

HOWARD COUNTY

SPECIAL OLYMPICS
MARYLAND



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May Newsletter

Issue #2020-05

Thank You to All Our Supporters



We want to take this opportunity to thank all those who [contributed to our annual Inspiration Walk](#), this year being held as a "virtual" event. To date, we have received \$90,560 in donations! For those of you who have not yet viewed our [virtual event](#), you do not want to miss it. Thanks to Steve Towne, we were able to highlight our athletes, honor some volunteers, and raise funds that will help us continue to provide a quality program for over 850 athletes in Howard County.

We would also like to thank our Honorary Chairpersons State Senator Guy Guzzone, County Executive Dr. Calvin Ball, and Police Chief Lisa Myers for their rousing introductory remarks on the virtual Walk. We appreciate their support and hope that they will join us in person next year for our 20th Inspiration Walk.

Top fundraisers will be notified about their prizes and those eligible for [incentive prizes](#) will be available in the office once we reopen. T-shirts for those raising over \$50 will also be available once the printer re-opens. **Our top 40 fundraisers brought in an amazing 73% of the total raised. Put that into perspective, these 40 families represent only 5% of our total membership and they raised nearly \$66,000!! Wow, thank you for your commitment to our athletes!**

Thank you to everyone. Keep safe.

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Volunteer Orientations

The next volunteer orientation is scheduled for Wednesday, June 17th. 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 janetlarrimore@somdhc.org or calling the office (410-740-0500).

Support Our Restaurant Friends

Many Howard County restaurants who have

Upcoming Sports - Status of Golf and Fall Programs Unknown

As noted in last month's newsletter, Kayaking has been cancelled and at this time, we have no further information on whether we will have a golf season or not. We appreciate your patience and understanding and will inform all those registered for golf as soon as we have definitive information. SOMD will make the final decision on golf **no later than August 1st** but we will likely know by early July. The local decision will also be made based on training site and coach availability.

Unfortunately, we do not have a crystal ball about what will happen with fall sports with our ever changing environment, but we are proceeding with registration for the following sports - Crossfit Functional Fitness, Cycling, Flag Football, Long Distance Running, Powerlifting, Soccer, Tennis, Volleyball and Young Athletes Program. Registration will open on **July 3rd**.

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.

Celebrating 50 Years of SOMD

**Special
Olympics**
Maryland



50
YEARS
1970-2020

2020 is **Special Olympics Maryland's 50th Anniversary**. Before these unexpected times occurred, SOMD was in the midst of planning several celebrations which included a Torch Gala, Law Enforcement Torch Run, and Summer Games in June to kick off our campaign. Unfortunately, those plans have been sidelined for the foreseeable future. Despite these postponements, SOMD still wants to celebrate this important milestone for our organization. On Saturday, June 6th, SOMD will be hosting a virtual block party that will consist a full day of programming and interactive virtual activities for our athletes, while celebrating its 50th Anniversary.

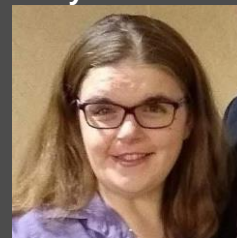
VIDEO REQUEST FOR ANNIVERSARY GREETINGS

graciously donated gift cards for our Walk raffle prizes over the years or have supported our end of season parties 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, The Ale House, Coal Fire, Silver Diner and Charter Deli.

SOHO Athlete Joins SOMD Athlete Input Council

Christine Towne is now a member of the SOMD Athlete Input Council. Athlete Input Councils are a means for athletes to express their ideas, concerns and recommendations at the local or state level, to help improve the quality and integrity of their Special Olympics Maryland program. Input Councils recommend new ideas to their local County Management Team or Special Olympics Maryland and provide valuable feedback on events and competitions held at the County or Area level.



Basketball Uniforms

Basketball uniforms can be returned to the office at any

Make a few seconds video of you (athletes, coaches, volunteers) wishing SOMD a Happy 50th Anniversary. For specific details, click [here](#).

PARTICIPATE IN A VIRTUAL TORCH RUN:

Help "carry" a Law Enforcement torch across the state. Each person participating will create a 3-5 second video, receiving the "torch" and "passing" it onto the next person. These clips will be compiled together to create one long torch run. SOMD wants everyone in the Special Olympics Maryland and Law Enforcement Torch Run community to participate! Click [here](#) to follow directions on creating your video.

Send your video submission to somdcomm@gmail.com by **Friday, May 29th**. Let's see our SOHO athletes, coaches and volunteers as part of the Torch Run and 50th Anniversary well wishes videos!

50 For 50 Walking Challenge

Get Moving to Celebrate Special Olympics Maryland's 50th Anniversary! Join Special Olympics Maryland Athletes, Families, and Fans in the **50 for 50 Fitness Challenge!** Between June 8-September 1, commit to walking (or running) 50 miles in your own community. Participants can go at their own pace. Awards and incentives will be given out throughout the challenge! If you need some team motivation, families can sign up as a Fit Family and coaches can organize their teams to achieve Fit Team Designation! Register for the challenge [here](#).

We are encouraging all our athletes to sign up so that we can be the county with the most participation. Coordinators/coaches: Get your sport to sign up as a group. Families: Sign up together for this great event. Let's get Howard County moving and rack up those miles!

Exciting Virtual Activities for Athletes and Other Members of the SOMD Family

All members of the Special Olympics Maryland (SOMD) Community are invited to join in on a variety of exciting virtual activities hosted by Special Olympics Maryland. The "go to" location for the most up-to-date information is the just launched [SOMD Virtual MOVEment site](#). Included on this site is a calendar with registration links for all upcoming activities. Here's a sampling of some of the free activities that are available over the next several weeks.

time (8970 Route 108, Suite A-1, Columbia, 21045). Leave the uniform in the secure black mailbox outside the office door. If the mailbox is full, come back at another time.

Planning for Someone with Special Needs

TBD Via Webinar or In-Office Workshop
Friday, May 29 2020
11:00am- 12:30pm
Elville & Associates, P.C.
Three Ponds at Columbia Gateway
7100 Columbia Gateway Drive, Suite 190
Columbia, Maryland .

Depending upon the circumstances at the time of the presentation, this workshop will be offered via webinar or as in-office workshop. If offered via webinar, a link will be sent to you before the event takes place.

This workshop is a discussion that will educate attendees about planning for their loved one with special needs. Attendees will come to understand what is involved in the planning process for a special needs family and the importance of preserving the loved one's financial security and quality of life. For further details and to register, click [here](#).

Merchandise Store Orders

We have just been notified that orders for merchandise

FITNESS ACTIVITIES:

SOMD/Anytime Fitness Sessions: Offered every Wednesday from 1:00 - 1:30 p.m., come and take part in a fun fitness session with other members of the SOMD community. Register for upcoming sessions by using this [link](#).

Movement Fitness Sessions: Offered every Friday from 12:00 - 12:30 p.m., come and take part in a quick 15-20 minute workout session with a special theme and guest coach each week. Register for upcoming sessions using this [link](#)

SPECIAL OLYMPICS ATHLETE SOCIAL CLUB:

Offered every Tuesday and Thursday evening, typically at 7:00 p.m., join other Special Olympics Athletes to see your friends and discuss various topics of interest. Some upcoming sessions include:

- Thursday, May 28; Q&A with the Baltimore Ravens Offensive Coordinator Greg Roman (NFL 2019 Assistant Coach of the Year):
- Tuesday, June 2: Power Rangers (*tentative, link available once confirmed*)
- Thursday, June 4: Russian Language and Culture (*tentative, link available once confirmed*)
- Tuesday, June 9: Dress for Success - Men [here](#).
- Thursday, June 11 (2:00 p.m.) Dress for Success - Women:

Register for all events on the [SOMD Virtual MOVEMENT site](#).

SOMD ATHLETE DANCE PARTIES:

Every Saturday evening, from 7:00 - 8:30 p.m., join your friends for the hottest virtual dance party featuring DJ Kris Stone. Register for the weekly Dance Party using this [link](#):

SOMD HEALTH FORUMS:

Typically held monthly on the last Wednesday of the month at 7:00 p.m., these education sessions provide Special Olympics athletes and families information on a variety of health related topics. Some upcoming sessions include:

- Wednesday, May 27: Chiropractic Care with Dr. Warren Kalkstein: Register [here](#).
- Wednesday, June 24: Healthy Hearing with Towson University Audiology (*tentative, link available once confirmed*)

SPECIAL VIRTUAL SUMMER GAMES SESSIONS

from Nightmare Graphics that were suspended while the company was shut down have been printed and should be ready to be picked up soon. We will pick them up and deliver them to the office. Since the office is still closed, we will notify those who ordered items when they can be picked up.

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.

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@somdmc.org.

SAVE THE DATE June 6th would've been the second day of Summer Games competition at Towson University. We may not be able to hold Summer Games this year, but you better believe that we have something fun in store for all of our athletes across the state. So block off Saturday, June 6th for a day of activities, and tune into our social throughout the week to learn more!

More information on all of the above as well as Athlete challenges, Quarantine Cuisine, ways you can submit videos for posting, coach resources to host your own workouts, and a variety of other videos and resources are all now available on [SOMD's Virtual MOVEMENT site](#)

Athlete Leadership Training: May-June 2020

SOMD has just scheduled Athlete Leadership Trainings until mid-June. All the training will be on Zoom. Click [here](#) for the list of courses. There is a new format of shorter trainings over several days rather than on concentrated long training on one day.

All the Pre-Requisites during this training period have been removed so everyone is invited to participate. This new method will accommodate a variety of learning styles and offer opportunity and time to digest/understand the material better.

MONDAY, WEDNESDAY and FRIDAY will be one hour of training each day but you have to attend ALL three to get credit for the course. Courses will be recorded so if you miss one you may still take it

TUESDAY and THURSDAY will be 60-90 minutes of training each day but you may have to attend BOTH days to get credit for the course.

*The only exception is the Photography and Video course which are one day ONLY.

Coaches Training Opportunities

With the recent suspension of training and competition activity, as well as in-person meetings, now extended through June 30, 2020, SOMD is adapting its coach training opportunities to meet this new challenge. This is a good time to begin or update your coach's certification training.

Coaching Special Olympics Athletes (CSOA)

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!

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



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 and will offer the following "Virtual Training" sessions for CSOA, delivered online (limit of 20 participants per session).

Saturday, May 30, 2020, 9:00 a.m. - 1:00 p.m.
Click [here](#) to register.

Saturday, June 27, 2020, 9:00 a.m. - 1:00 p.m.
Click [here](#) to register.

Principles of Coaching (PoC) Live Course -

June 20, 2020 (Virtual) and September 12, 2020 (Live)
Update: Since SOMD will still be under a suspension of in person activity, we WILL still hold the June 20th 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 "life" 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 and Training
- Athlete-Centered Coaching
- Fitness and Nutrition
- Safety and Risk Management

In the new Coach Education and 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.

SOMD currently has two sessions of this course scheduled in 2020 and will look to potentially add another session in the fall if interest warrants it. The 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. (delivered

[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.

as a virtual session*)
Saturday, September 12, 2020, 9:00 a.m. - 5:00 p.m.,
SOMD HQ, Baltimore

To register for one of these courses, click [here](#).
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.*)

***Important Note on Virtual Training Sessions (CSOA
and PoC):** *Given the interactive nature of these courses,
participants MUST be able to join the ZOOM meeting with
a webcam, speaker and microphone so we can see and
hear everyone during the course. Please also check in
advance of the session that ZOOM works properly for
your computer (with webcam, microphone and speaker)
as we will have limited opportunity to provide tech
assistance during the session itself. (ZOOM's online help
has been fairly solid.)*



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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