

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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August Newsletter

Issue #2019-08

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 \$200,000 from this tournament!!

If you don't golf, please support the event by purchasing a **Cash Bash Raffle Ticket**. Click [here](#) to purchase a ticket. Ticket prices are \$50.00 for one ticket, \$100.00 for three tickets, and \$200.00 for 10 tickets. How it works: 50% of the ticket sales will go towards the WINNER'S POT and a minimum of 5 lucky winners will win a portion of the pot and the proceeds will go directly to charity!

Young Athletes Program Returns

We are happy to announce the return of the Young Athletes Program (YAP) this fall. The



Special Olympics
Young Athletes™

program is a free of charge sport and play program for children *with and without intellectual disabilities* ages 2 to 7 years old. Young Athletes introduces basic sport skills, like running, kicking and throwing, and supports the

IN THIS ISSUE

[Corridor Golf Classic](#)

[Young Athletes Program](#)

[Kayaking State Games](#)

[SOHO Plunge Team](#)

[Fall Registration](#)

[New Coaches](#)

[Photo Contest](#)

[Flagging Program](#)

Volunteer Orientations

The next Volunteer Orientation will be held at the SOHO office on Thursday, September 5th from 7:00 - 8:30 p.m. Anyone wanting to volunteer should attend, especially those interested in volunteering for fall and 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 janetlarmore@somdhc.org or calling the office (410-740-0500).

growth of important motor, social and learning skills. Parental engagement is required. (This is not a drop off program!)



Registration is now open and limited to 20 athletes. The season will run from September 28th to November 16th from 9:00 - 10:00 a.m. at Rockburn Elementary School.

Click [here](#) for the registration form which can be mailed or brought to the office, as well as emailed to the office at janetlarrimore@somdhc.org.

Successful Kayaking Season Concludes

The 2019 SOHO Kayak team participated in its inaugural State Games on August 24th. The team of five athletes - Peter Byun, Karin McGinnis, Dominic Na, Matthew Na, Justin Saenz - began the competition season on August 10th at the Time Trials at Washington College in Chestertown, MD. All five athletes qualified for both the 100 meter and the 200 meter races!

The team returned to Washington College on the 24th to compete in SOMD State Games. With excellent weather but a nasty off-shore current, pulling everyone to the left so overcompensating and constant correction was the mantra of the day. All the athletes handled it beautifully, worked hard, and brought home nine medals!

Athlete	100M	200M
Peter Byun	Bronze	Bronze
Karin McGinnis	Participant	Bronze
Dominc Na	Silver	Silver
Matthew Na	Gold	Gold
Justin Saenz	Silver	Bronze

Future volunteer orientations are as follows:
 Tuesday, October 15th
 Wednesday, November 20th
 Monday, December 16th

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)

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 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



(Left to right: Justin Saenz, Eric Snyder, Matthew Na, Dominic Na, Coach Cathy Vigus, Karin McGinnis, Peter Byun, Marissa Christensen).

Special thanks to Head Coach Cathy Vigus (who created up a Kayak Bingo game to occupy the long waiting time) and all the coaches and volunteers who prepared our athletes so well for their first state competition. Thanks to Marissa Christensen, Kim Tan, and Amanda Tan for coming out to cheer on our athletes and to first year Kayaking Coordinator Eric Snyder for a great season. Twenty athletes practiced at Centennial Lake each Sunday morning for 10 weeks this summer.

Join or Support the SOHO Polar Bear Plunge Team



Want to be a part of the largest Plunge in the world? Come join the fun at the 24th Annual Maryland State Police Polar Bear Plunge on January 25th.

This year, SOHO will have its own plunge team that you can either join or support. We encourage



Executive Board Member and official SOHO Photographer Mimi

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

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Drug Takeback Day

There will be a Drug Take Back Day on October 26, 2019. Dispose of your unwanted or expired medications at Howard County's Drug Free's one-day convenient drive-thru drop-off location (accepting over-the counter and prescription medications, needles, syringes, and EpiPens) at the Wilde Lake

folks to "take the plunge" and join the team.

Goodman will be taking the plunge again this year. .

However, for those who prefer to watch (from the beach or home), please support our team by [donating directly on our team page](#) with encouraging words to those plunging. Encourage family and friends to plunge and/or donate. SOHO will receive 70% of the funds we raise on our page.

Watch the newsletter, our web site, and social media sites (Facebook, Twitter and Instagram) for more information as we get closer to the event.



Alpine Ski Coach Clare Collelei and Mimi at the Plunge. Come out and join them or support them taking the support.

Fall Sports Registration Closed; Wait List for Bowling

Fall sports have begun or will soon begin. Registration is closed except for bowling and the Young Athletes Program. The deadline for bowling (both recreational and league play) is open until September 17th, however, there is currently a waitlist for both bowling programs.

For Bowling Session One (which runs from October to December), [click here to register](#) or go to the website, 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.

Registration for the winter session of bowling (January to March) will open in October, along with other winter sports (basketball, alpine skiing, snowshoe, fitness).

Village Center parking lot from 10 a.m. - 2 p.m. For details, click [here](#).

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

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

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

To register for the Young Athletes Program (see article above).

Welcome to New Tennis and Soccer Skills Coaches; Web Site Help Sought

We welcome Reed Racette as the new coach of our Soccer Skills program. Reed is the father of athlete Calvin Racette and husband of Kellie Racette, our social media guru and one of our volunteer orientation presenters. He was the coach of his younger son's team in the SAC program for several years.

Kendal Concino and Matt Moore are our new tennis coaches. Last season, they volunteered in the athletics program, and we are thrilled to have them join our tennis program, replacing our long time coaches Diane Mikulis and Nancy Van Winter.

We are looking for someone with knowledge of Word Press to help us with our web site. If you have experience with web sites in Word Press, please contact us at info@somdhc.org.

Celebration of Sports Photo Contest

Think you've captured what it means to be a good sport? Enter up to three photos of your own that represents respect, positive leadership, team ethics and/or dedication in community sports. The deadline is September 20, 2019. Winners will receive two complimentary tickets to Celebration of Sports on October 29, 2019 at Turf Valley Resort and have their photos on display at the event.



For details and also the winners of previous years' contests, including one of last year's winners, a photo of athlete Aaron Thornton taken by our own Marie McGing, click [here](#).

Voluntary "Flagging" Program for Calls to 911

The Howard County Police Department is expanding its voluntary 911 flagging program, which allows households to "flag" their address in the county's 911 database if a person living in the home has a disability. Families can note if someone in the home may have special needs or

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](#)

Sports Rules

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

circumstances that could affect how first responders react in an emergency situation.

For example, if someone living with autism has sensory sensitivity, an officer could be mindful of the possible effects of police lights or sirens when approaching that household.

The program was established in 2012 through a partnership between the department and the Howard County Autism Society to help alert first responders if someone at an address had autism or a similar disability.

Now in the program's expanded form, families can also flag their home if a person has Alzheimer's; physical, intellectual, developmental or degenerative disabilities; mental health diagnoses; or other behaviors that could affect an emergency response.

All information submitted as part of the 911 flagging program remains confidential and will only be used by emergency dispatchers and responders.

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

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

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