

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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January Newsletter

Issue #2019-01

Spring Sports Registration Now Open

Registration for spring sports (athletics, bocce, cheerleading, equestrian, swimming and fitness) is open. Register by going to the web site or [clicking here](#). If you do not receive a confirmation email, notify the office at 410-740-0500. Note that registration for fitness is now full and additional registrants will be placed on a wait list.



We regret that due to unforeseen circumstances, we had to cancel the spring session of the Young Athletes Program. We will resume the program in the fall.

Remember that athletes **must have a current medical** to participate and the medical must be updated every three years.

Mark Your Calendars: Inspiration Walk - April 27, 2019 - Be Part of the Event

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Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on Tuesday, February 5th from 7:00 - 8:30 p.m. Anyone wanting to volunteer should attend, especially those interested in volunteering for winter sports. Families who are new to our program, including families in the Youth Athletes Program, are strongly encouraged to attend a volunteer orientation. Advance registration is required by contacting Janet at



Now in its 18th year, the **Inspiration Walk** is critical to our program. The walk raises about 50% of our annual operating budget. With our increased number of athletes and increased costs, especially for facilities, we rely heavily on funds raised at the walk. (For example, our costs for basketball training facilities increased 50% this year.)

We have been grateful for the support of our corporate sponsors who have been with us for years. We also need our families and friends to raise funds so that we can continue to provide the quality program we have. Remember, our programs are provided at no cost to the athletes.

If you know of a corporate or business sponsor that is interested in being a Walk sponsor, contact us at info@somdhc.org so that we can reach out to them.

Sponsorship levels are as follows:

- Presenting Sponsor - \$20,000 and up
- Legacy Sponsor - \$5,000 to \$9,999
- Team Sponsor - \$2,500 to \$4,999
- Gold Medal Sponsor - \$1,000 to \$2,499
- Silver Medal Sponsor - \$500 to \$999
- Bronze Medal Sponsor - \$250 to \$499
- Athlete Sponsor - \$100 - \$249

For Sponsors (Presenting, Legacy, Team and Gold levels) to be listed on the Walk t-shirt, a commitment is needed by March 29, 2019. If you have any leads for sponsors or are interested in being a sponsor yourself, please send an email to info@somdhc.org. Invoices for sponsorship can be sent upon request.

Individuals and teams can set up a fundraising page by [clicking here](#), then click on "Join Now" and then solicit donations from family and friends. Walk brochures will be sent out by early March. Incentive prizes for each level of fundraising will be announced in our February newsletter and on our website. General donations can be made by [clicking here](#).

Many volunteers are needed to help in planning the event and the day of the event. If you are interested in helping with this event, contact Janet Larrimore

janellarrimore@somdhc.org
or calling the office (410-740-0500).

2019 Volunteer Orientations are scheduled for:
Monday, March 4th
Tuesday, April 2nd
Thursday, May 2nd
Wednesday, June 12th

Mark Your Calendars



Tuesday, March 19th, will be Special Olympics Howard County Night at Outback Steakhouse. You need to bring a flyer with you for us to receive 10% credit. Watch the newsletter next month for the flyer which will also be passed out at winter sports practices and available in the office.

Reynolds Family on WBAL-TV

If you didn't catch it live, [watch](#) SOHO's Owen Reynolds and his family on WBAL-TV and their involvement with the Maryland State Police Polar Bear Plunge.

Upcoming Recreation and Parks Dances

There will be a Sweetheart Ball on February 9th from 7:00-10:00 p.m. at the Bain Center. The cost is \$20.00.

To register, [click here](#) and register for RP4301.202.

Other spring dances with their registration codes are:

RP4301.203

Mardi Gras Madness- 3/2
RP4301:301

80's Flashback - 4/11
RP4301.302

(janetlarrmore@somdhc.org).

Volunteer Spotlight: Rosemary Gruss

After 17 years, Rosemary Gruss is retiring as our Medical Coordinator. She has been a fixed feature at many of our competitions ensuring that athletes (and sometimes coaches and volunteers) are cared for when medical assistance is needed.



In addition to assisting at county events and being the overnight nurse with our delegation at Summer Games, Rosemary also served as the Medical representative for the Maryland delegation at three National Games, starting with the 2006 Games in Iowa, the 2010 Games in Nebraska, and the 2014 Games in New Jersey.

The proud mother of athlete Catherine Gruss, we look forward to continuing to see Rosemary at practices and competitions as she enjoys watching Catherine compete in multiple sports - powerlifting, basketball, bowling, and bocce. Catherine and Rosemary were featured on several television vignettes over the years on WBAL-TV and just last summer on ESPN during National Games!!

We thank Rosemary for her years of service and dedication to our athletes and organization!!

Coaching Special Olympics Athletes Courses Scheduled

SOMD Will host two live Coaching Special Olympics Courses at SOMD Headquarters in Baltimore during the first quarter of 2019.

Coaching Special Olympics Athletes is a core course for all Special Olympics Coaches in the new Coach Education and Development System.

To ensure maximum interaction among participants, the classes will each be limited to a maximum of 25 registrants. Both sessions are provided free of charge.

Spring Fling - 5/11

RP4301.303

Come Fly with Me - 6/8

You can register for any or all of these dances at the above website.

Why Volunteer?

Did you know that volunteering two hours a week can boost your well-being. Research shows being a volunteer helps combat loneliness which has been linked to dementia. It doesn't cost anything but your time, and it can reduce stress, improve well-being, and even add years to your life.

"At the end of the day, it's not about what you have or even what you've accomplished....it's about who you've lifted up, who you've made better. It's about what you've given back." - (Denzel Washington)

Volunteer! What you get back is immeasurable! Check above for the next Volunteer orientation or contact Janet Larrimore

(janetlarrmore@somdhc.org)

Car Donation Program

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 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

Saturday, February 16, 2019, 9:30 a.m. - 1:00 p.m.
Saturday, March 23, 2019, 9:30 a.m. - 1:00 p.m.

To register for either course, coaches and prospective coaches, click [here](#).

SOHO Basketball Team Shines at Towson University Exhibition

On Sunday, January 27th, it was Special Olympics Maryland Day at the Women's Basketball game against William and Mary. Coach Scott Hyer's 5x5 basketball team played at halftime. The highlight was the three point shot made by Brian Silvea. According to Basketball Coordinator Jim Bourdon, "the crowd went crazy."



Hal Josephson, Wendy Jimenez and Nora Nickle join the Towson Tiger at the Towson University SOMD Day. .



Coordinator Positions Open

Soccer Player Development Coordinator (fall sport): We still have an opening for a Coordinator for Soccer Player Development. Coordinators can be parents or non-parents and a sport can have co-coordinators who share the tasks. (For a summary of Coordinator

car is sold for at auction. Please help us by donating an unwanted vehicle!

Do you want to be a Global Messenger?

The best ambassadors for Special Olympics are the athletes themselves! If your athlete wants to help spread the word about our great program, then you may want to attend the next global messenger training session. Athletes will learn how to speak in front of an audience, interact with sponsors and be part of the Special Olympics public outreach. We are hoping to have a training session later this fall or winter.

If interested, contact our Global Messenger Coordinator, Marian Williams-Cato at vze1ena92@verizon.net and you will be notified when the next training session will be held.

Sponsors

Are you interested in being a sponsor? Do you want to see your business listed in our monthly e-newsletter or on our web page? Contact info@somdnc.org or call 410-740-0500 to receive a sponsor information package.

PRESENTING SPONSORS

[Car Max Laurel Toyota](#)
[Corridor Mortgage Group](#)
[Lisa Higgins Hussman Foundation](#)

LEGACY SPONSORS

[Allan Homes](#)

duties, see the November and December e-newsletters found on our [web page.](#))

The Coordinator position is a critical one in our organization. Remember, if a sport does not have a coordinator, that sport will be dropped. Training will be provided. If you have any further questions about the position, contact Russ Young (russtace@comcast.net).

Medical Coordinator: The Medical Coordinator is in charge of all medical related activities. Specific duties include:

- Arranging for onsite medical support for all local competitions.
- Ensuring medical kits are filled with supplies prior to the start of each season.
- Attending monthly general meeting with management team and coordinators.

The individual must be (or become) a certified Special Olympics volunteer. Interested individuals should contact Janet Larrimore (janetlarrimore@somdhc.org)

Student Scholarship Information

Special Olympics Howard County will award two scholarships to outstanding student volunteers who have been committed to the Special Olympics Howard County program as a volunteer and advocate of the athletes - The Jackie Burk Memorial Award and the Kathy Lindner Memorial Award.

The Jackie Burk Memorial Award for Outstanding Student Volunteer for Special Olympics Howard County (\$1500) was created in 2004 by Jack and Linda Burk in memory of their daughter, Jackie, a special friend and volunteer to Special Olympics Howard County.

The Kathy Lindner Memorial Award (\$500), in memory of Special Olympics Howard County's first Volunteer Coordinator, was created in 2012. Kathy was a dedicated volunteer in a number of sports, including the annual Softball Invitational.

The deadline for applying for these scholarships is April 1, 2019. The application can be found [here](#).

Information on the remaining two scholarships for Outstanding Student Volunteers - the **Allan Homes**

[Brunswick Normandy Lanes](#) [Canada Dry Potomac](#)

Dwight and Diane Mikulis
[Integrated Waste Analysts](#)
Pat and Maryanne Klima
[Quest Fitness](#)
[Timbers at Troy Golf Course](#) [Wegmans](#)

TEAM SPONSORS

[Outback Steakhouse](#)
[Win Kelly Chevrolet Buick GMC](#)

Carnival Cruise to Benefit SOMD

Don't miss the chance to join Carnival Cruise for their first ever 7-day cruise to the Eastern Caribbean aboard the Carnival Pride to benefit Special Olympics Maryland. (A portion of the proceeds from each cabin will be donated to SOMD.)

Departing on May 12, 2019, the weekly itinerary includes stops in Grand Turk, Half Moon Cay, and Freeport. Guests of Special Olympics Maryland will have access to additional, custom events all in celebration and support of the athletes.

If you are interested in booking this cruise, contact Janice Colbert directly at janice.colbert@yahoo.com or 410-446-7465. A limited number of cabins are available for this once-in-a-lifetime adventure.

Photos of Our Athletes

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

Scholarship and the Schnorf Family Scholarship - will be announced by the Columbia Foundation of Howard County. Details regarding application and deadlines will be forthcoming.

Support Our World Games Bound Athletes

The Special Olympics World Games 2019 will be hosted in Abu Dhabi, United Arab Emirates in March 2019, where more than 7,000 athletes from over 170 countries will compete in 24 different individual and team sports. Special Olympics USA will send a 300+ member delegation to represent the United States, including four athletes from Maryland, two of which are from Howard County - **Charles Gaines and Jena Jones**.

Charles is a 28-year Special Olympics veteran from Jessup, Maryland who competes in athletics, basketball, and volleyball. He's traveled across the country to compete as part of Team Maryland in both the 2014 and 2018 Special Olympics USA Games, most recently earning a gold medal in the 400M run in Seattle this past July. When he isn't training & competing, Charles enjoys attending church, singing in his choir, and working on his computer. He also works as a Courtesy Clerk at Safeway - a job he's held for 17 years. Charles prides himself on being kind to others and loves meeting new people.



Jena Jones of Columbia, Maryland has been training & competing with Special Olympics Maryland for more than 15 years. Jena loves to swim - her role model is Maryland native Michael Phelps - and she took home a gold and three silver medals in swimming at this year's Special Olympics USA Games in Seattle. She competes in basketball and volleyball with Special Olympics Maryland, as well. Jena is active in her community and was even awarded Sportsman of the Year from her local Parks & Recreation



SOMD News

To see a copy of the December SOMD e-newsletter, IMPACT, click [here](#). There is a great article about the Maryland athletes going to World Games, including SOHO's very own Charles Gaines and Jena Jones.

A Mommy, a Daddy, Two Sisters and a Jimmy

Our children with special needs have taken us on a life journey we could have never imagined and one that has prompted many "I should write a book about this!" statements. Well, the Bucher family has done just that with a book titled "A Mommy, a Daddy, Two Sisters and a Jimmy." Jimmy is a 42 year old athlete with Autism that has been with Special Olympics Howard County since 1995! [Click here](#) to get more info on Dr. Rich Bucher's new book and links to his Blog on Autism. All profits from the book will benefit the Linwood Center.

SOHO Merchandise For Sale

You don't want to miss these incredibly low prices on SOHO merchandise. Contact the office if you are interested in any of these items.

Navy Fleece Jacket = \$20.00
Short sleeve T-shirt = \$10.00
Long sleeve T-shirt = \$12.00
Charm Bracelet = \$5.00
Pen = \$1.00
Fleece Blankets = \$15.00
Thermal Bottle = \$10.00
Baseball hat = \$10.00
Ice Scraper = \$1.00

department. Jena competes in memory of her father, who passed away when she was just 12.

If you would like to support their journey, click [here](#) for Charles and [here](#) for Jena.
Good luck to both of them! We will be rooting for them!

Athletes as Coaches Training

Are you ready for a new challenge in Special Olympics? Do you know how to talk with other athletes so that they understand what you mean? Do you like helping the coach?

The Athletes as Coaches Course is the first in the series of Athlete Leadership Programming within the sports tract. This introductory course on coaching will provide basic knowledge, skills, value statements and a practical application for the athlete to work toward becoming a coach. Are you ready for a new challenge in Special Olympics? Do you know how to talk with other athletes so that they understand what you mean? Do you like helping the coach?

Within this course, the athlete who is going through the training will be referred to as "Prospective Coach".

This course DOES NOT count towards the "Coaching Special Olympics Athletes" course.

Desired Outcomes

1. Describe Athlete Leadership Programs (ALPs) and ALPs University.
2. Describe what it means to be a coach.
3. Identify what a coach needs to know.
4. Outline expectations that the Prospective Coach has for the Mentor and that the Mentor has for the Prospective Coach.
5. Explore the various coaching jobs which reflect different levels of responsibility.
6. Apply key communication skills, task analysis and skills instruction to effectively teach and train athletes.
7. Experience working with athletes.
8. Plan next steps in training and certification.

The course will be offered on March 16th from 9:00 a.m. - 1:00 p.m. at the Special Olympics Maryland office (3701 Commerce Drive, Suite 103, Baltimore). To register, click [here](#).

Towson University Autism Awareness Games

Car magnet = \$1.00
Heavyweight poncho = \$5.00
Cooler foldable tote = \$10.00
Beach towel = \$20.00
Collapsible chair = \$20.00

Are you interested in other jewelry items?

Special Olympics Maryland athlete Alisa Ogden creates necklaces that symbolize the beauty in differences. \$5 of each purchase is donated to Special Olympics Maryland.

Click [here](#) to shop.

SOMD "Be Brave" Bravelets and other items (necklaces, watches, pillows, scarves) are available [here](#). For each Be Brave item purchased, SOMD will receive \$10.00.

COACHES RESOURCES

Special Olympics requires that all of our coaches be certified by taking training classes at least once every three years.

SOHO will reimburse any coach who wishes to take any of the online training courses offered below.



Coaches Training



[Coaches Guidelines](#)

Towson University has complimentary tickets for groups and families affiliated with autism for two games - Saturday, February 16th, 2PM (Towson Tigers men's basketball team vs. Drexel Dragons) and Sunday, February 17th, 2PM (Towson Tiger Women's Basketball team vs College of Charleston Cougars). Both games will be held at the SECU Arena. For details and additional information regarding tickets, available sections and how to redeem ticket can be found [here](#).

Issues Impacting Siblings of Children with Autism Spectrum Disorders

The Howard County Autism Society and Pathfinders for Autism are sponsoring a workshop on **Issues Impacting Siblings of Children with Autism Spectrum Disorder** on Wednesday, February 20, 2019, from 12:00 - 1:30 p.m. at the Society's office (9770 Patuxent Woods Drive, Columbia).

Clinical Director of Autism Services, Division of Pediatric Psychology and Neuropsychology at Mt. Washington Pediatric Hospital will discuss a range of issues that children having siblings with autism spectrum disorders may face, including the impact on their emotional and behavioral functioning, as well as social and relationship issues. Additionally, factors such as gender, severity of ASD presentation, culture, and comorbid diagnoses will be reviewed. The workshop intends to be relevant to parents and educators of children of all ages and will include an opportunity for questions and further discussions.

To register for this free workshop, click [here](#).

Athlete Leadership Registration System

***NEW**

VolunteerHub is an exciting new system that will allow athlete leaders to see a schedule and sign up for a variety of athlete leadership opportunities that happen all the time including talking to the media, speeches, advocacy, state championships, special events, and local program events in their area! Just to name a few. It will also allow athletes to build a personal schedule of events and offers immediate confirmations when you sign up. (To sign up, click [here](#).)

Because it is a new system, new users will be asked to build a volunteer/Athlete Leader profile. It only takes a minute or two to fill out so even if you do not see an

Sports Rules

Protective Behaviors Training

Protective Behaviors Training is required for ALL volunteers (coaches, unified partners, Area leaders, general volunteers, etc.) and needs to be renewed every three years. It is typically completed at the same time volunteers update their volunteer applications.

Taking the protective behaviors "course" and quiz is fairly quick (10 minutes or so depending on reading speed) and SOMD is sent a notification from SOI for anyone who completes it online.

Concussion Training

ALL Special Olympics coaches (head coaches and assistant coaches) must complete a concussion training certification process prior to starting coaching and once every three years. [Click here for more details.](#)

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.

event for you now feel free to get ahead of the game and build your VolunteerHub account.

Join us now on VolunteerHub and take advantage of all the great ALP-ortunities ahead of you.

You DO NOT have to be certified in any athlete leadership classes to join this new system. Just interested in sharing your story and leading Special Olympics Maryland into the future.



SOHO Office, 8970 Route 108 Suite A1, Columbia, MD 21045

Hours: Monday, Wednesday & Thursday 8:00 - 1:00, Tuesday 1:30 - 6:30

Phone (410) 740-0500 | Fax (410) 740-2388 | www.somdhc.org | info@somdhc.org

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