

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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February Newsletter

Issue #2020-02

Support Our Annual Inspiration Walk!



Special Olympics provides great opportunities for all of our athletes. By participating in sports, SOHO athletes have: increased physical fitness and sports skills, increased self confidence and social competency, greater readiness for employment, improved friendships and family relationships. You can't put a price on the positive impact that Special Olympics sports has on athletes.

SOHO must raise funds to support these sports programs which we do through the Inspiration Walk and through the generosity of individuals and businesses who believe in the program and its results. **It costs an average of \$285.14 for each of our 950 athletes to run our program!**

We are grateful for the support of our corporate sponsors but 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.

HOW CAN YOU HELP? You can make a general donation by [clicking here](#) and the click on DONATE. Individuals can also set up a fundraising page to solicit donations from family and friends by [clicking here](#) then click on "FUNDRAISE". Walk brochures will be sent out by early March. Watch our web site and social media sites for more information. Donation checks can also be mailed to the office, 8970 Rt 108 Suite A1, Columbia, MD 21045.

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Volunteer Orientations

The next volunteer orientation will be held on Thursday, March 5th from 7:00 - 8:30 p.m. Anyone wanting to volunteer should attend, especially those interested in volunteering for 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 janettlanimore@somdmc.org or calling the office (410-740-0500).

Future 2020 volunteer orientations are scheduled for:
Tuesday, April 2nd
Monday, May 11th
Wednesday, June 17th

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.

Come out to the walk to enjoy the festivities and show the Howard County community the strength of our athletes and organization. There will be lots of activities, including games, dancing, raffles, Star Wars storm troopers, special guests, information booths, and much more.

POSTERS: Every year, we have posters of our athlete lining the walkway at the event. If you would like to showcase your athlete, posters can be purchased for \$40 each or three for \$100. See [attached paper](#) for details.

VOLUNTEERS: 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.

Spring Sports Registration Open

Registration for Spring sports (Athletics, Bocce, Cheerleading, Hip Hop, Poms, Dance, Powerlifting Conditioning, Softball, Beginner Swimming, Young Athletes Program) continues through **March 20th**. [Click here to register](#). Swimming and Equestrian registration is closed.

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.

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

Remember that athletes **must** have a current medical to participate (no exceptions!). There is no allowance because they have a doctor's appointment next week or because they "have it" but forgot to bring it. If the athlete's medical is expired, they cannot participate at all until there is a current medical. Medicals must be updated every three years. See *sidebar article about discounted medicals*.



SOHO Spring Store Open Until March 15th

Show your SOHO pride with some great items in the new SOHO apparel store. The store is now open (for two weeks

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

only) and can be found [here](#). Items include long and short sleeve dress shirt, 1/4 zip pullover, polo shirt and lightweight jacket. Items come in men's and women's styles..
Keep the following in mind when ordering:

- This store will close on March 15th.
- All orders will be processed after the closing date.
- Please allow 2-3 weeks to receive your order.
- Please keep in mind, all orders are custom, so there are *no refunds, returns, or exchanges*.
- All orders will be delivered to the Howard County Special Olympics office. (So do not include S&H in your order.)

Take a look at these great items.

Outstanding Student Volunteer Scholarships

The deadline for submitting applications for this year's Outstanding Student Volunteers Scholarships is March 19th. There are several scholarships to which you can apply, and students are encouraged to apply to scholarships under both groups (SOHO and Community Foundation of Howard County.) Contact the SOHO office if you have any questions.

Scholarships under Special Olympics Howard County:

Jackie Burk Memorial Scholarship for Outstanding Student Volunteer (up to \$1,500)

(Created in 2004 by Jack and Linda Burk in memory of their daughter, Jackie, a special friend and volunteer to Special Olympics Howard County.)

Kathy Lindner Memorial Scholarship for Outstanding Student Volunteer (\$500)

(Created in 2012 in memory of Special Olympics Howard County's first Volunteer Coordinator)

(The application for these two scholarships below can be found [here](#)

. . You only need to complete one application to be considered for both the **Jackie Burk Scholarship** and the **Kathy Lindner Scholarship**.) Completed applications (to include all recommendations) must be received in the SOHO office (8970 Route 108, Suite A-1, Columbia, MD 21045) by **March 19th**. There is a dropbox outside the office door if delivering when the office is not open. Office hours are M,W,TH 8:00 - 1:00 or TU 1:30-6:30. Applications can also be emailed to info@somdhc.org.

Scholarships under the Community Foundation of Howard County:

Further information of what you receive for each level can be found [here](#).

Restaurant Fundraisers

The SOHO Hip Hop Team that will represent the US National Team for USA Cheer 2020 at the International Cheer Union World Championships in Orlando, FL, April will be having three more restaurant fundraiser to support their trip. Please come out and support them. Read each events requirements carefully. (Cheerleaders must put their names on the receipts to receive fundraising credit)

Glory Days

Mar. 1st through Mar. 31st
Must submit *itemized receipt* (not credit card receipt) to the office.

Outback Steakhouse

March 17th
Must present [this flier](#)

Kelsey's Pub

April 14th (all day)
No flier needed

Anyone who would like to support and individual Hip Hop team member or the team in general can donate [here](#).

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.

Car Donation

Allan Homes Outstanding Student Volunteer Scholarship (Up to \$1,500) For students who volunteered for the Special Olympics Howard County Swim Team. For more information, see [guidelines](#).

Schnorf Family Special Olympics Volunteer Scholarship (Up to \$1,500) For Special Olympics Howard County student volunteers. For more information, review the [guidelines](#).

Around the County with Winter Sports

WINTER GAMES

SOHO alpine skiers and snowshoers had a great time at SOMD Winter Games at Whitetail Ski Resort. Because the snowshoe time trials were moved to Monday, many of the snowshoers enjoyed Sunday afternoon on the tubing run.



Fun day on tubing run.

SNOWSHOE: The snowshoe team had a great showing, earning 13 Gold medals, three of which were for our traditional and Unified relay teams. They also collected 3 Silver medals, 2 Bronze medals, 6 4th place ribbons and 1 5th place ribbon. Athletes Julian Than and Jesse Carrico earned Gold medals in all their events! Congratulations to everyone! (More photos will soon be posted on our smugmug site.)

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



ALPINE SKIING: Our 8 alpine skiers and 5 Unified Partners hit the sunny slopes on Sunday with time trials. In competition on Monday and Tuesday, they earned 2 Gold Medals and 1 Silver Medal in Intermediate Unified Slalom, 1 Silver Medal in Advanced Unified Slalom, and 1 Silver Medal in Intermediate Super G. 5 Gold Medals, 5 Silver medals, 4 Bronze medals, 4 4th place ribbons and 1 5th place ribbon which included XX Gold medals in Unified slalom races and 1 Silver medal in the Unified Giant Slalom. Great job, everyone!



BASKETBALL:

5x5 Basketball: Enjoy some videos of our 5x5 Basketball teams in action at the Montgomery County qualifier at Georgetown Prep. competition by clicking on these team names:
Team Healey

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

Howard County Autism Society Launches New Website

HCAS has lauded a [new website](#). It contains information such as:

- Full calendar of social events and support group meetings
- Information and tips for navigating the world of special education in Howard County and beyond
- Latest information on new housing initiative Patuxent Commons

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](#)

Team Hyer
Team Alexion (Unified 5x5)



3x3 Traditional Basketball Coordinator Alesia Richter reported that their team played their first game last weekend, and all of our athletes did an amazing job!

FITNESS: Our new CrossFit program has been very successful with 15 highly engaged athletes. 12 Labours Crossfit Coach, Wilson Pak, and the other coaches and volunteers cover warm-ups, strength, cardio, and flexibility training using different gym equipment or supplies such as bikes, bow rollers, dumbbells, etc. Coach Wilson also trains the athletes to use their own body weight to do cardio exercises. The coaches and volunteers have done an amazing job with this great program.

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.



Photo Credit: Boris and Company

The "Slapshot Regatta" was hosted by 12 Labours CrossFit at their Annapolis location with our athletes participating in this fundraising event. Pictured below are both the Columbia and Annapolis members with our athletes.



Photo Credit: Boris and Company

JUST SWEAT: Many of our CrossFit parents have taken advantage of a program offered by 12 Labours CrossFit.

The program is designed for those that want to start making fitness a lifestyle habit. Whether you haven't worked out in years or just trying to get back into the swing of things, you'll feel at ease by setting your own pace within any workout. The 45 minute class will provide functional movements that will increase your muscular strength and endurance. 12 Labours'



intention is to improve cardiovascular health through circuit based training for the beginner athlete.

Monday/Wednesday from 7:45-8:30pm
Location: 9017 Red Branch Road Suite E, Columbia, MD 21045. Gym is around back behind the red brick building
Cost: \$10/class, for more information email Wilson Pak at wilson@the12labours.com.

Coaches Training Opportunities

On Tuesday, March 31st from 7:00-9:00 p.m., **the Hussman Institute for Autism will present a course on Positive Behavior Support**. This course will be extremely beneficial for all our coordinators, coaches and volunteers who have to handle the multitude of disabilities and associated behaviors that they may encounter while interacting with our athletes. Seating is limited so pre-registration is required. Contact info@somdhc.org or call Janet in the office. This course counts toward coaches recertification.

SOMD is pleased to host four live sessions for **Coaching Special Olympics Athletes**, a requirement for all Coaches. All sessions will be held at SOMD Headquarters (3701 Commerce Drive, Suite 103, Baltimore MD 21227). We must have a minimum of 7 registrants for each class at least two business days in advance in order for it to be held.

Sunday, March 15, 2020, 9:30 a.m. to 1:00 p.m.
Sunday, April 5, 2020, 9:30 a.m. to 1:00 p.m.
Saturday, May 16, 2020, 1:30 p.m. to 5:00 p.m.

To register, click [here](#).

Upcoming Events of Interest

RECREATION AND PARKS ST. PATRICK'S DANCE

March 7, 2020 at the Roger Carter Community Center, Ellicott City.
Register for RP4301.603 by clicking [here](#) or call 410-313-7275..The cost for the dance is \$20.00.
Future dances can be found in the [2020 Spring and Summer Recreation and Parks Activity Guide](#).

JTCC Tennis Clinics:

The Junior Tennis Champions Center Tennis Clinics for Special Olympics Maryland are getting ready to start. ALL Special Olympics Maryland Athletes (not just those who have participated in tennis in the past) are welcome to take

part in these fun programs. All experiences and levels are welcome! Click [here](#) for sessions and registration form.

CAMP PALS

PALS Programs is a nonprofit organization for young adults with Down syndrome to have fun, grow as individuals, and create transformative friendships with their peers. Camp PALS Baltimore will take place on July 17th - 25th 2020. We will be housed at the University of Maryland - Baltimore campus. Click [here](#) and [here](#) for more information on their summer program in Baltimore!

FAMILY SUPPORT AND RESOURCE CENTER EVENTS LISTING

Click [here](#) to see 2/27/20 listing of upcoming events of interest to parents of special education students. For a full list of events, please view the special education parent and guardian calendar [here](#).

CAMP INCLUSION:



Camp Inclusion is a summer day camp located in Howard County for any student with or without a cognitive, social, or physical disability. At Camp Inclusion, campers participate in group games and sports as well as arts & crafts activities and developmentally appropriate board games. Camp Inclusion is happy to offer two programs this year: one for children ages 5-11 and the other for children ages 12-21. Visit the [website](#) for more information including pricing, scholarship opportunities, and dates or email info@campinclusion.org.

LEGAL PLANNING FOR YOUNG ADULTS WITH DISABILITIES

March 19, 2020, 6-8:30 p.m.
Kennedy Krieger High School (3825 Greenspring Avenue, Bowles Board Room, 4th Floor, Baltimore, MD 21211)
This is a FREE seminar presented by the University of Baltimore (UB) School of Law faculty and students that will address topics including advance directives, advanced directives for mental health, statutory powers of attorney, will and special needs trusts. Following the seminar, UB law students will work under the supervision of pro bono attorneys to execute advanced directives, advance directives for mental health, and statutory powers of attorney. Advance registration is required as are requests for accommodations. Contact Eve Lukowski at 443-923-9555 or Lukowski@KennedyKrieger.org. Space is limited.



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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