

# HOWARD COUNTY

SPECIAL OLYMPICS  
MARYLAND



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October Newsletter

Issue #2019-10

## Winter Sports Registration Remains Open

Registration for winter sports (Alpine Skiing, Basketball, Bowling Session 2, CrossFit Training, Powerlifting Conditioning, and Snowhoeing) continues through December 15th. [Click here to register.](#)

Remember that if you do not receive a confirmation email after you register, call the office immediately because it means you aren't registered.

Some details regarding these winter sports:

- **Skiing** - You have to be at least 14 for alpine skiing.
- **Basketball** - If you are **new** to basketball or want to move from level you were in last year, you must attend **basketball assessments on Tuesday, December 3rd at 6:30** at Mayfield Woods Middle School. Coaches will then place you in a level.
- **Bowling Session 2** is only open to those who did not participate in Session 1 unless you are the athlete of a management team member, coordinator or coach.
- **CrossFit Functional Fitness** - This is a new program (see article) and you must be 16 years old. Practices are Tuesday and Thursday and you **must** attend both sessions. The program is limited to 15 athletes.
- **Powerlifting Conditioning** - This is open **only** to those who have competed in powerlifting in the fall and intend to continue to train and compete in that sport.

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## Gluten Free / Allergy Friendly Pancake Breakfast

S.A.F.E. Food Pantry is hosting a Gluten Free and Allergy Friendly Family Pancake Breakfast on Saturday, November 9th, from 9:00 a.m. until 11:30 a.m. at Grace Episcopal Church in Elkridge. This family breakfast is designed to give the community an opportunity to learn more about what S.A.F.E. does. For more information, click [here.](#)

## Washington Capitals Hockey Game

A final few reminders: These are spelled out on our web site under Policies.

- If you sign up for a team sport, you are committed to that team sport through all competitions despite any conflict with other sports that you may be in as an individual.
- In order to compete at the state competition, an athlete must attend 80% of the practices and two qualifiers.

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## Celebration of Sports Good Sports Recipients



Two SOHO athletes and two volunteers received Good Sports Awards at the annual

Howard County Recreation and Parks Celebration of Sports banquet on October 29th. Good Sports Awards were created to highlight positive sportsmanship for athletes, coaches, officials, and sports administrators in a community recreation program. More photos of the event can be found [here](#).



(L-R) Bowling Coordinator **Franco Frande** (Sports Administrator Good Sports Award); Soccer Coach **Russ Dickens** (Coach Good Sports Award); **Christine Towne** (Adult Athlete Good Sports Award); **Ryan Thibaudeau** (Youth Athlete Good Sports Award), Congratulations to all!

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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 the SOHO office on Wednesday, November 20th 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 [janetlanimore@somdmc.org](mailto:janetlanimore@somdmc.org) or calling the office (410-740-0500).

The last volunteer orientation for 2019 will be held on Monday, December 16th

## SOHO Fall Dance

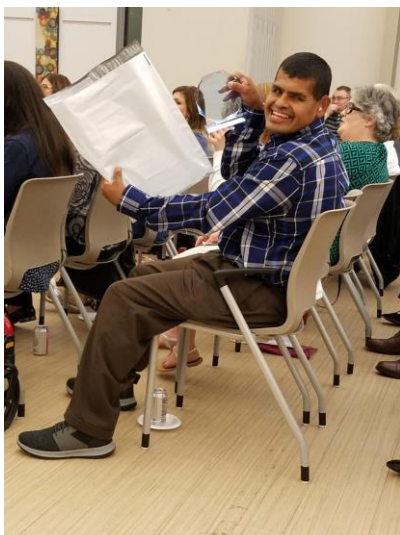
SOHO will hold a fall dance on Friday, November 8th from 7:00 - 9:00 p.m. at Harpers Choice Middle School. Dee Jay Steve Towne will be playing the

## SOHO Receives Commission on Disabilities 2019 Service Award; Juan Carroll receives Individual Achievement Award

On October 3rd, **Special Olympics Howard County** was awarded 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.



(L-R) Elliott Finkelstein (Chair of the Commission on Disabilities), Dr. Calvin Ball (HOCO Executive), Jackie Scott (Director of the HOCO Dept. of Community Resources and Services), Clarence Lam (Maryland State Senator), Bob Baker, Marilyn Miceli, Terri Hill (Maryland State Delegate), Carol Beatty (Secretary of the MD Dept. of Disabilities), Obie Chinemere (representing U.S. Senator Chris Van Hollen), Kelby Brick (Director of the MD Governor's Office of the Deaf and Hard of Hearing)



Juan proudly shows his award and certificates.

**Juan Carroll** received the **Individual Achievement Award** which is awarded to an adult individual who has a disability and has achieved success as a role model or leader in a specific area, including, but not limited to, athletics, art, education, employment and community advocacy.

music. Parents and caregivers must sign in and out all athletes attending. Volunteers are needed and should contact Barbara Stewart at [stewgarden@aol.com](mailto: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 help deliver the collection to the Food Bank.

### Invitation to Christmas Party

Athletes from Special Olympics Howard County are invited to the annual Champions for the Challenged Christmas party, on December 14th from 9:30 - 2:00 at the Church of the Resurrection (3175 Paulskirk Drive, Ellicott City.) As usual, there will be games, music, food, gifts, and of course, Santa. It is a free event. Athletes of all faiths are welcome. (Please RSVP to Mike Parker @ [chefparker@aol.com](mailto:chefparker@aol.com) or 443-605-8209.

### Start Planning Transition Symposium

On Saturday, November 9th, from 8:00am-3:15pm at Wilde Lake Middle School (10481 Cross Fox Lane, Columbia), there will be a symposium for



## New Partnership for Winter Fitness Program

12 Labours CrossFit is partnering with Special Olympics Howard County (SOHO) to provide CrossFit classes during the upcoming Winter season. CrossFit classes at 12 Labours will be offered to 15 eligible athletes during a 12-week period starting in January 2020. The program will be held on Tuesday and Thursday nights from 7:30 -8:30 p.m. There will be an orientation on Thursday, January 2nd and the program will begin on Tuesday, January 7th and end on Thursday, March 26th. The 12 Labours Team is also committed to providing fundraising events throughout the year to continue this new partnership.



"We are extremely proud to partner with SOHO and give back to our community," said Wilson Pak, General Manager of 12 Labours CrossFit. "We have built a coaching staff and supportive network of members that will positively impact children and adults alike through functional fitness." Both organizations have been working closely with one another to provide CrossFit classes for all ability levels. The goal is to provide additional CrossFit classes outside of the winter season.

"We are looking forward to this exciting new partnership with 12 Labours CrossFit which will prepare our athletes to compete in our sports programs at their highest levels. Thank you to Wilson Pak and the 12 Labours leadership team for providing this awesome fitness opportunity to our Special Olympians!" stated Bob Baker, SOHO Director.



CrossFit classes at 12 Labours will incorporate aerobic exercise, bodyweight movements, and barbell movements. The goal of the strength and conditioning program is to improve the overall fitness of each athlete while developing the skills to improve the demands of everyday life. Safe modifications can be made for any movement to still be challenging. Each session will consist of a warm-up, strength or skill focused movement, and a WOD (workout of the day) in a group atmosphere. Exercise equipment include rowers, bikes, dumbbells,

transitioning youth with IEP/504 Plans, their families and professionals. The event is sponsored by the Transition Outreach Partnership.

The Keynote Presentation will be, "What Do You Want to Be When You Grow Up?" Preparation for a successful adulthood and employment starts during childhood. For youth with disabilities the question "what do you want to be when you grow up?" is often avoided. Families and youth need to start these conversations early. Joan and Josie Badger will discuss what "growing up" looked like for a family with high expectations for their daughter with a disability within the complicated, inaccessible, and often scary path to adulthood.

Breakout sessions include:  
\* DDA Services \* DORS Services \* Employment \* Mental Health Services \* Transition Planning \* Transportation \* Vocational Training \* Sessions for Transitioning Youth

To register, click [here](#).

### 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

kettlebells, medicine balls, barbells, etc. Photo: 12 Labours CrossFit Manager, Wilson Pak, and SOHO Director Bob Baker.

## Fall Sports Festival Highlights

The Special Olympics Maryland Fall Sports Festival was held at Mount Saint Mary's University in Emmitsburg on Saturday, October 19th and Soccer Fall Fest at Fruitland on Sunday, October 27th and our volleyball team competed in the Special Olympics Delaware Fall Festival on Saturday, October 26th. SOHO athletes did a great job representing our county! (Check out photos of their season and competitions [here](#).(More will be posted later. )

### CYCLING



Jeff Krischik

State Games saw strong performances by cycling veterans Andrew Roberts, Jeff Krischik, Claire Shen, Daniel Larrimore, Kevin Fagan and Zach Decker. New cyclists James Frost and Darian Tafrishi shined as well in their first state competition.



Zach Decker

### FLAG FOOTBALL:

Our three flag football teams had a good showing at Fall Games. Coach Yakel's team finished first in their division and won the Gold Medal. Coaches Warren and Jacoby's teams finished second in their divisions and received Silver Medals.

If you would like to see two of the teams in action during league play, click on these team names. ([Team Yakel](#)) ([Team Warren](#))

### LONG DISTANCE RUNNING

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 email [info@somdnc.org](mailto: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



Trip Logue

Howard County runners dominated the LDR competition at Fall Fest. In the 5K, our athletes captured the first four places in the top division. The 5K winner, Logan Thomas, ran 18:55 followed by Evan Jacobs, Nicholas Howard, and Trip Logue. Ryan Thibaudeau, who finished in 13:24, won the 3K with Malcolm Truett close behind in second. Erika Hagelis won her division of the 1500m, and Liam Olson, age 10,

triumphed in the 1k with unified partner and volunteer, Anna Schooner.



Liam Olson and Anna Schooner



Colt Weaver

### POWERLIFTING:

The Powerlifting Team had a strong showing at Emmitsburg, bringing home 10 Golds, 12 Silvers, 16 Bronze, eight 4th place ribbons, two 5th place ribbons and two participant ribbons in the Bench Press, Deadlift and Combination events. Golds in all three events were won by Kayla Kosman, Ian Wright and Kenny Long and Silver Medals in all three events were won by Colin Hamilton, Catherine Gruss and Charles Zou.

### SOCCER SKILLS:

## PRESENTING SPONSORS

Car Max Laurel Toyota  
Corridor Mortgage Group  
Lisa Higgins Hussman  
Foundation

## LEGACY SPONSORS

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Course  
Wegmans

## GOLD MEDAL SPONSORS

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of Poplar Springs

## SILVER MEDAL SPONSORS

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Associates, Inc.  
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LPL Financial  
Manekin

## HOSPITALITY SPONSORS

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Rethink Water  
Wegmans

## Voluntary Flagging Program

The Howard County Police Department is expanding





Ed Sommerville earned a Silver medal in soccer skills. (Shown here with Mom and Dad, Sara and Martin Sommerville, SOHO Soccer Skills Coordinators.)

**SOCCER (UNIFIED):**

**Despite the downpour and having to play inside, John McDonough's Unified Soccer Team took home the Gold Medal at the Soccer State Championship in Fruitland on Sunday, October 27th. Coach Russ Dickens team finished in 4th place in their division.**



Coach McDonough, who celebrated his 20th year coaching our soccer team, and his Gold Medal Unified Team

**SOCCER PLAYER DEVELOPMENT**

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 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.

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

**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



SOHO Soccer Player Development Team who received their Challenge Medals at State Games..

### **VOLLEYBALL:**

The Howard Hawks had a great showing at Special Olympics Delaware Fall Festival held at St. Andrew's School in Middletown, Delaware, on Saturday, October 27th. The Sky Hawks (Coach Hillary) and Net Hawks (Coach Mary) took home the Gold in their divisions. Coach Gary Carter's Ball Hawks (who played in the Unified Division as a Traditional Team) and Coach Michael Saltzman's Floor Hawks earned Silver Medals.

The real **highlight** of the day was when our coordinator, Russ Young, was approached by a Delaware State Games volunteer from Chase Bank, one of the event's sponsors. He told Russ that he has been a volunteer at the Fall Festival for many years, and he felt that he just had to tell someone from our delegation how impressed he was with the Howard County athletes. He told Russ: "Your athletes are always so cordial, friendly, and enthusiastic. They're just a wonderful group."

Great job, Howard Hawks, representing SOHO!

### **Worley Brothers Compete in Australia**

**Mark and Bruce Worley** competed in the International Sports Federation for Persons with Intellectual Disability (INAS) Global Games, a week-long international competition in Brisbane, Australia. They represented the U.S. in the sports of "crewing" on the water and indoor rowing on "ergs". (*Erging is rowing on a rowing machine. It's called erging because a rowing machine is officially called a "rowing ergometer," but rowers shortened the name to "erg".*)

- 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 the online training courses offered below.



**Coaches Training**





Mark and Bruce won a Bronze medal, rowing together in doubles on the water. Bruce won another Bronze crewing on the water with another U.S. athlete.

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## Alex Barnes Completes Arc Course



**Alex Barnes**, SOHO athlete and volunteer, recently completed **The Arc Maryland's Partners in Policymaking**.

The goal of Partners in Policymaking® is to educate participants to be active partners with those who make

policy. The idea is to develop partnerships that are based on positive and mutually beneficial relationships. In today's political climate of constant change, Partners graduates must work tirelessly to prevent the loss of basic rights for people with disabilities. Partners graduates can change the future by influencing public policy today and often become life long and long-term agents of change in the community.

Congratulations, Alex!

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## Join or Support the SOHO Polar Bear Plunge Team



[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

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).



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.



**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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