



January Newsletter

Issue #2020-01

SOHO Cheer Hip Hop Team to Represent US National Team for USA Cheer 2020

Special Olympics Howard County Hip Hop team has been selected to represent the US National Team for USA Cheer 2020 at the International Cheer Union World Cheerleading Championships in Orlando, Florida, April 26th - 29th. They will compete in the Special Olympics Traditional Team Cheer Hip Hop division. Another team from Calvert County will represent the US National Team in the Unified Hip Hop Division for the second year.

While Coach Barbara Baker was notified in December, it could not be announced until January and she and the other coaches made it a very special event. As Assistant Director Marilyn Miceli informed the team about the news, the coaches brought in Mouseketeer headbands and USA balloons to the very excited group.



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Volunteer Orientations

The next volunteer orientation will be held on Monday, Feb 3rd from 7:00 - 8:30 p.m. Anyone wanting to volunteer should attend, especially those interested in volunteering for winter and spring sports. Families who are new to our program are strongly encouraged to attend a volunteer orientation. Advance registration is required by contacting Janet at janetlarimore@somdmc.org or calling the office (410-740-0500).

Future 2020 volunteer orientations are scheduled for:

The team will perform their routine at this year's Inspiration Walk, the week before they leave so be sure to come out to the Walk to bid them a big farewell and good luck.

The cheerleaders will be raising funds for their trip through various restaurant nights which will be announced as well as on their individual fundraising pages. You can donate to the team by [clicking here](#) or choose an individual to support on their specific page.

Thanks for the SOHO Plunge Team Captain Mimi Goodman and Clare Collelei and the Thibaudeau family for braving the rain and chilly temperatures on January 25th to plunge for our county. (Clare has plunged 17 times! Mimi has plunged for 8 years but actually plunged 13 times plunging both in the general plunge and corporate plunge when she was working.) Thanks to all those who supported them with donations totaling \$3,186.00! SOHO will receive 70% of the funds that they raised.



They went ALL the way in, not just ankles for Mimi and Clare!



Thibaudeau men after the plunge..

Also, thanks to Cheer Coach Barbara Baker and some members of our cheer team who went down to Sandy Point to cheer on all the plungers.

Thursday, March 5th
 Tuesday, April 2nd
 Monday, May 11th
 Wednesday, June 17th

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.

2020 Inspiration Walk Sponsor and Volunteer Information

The 19th Annual SOHO Inspiration Walk will be held on Saturday, April 18th at Centennial Park. Sponsorship opportunities are available at the following levels:

Sponsorship Level	Amount
Presenting Sponsor	\$20,000 and up
Legacy Sponsor	\$5,000 and over



Mark Your Calendars: April 18th for the Annual Inspiration Walk

Now in its 19th year, the Inspiration Walk is critical to our program. The walk raises about 50% of our annual operating budget. With our increased number of athletes and increased costs, especially for facilities, we rely heavily on funds raised at the walk.



We are grateful for the support of our corporate sponsors who have been with us for years. We also need our families and friends to raise funds so that we can continue to provide the quality program we have. Remember, our programs are provided at no cost to the athletes.

If you know of a corporate or business sponsor that is interested in being a Walk sponsor, contact us at info@somdhc.org so that we can reach out to them. See IW sidebar article for details on sponsorships.

Individuals can set up a fundraising page by [clicking here](#), then click on "Fundraise". Then solicit donations from family and friends. General donations can be made by going to the link above and selecting "Donate". Walk brochures will be sent out by early March. Watch our web site and social media sites for more information.

Many volunteers are needed to help in planning the event and the day of the event. If you are interested in helping with this event, contact Janet Larrimore at the office or at janetlarrimore@somdhc.org.

Team Sponsor	\$2,500 - \$4,999
Gold Medal Sponsor	\$1,000 - \$2,499
Silver Medal Sponsor	\$500 - \$999
Bronze Medal Sponsor	\$250 - \$499

For further information regarding what you receive for each level, email info@somdhc.org.

A great deal of work goes into putting together the Walk both in planning and the day of.

Please consider getting involved in this event, our primary fundraiser that supports our program. If you are interested in helping, please contact the office or email info@somdhc.org.

Athlete Leadership Training Program

Jason Schriml (SOMD) has recently posted a number of athlete leadership program (ALP) courses. To view the courses, [click here](#) and follow the links to register.

In Memoriam: Gregg Meade Special Olympics Anne Arundel County Director

Gregg Meade passed away on January 8th. Many of you knew Gregg from the Anne Arundel County Spring Games at the Naval Academy and other events or perhaps competed against his son, Nick. Here are some excerpts from Jim Schmutz, SOMD CEO's comments: "During that time Gregg was fighting cancer, he was

Spring Sports Registration Open



Registration for spring sports (athletics, bocce, cheerleading, equestrian, softball, swimming and Young Athletes Program) continues. When registering, if you do not receive a confirmation email within one hour, notify the office at 410-740-0500 as it means something went wrong and you are not registered. [Click here to register](#).

Some sports are limited in number so do not wait to register. If we have reached the limit, you will be placed on a wait list.

Remember that athletes **must** have a current medical to participate and the medical must be updated every three years. See sidebar article about discounted medicals.

Very Important: Commitment to a Sport

The dedication of our sports coordinators, coaches and volunteers allows us to provide many sports opportunities for our athletes. Planning for the sports season can be a challenge when athletes register for sports and then do not attend or respond to email communications.

When registering for sports, be sure to review the practice times and locations to ensure that your athlete will be available to attend. Also, if registering athletes for more than one sport, check the practice dates to make sure that there will not be conflicts. Remember that athletes participating in team sports must commit to practicing and competing with the team. Notify the coordinator or the office via email to info@somdhc.org if changes to an athlete's schedule will prevent participation in a sport. Please do so prior to the season starting so that athletes on a wait list can move up and start to practice as soon as the season starts.

Transportation and Arrival/Pick-up Policies Reminder

Because of several recent incidents, we want to remind everyone of the transportation and arrival/pick up of athletes policies.

steadfast in his determination to continue efforts to lead the Anne Arundel County Program which he did in many ways including at events like the Anne Arundel County Spring Games at the Naval Academy.... Words can never capture the essence of the impact that Gregg had on thousands of lives during his years as a volunteer. But consider that simple fact, he impacted thousands of lives, probably tens of thousands of lives through his efforts, all as a volunteer. I marvel at the dedication of people like Gregg who commit so much time and energy to ensure that our athletes have high quality sports opportunities and experiences. Gregg's commitment extended beyond his Anne Arundel County athletes to all athletes across the state as he served on the Sports Committee and as Area Director he regularly attended our Area Leadership meetings. For me that is the essence of Gregg's legacy...consistent dedicated service to our athletes. Through sport, his efforts have helped create a world where opportunity is not limited by disability. ...He had a profound impact on so many lives. ..

He dedicated his life to making sure that our athletes experienced joy and shared their gifts with their families and the rest of the world. And for that we are all better. Thank you Gregg Meade...you will be missed."

SOHO sends condolences to his wife, Martha, and son Nick and all the SOAA athletes and volunteers .

Car Donation

Transportation: SOHO is not a babysitting or respite care provider. It is not the responsibility of the coach, coordinator, or any other SOHO volunteer to transport an athlete to and/or from practices. These volunteers give willingly of their time; to serve beyond the practice time for your convenience is inconsiderate. If you can not commit to transporting your athlete (either on your own, Uber or by making car pooling arrangements), you will need to reconsider your athlete's participation in that sport.

Arrival/Pick-up of Athletes: Parents or chaperones 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. This will allow the coordinator the ability to contact the parent/chaperone in the event that practices ends early, if there is an issue with the athlete, or if another issue with the practice site may occur. 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.

Outstanding Student Volunteer Scholarships

High school seniors and college students who have been committed to the Special Olympics Howard County program as a volunteer and advocate of the athletes can apply to four scholarships provided through the generosity of four families.

The **Jackie Burk Memorial Award** for Outstanding Student Volunteer for Special Olympics Howard County (\$1,500) was created in 2004 by Jack and Linda Burk in memory of their daughter, Jackie, a special friend and volunteer to Special Olympics Howard County. The **Kathy Lindner Memorial Award** (\$500), in memory of Special Olympics Howard County's first Volunteer Coordinator, was created in 2012. Kathy was a dedicated volunteer in a number of sports, including the annual Softball Invitational. Application and deadline information will be posted on our social media accounts and web site by February 1st.

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!

Voluntary Flagging Program

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 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,

The **Allan Homes Award** for Outstanding Student Volunteers in the swim program (up to \$1,500) was established in 2005 by Allan and Kathy Waschak. Allan is a member of the SOHO Executive management team, Fundraiser Co-Chairperson, and Aquatics Coordinator. Added in 2018 is the **Schnorf Family Scholarship** (\$1,500). Cole is a member of the Executive Management Team and Fundraising Co-Chairperson. These scholarships are handled through the Community Foundation of Howard County. Questions about applying for these scholarships can be found [here](#) where you should [sign up](#) for their **Scholarship eNewsletter** for future information about the scholarship program.

Basketball Clinics and Exhibition Games

Our basketball athletes have been participating in a number clinics and exhibition games. On December 31st, several athletes (Brighton Ditter, Bryan Bourdon, Greg Holsey, Hannah Saltzman, Jason Song, Kai Peterson, Keoni Ameni-Melvin, Krestain Watson, Mike McCarthy, Nathan Sarnecki, Peter Byun, Quincy Henry, and Zach McKay) attended a University of Maryland basketball practice. After the Terps practice, the athletes were invited down to the court where they were put through stations (dribbling/ball handling, shooting, rebounding, passing and defense) by the Terps players and staff to improve their skills. After the stations, the athletes were put on teams with Terps players and played a mini-Unified game.



Coach Healy and Bryan Bourdon with Terps guards Anthony Cowan and Reese Mona

On January 11th, two SOMD teams got to play at halftime of the Towson's Men's basketball game vs. University of Delaware. Howard played against Anne Arundel. Those attending were Peter Byun, Kenny Long, Robin Dorsey, Brian Silvea, Reed Carter, Peter Colabucci and Zach McKay.

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!

Short sleeve T-shirt = \$10.00
Pen = \$1.00
Fleece Blankets = \$15.00
Thermal Bottle = \$10.00
Ice Scraper = \$1.00
Car magnet = \$1.00
Heavyweight poncho = \$5.00
Cooler foldable tote = \$10.00
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.





Coach Miller and team at Towson

On January 26th, the SOHO Unified Team (Paul Phillips, Anthony Sipocz, Krestain Watson, Joe Sipocz and Justice Murrel) played at halftime of the Towson Women's basketball game vs. Hofstra University. SOHO played against St. Mary's County.



Team Alexion joins Special Olympics athletes from St. Mary's County at Towson

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

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.



Upcoming Events of Interest

COLLEGE FAIR HOSTED BY PROJECT ACCESS

Saturday, March 7, 2020 10:00am-2:00pm

Howard Community College

Duncan Hall

10901 Little Patuxent Pkwy

Columbia, MD 21044

Come learn about academic and disability support services for college degree seeking students with disabilities. Meet and talk to disability service providers and admissions representatives, and learn about accommodations and resources available to students. Experience over 30 colleges, career schools, and organizations. For more information, click

[here](#).

RECREATION AND PARKS DANCES

To register, go to www.howardcountymd.gov/rap or call 410-313-7275. The cost for each dance is \$20.00.

February 1, 2020: Sweetheart Dance (RP4301.602) - North Laurel Community Center

March 7, 2020: St. Patrick's Dance (RP4301.603) - Roger Carter Community Center



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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