



## Special Olympics Howard County

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Contact SOHO Today



# April 2026 Newsletter - Issue #3

## Summer Sports Registration Opens May 1st

Sign ups for the summer sports season open on May 1 and will include golf skills and golf levels 2-5. Go to our [website](#) to register.



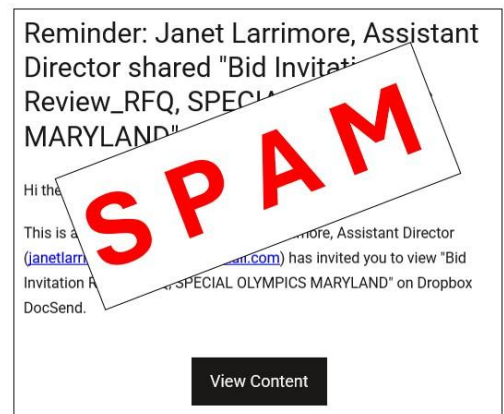
### New for 2026:

- A new sign up system has been implemented. For existing athletes, the system will automatically show current information and allow an opportunity for updates. If the system does not find your athlete, call the office at 410-740-0500.
- Athletes who register for a sport that is at capacity will automatically be wait listed and will be notified if a spot becomes available.
- We want to maximize participation for as many athletes as possible. This means that if you register for multiple sports, you may get bumped from one, in order to allow athletes that are only on waiting lists to also participate.
- **As always, athlete participation is guaranteed for families that step up to coordinate or coach a sport.**

## SPAM Alert

Please be aware that the criminal spammers are at it again, this time pretending to be Bob Baker and Janet Larrimore. In both cases, the actual email addresses are bogus, "myofficialmail6660@gmail.com" for Bob and "janetlarrimore\_somdhc.org@mail.com" for Janet. Always look at those addresses first to verify a suspicious email. When in doubt, call the office at 410-740-0500 to confirm if an email is legit.

For those that did respond to Bob's email, their next response is asking you to purchase gift cards. Note that we will never ask our volunteers to purchase gift cards. In Janet's email, if you clicked on the attachment, MalWare may have been downloaded to your computer. Hopefully nobody did that, but if so, run scans to disinfect ASAP.



## Basketball Season Wrap-Up

The 2026 basketball season ended with exciting competitions the weekend of March 28-29 at College Park. SOHO was well represented with many athletes, mentors and coaches in attendance. A huge thank you to all our basketball coordinators (names by each article below)

## New Office Hours

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

and our dedicated coaches who made this season possible for almost 200 SOHO basketball athletes!!

A special thank you to **3v3 Player Development (PD) Coordinator Gigi Sheltraw** and **Head Coach Colleen Konstanzer**, who are both stepping down this year after 12 years leading our 3v3PD teams!! Below is a picture of all our 3v3PD coaches, Gigi is front left and Colleen is middle, green shirt.



#### **Basketball Skills (submitted by Lavonne Smith)**

Our basketball skills group had a record eleven athletes in attendance at basketball State Games at the University of MD campus on March 29. Our level 1 athletes, several of whom were competing for the first time, had a

great time meeting and competing with athletes from other counties. Our level 2 athletes had the same great experience, scoring at least one gold medal. All are looking forward to next year already!

#### **Basketball 3v3PD (submitted by Gigi Sheltraw)**

I say this every year... but here I go again—this truly was our best season ever! This year, 3v3 PDU fielded 8 teams, with many returning athletes and lots of new faces who quickly became part of the program. The energy all season long was incredible, and every practice and game was filled with enthusiasm and fun. From January through the end of March, we saw so much growth, with defense topping the list of improvements. It was exciting to watch the athletes build skills, confidence, and teamwork throughout the season. We participated in three competitions during the regular season, including one in Frederick—the first time we've traveled outside of Howard County for regular season play! State Games were a wonderful way to close out the year. A huge thank-you to our volunteers, coaches, mentors, and especially our Head Coach, Colleen, for making this such a fun, engaging, and memorable season!

## Volunteer Corner

Looking for a place to volunteer? Want to feel the joy of watching athletes with intellectual disabilities work hard and excel in the various sports? Need to earn Community Service Requirements for high school graduation or church requirements? Whether you are looking for a few hours a week or month or a larger commitment, whether you can help with administrative/office work, fundraising or want to work hands-on coaching the athletes, Special Olympics Howard County can use you!

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**. Parents are highly encouraged to attend an orientation to learn more about SOHO.

**The next volunteer orientations will be on Tuesday May 19 and Tuesday June 23, both from 7-8pm.**

For further information, send an email to [info@somdhc.org](mailto:info@somdhc.org).

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## Important Changes to Athlete Medical Form - ACTION NEEDED FOR EVERY ATHLETE

The current athlete medical form has been discontinued and is replaced by the new **U.S. Athlete Registration Form (click here)**. Important features of the new form:

- Physician signature NOT required for sports participation and competition within Maryland
- Medical questions are completed by parent/guardian/caregiver
- Waivers combined with only 1 signature needed
- Typed signatures are not accepted; electronic signatures such as DocuSign are accepted
- **All old medical forms will expire on 06/30/2026, but don't wait, download and complete the new form today**



### **Basketball 3v3T (submitted by Liz Milligan)**

We were thrilled to welcome new Head Coach, Jake Davis, and several new athletes to the roster, along with assistant coaches: Wes Desroches, Dan McCabe, and Peter Milligan. The season culminated in an incredible showing at the State Games, with all three teams bringing home hardware! Coach Dan's squad had an unstoppable season, going completely undefeated to capture the **Gold Medal**. Coach Peter's team battled hard to earn a well-deserved **Silver Medal**, and Coach Wes did a phenomenal job guiding his newly formed team to a fantastic **Bronze Medal** finish. We are so proud of the dedication, growth, and teamwork shown by all our players and coaches this season!



- New forms should be signed, scanned and submitted to [info@somdhc.org](mailto:info@somdhc.org) or sent to the office by 06/30/2026
- **The U.S. Athlete Registration Form must be updated annually**

Questions? Call the office at 410-740-0500 or send an email [info@somdhc.org](mailto:info@somdhc.org)

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## **SOHO Merchandise Store**

Want to show your Special Olympics spirit by proudly sporting SOHO gear? Looking for a 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.

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## **Mark Your Calendars!**

**2026 Summer Games** at Towson University is scheduled for **June 12-14**.

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## **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](mailto:chitchat1955@gmail.com).

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## **Passing of Tim Dalrymple**

**Basketball 5v5PD (submitted by Barbara Evens and Jen Montgomery)**

Although there were only four teams in the 5v5 PD Basketball division, all three of the Howard County teams enjoyed themselves throughout the season. We were fortunate to have three returning head coaches and led by Howard County division coach Chris Anderson. In addition, we had three assistant coaches, and ten devoted mentors (unified partners). We had a total of 25 athletes split among the three teams; the ten mentors were divided to make up the balance of the rosters. Our teams both practiced and ran mock competitions against each other. It made for great fun! During our three cross-county competitions and at the SOMD games, we also played against the Charles county 5v5 PD basketball team. The true excitement came at the SOMD state games when all four teams played at Xfinity Arena on Gary Williams Court 1!



**Basketball 5v5T (submitted by Sandy Dukes)**

The 5v5 Traditional basketball season was a great success. We had five teams this year, including several new athletes and coaches. Our teams participated in qualifiers at Glenelg Country School and St. Mary's College before concluding the season at the State Games.

The results from the State Games were impressive: Team Ord, Team Hyer, and Team Healey all won Gold medals, Team Warren earned Bronze, and Team Silvea took 4th place. All of our athletes played their hardest and showed great spirit throughout the season.



We are sad to report the passing of former coach and volunteer Tim Dalrymple. Tim was a soccer and track coach for our program from 2004 until he and his family moved to Florida in 2016. Our condolences go out to the family. His obituary can be found [here](#).



**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. 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](mailto:info@somdhc.org) and [bobbaker@somdhc.org](mailto:bobbaker@somdhc.org) email addresses to your address book so that this letter does



## Fitness Programs

Our athletes continue to enjoy participating in fun exercise programs to help them stay physically fit all year.



CrossFit and Spirit Fitness classes are offered twice a week year round. Special thanks to the CrossFit PCR gym and owner **Kim Winters** for offering classes free of charge!

Also thanks to our Spirit Fitness coordinators,

**Marianne Otto-Smith and Debbie Holfelder for Level 1 and Donna and Sam Wright for Level 2.** Athletes are welcome to attend the Spirit Club Spring Fitness Festival on Sunday, April 26, 1:00-4:00pm at the Athelas Institute at 9104 Red Branch Road in Columbia. For more information and to register, [click here](#).

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## Remembering Adele Slifker, 1942 - 2026

Special Olympics Howard County lost a long time volunteer and special friend, Adele Slifker on April 8, 2026. Adele served as our first office manager from 1997 to 2013, helping to establish our presence in URTA's shared office space, taking our operations out of family basements and into a business park. She led the transition to our own office in 2002 (our current location). She was our first softball coordinator in 1996, a role she held for many years, a consistent Merriweather Concession Stand Volunteer, a key member of Inspiration Walk Planning Team in the early years and of course, a dedicated and devoted mother to athlete Wayne Slifker. Services have not yet been finalized. If you'd like to contact Wayne and his brother Steve, their address is now 8917 Azalea Sands Lane, Davenport, FL 33896.



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](mailto:info@somdhc.org).



## Jersey Mike's Fundraiser

In March, a portion of sales at all Jersey Mike's locations were donated to Special Olympics and **on March 25th, all sales from all the Jersey Mike's stores across the USA were donated to Special Olympics!** Thanks to all the athletes and volunteers who visited Jersey Mike's to support our athletes.

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## Inspiration Walk Moved to September

2026 Will mark the 25th anniversary of the Special Olympics Howard County Inspiration Walk. To celebrate this special occasion, the walk will be moved to the Merriweather District's Color Burst Park (where the ice rink is in the winter) and will be held on Saturday, September 12, 2026. Fundraising pages can be set up starting in May. Please reserve this date on your calendars and stayed tuned for details!



We are currently recruiting business sponsors. If anyone has personal contacts at a business, please let us know by calling the office at 410-740-0500 so we can reach out.



## Brandon and Dominique at "Brave Talks 2026"

SOHO athletes Brandon McLarin and Dominique Palmer did an awesome job in telling their stories at the recent Brave Talks. The Brave Talks are a groundbreaking personal storytelling platform in a "TED Talk" style format, where speakers who have intellectual and developmental disabilities discuss topics from their own life experiences, lessons learned, and how they are leading the way now and in the

future.

