

HOWARD COUNTY

SPECIAL OLYMPICS MARYLAND



Connect with SOHO

[Facebook](#)

[Twitter](#)

[Instagram](#)

[Visit our Website!](#)

[About Us](#) | [Volunteers / Volunteer Scholarships](#) | [Become an Athlete](#)
| [Calendar](#) | [Inspiration Walk](#) | [Photos](#)

March Newsletter

Issue #2020-03

COVID 19 Status - Summer Games Cancelled

Special Olympics Maryland is canceling all community sports and school-based programs, practices, and competitions, as well as any fundraising or special events through 5/31/20. Because of this decision, our **2020 Summer Games are also cancelled** as we, as an

organization, will not be able to provide the appropriate level of training and preparation for our athletes. Please see our COVID-19 Status [Update page](#) on our website for up-to-date details. Thank you for your understanding and patience during this time.



COVID-19 STATUS

Inspiration Walk Cancelled. Support Local Organizations Helping Those Affected by the Pandemic



The 19th Annual Special Olympics Howard County Inspiration Walk, originally scheduled for April 18th at Centennial Park, has been **cancelled** due to restrictions imposed in light of the coronavirus outbreak. We still plan to have a "virtual" walk with online opening ceremonies on April 18th. You can check out our website and social media sites (Facebook, Twitter and Instagram) prior to the date on how you can watch.

IN THIS ISSUE

COVID 19 Cancellations

2020 Inspiration Walk

Summer Registration

Athlete Activities

Bowling League

Coaches Training

Volunteer Orientations

The next volunteer orientation is *tentatively* scheduled for Monday, May 11th. Anyone wanting to volunteer should attend, especially those interested in volunteering for summer or fall sports. Families who are new to our program are strongly encouraged to attend a volunteer orientation. Advance registration is required by contacting Janet at janetlamimore@somdhc.org or calling the office (410-740-0500).

The next volunteer orientation is tentatively scheduled for Wednesday, June 17th

SOMD Virtual MOVEMENT

County Executive Ball and others will provide remarks. We will also be announcing our Volunteer, Coach and Family of the Year.

We are keenly aware that this is a critical time for so many in our community and encourage our families and friends to consider assisting those many organizations that are in need of supplies and funds. Additionally, many Howard County restaurants have graciously donated gift cards for our Walk raffle prizes and have had to close except for carry out. When planning for a takeout meal, please consider one of these SOHO supporters: Outback Steakhouse, Stained Glass Pub, Ledos, Jersey Mikes, Bertuccis and the Silver Diner. With the understanding that the coronavirus crisis has hit some families very hard, there may be a need for someone who already donated to the Walk to have those funds now for basic necessities. If so, please feel free to contact our office and your donation will be returned to you.

For those in a position to give to support our sports programs, we will still be accepting donations through the end of July via the usual methods: [online giving](#), create an [online fundraising page](#), or sending/dropping off checks to the office. Incentive prizes will also still be available after April 18th, including the long sleeve IW tee shirts for anyone making a donation.

Please stay healthy.

Summer Sports Registration

We do not know what the next few months will bring, but we are going ahead with registration for our summer sports, **Kayaking and Golf, beginning on April 13th.**

Fall sports registration will open on July 3rd for the following sports: Crossfit Funtional Fitness, Cycling, Flag Football, Long Distance Running, Powerlifting, Soccer, Tennis, Volleyball and Young Athletes Program.

When [registering](#) on or after April 13th, 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.



Join the SOMD Virtual MOVEment! Already over 600 people strong, this is an online community of athletes, staff, and volunteers sharing what they're doing to stay active, stay healthy, and stay connected while we can't have in-person programs! [Click here](#) to join.

MOVE Meetings

SOMD is holding live group fitness activity, led by SOMD Healthy Communities Manager, Ben Varga. Every Friday at noon, SOMD Athletes, Staff, and Volunteers will be coming together for a quick mid-day fitness class focusing on strength, flexibility, or endurance.

Don't miss out on the fun! Access our Move Meetings each Friday by [clicking this link](#).

Cancelled Events

The International Cheer Union has postponed the **2020 ICU World Championships** originally scheduled for 27 April - 1 May. in Orlando. At present, we have no rescheduled date.

The Annual **National Down Syndrome Convention** scheduled for June 25-28, 2020 in New Orleans has been cancelled.

The NDSC is considering alternative formats that will provide members access to the essential resources and information they are accustomed to receiving each year at the NDSC Convention

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.

Transforming Through CrossFit



While our CrossFit season was cut short by the coronavirus, it didn't lessen the impact that the 12 Labours Gym, and its many volunteers had on 15 Special Olympic athletes. All the volunteers were members of the gym and we can't thank them enough for helping with this inaugural season. Special thanks to general manager, Wilson Pak, for initiating this excellent partnership!! Check out the perspectives of the season by Coach Taylor by [clicking here](#).

Athlete At Home Activities

FITNESS ACTIVITIES: In addition to the SOMD Virtual MOVEment and MOVE meetings discussed in the sidebar articles, there are plenty of sites on line that have exercises that you can follow for a short period of time or longer. Below are some sites that athletes can use to keep fit and exercise at home. (Just click on underlined links.) Walks outside are also great but remember to practice social distancing (at least 6' apart and avoid crowds) and wash your hands when you come back in.

[Special Olympics Fit 5](#)
[Special Olympics School of Strength](#)
[Yoga for Children, Teens & Young Adults with ASD \(4/4/20\)](#)
[Yoga with Adrienne](#)
Free Virtual Boxing Demo Class - April 2nd, 4-5 pm (to join, email join@spirit-club.com)
[Virtual Dance Party](#)- April 4, 5pm

Additionally, our Kayaking Coach Cathy Vigus has made a [You Tube](#) video for her kayakers to start getting in

All **Recreation and Parks** activities and events are cancelled through April 24th.

Deadline for Merchandise Store Extended

Governor Hogan has asked all non-essential businesses to shut down. Nightmare Graphics has shifted to making masks, a vital and much needed commodity. (Yeah, Nightmare Graphics!) Therefore, the SOHO store we had for merchandise will remain open indefinitely until Nightmare Graphics can open again. If you wish to put in an order, you may, but no action will be taken until Nightmare is allowed to re-open. Click [here](#) for General Store

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

shape prior to the summer. The session focuses on stretching and flexibility, cardio and endurance, strength and skills techniques.

ATHLETE SOCIAL CLUB: SOMD has a number of Athlete Social Club events coming up in early April. Topics include:

- April 1st - Star Wars
- April 2nd - Cooking Mac and Cheese
- April 4th - Virtual Dance Party
- April 7th - Movie and a Chat ("Hairspray")
- April 8th - How to be a Social Media Rockstar!
- April 9th - Disney- The Magic Kingdom

For more details and how to register, [click here](#) .

Another thing you can do while you are home is to go over your home fire escape plan. It's always good to know what to do in case of a fire and you can get all that information [here](#) .Make it a family activity and get everyone involved!

Bowling Results

The Howard County bowling season ended another great season on March 8th. The Howard County bowling program continues to lead the way in the state as we were the first to introduce "League Play" for our most experienced and competitive bowlers. Based on the success of the program this season, parents and athletes should look for some more enhancements in the Fall 2020 season. Special thanks to the entire bowling program leadership team of Franco Frande, Mike Ord, Brad Dressler, Stacy Valentine and Pat Condron (pictured below) for all their hard work this season.



appointment is needed but be sure to bring the SO MD Athlete Medical Form with you.

Car Donation

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@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!

Camp Inclusion

While schools are closed, Camp Inclusion would like to help families connect with potential caregivers during this time. If you are searching for childcare or you are hoping to work with children during this time, click [here](#) for a Child Care Request Form. Click [here](#) for a Caregiver Form.

Q&A on COVID-19 and Down Syndrome

The National Down Syndrome Congress (NDSC) has collaborated with Down Syndrome Medical Interest Group-USA (DSMIG), Global Down Syndrome Foundation (Global), LuMind IDSC, National

Bowling Program Leaders: (L-R: Stacy Valentine, Franco Frande, Mike Ord, Pat Condron, and Brad Dressler.)

League Play Results:

1st Place Team - Andy Young, Paul Phillips, Zack Mckay, and Nick Stewart

2nd Place Team - Julia Phillips, Sarah Wheeler, and Logan Thomas

3rd Place Team - Nathan Cervelloni, Chris Pinos, and Andre Feng

High Scratch Game Male - Adam Rummel (185)

High Scratch Game Female - Kristen Frande (127)

High Scratch Series Male - Adam Rummel (485)

High Scratch Series Female - Mary Condron (338)

High Handicap Game Male - Matt Wrathal (263)

High Handicap Game Female - Tiffany Brooks (235)

High Handicap Series Male - Chris Pinos (734)

High Handicap Series Female - Julia Phillips (677)

Recreation Play Results:

High Average Male - Bob Strunge (144)

High Average Female - Catherine Gruss (95)

High Single Game Male - Bob Strunge (182)

High Single Game Female - Stephanie Baker (119)

Highest Single Game over Average Male - Luke Weaver (+59 -143)

Highest Single Game over Average Female - Molly Peter (+32 - 87) & Stephanie Baker (+32 - 119)

Save the Timbers at Troy Golf Course!!



The Timbers at Troy Golf Course has been a long term supporter of Special Olympics. Since 2000, the golf program has practiced at the course and the club has graciously hosted competitions as well. In total, Timbers supplies us with over \$10,000 in in-kind donations annually, nearly \$200,000 since they began helping us!!

Down Syndrome Society (NDSS), National Task Group on Intellectual Disabilities and Dementia Practices (NTG), and Down syndrome medical experts to publish a new resource, the Question and Answers on COVID-19 and Down Syndrome.

This new resource, with both

abbreviated (6 pg.) and **expanded** (21 pg.) versions

Photos of Our Athletes

You can enjoy photos of our athletes at practice, competitions and other events on our photo page. [Click here.](#) Also, here are some great photos from Winter Games at Whitetail Ski resort. [Click here.](#)

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

We were surprised to hear recently that Timbers is being considered as a location for the county's next high school. Please [click here](#) to sign a petition to save the golf course and save the venue for our ever growing golf program.

Coaches Training Opportunities

The **Positive Behavior Support** course scheduled for March 31st has been postponed. A new date has not been scheduled at this time.

With the recent suspension of training and competition activity, as well as in-person meetings, SOMD is adapting its coach training opportunities to meet this new challenge.

While there will continue to be the online version of **Coaching Special Olympics Athletes (CSOA)** available via Human Kinetics (links available on the [SOMD Coach Resource Page](#), SOMD is aware that many coaches strongly prefer the live version of this course.

SOMD will be testing a virtual training version of CSOA on **Saturday, April 18** from 10:00 - 1:30 (previously announced with a different date). This session will be a "beta test" of offering the live course in an online environment and will be limited to 15 participants. Once we have the kinks worked out of this, we will offer additional such sessions as needs require. To register, click [here](#).

Principles of Coaching Live Course -June 20, 2020 & September 12, 2020

Update: If SOMD is still under a suspension of in person activity, we WILL still hold the June 20 session of Principles of Coaching as a virtual training session (e.g., online).

SOMD is very pleased to be one of the first few SO USA programs to offer the updated "live" version of the Principles of Coaching course. This exceptional, highly participative full day course is designed for coaches with at least two years of experience and covers such topics as:

- Developing a Coaching Perspective
- Team Management & Training
- Athlete-Centered Coaching
- Fitness & Nutrition



[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.

- Safety and Risk Management

In the new Coach Education & Development Model, completion of Principles of Coaching is a requirement for a coach to earn Advanced Coach status and will also renew, upgrade and extend all current coach sport certifications for three years from the date of course completion. As a reminder, Advanced Coach status is a requirement in order for a coach to take a team or athletes to any competition above the state level (including USA Games, World Games, and National Invitational Tournaments or their equivalents). Coaches must attend and participate in the entirety of the course to receive credit for course completion.

We currently have 2 sessions of this course scheduled in 2020 and will look to potentially add another session in the fall if interest warrants it. Our intent is to offer this live session at least twice per year going forward.

Saturday, June 20, 2020, 9:00 a.m. - 5:00 p.m., SOMD HQ (Baltimore area)

Saturday, September 12, 2020, 9:00 a.m. - 5:00 p.m., SOMD HQ (Baltimore area)

There is no registration fee for these sessions. Lunch and refreshments throughout the day will be provided and registration for each session will be limited to a maximum of 25 coaches.

(Note: Please do not register for a session if you are not certain you will attend - it may mean another coach who actually could attend will be unable to register).

To register for one of these sessions, please use this [link](#).



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

© 2009. Special Olympics Maryland. All rights reserved.