



Special  
Olympics  
Maryland



50  
YEARS  
1970-2020

## June 2021 Newsletter - Issue #6



### Fall Sports Registration is Now Open !!

Yes, we are BACK! Special Olympics is now **operating in PHASE 3!** The bottom line on what this means is we are planning for a

normal sports season this fall with no restrictions (except any based on local restrictions or registration caps we may impose due to training sites, coaches, etc.) It also means:

- Pre-screening (temp and questions) are no longer required.
- Physical distancing is encouraged outside of the sport, but not required during sport.
- Communicable Diseases Waiver is still required for all athletes, volunteers, and coaches.
- Vaccinated individuals can make their own decisions on wearing a mask
- Vaccines are not a requirement for participation and we cannot ask or track who is vaccinated. It's up to the individual to follow Maryland regulations for wearing a mask when not fully vaccinated.
- Anyone is not feeling well should stay home.
- Anyone who has tested positive for COVID must stay home.
- Contact sports like Flag Football and Soccer are back with no restrictions.

SOMD is planning end of season competitions as usual, Golf at Queenstown, Fallfest at Mt. Saint Mary's, and soccer in Salisbury. No decision is made so far on out of state competitions.

While this is exciting, we understand that our participants may have varying degrees of comfort with the loosening of restrictions. Some may continue to wear masks and some may prefer to avoid direct contact, but we will work to ensure that individuals can make their own decisions of health and safety without concern of judgement or questioning.

**Registration is now open** for all fall sports: flag football, volleyball, soccer, tennis, distance running, powerlifting, cycling and bowling. **CLICK HERE TO REGISTER.**

### New Office Hours

New office hours will be 8:30 - 1:30 Monday and Thursday, 1:30 - 6:30 on Tuesday. Individuals who are not vaccinated are required to wear a mask when entering the office.

### Newsletter Scavenger Hunt

Congratulations to Carmen Long who correctly answered our May's Scavenger Hunt question: Where was SOHO's first office? The answer was in the URTA office (Urban Rural Transportation Alliance) and it was found in the 2021 Outstanding Student Volunteer Award Winners article.

### Volunteer Orientations

The next volunteer orientation will be held virtually (Zoom) on **Monday, July 19th from 7:00-8:00 p.m.** Anyone who is interested in obtaining volunteer certification should contact Janet Larrimore ([janetlarrimore@somdhc.org](mailto:janetlarrimore@somdhc.org)) for further information. Pre-registration is required.



**Powerlifting  
Coordinator  
Needed**

## INSPIRATION WALK CHALLENGE: 20 Miles for 20 Years

Get your best friends and teammates (or some favorite characters like Kellie Hendley) and put on your walking shoes to join the 20 Miles for 20 Years Inspiration Walk Challenge. The Challenge runs from July 1st through September 5th.

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. We are very proud that we have been able to provide quality programs for our athletes **without cost to families**. All of our expenses for facilities, uniforms, equipment, competitions, etc. are covered through the generosity of individuals and businesses who believe in the program and its results. The Inspiration Walk is our annual fundraiser, critical to our program.



### How can you participate?

- Start walking! When you walk 20 miles, you will be entered into a raffle for one of three \$100 gift cards and many other prizes.
- Track your miles using the Strava app. (**Download the free Strava app** to your phone and join the club "**SOHO Inspiration Walk**") or track your own miles and email your miles weekly to [info@somdhc.org](mailto:info@somdhc.org). Final numbers must be submitted by September 5th.
- Meet up with fellow athletes and walk together. Challenge other members of your sports to participate.
- Share your walking adventures on social media. Take photos or videos of your walk and post them on our **Facebook event page** and tag us on Instagram (**@special\_olympicsmdhoco**).
- Raise funds! You can donate directly to the **IW page on line** or set up **your own fundraising page** and get sponsors to support your 20 mile walk.
- Donations can also be made by mailing a check to the office (Special Olympics Howard County, 8970 Route 108, Suite A-1, Columbia, MD, 21045).
- Those raising \$100 will receive a commemorative t-shirt. (T-shirts will be available to pick up at the office in September.)
- Also, in honor of our 20th Anniversary, additional prizes will be awarded to the top 20 fundraisers!



After 17 devoted years to our Powerlifting program, Bill Long is stepping down as coordinator. Bill was recognized as SOHO Volunteer of the Year in 2016 for his dedication in Powerlifting and Softball, which he coached. We have opened registration for Powerlifting, but will need to have someone assume the coordinator role. If we do not get a coordinator, Powerlifting will be cancelled this season. Interested individuals should contact the office for more information. (Call or email [info@somdhc.org](mailto:info@somdhc.org))



### Softball

#### Coordinators Needed

After 5 years serving as our Softball Coordinator, Lisa Emmerling is stepping down. Ideally, we would like to have two coordinators, one to cover the Senior Team and one to cover the Rookie Team. Even though we did not have a softball season this year due to COVID restrictions, we want to give everyone a chance to consider these opportunities. Please remember our policy that if a sport does not have a coordinator, we will not have that sport until someone steps up. Interested individuals should contact the office for more information. (Call or email [info@somdhc.org](mailto:info@somdhc.org))

#### New Communicable Diseases Waiver Required

All athletes, volunteers and coaches must sign a Communicable Diseases Waiver (CDW) before participating in sports. The form can be signed in advance by reading the fact sheet and signing page 3. The **signed waiver** can be emailed to [info@somdhc.org](mailto:info@somdhc.org). If not signed in advance, the CDW can be signed at practice. The CDW will need to be re-signed every 3 years. Those who



Do you have fears you want to face? Do you have a bucket list? How about going over the edge of a 12-story building? Here's your chance to check off that box and raise funds to support the sports programs that SOHO provides. On August 21st, Special Olympics Howard County and the Howard Hughes Corporation will be presenting an exciting new fundraising event for the athletes of SOHO.

This Over the Edge event challenges individuals to rappel down 12 stories of the tallest building in Howard County, the 6100 Merriweather Building in the Merriweather District. Sign up now! \$100 will register your spot to participate. All rappellers must fundraise a total of \$1,000 to secure their spot at this thrilling event. *Be one of the first ten individuals to register with the coupon code "SOHO" and have your \$100 registration fee waived.* Challenge your co-workers, friends and family members to take that first step Over the Edge to support our athletes! If you don't want to rappel, but still want to support, a number of our management team, including our Director Bob Baker, will be rappelling as well as some parents who have signed up to date. **You can register or support a rappeler by clicking here.**

Corporate sponsorship opportunities are still available and will help defray the cost of the event. Contact Cole Schnorf ([cschnorf@manekin.com](mailto:cschnorf@manekin.com)) for more details. What a great teambuilding activity for a company!

Volunteers are needed to help at the event on August 21. Rope volunteers will be trained to assist the rappellers from 8:00am to 5:00pm. Volunteers are also needed for other activities such as registration. If interested in volunteering, send an email to [janetlarrimore@somdhc.org](mailto:janetlarrimore@somdhc.org). Rope volunteers will also have an opportunity to rappel for free!

And come out and join us to cheer on these brave individuals!



Red Hawks placed 4th. All three teams did a great job performing on the

## Spring Sport and Summer Games Highlights

**Cheerleading:** Our cheerleading program had three teams compete at state games this year in the Hip Hop Dance Divisions. Our Blue Hawks and White Hawks took home gold in their division and our

participated in Spring sports and already signed the CDW do not have to sign it again until 2024.

## Athlete Medicals

Remember that all athletes must have a current medical before they can participate in a Special Olympics program, whether in person or virtual. It's a good time to ensure that your medical will be current once programs open up again. Medicals last for three years. If you are unsure of when your medical expires, contact [info@somdhc.org](mailto:info@somdhc.org). Don't wait until the last minute to schedule your physical.

Thanks to a national partnership with MinuteClinic, Special Olympics athletes are eligible to receive a sports physical at a discounted rate of \$49.00. This **Voucher** must be presented at the time of the physical. It is also important that the athlete bring the SOMD Medical form with them to ensure the proper paperwork is completed. To find the closest MinuteClinic and to make an appointment, visit [www.minuteclinic.com](http://www.minuteclinic.com). Please note, this is not an endorsement of MinuteClinic by Special Olympics Maryland or Special Olympics Howard County. We are just passing along a resource for athletes and their families.

## July Dance Schedule

### Change to SOMD Saturday Night Dances:

Even though we are slowly opening up to in-person activities, SOMD has decided to continue with Saturday Night Dances on Zoom.

There is a **NEW LINK** to register that will allow you to register once and choose which Saturdays you will attend.

The themes for July are:

July 03 NO DANCE

July 10 Stars and Stripes

competition floor and impressed the judges and audience with their knowledge of the routine and excitement for competition. Our coaches were Barbara Baker, Michelle Shuman, Felicia Hastings, Hillary Scott and Shari Chase. Our coaches were very proud of each athlete who was able to participate in the season at whatever capacity they could!

**Bocce:** Coordinator Stellamarie Kosman reported that they had a great season even with the restrictions. The athletes really enjoyed being able to get out there with some of their friends and co-athletes and playing on the new bocce courts at Cedar Lane Park. We had a great group of coaches and volunteers as always. Everyone is excited to be able to return to regular practices and competitions next year.



**Athletics:** We had a total of 14 athletes attend Summer Games - each athlete participated in one track event and one field event. All the athletes got at least one gold or silver medal!



July 17 Hype Party Night  
July 24 70's/Glam Rock  
July 31 WWE

### **Recreation and Parks:**

The July Dance, Summer Sparkler, will be held on July 10th from 6:30-9:00. The cost is \$5.00. You can register [here](#) for this dance and other Therapeutic Recreation Programs.

### **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@somdhc.org](mailto: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!



### **Mental Health Matters**

The National Alliance on Mental Illness (NAMI) Howard County serves the residents of Howard County with free education classes, support groups and outreach & advocacy programs. While NAMI was originally established as a resource for families affected by severe mental illness, in recent years, it has begun to include behavioral health concerns like mood disorders, stress and self-regulation in an attempt to support families as symptoms emerge, since early intervention often leads to better outcomes. No diagnosis is necessary to participate in these programs and all are free-of-charge, regardless of membership. For further information, visit their website [here](#) or call 410-772-9300.



**Equestrian:** Both equestrian training facilities, LeCheval Stable and the **Therapeutic & Recreational Riding Center (TRRC)** welcomed athletes back in April. They practiced horsemanship skills to include Equitation, Musical Kur, Dressage and Trail. While the athletes are used to having an audience to showcase the culmination of their practices by competing at an end of season horse show, this year, due to required safety protocols, the final competition will be done

virtually with the athletes being videotaped in their various events, and all the videos to be sent to SOMD for judging.

## Coaches Training and Resources

### **Principles of Coaching (POC) -**

Coaches can now complete the Principles of Coaching course online on their own schedule via the version of the course available through

**CoachTube.** (Enter Special Olympics in the search box (where it asks "What's your sport?") The course is free and combines both videos and activities that coaches engage in on their own and can be completed in one or more sittings. Coaches who complete the course and pass the course test are provided with a certificate that they can send to [coaches@somd.org](mailto:coaches@somd.org) for course credit and to earn their Advanced Coaching Level status. Specific instructions will be available shortly on the Coach Education & Development section of the SOMD **Coach Resource Page**

To get the most current information about scheduled coaches training as well as certification status reports, go to the Coach Resource Page (link above).

## New Athlete Leadership Course

### **Athlete Leadership Training: Better Money Habits:**

**What:** Better Money Habits from Bank of America, presented by Special Olympics Maryland's Vice President of Finance, Joanne Engler

**When:** Saturday, July 10, 2021, 9:30 a.m. - 11:00 a.m.

**Where:** ZOOM. Register **here**.

#### **Topics to be Covered:**

Spending and Saving:

- Understand the difference between what you "need" and what you "want"
- Set savings goals
- How to be a better saver
- Two key reasons to save
- Make a spending plan
- Spending wisely

Sources of income:

## Adult Sibling Support Group

Are you an adult sibling of a brother or sister with a disability or special needs?

Have you ever felt overwhelmed by the need to support your brother or sister?

Have you ever struggled to find appropriate resources for your loved one?

Would you like to connect with other adults who share the same challenges and concerns?

A new Adult Sibling Support Group (21 years old+) has started and is open to those who have siblings with any disability. It's led by Virginia Rodino who has a brother with autism. They are meeting monthly via Webex right now to discuss mutual support and resource sharing. It is free to attend but a one-time registration is required. For further information, contact [virginia.rodino@gmail.com](mailto:virginia.rodino@gmail.com).

## Photos Of Our Athletes

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

[Event Photos](#)

## 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](mailto:info@somdhc.org) and [bobbaker@somdhc.org](mailto: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

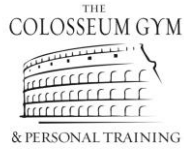
- Understanding your paycheck
- Where can you keep your money

How to build a budget

Steps to saving money

Protecting your money and your identity

newsletter, please let us know at [info@somdhc.org](mailto:info@somdhc.org).



**The Lisa Higgins-Hussman Foundation**



## Special Olympics Howard County

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Contact SOHC Today

