



**Special
Olympics**
Maryland



50
YEARS
1970-2020

September/October 2021 Newsletter - Issue #8

WINTER SPORTS REGISTRATION OPENS NOV 8

Online registration on our [website](#) for Bowling Session 2, Basketball, Snowshoeing, Alpine Skiing, Fitness and Young Athletes Program will open officially on November 8th.



Celebration of Good Sports Recipients

Normally, Howard County Recreation and Parks holds its annual Celebration of Sports event announcing new Hall of Fame members and recipients of the Good Sports awards in October. However, due to the current pandemic climate, the county decided to postpone the Celebration of Sports Banquet, originally scheduled for Tuesday, October 19, 2021, to Spring 2022 (Date not yet set.) Individuals are selected based on leadership, teamwork, honor, civility, respect, and sportsmanship.

We are pleased to share those SOHO individuals who will receive their Good Sports Awards next spring.

Youth Player Award: Orlando ("Ory") Docal

Adult Player Award: Glenn Donovan

Coach Award: Adam Yoe

Sports Administrator: Jennifer Mineart

Join us in congratulating these individuals who represent the best in sports and in our program. We look forward to their receiving their awards in person next spring.

Updated SOMD Return to Activities Protocols; Vaccination Tracking

In order to create the safest environment for all participants, SOMD has implemented a vaccine requirement for participation in all indoor sports (Bowling, Powerlifting, Swimming, Basketball,



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.

Volunteer Orientations and Volunteer Opportunities

The next volunteer orientations will be held virtually (Zoom) at 7:00pm on **Tuesday, October 19th**. Anyone who is interested in obtaining volunteer certification should contact Janet Larrimore (janetlarrimore@somdhc.org) for further information. Pre-registration is required.

Volunteers are especially needed for bowling (both fall and winter sessions, and basketball.) as well as upcoming one day events

Coordinators Needed

Sport Coordinators are critical to our program. If a sport does not have a coordinator, we will not have that program until someone steps up. Currently, we have one coordinator opening in **Softball**, we have one, but need two total. Next fall we also plan to have a separate **Tennis Skills**

Cheerleading, Volleyball), as well as flag football, soccer, and softball outdoor team sports. Other outdoor sports do not have a vaccine requirement.

Who is included in the Vaccination Requirement. When full vaccination is required to participate, it applies to athletes, unified teammates, coaches, all volunteers, family/staff/spectators who will interact with any participants during the program.

SOMD will be tracking the vaccine status of participants so that they can have an accurate understanding of vaccination rate for their programs and competitions throughout the year. In order to be considered fully vaccinated, valid proof of vaccination will be required - only a valid COVID vaccination card, vaccination certificate or documentation from a medical professional that indicates the vaccination date and type will be accepted. Copies of proof of vaccination should be sent via email to janetlarrimore@somdhc.org.

What if I do not want to provide proof of vaccine?

Those who are not fully vaccinated may choose a sport or activity that does not require a vaccination for participation.

To read the full Return to Play Protocol, click [here](#).



Inaugural Over the Edge Event Reaches Great Heights

Athlete Thomas Smith, WBAL-TV reporter Jennifer Franciotti, and DJ Chris Kopec kicked off our inaugural Over the Edge event on August 20th. Representatives from several of our Home Town Heroes (nurses,

police officers, and a teacher) also rappelled down the 12 stories of 6100 Merriweather Building. Some 70 individuals followed on Saturday in this exciting event. **As of today, the event has raised \$113,900!!!**

Special thanks goes to Greg Fitchett and the **Howard Hughes Corporation**, our **Presenting Sponsor** along with **Whiting-Turner Construction Co.**; **Team Builder Sponsors Allan Homes, CBG Building Company, Integrated Waste Analysts, and Pioneer Services**; **Fearless Leader Sponsors Bohler Engineering, Bus Boys and Poets** (who provided lunches for the rappellers and volunteers) , **Downtown Columbia Partnership, Manekin Corporation; Mackenzie Commercial Real Estate Services, HBW Construction and Shipley and Horne; and the Mall in Columbia were Sponsor a Hero supporters.** Thank you also to **DJ Chris Kopec** and **DJ Steve Towne** for making the event so festive along with **MC Jeff Abel** and our SOHO cheerleaders. We also want to thank our Ft. Meade volunteers and all the other volunteers who made up the Rope Crew. Our special thanks to **Jessie Hayes**, SOMD Senior Director of Special Events for helping us make this inaugural event such a success.

program and need someone to lead that sport.

Interested individuals should contact the office for more information. (Call or email info@somdhc.org)

Activities for Athletes

September Athlete Leadership Offerings

SOMD is offering a number of athlete leadership courses in October. Click [here](#) to see the list of courses and how to register.

SOMD Saturday Night Dances: Important Announcement

SOMD has cancelled all Saturday night dances through the end of the year.

Recreation and Parks:

For a listing of all Therapeutic Recreation programs, click [here](#). This includes the next dance on October 23rd. (Theme = Halloween Bash)

Note from SOMD Athlete Representative

" My name is Christine Towne and I'm one of the representatives on the Special Olympics Maryland athlete input council. I want to do a good job sharing with the council ideas and concerns that you have like what you want or how can things be improved. You can share your thoughts with me via email by contacting me at ctowne2005@gmail.com. Then I can address it to the council. Thanks!"

Summer Games 2022 Date Update

The 2022 Summer Games at Towson University will occur on **June 17-19, 2022**. This is a little later than a typical year. SOMD has been working with Towson University to make this



Congratulations to Cathy Wood, the winner of the Margaritaville Party raffle.

Photos of the event can be found on our [smugmug page](#). We want to thank all our volunteer photographers who took some great shots and especially to our "official" OTE photographer, Marleen Van den Nester, who took the **best photos** of each of our rappellers as they were ready to go over the edge! If you missed your opportunity to go Over the Edge, mark your calendar for September 16th and 17th, 2022 for our second Over the Edge event. If you are a business interested in being a sponsor of the 2022 event, contact Cole Schnorf (cschnorf@manekin.com).



Dave Donovan and athlete Glenn Donovan after their trip down the building.

MC Jeff Abel interviews parent Dave Eisenberg (aka Batman!) and Executive Team member Mimi Goodman after they arrived on solid ground. You can enjoy many of Mimi's photos on our smugmug page.



change due to the dates of the USA Games from June 5-12, 2022.



Welcome to our New SOHO Family

Member

We welcome a new member of the Special Olympics Howard County family. Swimming and former powerlifting coach, Maura Dougherty Sell, welcomed their new baby boy, Jameson, on August 30th. Congratulations and best wishes (to our newest volunteer!)

Athlete Medicals and the New Communicable Diseases Waiver Required

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. Don't wait until the last minute to schedule your physical.

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



Our Special Guest, WBAL-TV's Jennifer Franciotti, a regular Super Plunger for the MSP Polar Bear Plunge, nears the end of her trip down the building. We thank Jennifer and WBAL-TV for being part of this inaugural event and for their continued commitment to supporting Special Olympic athletes in our state.

INSPIRATION WALK CHALLENGE: 20 Miles for 20 Years

Over 50 people logged 2495.55 miles from July 1st through September 5th in our 20 Miles for 20 Years Inspiration Walk Challenge. Most of these individuals walked more than 20 miles, five of them walking 100+ miles. The **winners of the "Walk 20 Miles" raffle** and a \$100 Amazon gift card are **Kelsey Metheny, Rachel Johnson and Sarabjit Basson**. *(Please contact the office - 410-740-0500 or info@somdhc.org - regarding receiving your awards.)*

We want to thank all those who contributed to the Walk. To date, we have received **\$47,495.00** in donations. Special thanks to **Presenting Sponsor, the Lisa Higgins Hussman Foundation**. Top fundraisers include Jason Kauffman, Jim and Theresa Bourdon, Kayla Kosman, Daniel Larrimore, Evan Davis, and Glenn Donovan. Information regarding picking up 2021 Inspiration Walk T-shirts and prizes for the top fundraisers will be forthcoming.

Thanks to all who continue to support our annual event, despite the changes required under the current environment. We hope to return to Centennial Park for our 21st Annual Inspiration Walk on Saturday, April 23rd. We are looking for volunteers to help plan for next year's program. If interested, contact Janet Larrimore (janetlarrimore@somdhc.org)



Coaches Training

Principles of Coaching

SOMD is very pleased to announce that coaches can now complete the Principles of Coaching course online on their own schedule via the version of the course available through CoachTube. 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 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 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).

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. 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.

[Event Photos](#)

Fall Sports Snippets

Distance Running

Our Distance Running team, Quick Feet, at their September 26th in-house competition.



Powerlifting

Powerlifting had an in-house qualifier on Sept 19th at the Colosseum Gym. It went great, and all lifters were able to get their qualifying lift in for the Fall Fest competition.



Soccer

Here are our Soccer Transition team athletes. They have been playing league games against teams from Baltimore, Anne Arundel and Montgomery counties.

Volleyball

Did you know that martial arts skills can be adapted to make you a better volleyball player? Well, they can! SOHO's volleyball athletes had an opportunity to learn this for themselves when Master Teacher/Sayagyi Dan Carroll paid a surprise visit to volleyball practice on 9/29.

Sayagyi Dan, the son of Volleyball Head Coach Mike Carroll and volunteer Stephany Carroll, has 40 years of experience in the martial arts. He holds a 4th Degree black belt in Bando, and is certified to teach Taekwondo, Jujitsu and Tai Chi. Dan is also the founder of the One World Karate school in Austin, TX that offers programs designed to provide martial arts training to those with special needs.

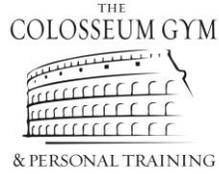
Sanayi Dan led the class through 30 minutes of warm-up drills adapted from martial arts training techniques designed to increase self-confidence, mental focus, body flexibility, and balanced movement. Working with volunteer partners, the athletes also practiced using the "eagle talon" hand position to return the volleyball.

Many thanks to Sayagyi Dan for providing this wonderful educational and fun experience to our volleyball athletes!



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.



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