



September Newsletter

Issue #2019-09

SOHO to Receive Commission on Disabilities 2019 Service Award

Special Olympics Howard County has been selected for the **2019 Howard County Commission on Disabilities Service Award**. The award is given to a person or organization, whom, through commitment to self-determination and integration, advocates for and supports individual choice in areas of education, employment, housing, social and/or recreational activities.

The award will be presented on October 3rd.

Corridor Golf Classic Raises \$55,000



The 9th annual Corridor Golf Classic, Maryland's premier charity golf tournament, was held on September 11th and 12th at Waverly Woods Golf Course and raised \$55,000, which will benefit Special Olympics Howard County, the Ulman Cancer Fund and the Corridor Foundation. In the previous eight years of the tournament, Corridor has donated over \$180,000 to Special Olympics from this event!

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Washington Capitals Hockey Game

The Washington Capitals in conjunction with the Young Professionals Council for the DC Special Olympics has created a fundraiser night at a Capitals game on November 11th. Proceeds will benefit Special Olympics here in the DMV. All tickets will include a t-shirt. If interested in purchasing tickets, [click here](#). Select SOMD to direct your proceeds to our program.

Volunteer Orientations

The next Volunteer Orientation will be held at



Dave Hudson, Ron Mason, and Jerry Rader present Ulman Cancer Fund and SOHO with check for \$55,125.

Athletes Kayla Kosman, Wayne Slifker, Corey Harman and Catherine Gruss participated in the putting event at the beginning of the tournament. Nick Stewart and Calvin Racette gave a speech on what Special Olympics means to them and thanking Corridor and the guests for their support to a good cause. Thank you also to Kenny Long, Kayla Kosman, Monica Evans, and Daniel Larrimore for manning our chipping contest booth and greeting all the golfers as they came through.

Colosseum Gym Becomes New Powerlifting Training Site

The SOHO powerlifting team recently lost its long-time training site at Quest Fitness on Route 40. For over 15 years, Quest has provide our powerlifting and fitness program with a site to train. The value of this in-kind donation of a training site for that time was over \$150,000.



Powerlifting Coordinator Bill Long, Coach Kathy Barrett and Colosseum manager Tim Gallagher.

the SOHO office on Tuesday, October 15th 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 janetlarrimore@somdmc.org or calling the office (410-740-0500).

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

SOHO Fall Dance

SOHO will hold a fall dance on Friday, November 8th from 7:00 - 9:00 p.m. at Harpers Choice Middle School. Dee Jay Steve Towne will be playing the music. Parents and caregivers must sign in and out all athletes attending. Volunteers are needed and should contact Barbara Stewart at stewgarden@aol.com.

In thanksgiving for all the support Howard County has given to our athletes, dance attendees are invited to donate an item for the Howard County food bank (canned soup, tuna, beans, vegetables, peanut butter, cold or hot cereal - no glass items).

Volunteers are also needed to deliver the collection to the Food Bank.

Tim Gallagher, manager of the Colosseum Gym on Red Branch Road where we hold our annual qualifier, offered to step in and provide space for the powerlifting team to continue their training there. We are very grateful to Tim and the Colosseum for this generous offer.

In Memoriam: Tom Long

Long time golf volunteer and Unified Partner Tom Long passed away on September 15th (age 69). Tom began volunteering with our golf skills program in 2009 and then became a Unified Partner to Joontae Hwang and more recently Andy Walker.



Tom had a very gentle way about him. He truly loved golf and was always happy to come and be involved in our program. He was very fond of not only the athletes, but everyone involved in the program. While he loved working with the Skills program, Level 2-5 golf gave him the opportunity to share his knowledge and expertise in a sport he loved. At the beginning of this season, Tom notified Coordinator Jenn Mineart that health issues would keep him from participating this year. He wanted to be sure that Andy got a partner and also asked to be kept on the emails this season so he could stay informed.

As it said in his [obituary](#), Tom was a true gentleman, and he will be sorely missed by his Special Olympics golf family.

Four SOHO Athletes and Volunteers to be Honored at the Celebration of Sports

SOHO is proud to announce that four individuals from our organization will receive Good Sports Awards at the 17th annual Howard County Department of Recreation and Parks Celebration of Sports on October 29th at 5:00 p.m.

Russ Dickens, a soccer coach for over 14 years, athletes **Christine Towne** and **Ryan Thibaudeau**, and Bowling Coordinator **Franco Frande** will be honored.

The MARPSA (Mid-Atlantic Recreation and Parks Sports Alliance) Good Sports Award was created to highlight positive sportsmanship in community recreation programs. One coach, one youth player, one adult player and one official from each program can be recognized.

If you would like to attend the event, tickets (which includes dinner) can be purchased for \$40.00 by calling

Discounted Medicals at Minute Clinic

Thanks to a new partnership between Special Olympics International and Minute Clinic, Special Olympics athletes are now entitled to a sports physicals at a reduced rate of \$49. Any US Special Olympics Athlete, or prospective athlete who needs to complete a physical can present this [voucher](#) at any of the 1,100 Minute Clinics in CVS or Target stores between now and July 31, 2020.

A list of participating locations can be found [here](#). No insurance or appointment is needed but be sure to bring the SO MD Athlete Medical Form with you.

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

410-313-7275 and registering for RP6600 or registering directly on line [here](#). Registration is open Monday through Friday, 8:00 AM - 4:30PM.

The keynote speaker at this event, which will also include the Hall of Fame induction ceremony, will be Jameel McClain, former NFL linebacker, who played with the Ravens and one year with the New York Giants. McClain was honored with the Ed Black Courage award in recognition of his many charitable efforts benefiting the underprivileged in the Baltimore area.

Im's Shine at National Golf Invitational

SOHO Golf Unified Partners Justin and David Im were part of Team Maryland attending the North America Golf Championship, September 22-25th in Nashville, TN. Justin was selected to carry the Maryland delegation sign in the opening ceremonies parade.

Justin and David had a combined three day score of 167 placing them in 4th place in the Level 2 competition. Congratulations to Justin and David!



Fall Sports Registration Closed

Fall sports are in full swing and registration is closed for all fall sports.

Registration will open on October 14th for the winter session of bowling (January to March) along with our other winter sports, basketball, alpine skiing, snowshoe, fitness. [Go to our website](#) on or after October 14th to register.

Fall Sports Spotlights

DISTANCE RUNNING:

email info@scmdhc.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

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just B specialities
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SILVER MEDAL SPONSORS

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[J.E. Schenk and Associates, Inc.](#)
Individual Differences in Learning, Inc.
LPL Financial Manekin

HOSPITALITY SPONSORS



Thirty-one Special Olympics athletes from Howard, Montgomery and Fairfax Counties competed in the Cross Country home meet on Sunday, September 15 at

Lime Kiln Middle School. Logan Thomas from Howard topped the contingent of 19 runners to win the 5K in 21:06. Malcolm Truett won the 3K followed closely by Ryan Thibaudeau. 9-year-old Liam Olson surpassed Erika Hagelis to win the 1500m event. Team spirit was high when Team Howard (Logan Thomas, Bruce Worley, Evan Jacobs, and Julian Than) triumphed over the other counties in the relay around the pond. We were blessed with sunshine and over 30 volunteers!



FLAG FOOTBALL:

Flag Football is off to a very strong start. There are 30 athletes that participate in league play every Saturday from September 7- October 12. They play against teams from as far as St. Mary's County, Frederick, Harford, Anne Arundel, Baltimore, etc. State Games are on October 19th and we look forward to some fun, healthy competition. Here are some videos of the teams most recent games, (Click on coaches names to see video.) [Team Jacoby](#), [Team Warren](#), and [Team Yakel](#).

POWERLIFTING:

Powerlifting held its annual qualifier on Sunday, September 22nd at the Colosseum gym. Four counties joined our athletes in this competition.

Canada Dry Potomac
Jersey Mike's
Rethink Water
Wegmans

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 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



Dominic Royball



Colon Hamilton

TENNIS:



Members of the Tennis Team thank Columbia Association Tennis General Manager Maury Bozeman, with a thank you for providing the Wilde Lake Tennis Court as a training site for the team. (Left to right) Julian Than, Arash Hanif (Columbia Association), Colin Taylor, Meaghan Hyer, Glenn Donovan, GM Bozeman, Monica Evans.

VOLLEYBALL:



The volleyball program is in full swing with 40 athletes in training. Four teams and one skills athlete attended a qualifier at the Wilmington Christian School in Delaware for a required competition on Saturday, September 28. SOHO athletes expect to meet stiff competition against teams from Special Olympics Delaware on October 26th.

The team welcomed a new member of the coaching staff - Dr. Mary Robinson. Dr. Robinson is a former high school and college volleyball player who was a volunteer coach with the Baltimore City Public School system. We are thrilled to have Coach Mary (as she prefers to be called) join the volleyball program.

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](#)

Sports Rules

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

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

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.



Executive Board Member and official SOHO Photographer Mimi Goodman will be taking the plunge again this year. .

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.

Voluntary "Flagging" Program for Calls to 911

The Howard County Police Department is expanding its voluntary 911 flagging program, which allows households

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.

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 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.



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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