

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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April Newsletter

Issue #2019-04

Inspiration Walk This Weekend!!

Come out this Saturday, April 27th, for our 18th Annual Special Olympics Howard County Inspiration Walk.

NOTE: Because we expect heavy rain on Friday that will close our normal parking area on the hill as you enter the park, there will be parking behind Columbia Presbyterian Church across Route 108 where there will be a shuttle to take walkers down to the event area. The shuttle will run from 8:00 - 11:00.



You can register for the walk by clicking [here](#) by setting up a fundraising page. (You can also register the morning of the walk and bring funds raised.) You can also make a general donation by clicking [here](#).

Registration will begin at 8:00 a.m. and the first 150 athletes who register will receive a small gift. All walkers must complete a [waiver form](#). (suggest bringing it to the walk signed to save time during registration.)

There will be lots of games and activities.

- Pre-walk exercises will include LaBlast fitness instructor Meg Cooperman, who gets the crowd going each year, as well as a Tai Chi session presented by AAA Physical Therapy.
- Girl Scout Troop 120 and Glenelg Country School will have lots of games including a slide.

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Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on Thursday, May 2nd, from 7:00 - 8:30 p.m. Anyone wanting to volunteer should attend, especially those interested in volunteering for spring 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 janetlarrimore@somdhc.org or calling the office (410-740-0500).

- Jiu Jitsu demonstrations by 2nd Gear Brazilian Jiu Jitsu
- Howard County Fire and Rescue will be demonstrating proper CPR techniques
- Basketball and football toss games.
- Safe Food Pantry will provide information on allergy and gluten free options
- a 50/50 raffle

Honorary Chairperson Senator Guy Guzzone will kick off this year's walk as he has done for 17 years! The Raven's Poe and Oriole Bird will be joined by the Hogettes and Star Wars stormtroopers will be greeting the participants.

Each registered walker will be entered in a raffle for over 80 gift cards from local restaurants and businesses. Wegmans, Canada Dry Potomac, Body Armor, Jersey Mikes, and Rethink Water will provide refreshments. There will be lots of raffle prizes such as Orioles and Ravens basket, and Outback basket and an SOHO merchandise basket, in addition to free classes at AAA Physical Therapy and 2nd Gear Jiu Jitsu.

The top fundraisers as of May 15th will be eligible for additional prizes.

Summer Registration Opens May 1st



Registration for summer sports



(kayaking and golf) will open on May 1, 2019 at 10pm.

To register, go to the tab above "Become an Athlete/Register for a Sport". If you do not receive a confirmation email, contact the office. Be sure to save your confirmation email. A reminder that all athletes must have a current medical on file in order to participate in any SOHO activity. These must be updated every 3 years..

A future volunteer orientation is scheduled for Wednesday, June 12th.

Upcoming Recreation and Parks Dances

Howard County Recreation & Parks is offering a number of dances this spring. The dances will take place at the Bain Center and cost \$20.00.

To register, [click here](#) and register for any of the following dances.

RP4301.302

Spring Fling - 5/11

RP4301.303

Come Fly with Me - 6/8

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@somdnc.org. We will come and pick up your car, ready it for sale, and provide you with a tax deduction for the amount the car is sold for at auction. Please help us by donating an unwanted vehicle!

Inspiration Walk Sponsors

PRESENTING SPONSORS

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Spring sports are underway. Remember to our web site, Facebook page, Twitter account, the office phone, and your personal emails from your sport coordinator to find out if practice is cancelled due to inclement weather or poor field conditions.

National Volunteer Recognition Month

April is National Volunteer Month, when we celebrate the work that volunteers do year-round. As an all volunteer organization, Special Olympics Howard County could not function without the hundreds of volunteers that make up our organization. We want to express our sincerest thanks to our management team, coordinators, coaches, sports assistants, unified partners, student volunteers, and event day volunteers without whom we could not provide the quality sports program that we do.

At this weekend's Inspiration Walk, we will announce this year's Volunteer of the Year, Coach of the Year, and Family of the Year, as well as the winners of our Outstanding Student Volunteer scholarships. Come out and help us honor these individuals and all our volunteers.

Special Olympics International Strategic Plan Study - Let Your Voice Be Heard!

Special Olympics Internations (SOI) is embarking on their 2021-2025 Strategic Plan. As part of their process, they are looking for feedback from athletes, families, and volunteers. To provide feedback, click [here](#). Your feedback is valuable as our international organization plans for our future!

SOMD will also be doing some targeted distribution to sub-groups of Athletes, Volunteers, and Families, so you may receive a notification multiple times.

New Drop Off/Sign In Policy - READ!

Beginning April 15th, parents, chaperones, and/or counselors must escort their athlete into the practice location and must leave a contact phone number if they are not staying for the practice or competition. Everyone must return 15 minutes prior to the end of practice.

Additionally, outdoor practices are subject to unpredictable weather and parents/chaperones must stay on site if the weather is questionable. This will allow the coordinator the ability to contact the

Lisa Higgins Hussman Foundation

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Photos of Our Athletes

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

SOHO Merchandise For Sale

These items will be on sale at the Inspiration Walk.

parent/chaperone in the event that practices ends early or if there is an issue with the athlete. This will also prevent athletes from being dropped off at practice locations when the practice has been moved or cancelled. Although contact information is provided in the online registration, the person responsible for the drop off/pick up of athletes sometimes changes from week to week. Having a sign out sheet will provide the coordinator the contact information applicable for each practice or competition.

Personnel Changes, Coordinators Needed

MEDICAL COORDINATORS: We welcome our two new medical coordinators - Jackie Miller and Lori Krausz.



Jackie has been with Dimensional Health Care Associates MD for about 10 years. She is currently the Case Manager/Delegating Nurse. I also worked for

Howard County General Hospital for about 24 years night shift on Med Surg/Oncology. Jackie is the mother of athlete Steve Miller who has been participating in Special Olympics for 20 years.

Lori Krausz has been in the home health field for 20 years, currently contracting with P-B Health Home Care Agency for past 12 years as a quality assurance contract nurse. Before home care, she worked at University of Maryland Medical System in the Neurocare Stepdown Unit for 7 years.

Her son Eric has been participating in bowling and swimming for 3 years. Lori said *"I am looking forward to meeting and networking with more people who have challenges like my husband and I in raising an adult with a developmental disability. As my role as a co - medical coordinator, I hope that my experience as an RN will foster a safe environment for all of our athletes, and encourage more people to get involved in all areas of the organization."*

NEW COORDINATORS:

Don't miss these great prices!

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

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

Marianela Estrada will replace Pat Wheeler as coordinator for soccer player development. **Eric Snyder** will replace Cathy Vigus as coordinator for kayaking. Eric has also been serving as a sub-group coordinator for the swim team.

Thank you to all these individuals who have stepped up to fill these vacancies.

We are still in need of a coordinator for the softball veteran team.

Camp Inclusion Registration Open/ Kickball Tournament on April 13th

Camp Inclusion is a summer day camp in Howard County for any student (12-21) with or without a cognitive, social, or physical disability. At Camp Inclusion, campers participate in group games and sports including soccer, kickball, and handball. Campers also participate in arts & crafts activities such as tie-dye and painting, as well as developmentally appropriate board games, which are adapted for campers as needed. Click here for more information.



Upcoming Events

There are a number of events coming up. If you are interested in volunteering at any of the events marked with an asterisk (*), contact Janet Larrimore (janetlarrimore@somdhc.org)

April 27: Annual Inspiration Walk @ Centennial Park 7:00 a.m. - 12:00 p.m.*

April 28: SOHO Swimming Competition, HCC, 8:00 a.m. - 2:00 p.m.*

May 4: SOHO Track Competition, Wilde Lake HS, 8:00 a.m. - 2:00 p.m.*

May 19th: SOHO Softball Competition, Kiwanis Wallis Park, Ellicott City, 9:00 a.m. - 4:00 p.m.*

June 1: Equestrian Competition, Therapeutic and Recreational Riding Center, Glenwood, MD

June 7: MATP Challenge Day, Cedar Lane School, 8:30 a.m. - 2:00 p.m.*

Jun3 7-9: Summer Games, Towson University

the online training courses offered below.



Coaches Training



[Coaches Guidelines](#)

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.](#)

SOMD Introduces Coach Resource Page

SOMD recently launched Coach Resource Section (<https://www.somd.org/coach/coach-resources/>) has gone thru a great deal of development in recent weeks. While still basic in design (Folks have told SOMD that it's much easier to use on phone that way), the page contains:

- SOMD sports calendar
- Sport specific pages for:
 - ○ Athletics
 - ○ Bocce
 - ○ Cheerleading
 - ○ Softball
 - ○ Swimming
 - ○ Kayaking
 - ○ Golf
 - ○ Basketball
- Coach Education and Development
- SOMD Codes of Conduct
- Applications and Certifications
- GMS Resources (see belo)

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.



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

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

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