



July Newsletter

Issue #2020-07

Update on Fall Sports Programs

*Special
Olympics
Maryland*



As we announced in the June newsletter, we have cancelled the **Young Athletes** and **Volleyball** programs because the HCPSS is keeping all school facilities closed for community use until January 2021.

COVID-19 STATUS

After surveying our coordinators, coaches, and volunteers, reviewing availability of training sites, and reviewing whether we could meet **Phase 1 of Return to Play***

successfully and safely, the management team has decided to **cancel all fall team sports (Flag Football, Soccer, Volleyball)** as well as **Bowling, Cycling, Golf, Tennis, and Powerlifting.**

Several of the fall sports coordinators plan on doing zoom meetings with participants from last year to keep the athletes socially connected and to encourage exercising on your own.

While we realize that this is a disappointment for everyone, we always feel that this is the best decision for our volunteers and athletes. We encourage our athletes and families to keep involved and fit with programs such as the 50 for 50 Walking Challenge, Virtual MOVEMENT activities and lots of other on-line programs.

*SOMD's [Return to Activities Website](#) is filled with resources to help our state successfully and safely get our athletes back on the field!

SOMD is also offering an interactive webinar -**Safe Practice Athlete Training** - for athletes to help them get acquainted with what they need to know about participating in any practices. The next one is scheduled for July 27th at 6:00 p.m. You can register [here](#).

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Office Hours

The office is now 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.



**Inspiration Walk Shirts
and Incentive Prizes**

The Inspiration Walk shirts and incentive prizes are available in

Based on a recent meeting of Area Directors and SOMD staff, SOMD will **NOT** conduct any community-based state championship competitions between now and December 31, 2020 (Fall Fest, Soccer Invitational, Golf, Bowling) . The decision was based on the current expected status of local training programs returning to activity and the non-viability of such competition.

Golf and OTE Fundraisers Cancelled

The 10th annual Corridor Foundation golf tournament

was cancelled this September due to COVID 19 concerns. As those of you who have attended in the past know, this is a very social event, and the organizing team decided it was best to wait until next year.



A new event this year, Over the Edge, was planned for downtown Columbia in June, then postponed until September and now it has been postponed until next June. This will be an exciting opportunity for those interested in rappelling down a 12 story building!!

Celebrating 50 Years of SOMD: 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! 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!

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: 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.

Volunteer Orientations

The next virtual volunteer orientation is scheduled for Monday, August 17th. 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 janetlarrimore@somdhc.org or calling the office (410-740-0500). Future orientations are scheduled for the following:

Monday, September 14
Thursday, October 8
Wednesday, November 18
Monday, December 21
At this time, all are scheduled to be virtual meetings.

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

Congratulations to Tom Logue who was on this week's Top Overall on the Leaderboard and Trip Logue who had the Largest Increase. Check out the Leaderboard [here](#).

So What Are You Doing?

We are continuing our series on what some of our athletes have been doing in the absence of our sports programs.

Munir Vohra has been tracking his steps at work and throughout the day on a fitness watch, exceeding his daily 10,000 steps goal as well as trying new hiking trails. He also attends Zoom Yoga and Workout sessions with Abilities Network, has been doing light strength training at home with weights, incorporating push-ups, crunches, jumping jacks and stretches. Munir is also practicing karate at home until his school opens up again. He also went to an outdoor safari park where he fed a deer.



Erika Hagelis kept up with her walking/running around the neighborhood early on but now has dropped that in favor of cycling! It may become her new sport! She also keeps fit with the Saturday night dances with Special Olympics Maryland. For fun Erika loves participating in virtual bingo games and virtual yoga classes through Abilities Network. She has also enjoyed getting together with some of her Special

Olympics teammates on Zoom. Erika returned to her job at Weis on June 1st so she now feels "somewhat" back to her old routine.



Daniel Larrimore likes to escape the heat by going to the neighborhood pool. He also enjoys the SOMD webinars and dances. His favorite webinar was Comedy Night. To stay fit, Daniel likes to walk around Lake Elkhorn. He has also tried out the new bocce courts at Cedar Lane Park.

Mary Condron helps babysit her nephews during the week. She exercises every day, attends virtual classes with the Arc, virtual Zumba classes with Howard County Recreation and Parks, virtual Hip Hop Team practice with SOHO Cheer Coach Barbara Baker and virtual SOMD



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.](#)

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.

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.

Saturday night dances with DJ Kris Stone. She is also doing the 50 for 50 Challenge and loves her daily conversations with her Special Olympics friends!

Kristin Frande has been doing yoga and other YouTube exercise programs. She participates in virtual activities a couple days a week with Abilities Network. These include movies, games, virtual field trips traveling around countries, visiting museums, and exercise classes. She's also been doing a lot of walking when the weather cooperates. She works at Harris Teeter three days a week and recently celebrated her five-year anniversary there.



Corissa Anderson has been doing many of the special Olympics online activities such as Athlete leadership, ambassador and most recently was selected to be one of the Special Olympics Health Messengers. She has attended all the special Olympics Maryland Saturday night dances, social clubs and hip hop cheer practices with Coach Barbara Baker, practicing for the International Cheer Union World Cheerleading Championships which was rescheduled for next spring. She and her family were also part of two Visit Maryland Scenic Byways ads (click [here](#) and [here](#))

So what are YOU doing?

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.

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 at take part in a quick 15-20 minute workout session with a special theme and guest coach each week.

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](#):

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@somdnc.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!

Photos of Our Athletes

You can enjoy photos of our athletes at practice, competitions and other events on our photo page. [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.

CAMP INCLUSION:

There are a number of virtual programs (including fitness, cooking, etc.) on their website. For further information, click [here](#).



VIRTUAL MUSEUM TOURS

If you are looking for something more while staying home, you can broaden your horizons with some virtual tours through some of the world's most well-known museums and go for a "ride" on Disney's new Frozen rollercoaster or watch live footage of pandas playing at the zoo. Click [here](#) for more information.

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).

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 -Saturdaym

September 12, 2020, 9:00 - 1:30 p.m.- LIVE at SOMDHQ

(This session will convert to a virtual session if SOMD is unable to safely offer live sessions at that time.)

Registration will be limited to a maximum of 20 coaches per date.

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)

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).



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.](#)

What Families Need to Know About Planning for a Loved One with Special Needs

Presented by Elville and Associates, attendees will come to fully understand what is involved in the planning process for a special needs family and the importance of preserving their loved one's financial security and quality of life.

To register for this webinar, click [here](#).

If you have questions before the event, please contact Community Relations Director Jeff Stauffer at jeff@elvilleassociates.com, or 443-393-7696 x117.

Newsletter Information

If you are an athlete, parent or caregiver, we highly recommend that you do not

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.

Strawberry Banana Oat Smoothie

(Serves 2)

1 cup unsweetened almond milk or 1% milk

1/2 cup fat free plain Greek yogurt

2 cups frozen strawberries

1 1/2 cups ripe medium bananas

1/2 cup quick oats or old fashioned oats

1 Tbsp honey

1/2 tsp vanilla extract

Add all ingredients to a blender, cover and blend until smooth.

Serves immediately. Serves 2.

(From cookingclassy.com.)

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.



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

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