



Special Olympics Howard County

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Columbia, MD 21045
Phone (410) 740-0500

[Contact SOHO Today](#)



December 2024 Newsletter - Issue #10



Best wishes for a joyous holiday season to our 968 athletes, many donors, and over 500 volunteers that support the 23 sports programs offered throughout the year!

Winter Sports Registration Closes December 15!

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

Office Hours

Monday/Thursday 8:30 - 1:30

Tuesday 1:30 - 6:30

The office will be closed 12/11/2024 through 12/18/2024

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.

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!



End of Year Sports Wrap-Up

SOHO Flag Football Team = NIRSA All Star Champions!!!

The National Intramural Recreation Association (NIRSA) for collegiate athletes held a regional competition at the University of Maryland in College Park on November 9th and 10th. The competition has our athletes playing on fields alongside college athletes.

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.

As the winter weather starts to sweep in, The team is behind the scenes getting ready to step into Spring with the 2025 Special Olympics Howard County Inspiration Walk, We will be looking for volunteers to help make this event a success.

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](#).

The SOHO Hawks, coached by Chris Warren and Brock Goodman, played four games against teams from West Virginia, Delaware and St Mary's county. St. Mary's was the number 1 seed that we played on Sunday for the title.

Coordinator Cyndi Song: The game against St. Mary's was "really something movies are made of." No one ever beats St. Mary's and SOHO had lost to them the day before and St. Mary's hadn't lost any games yet. But in the final very exciting game, SOHO Hawks soundly beat the #1 team 30-20 to take the title!

In addition, Will Alexion received the Championship Most Valuable Player award among all the Special Olympics teams.

Congratulations to Will and everyone on the team for what was an incredibly exciting day!!!



Long Distance Running

Coordinator Ann Worley: Howard County athletes dominated competition in most of this season's Fall Fest events at Mt. St. Mary's University in Emmitsburg. Practices on the hills of Meadowbrook Park this Fall paid off! The 5K was won by Logan Thomas with a time of 18:06, followed by Josh Geesaman in 18:54, Blake O'Clery, and Bruce Worley (all of whom finished in under 20 minutes). Will Frisinger won the 3K, and 12-year-old Mubasil Tungeker aced the 1500m in 8:27. Kal'el Green and coach Adam Yoe medaled in the 1500m Unified event.

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). **Future Volunteer Orientations will be held on Tuesday, December 17, Wednesday, January 15th, Monday, February 10th, and Thursday, March 13th.** We look forward to having you join us.

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](#).

We also 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. Stop by during office hours to see samples of some items.



Thank You Knights of Columbus!

Congratulations to all!



Volleyball Program Ends Its Season with Invitational

Coordinator Russ Young: Our Volleyball program hosted two teams from Loudon County, Virginia, at the Maryland Juniors Sport Center for our fall invitational. Coach Tracy's Division II teams won Silver and Bronze and Coach Hilliary and Coach Gary's Division I teams won Silver and Gold. Many of the rallies were edge-of-your seat exciting. Thanks to all our coaches - Michael, Gary, Hilliary and Tracy. Special thanks to our long time volleyball coordinator, Russ Young, who has led this program since 2005!! This has been the only volleyball program in Maryland for many years, and Russ has worked tirelessly to provide competitive opportunities for our athletes in Delaware, Pennsylvania and Virginia. Russ, who will be retiring this year as coordinator, has made this program the success it has been and for which we are grateful. NOTE: This sport is in jeopardy for next fall if someone (or two people) doesn't step up to replace Russ as Coordinator.



Multiple Knights of Columbus Councils have been long-time supporters of our athletes through funds raised from their annual Tootsie Roll Drives. This year, we received donations from the following Councils:

KOC Patuxent Council 2203

KOC Council 18170

KOC Columbia Council 7559

Below is a photo of Executive Committee member Mimi Goodman accepting a check from Grand Knight Boniface Nwugwo and Knight Frank Attard of KOC Columbia Council 7559.



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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Howard County Special Olympics Volleyball



2024

Soccer Skills At Fall Fest



Coordinator Jared Lucey: Pictured from left to right, Kevin Gold, Kyle Lucey, and Abbie Vance represented Howard County Special Olympics Soccer Skills at the State Games in Fruitland, MD. Kevin and Abbie each earned gold medals in their divisions, while Kyle secured the bronze. We are incredibly proud of our athletes for performing their best and

showcasing exceptional skill and determination throughout the competition and thank Coordinator Jared Lucey on his first year coordinating and Coach Reed Racette for preparing our athletes for this competition.

Bowling State Championship

Thirteen SOHO athletes attended the Bowling State Games on Sunday, December 8th at the Crofton Bowling Center. Emma Skaggs and Matthew Na earned Gold Medals. Mike Waschak, Kimberly Killebrew and Joshua Osten took home Silver Medals. Bronze Medals were presented to Mary

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What are ABLE Accounts?

ABLE Accounts are a way to help individuals with disabilities save money and pay for qualified disability-related expenses (including living expenses, education, housing, transportation, assistive technology and much more) without jeopardizing state or federal means-tested benefits such as SSI or Medicaid. Click [here](#) for more information.

SOMD Human Resources Announcement

Special Olympics Maryland is currently accepting applications for the Receptionist opportunity. This is a full-time, in person position based at the SOMD headquarters office in Halethorpe, MD.

At this time, SOMD is targeting SOMD athletes for this opportunity; however, they may open it up to the broader IDD community if necessary.

Condrón, Jacob Miller and Alex Chase. Taylor Abrans, Kenny Long, and Colin Palmer placed in 4th Place and Justin Im and Jordan Crawford placed in 5th. Congratulations to all!

Special thanks to Assistant Bowling Coordinator Pat Condrón who served as Head of Delegation (while Coordinator Franco Frande remained at "home" at Bolero with the remaining bowling athletes at their regular Sunday practice. We have a great team leading our Bowling program!

Silvea's Bring Home the Gold from NIT

SOHO Level 2 Unified Golf Team of Brian and Duke Silvea participated in the National Golf Invitational from October 27th to November 1st in Witchita, Kansas as part of Team Maryland. The Silveas earned a Gold Medal!

Duke reported that he and Brian had a great time and that The Maryland group that they traveled with were a joy to be around. He also noted that the hospitality of the people running the golf course was excellent.



SOHO Golfers Participate in Maryland State Golf Association Event

The Maryland State Golf Association generously included a Special Olympics division at one of their events on October 21st at the Montgomery Country Club in Laytonsville. This was a great opportunity for our athletes to showcase their skills.

Representing SOHO at the event were Jason Kauffman and Unified Partner Jack Kuhn; Sharv Wagle and Unified Partner Al Mineart, Bryan Bourdon and Unified Partner Jack Healey and Corey Harman and Caddie Sharon Harman.

Contact Rhonda Garrison (rgarrison@somdh.org) with any questions. Applicants may direct questions to resumes@somd.org.

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 - 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

Is Your Medical 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 expiration 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. See right column on how you can have your medical form completed at Minute Clinic.

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 5th, 2025 Day 1 Leave Port of Baltimore

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.

October 6th, 2025 Day 2 Fun Day at Sea and Athlete Leadership Trainings
October 7th, 2025 Day 3 Fun Day at Sea and Athlete Leadership Trainings
October 8th-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 | 8970 Route 108 Suite A1 | Columbia, MD 21045 US

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