



**Special
Olympics**
Maryland



50
YEARS
1970-2020

March 2024 Newsletter - Issue #3

New Volunteer Coordinator Needed

Megan Larson, who has served as our Volunteer Coordinator since January 2023, is stepping down after the Inspiration Walk due to her other commitments. We thank Megan for taking on this very important role in our organization. That means we are looking for someone who would like to take on this management team position soon.

The **Volunteer Coordinator** is responsible for conducting volunteer orientations (held both in person at the SOHO office as well as by Zoom), 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.

Come Out to the Inspiration Walk

We hope that you have marked your calendars for Saturday, April 27th to attend the **23rd Annual Inspiration Walk**. We will once again begin at the Oakland Mills Interfaith Center (The Meeting House) and will travel down to Lake Kittamaqundi and back to the Interfaith Center (choice of 1 or 2 mile walk).

While there is no registration fee, the minimum donation/fundraising to get event tee-shirt is \$50.00 for an individual or \$125.00 for a family of three or more. However, we encourage every participant to make a personal donation and commit to raising funds to support Special Olympics Howard County sports programs. It costs SOHO, on average, approximately \$287 per athlete per sport. How many sports do you participate in free of charge? Set a goal to fundraise an amount that would cover the cost of those sports.



Office Hours

Monday/Thursday 8:30 - 1:30
Tuesday 1:30 - 6:30

2024 Volunteer Orientations

The next volunteer orientation is scheduled for **Wednesday, April 24, 2024 (via Zoom)**. Additional volunteer orientations for 2024 can be found [here](#).

Individuals interested in volunteering with our spring sports programs (Athletics, Bocce, Cheerleading, Poms, Hip Hop Dance, Pickleball, Motor Activities Training Program, Softball, and swimming) or in any one-day competitions should attend an orientation as soon as possible in early 2024.

Contact the office (410-740-0500) or info@somdhc.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.

Discounted Sports Physicals

Special Olympics North America has renewed the partnership with MinuteClinic, and, will once again be offering discounted sports physicals at a discounted rate. This [voucher](#) must be presented at the time of the



Use this QR code to go to the registration site or [click here to donate or setup your IW fundraising page.](#)

Individuals raising \$1,500 (as of May 25th) or more will receive 2 tickets to attend the SOHO Family Event at Camden Yards on July 13th at 4:05 when the Orioles play the New York Yankees. Additionally, get there early as door prizes will be drawn starting at 8:45 for people who are there in person including tickets to a Ravens game!

This annual event brings our Special Olympics family out into the community for a fun morning of exercise and comradery! Participants enjoy having their pictures taken in the photo booth or with the Oriole Bird and other surprise mascots and also award our Volunteer, Family and Coach of the Year as well as students who have been selected for the four Outstanding Student Volunteer Scholarships.

If you are interested in volunteering on the day of the event, contact Megan Larson (meganlarson@somdhc.org).



Join Us at the Yard - Go Orioles!!

Join us for Special Olympics Howard County day at Camden Yards on Saturday, July 13th at 4:05, when the Orioles will play the Yankees. Tickets are first come, first served so don't wait to purchase your ticket(s); cost is \$36 each. To order your tickets, contact the office at 410-740-0500. Payment must be received by June 15. (Checks made out to Special Olympics Howard County or

pay over the phone via credit card.) Note that parking is not included and chaperones are not provided.

Around the Courts

Our five levels of basketball have had a busy season of training and league play games.

SOHO hosted basketball qualifiers on Saturday, March 16-17 and Saturday, March 23 at Glenelg Country School. The weekend of March 16, over 40 teams and 80 skill athletes competed at the skills, PDU 3v3, Traditional 3v3 and PDU 5v5 levels in a mandatory qualifier. Special thanks to Jack Burk for chairing the tournament for both days. The following weekend 22 teams participated in a PDU 3v3 and Trad 3v3 qualifier. Both weekends were filled with action packed games with teams and athletes from throughout the State. Thank you to the volunteers who supported these events as scorekeepers, clock operators, referees, concessions and set up/breakdown. Both events were well attended by family and friends supporting our outstanding athletes

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.

Upcoming SOMD Athlete Activities

April 12th, 2024 GAME NIGHT LIVE! (SOMD) at SOMD HQ

To register yourself or a team contact Jason Schriml at jschriml@somd.org For additional SOMD activities (Meditation Class, Coffee Chat, etc.), click [here](#).

Welcome New Golf Coordinators

As you have seen in previous newsletters, we were seeking a new Level 2-5 Golf Coordinator to replace Jen Minneart. Welcome to **Patty Gans** and **Heidi Huett** who are taking coordinator training and will be mentored by Jenn during this transition. Thanks Patty and Heidi for stepping up and preserving this sport.

Therapeutic Recreation and Parks Activities

There are a number of great Therapeutic Recreation Programs coming up, including archery, adaptive

Basketball Skills: For the first time, we had a blind athlete from Montgomery County compete in our competition at Glenelg Country School on Sunday, March 17th. The athlete used a basketball with sound and a bell on a tall pole to help him locate the backboard and the wall. The coach tapped the backboard with the bell so he could echo-locate it, and he was able to catch the ball after he made the shot by the sound the ball made. Very cool!!!

3x3 Player Development Basketball



3x3 Traditional Basketball



cheerleading, Uno, bocce, duckpin bowling, swimming, bingo and many more. For more details and to register, click [here](#). Rec and Parks has been a great partner with SOHO for many years!!

Medical Support Needed - Find Out More

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, contact our Medical Coordinator, Jackie Miller, at chitchat1955@gmail.com.

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5x5 Player Development Basketball:

The three Howard County 5v5 PDU teams have been practicing twice a week and improving both their individual and team skills. The teams wrapped up their qualifiers on March 17 at the SOMD sponsored qualifier at Glenelg Country School. All 25 athletes and 7 mentors participated and competed against both Baltimore and Prince George's County teams. Practice wraps up April 3 and it will include an end of season celebration!

All team members and the 7 coaches, led by Head Coach Cole Schnorf, are looking forward to the State Championship on April 7 in College Park!

Car Donations Benefit SOHO

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!

Photos of Our Athletes

You can enjoy photos of our athletes at practice, competitions and other events on our photo [page](#).

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.

5x5 Traditional Basketball



Spring into Tennis with JTCC!

Don't wait until fall tennis season to get back on the court! JTCC in College Park continues their free Special Olympics Maryland tennis program this spring.

Dates: 4/7, 21, 28, 5/5, 19, 6/2, 9: No Class on May 12 (Mother's Day) or May 26 (Memorial Day Weekend)

See the [attached flyer](#) for more information and registration.

NOTE: You do not have to be registered in a fall tennis training program to participate. These sessions are open to all levels of play and tennis experience.

Special Olympics Howard County

8970 Route 108, Suite A-1
Columbia, MD 21045
Phone (410) 740-0500

[Contact SOHO Today](#)

