



June Newsletter

Issue #2019-06

## Fall Sports Registration Now Open!

Registration for kayaking and golf is now closed.

**Registration for Fall Sports (Bowling [first session only], Cycling, Distance Running, Flag Football, Powerlifting, Soccer, Tennis, Volleyball and Young Athletes) is now open.**

[Click here to register](#) or go to the website,

[www.somdhc.org](http://www.somdhc.org) and click "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.

Powerlifting and tennis are limited on the number of athletes we can accommodate. Once the number is reached, all subsequent registrants will be placed on a waiting list. Note there is no Fitness program in the fall and Quest training is only open to those who register for Powerlifting and plan to compete at state games.

The fall online registration includes the fall session of bowling, which will run from October to December. Registration for the winter session of bowling (January to March) will open in October, along with other winter sports (basketball, alpine skiing, snowshoe, fitness). Due to capacity at the bowling alley, each



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## Summer Office Hours

Office hours from June 24th to August 16th, will be:

Monday: 8:00 - 1:00

Tuesday: 8:00 - 1:00

Wednesday: 1:30 - 6:30

Thursday: 8:00 - 1:00

## Cedar Lane School Challenge Day

Juan, a student at Cedar Lane School, designed the shirts for this year's Challenge Day.



bowling session will be capped at 120 athletes. As in past years, to provide the opportunity for as many athletes as possible to bowl, athletes will can only bowl in one session. Athletes whose parents are bowling volunteers or coordinators [for any sport] may bowl in both sessions.

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## Changes in Bowling and Tennis

A few new offerings in bowling and tennis this upcoming season. For tennis, we will offering a skills development level through Recreation & Parks on Thursday evenings as well as our traditional player development tennis on Tuesday evenings.

For bowling, a competitive league option will be offered for those meeting the following criteria:

- Minimum Age of 14
  - Bowls at a pace that enables three games to be completed within the 2 hour period
  - Understands to count pins knocked down
  - Recognizes strikes and spares
  - Maintains knowledge of own score
  - Knows which lane to bowl on when it is their turn
  - Understands not to cross the foul line when bowling
  - Knows to only bowl when pins are free standing
  - Demonstrates good sportsmanship
  - Consistently demonstrates a competitive effort
  - Waits for bowlers on adjacent lanes to finish before bowling
  - Bowls cooperatively with other bowlers
  - Observes lane courtesy when retrieving their ball
  - Approaches the ball return from the correct side
  - Identifies and selects their own ball
  - Ramp Bowlers who are able to aim the ramp on their own
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## SOHO Athletes Participate in Law Enforcement Torch Run

On June 6th, five SOHO athletes participated in the Howard County Law Enforcement Torch Run at Centennial Lake in Ellicott City. They were sworn in and deputized by the various law enforcement departments.

The shirt had the torch and Juan personalized it with his name along the side. Great job!



The torch is brought up to begin Challenge Day.

## 9th Annual Corridor Classic Golf Tournament



Mark your calendars! The 9th annual Corridor Classic Golf Tournament will take place on September 11th and 12th. Foursomes to this event go quickly so check out the [website](#) for further information. Since its inception, SOHO has received nearly \$200K from this tournament!!

## Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on Thursday, July 11th from 7:00 - 8:30 p.m. Anyone wanting to volunteer should attend, especially those interested in volunteering for fall sports. Families who are new to our program, including families in the Youth Athletes



(L to R) Raven Cato (State's Attorney), Ramsey Jenkins (Police Department), Kaitlyn Valentine (Sheriff's Department), Kristen Frande (Department of Corrections), and Nathan Cevelloni (State Police).

After receiving gifts from their respective departments, the athletes carried the torch to the start line and then continued with those who walked around the lake. Once the runners returned, everyone enjoyed a picnic lunch.

## Summer Games Highlights

**Opening Ceremonies:** Summer Games opening ceremonies was filled with many SOHO athlete representatives. For the first time, delegations filled the stands and 8 athletes and coaches represented our county in the entrance parade into the stadium. The following athletes and coaches represented SOHO: Raven Cato (track), Nate Zahn (track), Ryan Thibaudeau (swimming), Hannah Saltzman (bocce), Steve Miller (bocce), Abraham Sanchez (softball), Quincy Henry (softball), Shirley Duhaney (coach-track), and Mike Saltzman (coach-bocce).



Program, are strongly encouraged to attend a volunteer orientation. Advance registration is required by contacting Janet at [janetlarrimore@somdnc.org](mailto:janetlarrimore@somdnc.org) or calling the office (410-740-0500).

Future volunteer orientations are as follows:  
 Thursday, August 8th  
 Thursday, September 5th  
 Tuesday, October 15th  
 Wednesday, November 20th  
 Monday, December 16th

## Recreation and Parks Dance

Howard County Recreation & Parks have two dances planned for this summer.

RP4301.401

July 20th: Summer Sparkler (at the North Laurel Community Center)

RP4301.402

August 17th: Toga Party (at Roger Carter Community Center, Ellicott City)

The dances are from 7:00-10:00 p.m. and cost \$20.00.

Registration for all these activities can be found [here](#).

## Swim Team Merchandise

We have a limited number of Swim Team T-shirts left in the following sizes:  
 Youth: Medium (2), Large (1), XL (2)  
 Adult: Small (3), Medium (2), Large (2), XL (3), 3XL (1)

We also have 2 swim backpacks (\$25.00) and 2 large towels. (\$20.00)



Also participating in opening ceremonies were Alex Barnes (who sang the National Anthem), Edie Daniello (who recited the Pledge of Allegiance) and Chris Schoenbrodt (who carried the torch on one of the final legs toward the lighting of the summer games torch.)

**Bocce**

## 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](mailto: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 car is sold for at auction. Please help us by donating an unwanted vehicle!

## Inspiration Walk Sponsors

### PRESENTING SPONSORS

Car Max Laurel Toyota  
Corridor Mortgage Group  
Lisa Higgins Hussman Foundation

### LEGACY SPONSORS

Allan Homes  
Brunswick Normandy Lanes  
Canada Dry Potomac  
Dwight and Diane Mikulis Integrated Waste Analysts  
Outback Steakhouse  
Quest Fitness  
Timbers at Troy Golf Course  
Wegmans

### GOLD MEDAL SPONSORS

Anchor Construction Corp.  
GPS Law Group  
just B specialities  
Knights of Columbus Council 10525-St. Michaels of Poplar Springs

### SILVER MEDAL SPONSORS

Borden Insurance Agency



**Cheerleading:**



**Hip Hop Squad Wins the Gold Medal!**



**Howard Hawks Cheer Squad Wins Silver Medal in Advanced Traditional Division**

**Softball:**

Environmental Systems Associates, Inc.  
J.E. Schenk and Associates, Inc.

Individual Differences in Learning, Inc.  
 LPL Financial  
 Manekin

**HOSPITALITY SPONSORS**

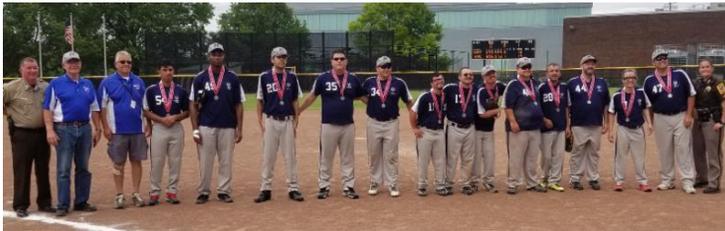
Canada Dry Potomac  
 Jersey Mike's  
 Rethink Water  
 Wegmans

**Photos of Our Athletes**

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

**The Peanut Butter Falcon**

The Peanut Butter Falcon is an adventure story set in the world of a modern Mark Twain that begins when Zak (22), a young man with Down syndrome runs away from a nursing home where he lives to chase his dream of becoming a professional wrestler and attending the wrestling school of The Salt Water Redneck. Through circumstances beyond their control Tyler (32), a small time outlaw on the run becomes Zak's unlikely coach and ally. Together they wind through deltas, elude capture, drink whisky, find God, catch fish, and convince Eleanor (28), a kind nursing home employee with a story of her own to join them on their journey. Written by Lucky Treehouse. Check out The Peanut Butter



**Team Silvea Takes the Silver in a hard fought game!**



**Silver Medal also won by Team Warren**

**Softball Skills:**



Newcomers did very well at their first Summer Games - James Frost earned a Gold medal, Shanquis Daniels earned a Silver and Bronze medals went to Joshua Osten and Matthew Warner. Veterans softball skills athletes also did very well with Daniel Kirkland earned a Gold medal, and Marcus Nagle and David Wei each took Silver medals.

**Swimming:**

For the first time, swimming competitions began on Friday. Several of our athletes were highlighted on WBAL-TV. (Click [here](#).) (Look for Bianca Wilcox with Dad Jonathan at 38 seconds; Tyler Pizza with Mom Amanda at 54 seconds; Bianca's Mom and sisters at 1:34 seconds; at 1:22 seconds, Jackson Balda getting his medal for 25 freestyle.)

Falcon on  
**here**.The  
 IMDB  
 film will be released on August 9th in NYC, LA, Boise, and Austin, with a plan to go wide release on August 23rd.

**SOHO Merchandise For Sale**

Some of these items are in short supply so get them while you can!

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.

## Summer Games Fun:



## Summer Games Evaluation

Thank you to everyone who has taken a few minutes and provided SOMD with their thoughts on the 2019 Summer Games via our online evaluation survey. (SOMD has heard from more than 400 individuals and would love to hear from more). That survey is still open and anyone wishing to provide a response can do so [here](#). This survey will close on the evening of July 1. (They also provided opportunities to provide feedback through several webinars. That information was sent to all summer games coordinators to send out to all families, athletes and volunteers.)

Your input on what worked well and what needs some additional improvement is critical to SOMD's continued success at providing the best possible experience for the athletes each year. SOMD absolutely reviews all the ratings and read every single comment provided. While SOMD may not be able to implement everything that is suggested, every bit of input is given due consideration - many of the improvements at the 2019 Summer Games were based on input received in last year's evaluation

## 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](#)

### 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.

survey. The couple minutes it will take to complete will be time well spent and will unquestionably benefit our athletes

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## **Athlete Leadership Training in July**

### **Saturday July 20th, 2019 "Beginner Global Messenger" (9am-3pm) LIMIT 10**

The Beginner Global Messenger is part of the Athlete Leadership Program (ALPs) and the first step in becoming certified as a full Global Messenger which may open opportunities nationally and globally. Special Olympics Athlete Leadership Programs allow athletes to explore opportunities in roles previously considered "non-traditional." Such participation might come in the form of an athlete serving on the Board of Directors or local organizing committee; or it might find an athlete as a spokesperson, coach or official.

Global Messenger Beginner Course - to provide training and presentation skills for athletes interested in representing Special Olympics Maryland and Special Olympics athletes in formal or support settings.

### **Saturday July 20th, 2019 "Technology: Leadership in your hand-Using Smart Phones (9am-12pm) LIMIT 8**

If you have a smart phone you have a lot of computing power in your hands every day. This course will show you how to use your smart phone and some key FREE apps that can enhance your leadership skills and experiences.

### **Saturday July 20th, 2019 ADVANCED SPEECH WRITING TRAINING Creating a new themed speech (1pm-5pm). LIMIT 8**

*(This course is for athletes who have completed the Beginner Global Messenger Course.)*

Many of you have been giving speeches for the last number of years. Your speeches have been centered around a certain theme of who you are as an athlete. Like a description of who you are. And they have been so great.

We are going to help you identify the next theme you can be passionate about and write a new 3-10 minute speech that will carry you to the next level.

### **Sunday July 21st, 2019 "Special Olympics Health Messenger Training" (9am-5pm) LIMIT 12**

A Health Messenger is a Special Olympics athlete who has been trained to serve as a health and wellness leader, educator, advocate and role model within their

## **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](mailto:info@somdhc.org) and [bobbaker@somdhc.org](mailto: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](mailto:info@somdhc.org).

Special Olympics community or the community at large. The Health Messenger program is empowering athletes to: develop healthy lifestyles; influence other athletes to lead healthier lives; advocate within their communities for inclusion around health and wellness services, education and resources; and develop leaders to advocate for the health needs of people with Intellectual Disabilities.

**Sunday July 21st, 2019 (10am-1pm) "How to make videos" LIMIT 10**

Doesn't matter if you have a video camera or you are creating videos on your phone. This course will teach you the basics in creating good simple videos. After we talk about some techniques we will go out and practice making videos so you can apply the skills you learned right away. We will teach you how to upload them to various social media outlets and storage apps so you can edit later.

**Sunday July 21st, 2019 (1pm-4pm) "Putting Your Best Foot Forward" LIMIT 10**

For athletes who are interested in leadership but don't want to make speeches.

This training will teach the basic etiquette practices for meeting people in group settings like fundraisers and other events.

Athletes will learn how to shake hands, make eye contact, introduce themselves and tell a short bit about their own story. And then ask the people they meet some questions.

They would sit down with someone at the table and go through the basic steps listed above. A bell will go off and then the athlete rotates through to the next person.

It's akin to speed dating but just with a very short elevator speech.

You can register for any of the above courses at <https://www.surveymonkey.com/r/July2019Training>



**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](http://www.somdhc.org) | [info@somdhc.org](mailto:info@somdhc.org)

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