Recreation and Parks programs and may request



# Howard County Special Olympics



3 v 3 Basketball  
2023

## 5x5 Player Development

The three 5v5 PDU teams ended the winter basketball season with competitive games at the University of Maryland Armory.

Teams Gregg and Diltz finished 1-1, while Team Dennis won two games!

Coaches Schnorf, Gregg, Diltz, and Dennis headed up three separate teams with a total of 21 athletes and 10 unified players (mentors).

The teams celebrated their season with awards and cupcakes by Coach Cara! Thanks to all the coaches and co-coordinators Barbara Evans and Jen Montgomery for a great season.



## 5x5 Traditional and Unified

The five teams in the 5v5 traditional and unified program began practice in early January with much enthusiasm for their first season since Covid that would include tournament play. Coaches Mike Ord, Scott Hyer, Rick Baker, Jack Healey/Jack Miller, and Rachelle Alexion (unified team) ran two practices a week to fine tune skills and team play. We included intramural scrimmages as part of our practice schedules, prepping our athletes for the busy tournament season.

accommodations if needed. Recreation and Parks does offer therapeutic recreation programs for those needing a smaller staff to participant ratio. These offerings can be found in the Therapeutic Recreation Section of the guide. Therapeutic Recreation and Accommodation Services can be found on pages 13-16 and page 65.

## 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](mailto:info@somdhc.org).

## Car Donations Benefit SOHO

Through the efforts of longtime coach and volunteer, Duke Silvea, Special Olympics can now accept car

Tournaments kicked off in late January with our SOHO hosted tournament at Glenelg Country School. March brought three straight weekends of tournaments that gave our athletes a chance to hone their skills and prepare for state games.

The SOHO 5v5T & Unified teams concluded their season with a wonderful State Game tournament at the University of Maryland Xfinity Center and Armory on March 27<sup>th</sup>. The strong play leading up to state games meant we had challenging matches. But our athletes were up for the challenge. SOHO earned **one Gold (Team Hyer), one Silver (Team Baker), and two Bronze medals (Team Alexion and Healey/Miller)**. Team Ord did so well in pre-season tournaments that they were put in a very advanced bracket and **placed fourth**. All athletes demonstrated strong team spirit and positive sportsmanship.

Congratulations to all our athletes and thank you to all our dedicated coaches and volunteers and especially co-coordinators Theresa and Jim Bourdon.



If you want to see more photos of this basketball season, click [here](#).

## Other Winter Sports Wrap-Ups

### Bowling:

In the **Fall session**, SOHO Bowling had 62 athletes play in League and 42 athletes play Rec. 22 athletes were wait-listed and worked into the schedule during the Fall session due to absences. (Photos from the Fall session can be found [here](#).)

In the **Fall 2022 Regional Tournament** on November 13<sup>th</sup>, SOHO was represented by 53 athletes (58 qualified).

donations to benefit our program. Since the beginning of this program, we have received **\$14,328.00** in donations!

If you have a car you would like to donate, please contact the office at 410-740-0500 or email [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!

## 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

## 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



At the **SOMD State Bowling competition** (December 4th), SOHO was represented by 12 athletes (15 qualified). Regional Tournament (Fall 2022) Howard County was represented by 53 athletes (58 qualified.) In the Winter session, SOHO Bowling had 39 athletes play in League and 49 athletes play Rec. 19 athletes were wait-listed and worked into the schedule during the Winter session due to absences.

The bowling program provided sports competition, socialization for both athletes and parents to the tune of 181 athletes/families. Approximately 25% of those bowled in both sessions. All-in-all a great season for bowling with lots of great competitions, multiple gold awards at the State games, lots of camaraderie, communication, volunteer support was over the top by both our community and our parents. Many thanks to all our volunteers and coaches and especially bowling Coordinator Franco Frande and Assistant Coordinator Pat Condron.



**Spirit Club:** The winter session had the athletes engage in two circuits of workouts that worked on endurance, strength, power, agility, balance and coordination. The "SPIRIT Challenge" between circuits test and display the skills and hard work of the athletes during the

class. Champion and partner rounds empower athletes to model and lead workouts for the group as well as providing opportunities for teamwork and socialization while completing exercises in pairs or a small group.

We are continuing our Spirit Club fitness program this spring. (The spring session is full and there is a wait-list.) To allow broader participation, the policy is that previous season participants will need to sit out the next season to give others a chance to be part of the program. Spirit Club is being offered by Rec & Parks, so we encourage athletes to participate through them in the seasons which they need to sit out. Athletes can choose to join other Spirit Club classes (a list which will be provided by Spirit Club) that they can elect to join for a fee. Again. These additional classes are not an official Special Olympics program.

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## JTCC Tennis Clinics are Back!

Registration for JTCC's Special Olympics tennis program for the spring session is OPEN! Located in College Park, MD, the tennis center's mission is "Tennis for Everybody" and is proud to partner with Special Olympics MD to offer year-round tennis clinics. The clinics focus on building a strong athletic foundation while learning tennis stroke and strategy fundamentals through an engaging game-based format. Additionally, JTCC has a low coach-to-player ratio to ensure athletes are getting individualized, level-based instruction that they need to take their game to the next level, whether they are beginner Level 1, high-performance Level 6, or anywhere in between!

The clinics held on Sundays from 4-5:30pm at JTCC (5200 Campus Drive, College Park, MD 20740). The Spring Session runs April 16-June 11. You do not need to attend all clinics within a session to participate and benefit from the program! To register for the program, click [here](#) and contact Gabby Hesse at [ghesse@jtcc.org](mailto:ghesse@jtcc.org) with any questions.

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).

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## 2022 OVER THE EDGE SPONSORS

Our deepest appreciation to our Over the Edge Sponsors. Because of their support and the 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](#)

