



**Special
Olympics**
Maryland



50
YEARS
1970-2020

October 2023 Newsletter - Issue #6

Winter Sports Registration

Registration for winter sports (Alpine Skiing, Basketball, Bowling, Snowshoeing, Spirit Fitness, Young Athletes Program) will open on November 1st. [CLICK HERE TO REGISTER](#) beginning on Wednesday.

NOTE: Athletes registering for a team sport must review the [Policy on Participating in Team Sports](#) before registering for any team sport. They must also commit to attending State Games. Athletes may only register for one team sport a season.



Jack Burk Inducted into the Sports Hall of Fame

On October 17th, long time SOHO coach and volunteer, Jack Burk was inducted into the Howard County Sports Hall of Fame. A very large contingent (76) of family members, coaches, coordinators and athletes attended the

Celebration of Sports event to watch Jack give a **very moving acceptance speech** which exemplified Jack's humility and dedication to our athletes and organization. (Left photo) Jack receives his award from keynote speaker, former Raven, Torry Smith. Congratulations, Jack.

Good Sports Award Winners

Two SOHO athletes and one coach and sports administrator were honored with Good Sports Awards as well at the Celebration of Sports banquet. Good Sports awards are given to individuals who are being honored for their sportsmanship, respect, positive leadership, team ethics and dedication. Honored were Michael Ord (Youth Athlete), Charles Gaines (Adult Athlete), Chris Warren (Coach), and Shirley Duhaney (Sports Administrator).

Office Hours

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

2023 Volunteer Orientations

Monday, November 13th
Thursday, December 14th
All begin at 7pm at the SOHO office.

Volunteers interested in any winter sports (Alpine skiing, Basketball, Bowling, Snowshoeing, Spirit Fitness and Young Athletes), or in any one-day competitions should attend. Contact **Megan Larson** at meganlarson@somdmc.org for more information. Parents and siblings of athletes as well as students who may be interested in being Unified Partners or looking for service hours are encouraged to attend.

**Medical Support Needed
- Find Out More**



Michael Ord



Charles Gaines



Chris Warren



Shirley Duhaney

For more photos from the event, click [here](#) and [here](#).

Hail and Farewell

As many of you know, coordinators are a critical part of our organization. The Sports Coordinator leads the efforts associated with a particular sport, and are a critical part of our organization. In fact, if we do not have a coordinator(s) to lead a sport, that sport is dropped until someone steps up. We have been very fortunate to have wonderful coordinators who have dedicated countless hours to one and sometimes more than one sport. Take a look at the number of years our fall sports coordinators have been leading their sport. Some of the coordinators with fewer years stepped up when a previous long serving coordinator "retired." An * next to a name indicates that that individual is also a coordinator or coach in another sport.

Cycling- **Zach and Cheryl Decker**: 23 seasons *

Volleyball- **Russ Young**: 20 seasons

Distance Running - **Ann Worley**: 14 seasons

Tennis - **Barbara Evans**: 11 seasons*

Soccer Skills - **Sara and Martin Sommerville**: 10 seasons

Bowling - **Franco Frande**: 10 seasons

Soccer Team - **Shirley Duhaney**: 6 seasons

Soccer Player Development - **Marianela Estrada**: 5 seasons

Flag Football - **Cyndi Song**: 5 seasons

Powerlifting - **Javier Armendariz**: 3 seasons

Tennis Skills - **Sierra Mikha'El**: 2 seasons

Spirit Fitness - **Donna and Sam Wright**: 5 seasons

Spirit Fitness - **Debbie Holfelder**: 1 season

Spirit Fitness - **Marianne Otto-Smith**: 1 season*

Thank you to all of these fall coordinators for another successful season.

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. If you think you may be interested or want to find out more, Jackie Miller, our Medical Coordinator, will host a brief **informational session on Wednesday, November 15th at 7:00 via Zoom**. To register, send an email to info@somdhc.org.



The
3rd

Annual Over the Edge opened on Friday evening with 23 enthusiastic rappellers who bravely took their step over the 12 story Tenable Building in the Merriweather District. The highlight of the evening was a live broadcast with Khiree Stewart from WBAL rappelling alongside SOMD President Jim Schmutz and Howard County Director Bob Baker. Unfortunately, tropical storm Ophelia arrived on Saturday and after Governor Moore declared a state of emergency, we had to cancel the Saturday event.

Special thanks to our Presenting Sponsor Howard Hughes Corporation and all other sponsors (see below). Through the generosity of our business sponsors and many supporters,

Speaking of retirements, we are bidding a fond farewell to three sports coordinators, two (well, a couple) fall sports and one a summer sports coordinator.



Sara and Martin Sommerville who have led our soccer skills program since 2014. The skills program is often the athletes first entry into the soccer program, and also a families' first experience with our organization. The Sommerville's and their daughter, Anna, along with coach Reed Racette, ensure that the athletes' experience is a positive one. Thank you, Sara and Martin, for your dedication to this group of athletes. Jared Lucey, father of soccer skills athlete Kyle,

will step into their shoes as the new soccer skills coordinator. Welcome, Jared. Glad to have you on board.

Since 2017, **Jenn Mineart** has coordinated the Level 2-5 Golf program. This program requires a very organized individual who works closely with the Golf POC at SOMD and juggles training at three separate golf courses and multiple competitions throughout the season and the state. Jenn was awarded the Howard County Parks and Recreation Sports Administrator Good Sports Award in 2021. Jenn, you will be sorely missed! This position is still open.



SOMD Athletes Leadership Training

There is still some room in the upcoming athlete leadership trainings on Saturday, November 4th. This is a very good class for beginners and for leaders with more experience.

Morning (9:00a.m.-12p.m.): Improv/acting skills to improve your leadership. This is a very active class where participants will use improv/acting techniques to improve leadership skills and how we interact with other people in our community.

Afternoon (1p.m-4p.m.): How to Tell Your Story. What if you only have a few minutes to make a great impression? What if you are going to be interviewed by the media? What if you want to introduce yourself to a new friend? In this workshop, athlete leaders will learn how to craft and present a compelling personal story.

Lunch will be provided for those attending both classes. Sign up [here](#). Questions should be directed to Jason Schriml (jschriml@somd.org)

Athlete Opportunity: Wootten Basketball Clinic for Special Olympics

Joe Wootten, son of Hall of Fame Coach Morgan Wootten, is hosting this basketball clinic for our athletes at Long Reach High School on

over \$179,000 has been raised to support the athletes of Special Olympics Howard County. If you'd like to help us reach our goal of \$200,000, [click here](#) to donate. Pictures of the 2023 Over the Edge event can be found [here](#).

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Tenable

Nov 5th from 4-5 pm. Up to 75 athletes can register! The clinic is open to all SOHO athletes. **Register now** for this super opportunity. Thanks to BJ Borden, who has volunteered for HCYP for the past 25 years, and arranged this clinic.

Best of Howard County

Special Olympics Howard County received an **Honorable Mention** in the Baltimore Sun's Best of Howard County Volunteer Organization category. Congratulations to everyone who makes this volunteer organization great!



SOHO Team at SONA Golf NIT

Tom and Corey Harmon participated in the 2023 Golf National Invitational Tournament (NIT) at the Seaview Golf Course in Galloway, New Jersey, from October 2nd-5th. According to Tom, it was a tough course but they had lots of fun and received Participation Ribbon.

Athletes Shine at Fall Festival



Kenny Long and Natana Armendariz carry the Howard County banner in the parade of counties at opening ceremonies at Fall Fest at Mount St. Mary's University.

2024 Athlete Leadership Cruise-Book Now

The 2024 Carnival Athlete Leadership Cruise dates have been set. for October 13th-20th, 2024

The cruise will depart from Baltimore and make three stops in the Bahamas, Nassau, Half Moon Cay, and Freeport.

Three Ports of Call and Three Athlete Leadership Training Days. Click **here** to see the itinerary. **The cruise is booking up fast.**

Call Janice Colbert to reserve your spot. She can be reached at

janice_colbert@yahoo.com or 410-446-7465.

Discounted Sports Physicals

Special Olympics North America has renewed the partnership with MinuteClinic, and, will once again be offering discounted sports



Cycling: The cycling team was well represented at state games which took place in Bowie. Cyclists Landi Lou, Raunak Mattupalli, and Freddy Nunley competed at state games for the first time. They were joined by veterans Daniel Larrimore and Zach Decker. Each performed well as they battled through blustery winds throughout the competition. Our coaches were amazing as they kept all the athletes warmed up and ready to ride! Though our cycling season had its share of rainy days, our

athletes enjoyed a sunny finale!

(Left) Cyclists Zach Decker (team member since 2001) and Daniel Larrimore (team member since 2004) carry in the SOHO banner at Cycling event opening ceremonies. (Below) 2023 Cycling Team Additional photos from the cycling competition can be found [here](#).



Distance Running: Howard County LDR (Quick Feet) Team captured the spotlight at Fall Fest this year! Four SOHO athletes ran the 5K in under 20 minutes, and all seven had great times. Joshua Geesaman finished first with Logan Thomas only seconds behind. Alex England and Will Frisinger ran on each other's heels until Alex surged ahead and won the race. All 3 sets of unified partners made it to the podium in the 1500m (winning team was Adam Yoe and Kalen Green) and single runner Calvin Racette led the 1500m pack winning first! Spirits were high as our volunteers and our athletes cheered for their teammates and other athletes as well.

physicals at a discounted rate. This [voucher](#) must be presented at the time of the physical AND athletes and families should bring the Special Olympics Maryland registration packet with them to ensure the correct paperwork is completed and can be submitted to their area program.

New

There is also a [voucher](#) for discounted Women's Health Services through Minute Clinic for Special Olympics athletes.

Reminder: Athletes are not required to use MinuteClinic, but those who do not have a primary care physician may find this discount helpful.

REMEMBER: All athletes must have a current medical at the start of a sports season before they can participate.



Congratulations Meaghan Hyer

Every year, Special Olympics Virginia hosts a very competitive invitational tennis tournament in Charlottesville, Virginia, for the 32 best high-performance athletes in the country. This year, they have invited SOHO athlete Meaghan Hyer to participate. (She also participated in 2019.) The XPerience Tennis Invitational will take place on January 7-9, 2024. Congratulations Meaghan, and we wish you all the best as you compete.



Flag



Football

Team Warren got silver, team Yakel and Goodwin got bronze. The guys played their hearts out and had so much fun.



Powerlifting

Powerlifting had 14 athletes in attendance at Fall Fest. Many personal records were set by all athletes. Exceptional performance

Columbia Association Quilt

We have made many partners within the county, one of which is the Columbia Association (CA) who has generously provided training and competition sites for some of our sports. In addition, CA included some of our athletes in a marketing campaign they were working on and this year, asked us to be part of a community art project that conveys the visual representation of CA's community ties and collaboration. The **2023 Columbia Association Quilting Project** will be unveiled at the Columbia Art Center on Thursday, November 16th at 4:30. In order to register for the **free** event, please use the following **link**.

Photos of Our Athletes

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

Car Donations Benefit SOHO

was noted by Grant Schaab and Christopher Warner who were new to the Powerlifting team. Kenny Long and Dominic Roybal - returning athletes - also had great performances setting all time personal records in the Dead Lift.

Tennis

Our Tennis Team Howard sent 9 teams consisting of 12 athletes and 10 unified partners to the Special Olympics MD Fall Fest. In addition, 2 singles players, Meaghan Hyer and Julian Than, competed at the highest level of play at Level 5. Aleksander Gans represented Team Howard in the Skills competition. In the level 3 competition, we had a Howard County Sweep with Gold, Silver, and Bronze! The tennis team will wrap up their season with a friendly competition with the athletes verses the volunteers.



Volleyball

On October 21st, our volleyball teams traveled to Philadelphia to compete in the Special Olympics Philadelphia Volleyball Invitational Tournament. The hard work that each team has put in at each of their weekly practices paid off. *Carter's Hawks* won Silver in Division 1, *Hillary's Hawks* won Gold in Division 2, and *Super Hawks* won Silver in Division 4. Each of these competitions was challenging, and all the athletes and coaches did a great job. Thank you to everyone for their good sportsmanship and friendliness to our hosts at Special Olympics Philadelphia. Photos of the competition can be found [here](#).

Through the efforts of longtime coach and volunteer, Duke Silvea, Special Olympics can now accept car donations to benefit our program. Since the beginning of this program, we have received **\$19,981.00** 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. 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!

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.



Special Olympics Howard County

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Contact SOHO Today

