



Special Olympics Maryland



50 YEARS 1970-2020

November 2024 Newsletter - Issue #9

Winter Sports Registration Is Open!

Registration for Winter Sports - Alpine Skiing, Basketball (Skills, 3x3, 3x3 Player Development, 5x5 Player Development, 5x5), Bowling, Spirit Fitness, and Snowshoeing) is now open. The last day to register for winter sports is December 15. [CLICK HERE TO REGISTER.](#)

Remember that if you register for a team sport, **you are committed to participating in that sport and all competitions including State Games.**

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.



Congratulations to the Good Sports Award Recipients!

Two SOHO athletes, one coach, one sports administrator, and one official were honored with **Good Sports Awards** at the Howard County Recreation and Parks Celebration of Sports banquet on

October 15th at Turf Valley. Good Sports awards are given to individuals who are being honored for their sportsmanship, respect, positive leadership, team ethics and dedication. Honored were **Charlie Cleveland** (Youth Athlete), **Jason Kauffman** (Adult Athlete), **Marshall "Bo" Mundy** (Coach), **Lavonne Smith** (Sports Administrator) and Richard Anger (Official). Congratulations to all!

Office Hours

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

Coordinator(s) Needed for 5x5 Traditional Basketball Program

As noted in last month's newsletter, Jim and Theresa Bourdon will be stepping down as 5x5 Traditional Basketball Coordinators after over 20 years of involvement. This is a good opportunity to shadow them this year and "learn the ropes" in order to take over next year. Remember, as is our policy, if a sport does not have a coordinator (or co-coordinators), that sport will be cancelled. We would hate to see that opportunity to play and compete in 5x5 Traditional basketball lost to our program. Contact our Volunteer Coordinator, Rachel Maddock Cosden. (see email below)

Volunteer Corner

We are fast approaching the start of our 2025 winter season. If you would like to volunteer for one or more of these sports, basketball (5 levels), bowling, alpine skiing or snowshoeing, we would love to welcome you and your families and friends. We also need help with one day competitions.

Join the Polar Bear Plunge Excitement



Wondering what to do this winter? Looking forward to the crisp fresh air of winter? **BE BOLD GET COLD** and join our **SOHO Sponsor, Allan Homes Unlimited**, and jump into the icy waters at Sandy Point State Park to support our athletes. Join our team on **Saturday, February 1st** for a day of dancing, live music, food, and a quick dip in the Chesapeake Bay. You can join the team [here](#) by clicking on **Join Team**, then click on **Fundraise to Plunge**, then click on **the + sign (1)**, and then pay \$10 via credit card to join the team. After you join the team, Allan will donate \$100.00 to your page.

Challenge friends and family members to join you in this annual exciting and fun filled event or to contribute to your fundraising page.

If a cold swim is not for you, you can still support members of our team by donating directly to Allan Homes Unlimited Plunge page.

SOHO will receive 70% of the funds raised.

Plan ahead to shake up your winter doldrums, get outside and have some winter fun by joining our team now. Remember, ankles count!

Fall Sports Wrap-Up

(Note: Volleyball and Bowling will be the next newsletter.)

Cycling: Coordinators Cheryl and Zach Decker (24 years)

The cycling season finished up on November 3rd with state games. Joel Bonilla, Jeff Krischik, Zach Decker, Yami Rojas, and Alex Pearsall represented Howard County. The athletes trained hard all season, and it showed as they all did well in the state games.

We want to thank our wonderful coaches and volunteers for their time and dedication this season. Our volunteers were Jerry and Balwyn Jing, and Jayden Rojas. Our coaches were Bill Parlock, Zach Decker, Elizabeth Yao, Allyson Parlock, Bob Parlock, and Bryana Parlock. Allyson and Bob Parlock are hanging up their hats as cycling coaches after almost 25 years. We thank them very much for their service and dedication to our athletes!



High school students, listen up! Are you looking for a golden opportunity for you to rack up those community service hours while having a great time. Who knew volunteering could be this much fun? If you're ready to dive in, check out our website for all the details on how to get started as a volunteer: [Become a Volunteer](#).

Got questions? Don't hesitate to reach out to Rachel at rmaddockcosden@somdhc.org. She's the friendly face behind all things volunteer-related! Let's make some magic happen together! You can also call the office at 410-740-0500 for more information. The process to become a volunteer is to attend a volunteer orientation that we hold once a month at the SOHO office, along with a volunteer application and two online training courses (Protective Behaviors and Concussion). **The next Volunteer Orientation will be held on Tuesday, December 17th.** We look forward to having you join us.

Free Basketball Clinic

HCYP is again offering the Joe Wooten basketball clinic on Sunday, November 10th at Long Reach HS. A separate Special Olympics session will be offered for all athletes 22 years and younger. Register by [clicking here](#). Note this is a new time from last month's newsletter.

SOHO Merchandise Store is Now Open!

Want to show your Special Olympics spirit by proudly sporting SOHO gear? Looking for a holiday gift for your athlete or family supporters? Check out the new Special Olympics Howard County online merchandise store! Items available include hoodies, jackets, backpacks, hats and much more. To order, [click here](#).

Flag Football: Coordinator Cyndi Song (6 years)

A beautiful day at Fall Fest for flag football. Not a cloud in the sky. Our teams played hard, but more importantly had so much fun in their games. Teams came home with 2 silvers and a bronze.



We have some SOHO baseball hats for sale. They are \$10.00 each and can be purchased at the office. We also have some folding chairs and rain ponchos on hand. These items can be purchased at the SOHO office



OUR 2024 OVER THE EDGE SPONSORS

Many thank to our corporate sponsors who are critical in helping us put on this exciting event!

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Powerlifting: Coordinator Javier Armendariz (4 years)

Powerlifting concluded the season with a great Fall Fest. All 18 of our athletes were able to compete, and there were many personal records set and more than a few medals won. Our newest athletes, Christopher Mochca, Sean Doherty and Alex Pearsall were very encouraged earning awards in their first year of competing. Looking forward to next season.



Soccer Team: Coordinator Shirley Duhaney (22 year volunteer, 10 years as Coordinator)

The soccer team, led by head coach Mike Ord, took home the Gold Medal at Soccer State Championship at Crown Sports Center in Fruitland.

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 the sports season. For example, state games for alpine skiing will end on 2/25/2025. At the start of the sports season, athletes participating in alpine skiing must have a medical form with an expiration date after 2/25/2025. 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 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.



Tennis Player Development: Coordinators Barbara Evans (12 years) and Tricia Hyer (first year)

Tennis Player Development had a great season under the helm of Coach Jack and Coach June! Twenty-one volunteers also helped to make the practices instructional and fun. We had a great turnout for Fall Fest! Our team won 5 gold medals, 4 silver medals, 1 bronze medal and 1 fourth place!

Our end of season party was a fun time! Coach Jack and Coach June organized round robin games and Julian Than's family provided a delicious cake with a big team photo on it! Everyone was also amused at the nicknames Coach June and Coach Jack gave to each volunteer and athlete! We hope to see everyone again next year!



In a terrific example of sportsmanship and teamwork, Julian Than, who was injured during a tennis practice and unable to compete in Fall Games, expressed that he wanted to be there to support his team and represented SOHO by carrying the county banner at opening ceremonies along with Powerlifting athlete, Anna DeWitt (who you will remember went Over the Edge in September!)

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.

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.



To show our appreciation to the Wilde Lake Tennis Club for donating their courts for practice, the team met and washed the windows of their clubhouse!

Tennis Skills: Coordinator Sierra Mikha'El (3 years) We want to thank Rose Baltazar who stepped up to be the Tennis Skills Coach this season. Under her leadership, our athletes improved their skills while having a fantastic season. Coordinator Sierra genuinely appreciated all the effort from our outstanding athletes, parents and volunteers!



2025 Carnival Athlete Leadership Cruise to Bermuda Scheduled

The 2025 Carnival Athlete Leadership Cruise dates have been set for October 05th-12th, 2025. The cruise will leave from Baltimore and make one stop in Bermuda for 2 1/2 days. One Port of Call and Three Athlete Leadership Training Days.

Itinerary:

October 05th, 2025 Day 1 Leave Port of Baltimore
October 06th, 2025 Day 2 Fun Day at Sea and Athlete Leadership Trainings
October 07th, 2025 Day 3 Fun Day at Sea and Athlete Leadership Trainings
October 08th-10th, 2025 Day 4-6 St. George's, Bermuda (Planned social/sports event with SO Bermuda athletes)
October 11th, 2025 Day 7 Fun Day at Sea and Athlete Leadership Trainings
October 12th, 2025 ARRIVE BACK IN BALTIMORE.

SOMD expects that this will be a popular cruise so reserve your space as soon as you can. Call Janice Colbert to reserve your spot. She can be reached at janice_colbert@yahoo.com or 410-446-7465.

All athlete cruisers must have a chaperone or caregivers on the ship with them. This is not an option.

Any questions about the leadership activities please contact Jason Schriml at jschriml@somd.org or 410-916-4749.

Special Olympics Howard County

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Contact SOHO Today

