



**Special
Olympics**
Maryland



50
YEARS
1970-2020

August 2024 Newsletter - Issue #7

Fall Sports Registration Status

Registration for Cycling, Flag Football, Powerlifting, Soccer, Tennis and Volleyball is now closed. Registration for the following sports will close on 8/20/2024 - Bowling, Distance Running, Spirit Fitness, Young Athletes Program. Note that all of these sports currently have wait lists. [CLICK HERE](#) to register and get added to the waitlist.

All athletes must have a current medical at the start of a sports season before they can participate so don't wait until the last minute to get your physicals completed.

- See last month's newsletter for important information to consider before selected a sport.

over the EDGE

We are just one month away from our 4th Annual Over the Edge event at the Tenable Building in the Merriweather

District. If you have been mulling over whether you should take that leap and rappel this year, time is getting short to register. Each rappeler must raise \$1,000 to reserve their spot and can start their fundraising [here](#). Companies or businesses that are interested in being a corporate sponsor (sponsorship levels can be found [here](#)) should contact Cole Schnorf (cschnorf@manekin.com).

Many volunteers are needed for this event, both adults and athletes. If you are interested in helping out, contact the office at 410-740-0500 or info@somdhc.org.

Office Hours

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

Upcoming Volunteer Orientations

The next scheduled volunteer orientations are on **Thursday, August 15th and Tuesday, September 17th**, in the SOHO office. Anyone interested in volunteering with fall sports (bowling, cycling, distance running, flag football, powerlifting, soccer, tennis, spirit fitness, volleyball and young athletes program.) should attend an orientation as soon as possible.

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.

Is Your Medical Form Current?

Athlete medical forms must be updated every 3 years. The medical expiration date is 3 years from the date of the last physical exam, and to be current, the date must be after the end of



Welcome Our New Volunteer Coordinator

We are happy to welcome our **new Volunteer Coordinator, Rachel Maddock-Cosden**. Rachel comes to us with prior experience working at SOMD, processing documentation and updating information in GMS. Rachel and her family have also

volunteered with snowshoe bowling and other SOHO sports. She's up and running with the volunteer role and you'll be receiving emails from her regarding volunteer documentation. **Welcome, Rachel!**

Follow Clara Scholz - a SOMD Health Messenger

What is a **Health Messenger**? A **Health Messenger** is a Special Olympics athlete who learns about having a healthy lifestyle, and shares that information with other athletes through social media and by attending events and competitions.

Here is how **Clara Scholz** describes her journey to become a SOMD Health Messenger: "I began my journey as a Health Messenger after I visited the Healthy Athletes program at the Summer Games a few years ago. To become a Health Messenger I took online and in-person classes with Special Olympics Maryland. During the classes, I learned about making good food choices, drinking plenty of water, getting exercise, a good night's sleep and keeping a positive attitude. I also learned how to create a story and share my message with others. The training has helped me pay closer attention to what I eat and how it impacts my performance during competition. It has motivated me to make healthier choices for



the sports season. For example, state games for soccer will be on 10/27/2024. At the start of the sports season, athletes participating in soccer must have a medical form with an expiration date after 10/27/2024. When submitting medical forms, be sure to submit all the required pages (except page 4, which is optional).

- Pages 1 and 2 need to be completed by either a parent, guardian, or athlete.
- Page 3 must be completed and signed by a physician; the date of the exam must be within the last year.
- Page 4 is optional and only needs to be completed if the physician feels that the athlete needs to be referred to a specialist.
- The Athlete Participation Waiver and the Communicable Diseases Waiver need to be signed by the athlete, or by the parent or guardian if the athlete is a minor. Note that we need actual signatures. Typed signatures cannot be accepted.

Once completed, medical forms can be sent via email to info@somdhc.org or mailed to the Special Olympics Howard County office, 8970 Route 108, Suite A-1, Columbia, 21045. Forms can also be dropped off at the office. When the office is closed, forms can be left in the secure black mailbox outside the office door. Not sure

meals and snacks. Being in good shape is more than just training, it includes eating well and taking care of your own well being." You can follow Clara on Instagram (#inclusivehealth) and Facebook. In this photo, Clara demonstrated how to make a healthy sheet pan dinner. Congratulations Clara! We are looking forward to more of your tips for keeping healthy and nutritious recipes.

Special Thanks to CNSL!

This year, we were fortunate to have been selected by four Columbia Neighborhood Swim Teams to be the recipient of fundraisers that they held. **The Long Reach Marlins, Dorsey Search Dolphins, Pheasant Ridge Rapids and Harpers Choice Challenge swim teams**, altogether raised over \$6500, which will go a long way to support our swim program. Some of our athletes attended the Dorsey Search Dolphins swim event to participate in the fun event and Swim Coordinator Dave Donovan answered their questions about our swim program as well as other sports Special Olympics provides. Thank you to these programs for their fundraising efforts on our behalf. We hope some of them might consider volunteering with us in the future or becoming a Unified Partner on our relay teams.



Therapeutic Recreation Offerings

Online registration for Therapeutic Recreation programs from Howard County Recreation and Parks began on August 7th. Some new programs this fall are:

ADAPTIVE KAYAKING SKILLS: Learn or review the basics to kayaking in this supportive introduction session as you practice paddling with drills, games and tours of the lake. Register [here](#).
18 yrs + Classes: 5
RP4310.101 | Centennial Pk South | Aug 29 | 11am-12:30pm | Th | \$125

ADAPTIVE CHEERLEADING: This inclusive cheer squad embraces diversity, unity, and boundless enthusiasm. Foster a supportive environment where teamwork, joy, and empowerment take center stage.
8-17 yrs | Gary J Arthur CC | Classes: 15
RP4208.101 | Sep 19 | 6-8pm | Tu, Th | \$80 Register [here](#).

when your medical form will expire? Call the office at 410-740-0500 or send an email to info@somdhc.org. [Click here](#) for a copy of the medical form.

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.

THANK YOU TO OUR 2024 OVER THE EDGE SPONSORS (to date)

Want to see your company listed as one of our 2024 Sponsors? Contact Cole Schnorf, SOHO Fundraising Director, at cschnorf@maneking.com for sponsorship details.

PRESENTING SPONSOR
Howard Hughes Corporation

LANDING ZONE SPONSOR
ARCO Design/Build
Tenable

ROPES SPONSORS
Allan Homes Foundation
Stewart Title Guarantee
Company

BASE CAMP SPONSORS
Bohler Engineering
Dembo Jones
Mackenzie Commercial Real
Estate
Manekin
Shipley and Horne

TRAIL TREKKERS- HIKING CREW

Get out in nature with a series of four hikes across the county. Individuals using wheelchairs are welcome. All Terrain-GRIT Freedom hair wheelchairs that can be self-propell or assisted by our team, Trekking poles and grit chairs.

21 yrs + Classes: 1 RP4322.101 | Patuxent Branch Trail | Sep 18 | 2-4pm | W | \$20 RP4322.102 | Rockburn Pk | Sep 25 | 2-4pm | W | \$20 RP4322.103 | Trolley Trail | Oct 2 | 2-4pm | W | \$20 RP4322.104 | Grist Mill Trail | Oct 9 | 2-4pm | W | \$20 Register [here](#).

SPIRIT CLUB PERSONAL TRAINING

Trainers are certified to work with clients of all ability levels and tailor sessions based on your individual lifestyle, interests, and fitness goals. Times of sessions are scheduled after registration via email or phone call.

16 yrs + Sessions are one hour. Register [here](#).

RP4327.101 1 session Roger Carter CC \$85

RP4327.102 2 sessions Roger Carter CC \$170

RP4327.103 3 sessions Roger Carter CC \$255 RP4327.104 4 sessions Roger Carter CC \$340

"Quack Pack" Duck Pin Bowling League

Join the Quack Pack Bowling League for a friendly competition each Tuesday. Whether you're a seasoned bowler or a beginner - anyone can join this pack! Register [here](#).

18 yrs + Classes: 7

RP4307.101 | AMF Southwest Lane | Sep 17 | 1:30-3pm | Tu | \$110

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 use this [link](#) and select Howard County as the recipient of the funds.

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.

Special Olympics Howard County

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

[Contact SOHO Today](#)

