



**Special
Olympics
Maryland**



50
YEARS
1970-2020

November 2021 Newsletter - Issue #9

Winter Sports Registration Now Open!

Online registration on our [website](#) for Bowling Session 2, Basketball, Snowshoeing, Alpine Skiing, CrossFit and Young Athletes Program has just opened.

For those registering for Basketball for the first time, you must attend a basketball assessment first to determine placement in one of the various levels. That assessment will take place on Tuesday, December 7th at Talbot Springs Elementary School at 6:30 p.m.

Proof of vaccination will be required for participation in all indoor sports (bowling, fitness, basketball). (see article below.)

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, 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.



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) at 7:00 p.m. on Monday, November 29th Monday, December 27th. Anyone interested in obtaining volunteer certification should contact Janet Larrimore (janetlarrimore@somdhc.org) for further information. Pre-registration is required.

Volunteers are especially needed for the winter program sports: bowling, basketball, alpine skiing, snowshoeing, and Young Athletes Program as well as upcoming one day events.

We are also interested in volunteers to join the committee planning for our 2022 Over the Edge event.

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

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](#).

FALL SPORTS WRAP-UP

Distance Running: Quick Feet athletes had a great showing at this year's Fall Fest with lots of fast times and medals. Nine athletes and three Unified Partners competed. Below are the results:

5K

Blake O Clery - 19:30 - gold

Trip Logue - 22:18 - bronze

3K

Will Frisinger - 14:39 - gold

Alexander England - 14:39.31 - silver

Charlie Cleveland - 18:34- bronze

Erika Hagelis - 19:04 - gold (F)

*1K Unified" (medals to all competitors)

Kalen Green - 6:11 unified with Susan Wood

Liam Olson - 6:13 unified with Adam Yoe

Kalel Green - 9:42 unified with Sierra Garnes



Blake O'Clery and Trip Logue, Gold and Bronze Medal winners in the 5K.



opening in **Softball**, we have one, but need two total. Next fall we also plan to have a separate **Tennis Skills** program and need someone to lead that sport.

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

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

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.

Powerlifting: Over 40 athletes participated in Fall Fest's Powerlifting competition with 15 from Special Olympics Howard County. Several SOHO athletes took home medals and new powerlifters Abraham Sanchez and Nataña Armendariz secured medals in both lifts and the combined total.



Long time National powerlifters Randi Penenburgh, Catherine Gruss, and Kenny Long matched personal bests even after a year off. Christopher Pinos, Abraham Sanchez, and Christopher Applegate showed outstanding effort when trying to set a new personal record on their last bench press, but falling just a bit short. Congratulations also to returning athletes Alan Conway, Nathan Korneich, Kayla Kossman, Jessica Li, Dominic Roybal, and Michael Waschak for an excellent meet and placing in the medals. The most exciting lift went to Kenny Long - who has been selected to be part of Team Maryland powerlifting team attending USA Games in Orlando in June 2022 - who set a new personal record of 150 Kg (330 lbs) on the dead lift. The coaches nearly bounced off the platform watching his lift.

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.

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



Soccer

Congratulations to our Special Olympics Howard County soccer team for bringing home the Gold Medal by scoring two goals in a five minutes overtime! Every athlete contributed to the win by demonstrating their skills learned through practice and the instruction from our head coaches- John McDonough and Russ Dickens and Janice Falk and Marina Murphy.

Returning Fall Sports Uniforms

This is a reminder that all fall sports uniforms should be returned to the office as soon as possible. The uniform should be washed and hung to dry (do not put in dryer) and returned to the office in the original plastic bag in which it was issued. Make sure the uniform is completely dry before placing in the bag. Uniforms can be dropped off at the office any time. When the office is closed, uniforms can be left in the secure black mailbox outside the door.

Is Anyone Up For Pickleball?

It certainly is a funny name for a sport but Pickleball is one of the fastest growing sports in the U.S. Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, much like a wiffle ball, with 26–40 round holes, over a net.

Why are we talking about Pickleball? We are looking at adding Pickleball as a local sport for our spring season. As with any new sport that we consider adding, we must have someone who is interested in being the Coordinator. Bob Sans, a local Pickleball enthusiast, has agreed to be the coach, but he will need volunteers to help. Are you a Pickleball player who is interested in volunteering to help get this program started? If so, please contact Janet Larrimore at the office.

If you would like to know more about Pickleball and how it is played, You can watch several YouTube videos or on the USA Pickleball [website](#). You can also watch some local Pickleball players at the following sites and times:

Saturdays: 10-12 at the Ice Rink Courts for Beginners
10-21 at Thunder Hill Elementary for Novice 2
12-2 at Locust Park for Intermediates
2-4 at Locust Park for Advanced

Sundays: 9-11 at the Ice Rink Courts for All Play (every level plays together)
11:30-1:30 at the Ice Rink for drills

Remember, if you want to see this sport added to our program and are interested in volunteering, contact Janet, who has been playing pickleball for years.

Parent Panel - Self Directed Services

Self-Direction is a service delivery model for individuals and their support circle who wish to exercise more choice, control, and authority over their supports. It allows greater control over services and staffing, the ability to be creative in use of funding, and the ability to completely individualize your young adult's plan. A **virtual event** will be held on **Wednesday, December 1st from 4:00-5:00 p.m.** which will offer individuals the opportunity to hear from parents whose young adults are currently accessing self-directed

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](#)

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.

services, and their experiences. There will be time for questions. Register [here](#). The link for the meeting can be found on the registration form and will be sent the day of the session. If you have questions, please contact Meghan Smallwood, Transition Specialist, meghan_smallwood@hcpss.org or (443) 355-7733. This event, which is free, is part of the HCPSS's continued information and training sessions about special education for families of students with IEPs and/or IFSPs.



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Contact SOHC Today



