

HOWARD COUNTY

SPECIAL OLYMPICS MARYLAND



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June Newsletter

Issue #2020-06

Fall Sports: Registration and Status of Some Programs

We have delayed the **registration of fall sports** until **July 31st** to give us more time to evaluate where Maryland will be in regards to COVID 19.



On July 1st, we move into **Phase 1 of Return to Play** and there are a number of requirements that must be met: (1) There can only be less than 10 participants (includes coaches, volunteers and athletes), (2) Participants must adhere to strict physical distancing, (3) There can be no direct or indirect contact, (4) There can be no shared equipment, and (5) Pre-screening must take place prior to practice by trained volunteers. All these must be taken into consideration before we can proceed. **Phase 2 of Return to Play** will increase the number of participants to 50 and indirect contact (like throwing and catching a ball) would be allowed, but no timetable has been set for when or if phase 2 will begin.

COVID-19 STATUS

Golf Skills and Golf Levels 2-5 are being cancelled because the SOHO golf leadership teams did not believe they could meet phase 1 requirements.

We are in the process of surveying our coordinators, coaches and volunteers regarding their willingness to participate in the remaining fall activities as well as reviewing facilities availability. **The July newsletter will announce the status of all fall sports programs.**

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Office Hours

Beginning July 1, the office will be open from 4-7 p.m. on Tuesdays and 10:00 a.m.- 1:00 p.m. on Thursdays. Individuals entering the office are required to wear a mask and ask to use social distancing.

Volunteer Orientations

The next virtual volunteer orientation is scheduled for Thursday, July 23rd. Anyone wanting to volunteer in the future should attend. Families who are new to our program are strongly encouraged to attend a volunteer orientation. Advance registration is required by contacting Janet at janetlarnimore@somdmc.org or calling the office (410-740-0500).

We do know that there are some programs that will have to be cancelled based on the decision by the HCPSS to keep all school facilities closed for community use until January 2021. Therefore, the **Young Athletes Program and Volleyball programs will be cancelled** for the fall. Virtual online YAP activities will continue.

Remember that athletes must have a current medical to participate. However, SOMD has made a one-time exception: The medical expiration date for medicals that expire between 3/15/2020 to 9/29/2020 has been extended to 9/30/2020.

Celebrating 50 Years of SOMD: 50 for 50 Walking Challenge

**Special
Olympics**
Maryland



50
YEARS
1970-2020

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! You can sign up for up to three SOMD Sports. If you sign up for a team, use the format SOHO-Sport Name. (SOMD is no longer accepting new registrations for manual log tracking, as directed in May newsletter). All new participants should join their Strava Group. 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 team 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!

Outstanding Student Scholarships Awarded

Inspiration Walk Shirts and Incentive Prizes

The Inspiration Walk shirts and incentive prizes are available in the office. All those who donated \$50 are eligible for a IW long-sleeved t-shirt. Other incentive prizes are available for those that donated or raised \$1,000 or above. Items can be picked up at the office during office hours (beginning July 1st: 10:00 a.m. - 1:00 p.m. Thursdays and 4:00 p.m. - 7:00 p.m. Tuesdays. Send an email to Janet - JanetLarrimore@somdhc.org - in advance to let her know when you plan to arrive and what size shirt(s) you need so that she can have items ready for you. Shirts and prizes must be picked up at the office; items will not be mailed.

Helpful Hints If Your Athlete Needs to Go to Hospital

Are you worried about what would happen if your child/adult with special needs was admitted to a hospital while COVID 19 restrictions are in place? Would you be able to stay with them to advocate for their needs? The answer is YES. The state of Maryland has put guidelines in place allowing parents or guardians of individuals with intellectual and developmental disabilities to stay at the hospital even though that privilege is not allowed to the general public. [Click here to read more.](#)

We are pleased to announce the recipients of this year's **Outstanding Student Volunteer Scholarships**.



Howard High School graduate, **Christopher Starkey** is the winner of the **Jackie Burk Memorial Scholarship** and will receive a \$1,500 scholarship. Chris volunteered over 190 hours as a Unified Partner in both the basketball and soccer programs. Soccer Coach John McDonough praised Chris' dedication and commitment to his fellow teammates.

Chris noted that his time as a volunteer has been substantially life-changing and he loves the athletes and their company.

Makenna Hammill, a graduate of Atholton High School, is receiving two scholarships - \$750 from the **Allan Homes Scholarship** and \$750 from the **Schnorf Family Scholarship**. Makenna volunteered over 224 hours with the swim program as a coach and Unified Partner. An advocate for inclusion, she is also a member of her school's Best Buddy program and was a Unified Super Plunger at the Polar Bear Plunge with athlete partner Jackson Balda. They raised over \$20,000 plunging once an hour for 24 hours (and she did double plunges for a total of 48!)



Another Howard High School graduate, **Shea O'Connor**, will receive a \$750 scholarship from the **Schnorf Family Scholarship**. Skills Coordinator Lavonne Smith summed up what Shea has meant to the program. "Shea has been the most valued

volunteer with my basketball program for the past five years." Shea noted how lucky she felt to be part of a program that brings so much happiness and joy to the athletes, as well as to the parents, coaches and volunteers.

Teenager of the Year - Lexi Cucchiaro!!

Congratulations to SOHO volunteer Lexi Cucchiaro who was selected as the Teenager of the Year by the Kiwanis Club of Ellicott City.

The purpose of this award is to give recognition to deserving teenagers for their academic achievements, citizenship, service to their school and community, growth and responsibility in his/her family unit, character and leadership performance.

Lexi has been a swim volunteer for a number of years as well as a Polar Bear Plunge Super Plunger where she raised over \$11,000. She also participated in the Over the Edge event. (see below)



Athlete Leadership Training

Interested in learning to become an Athlete Leader? Here is the [list](#) of virtual courses being offered in July.

SOMD Virtual Block Party

Thanks to those who could join SOMD for the Virtual Block Party, and special

River Hill High School graduate, **Adrienne Lesho**, will receive \$750 from the **Allan Homes Scholarship**. Her involvement with Special Olympics began with Cross Country running when she participated with her brother, athlete Marcus, as a Unified Partner. She became more involved when she started volunteering with the swim program and eventually became a Unified Partner. Adrienne loved the amount of inclusion and encouragement she found at practices and competitions. She also participated in the Polar Bear Plunge Twice.



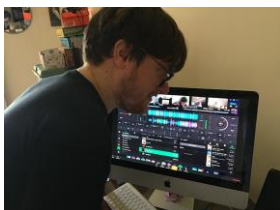
Cameron "Grey" Henry, a graduate of the Friends School of Baltimore, is the recipient of the **Kathy Lindner Memorial Scholarship** and will receive a \$500 scholarship. When Grey first volunteered with snowshoeing in middle school, his family was living in Howard County. But he continued to volunteer even after he and his family moved to

Baltimore County. Grey and his sister Mia (one of the Jackie Burk Memorial Scholarship winners last year) were committed to the SOHO athletes and traveled to Howard County twice a week for practices. Grey has also been a unified partner, competing in snowshoe relay races at Winter Games.

Congratulations to all our scholarship recipients and we wish them well in their future endeavors. Thank you to all our graduating student volunteers. Good luck to all of you and hope to see you again in the future.

So What Are You Doing?

Since we haven't been able to train as we normally do, we wanted to check in with some of our athletes to see what they are doing to keep fit and busy.



Jesse Carrico tries to walk every day and is eating lots of fruits and vegetables and healthy food. He is also doing SOMD Zoom Exercise every Friday and a Boot Camp every Saturday morning through Howard County (free).

thanks to all those who submitted videos!

SOMD has been uploading each segment of the Virtual Block Party to their Facebook and YouTube channels.

If you know of any friends, family, athletes, volunteers, etc. that were not able to join SOMD for the Block Party, you can link to the [Facebook](#) and [YouTube](#) playlists

Support Our Restaurant Friends

While Maryland has now moved into Phase 2 and restaurants are open for indoor (as well as outdoor) dining at 50% capacity, many are still providing curbside and delivery services. We are so grateful for the support these restaurants have given to us in the past through donated gift cards for our Walk raffle prizes as well as supporting our softball tournament and end of season parties. 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.

Basketball Uniforms

Basketball uniforms can be returned to the office at any 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.

And he doesn't miss the SOMD Saturday night dance with DJ Kris Stone. His Mom, Carol, says that the VirtualMOVEment programs have really helped Jesse to be motivated to exercise and he's starting to make his own exercise videos.

To stay fit, **Edie and Rose Daniello** are walking daily and ZOOMing in to Boot Camp in the Park on Saturday mornings. They have been working out on the trampoline and also jumping rope. They participate in some SOMD Virtual MOVEment events and videos. And they have been doing yard work.

Kevin Fagan takes two walks a day - a three mile walk at Western Regional Park and a shorter half mile walk at Warfields Pond Park. He really enjoys the variety of birds, turtles and frogs and has seen foxes and a raccoon.



Also involved in SOMD various webinars (Game Nights, Talent Night) and VirtualMOVEment activities, **Lakiva Jackson** has been doing exercises such as Chair

Aerobics and Dance Class at OBI as well as a CORE Zoom class. She also enjoyed the Virtual Block Party on Summer Games weekend.

Jason Kauffman and his Mom have been doing a lot of walking, exploring lots of new trails in Columbia, racking up over 80 miles so far in the 50 for 50 Walking Challenge. Jason is really enjoying the Saturday night dances, especially seeing all his friends and has participated in a number of virtual webinar events.



Maria Sterne has turned her yard into a bird sanctuary and is always outside checking on bird houses (5 bluebirds just hatched!), refilling feeders and cleaning out birdbaths. Mom

Claudia reports that array of birds that flock to their yard

SOMD 50th Anniversary Merchandise

Special Olympics Maryland has a new merchandise website which includes some 50th Anniversary gear (including face masks!), Law Enforcement t-shirts, and other items. Check it out [here](#). A portion of every sale will be donated back to SOMD.

Amazon Smile

Did you know that you can donate to Special Olympics Maryland simply by shopping on Amazon? Sign up for Amazon Smile and 0.5% of your eligible purchases will be donated to Special Olympics. Simply use [this link](#) to designate Special Olympics Maryland as your charity. Then be sure to use the same link every time you shop at Amazon. It's that easy to make a difference!

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. 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!

is gorgeous and ranges from hummingbirds to pileated woodpeckers.



Julian Than keeps running and is also enjoying the Saturday night dances with DJ Kris. He participates in the weekly ZOOM meetings with Ann and John Worley as well as cooking.



Mike Waschak and his Mom work out every morning for an hour and walk on the neighborhood paths three times a week. Mike misses his friends and can't wait until all his favorite sports are back in action.



Runner Julian Than in the weekly Zoom meeting with the Worleys.

We also wish to highlight **Distance Running Coordinator Ann Worley and Coach John Worley** who continue to host ZOOM meetings to keep in touch with their running athletes. This opportunity initially started to make up for missing the Spring season. Currently, they have 7-8 athletes who meet for 30 minutes every Wednesday for a discussion of running activities, other fitness endeavors (i.e. hiking),

HOCO updates, and other topics of their choice. We have "share screened" their photos and videos of their work-outs on ZOOM. They are planning to continue these weekly meetings through the summer. Thanks Ann and John!

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

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



[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

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.

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.

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.

Zumba with Coach Nicole: Every Sunday from 1:00 - 2:00 p.m.

Dance Fitness with Coach Jordyn: Every Sunday from 3:00 - 4:00 p.m.

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](#):

List of Fun 4 Everyone!!

Athlete Christine Towne updates a weekly list of fun activities for the athletes and their families. If you would like to get the weekly updates, just email Christine at ListofFun4Everyone@gmail.com. You will then receive an email with a list of all the activities she has compiled.



If you find out about activities not on the list, please email them to Christine at the same address and she'll try to add them in soon.

Coaches Training Opportunities

SOMD is adapting its coach training opportunities to meet this new challenge and offering Virtual Coaches Training for CSOA and PoC Courses (matching the "live and in person" versions of these courses as much as possible).

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.

Coaching Special Olympics Athletes (CSOA) -

August 1, 2020

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 live online (limit of 20 participants).

Saturday, August 1, 2020, 9:00 a.m. - 1:00 p.m.*

Register [here](#).

(Additional sessions will be considered if this fills up quickly.)

Principles of Coaching (PoC) Virtual Course - July 25, 2020

There are currently two sessions of this course to be offered over the next several months. Registration will be limited to a maximum of 20 coaches per date.

Also, note that the course has undergone a number of changes, including removing many redundancies with CSOA. Given those changes, the estimated length of the course is now 4.5 hours (rather than 8 hours). We expect have an improved time estimate in the next several weeks (and certainly following our first online session)

Saturday, July 25, 2020, 9:00 a.m. - 1:30 p.m.,

delivered as a Virtual session*.

Saturday, September 12, 2020, 9:00 a.m. - 1:30 p.m.,

LIVE at SOMD HQ

(The 9/12/2020 session will convert to a virtual session if SOMD is unable to safely offer live sessions at that time)

To register for one of these sessions, please use this

[link](#).

(Note: Please do not register 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 though.)

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.



SOHO Office, 8970 Route 108 Suite A1, Columbia, MD 21045

Hours: Monday, Wednesday & Thursday 8:00 - 1:00, Tuesday 1:30 - 6:30

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