



Special Olympics Howard County

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Columbia, MD 21045

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[Contact SOHO Today](#)



March 2025 Newsletter - Issue #2

SPRING SPORTS REGISTRATION UPDATE!!!

While winter sports are winding down, time is fleeting to register for Spring sports! Deadlines for registration in spring sports is different for each sport so be sure to check.

- Sports that have already closed registration: Pickleball and Swimming
- Sports whose registrations close on 3/22 are Athletics, Cheerleading, Poms, Hip Hop, Softball.
- Bocce, (3/26)
- Sports whose registration close on 4/1: Spirit Fitness (already a wait list) & Young Athletes Program

To register, go to our website at www.somdhc.org or [CLICK HERE](#).



Winter Games Wrap Up

The sun was shining brightly and the snow was plentiful for the 2025 Winter Games at the Wisp Ski Resort in Garrett County! The SOHO ski and snowshoe teams showed off their skills on the slopes and race courses. The six ski athletes and six unified partners brought home seven gold medals, four silver medals, two bronze medals, one 4th place medal and five participation ribbons. The eight snowshoe athletes and two

unified partners earned six gold medals, four silver medals, 10 bronze medals and three 4th place medals. Athletes Julian Than (snowshoe) and Ben Stevick (ski) proudly represented our delegation by carrying the Howard County banner during opening ceremonies.

Congratulations to all the athletes and unified partners! Thanks to all the coaches and volunteers for their support throughout the season and our Winter Sports Coordinators Clare Colleli (alpine ski), who has served in that position for 23 years and Allyson Parlock (snowshoe Coordinator for 4 years). Also thanks to Janet Larrimore for serving as our Head of Delegation.

Office Hours

Monday/Thursday 8:30 - 1:30

Tuesday 1:30 - 6:30

Volunteer Corner

Our 2025 winter season is winding down and spring sports will soon be underway. It's a busy sports season and lots of volunteers are needed for working with athletes as they train throughout the season as well as volunteers needed for one day events, such as competitions and our annual Inspiration Walk. We would love to welcome you and your families and friends.

High school students, listen up! Are you looking for a golden opportunity for you to rack up those community service hours while having a great time? Who knew volunteering could be this much fun? If you're ready to dive in, check out our website for all the details on how to get started as a volunteer: [Become a Volunteer](#).



Snowshoe relay team (Jessie Carrico, Julian Than, Daniel Larrimore and Nick Howard) take home the gold medal.



24th Annual Inspiration Walk

Planning for our 24th annual Inspiration Walk is well underway for the walk that will take place on April 26th at the Oakland Mills Meeting House. For 24 years, the Inspiration Walk has been an opportunity to bring together our families, athletes, coaches and volunteers in a festive environment to raise critical funds needed to support our over 950 athletes in 24 sports programs. We hope that families will show their appreciation for these programs, which are provided free of charge, by donating and raising funds for this event. We need all families to participate in fundraising at some level in order for Special Olympics Howard County to meet our financial needs. You can start to raise funds for this year's event by [donating or starting a fundraising page here.](#)

Thanks Rachel, Welcome Felecia!

Rachel Maddock-Cosden is stepping down as Volunteer Coordinator at the end of March. Rachel assumed the role in July 2024 and has implemented improvements to our volunteer process. Thanks, Rachel for all you have done and best of luck to you!

Effective April 1, **Felecia McLarin** will become Volunteer Coordinator. Felecia has been a SOHO volunteer since 2021. Her current roles include Softball Coordinator, Athlete Leadership Program Coordinator and most importantly, mother to athlete Brandon! Congratulations, Felecia on your new role as Volunteer Coordinator!

In related news, if anyone is interested in taking on the Athlete Leadership Program Coordinator or assisting with Softball Coordination, please contact Felecia at alexme03@aol.com.

Volunteer Student Scholarship Information

High school seniors and college students who have been committed to the Special Olympics Howard County program as a volunteer and advocate of the athletes can apply to three scholarships provided through the generosity of three families.

- The **Jackie Burk Memorial Scholarship** (up to \$1,500) was created by Jack and Linda Burk in memory of their daughter, Jackie, a special friend and volunteer to Special Olympics Howard County.

Got questions? Don't hesitate to reach out call the office at 410-740-0500 for more information or email info@somdhc.org. The process to become a volunteer is to attend a volunteer orientation that we hold once a month at the SOHO office, along with a volunteer application and two online training courses (Protective Behaviors and Concussion). Check our web site for the next orientation date . We look forward to having you join us.

SOHO Merchandise Store is Now Open!

Want to show your Special Olympics spirit by proudly sporting SOHO gear? Looking for a gift for your athlete or family supporters? Check out the new Special Olympics Howard County online merchandise store! Items available include hoodies, jackets, backpacks, hats and much more. To order, [click here](#) . We also have some SOHO baseball hats for sale. They are \$10.00 each and can be purchased at the office. We also have some folding chairs and rain ponchos on hand. These items can be purchased at the SOHO office. Stop by during office hours to see samples of some items.



Discounted MinuteClinic Physicals/Medical Updates

Special Olympics has continued their nation-wide partnership with MinuteClinic! Click [here](#) for the updated voucher for discounted medicals at all MinuteClinics for Special Olympics participation! Please

- The **Allan Homes Scholarship** (up to \$1,500) was created in 2006 by Allan and Kathy Waschak and is open to student volunteers in any of our sports programs.
- **The Schnorf Family Scholarship** (up to \$1,500) was created in 2018 by Cole and Joan Schnorf to honor outstanding student volunteers.

The deadline for submitting applications for the **2025 Outstanding Student Volunteers Scholarships** is **March 29, 2025**. Applications can be dropped off at the office (8970 Route 108, Suite A-1, Columbia, MD 21045) and placed in the mailbox or emailed to info@somdhc.org and must be received by March 29th. For further information and application, click [here](#).



Thank you to the Columbia Foundation of Howard County for a community grant of \$4,000 to help support our operations. This grant will enable us to continue to

provide a year-round sports training and competitive program in 24 sports for the over 950 Howard County children and adults with intellectual and developmental disabilities.

Will there be Volleyball in the Fall?

In our December newsletter, we highlighted Russ Young who retired as the Coordinator of our volleyball program which he has led since 2005. We noted that as is our policy, without a coordinator in place, a sport is dropped. While we are currently thinking of spring, the fall is not far away and to date, no one has stepped up to assume this role. While Russ' shoes will be hard to fill, he will still be available to train someone to carry on this sport. We are the only county program to have volleyball. When we started, there were at least 3 other counties that had volleyball but that did not deter Russ from continuing our program and finding competition opportunities for our athletes with volleyball athletes from other states, both traveling there or inviting them here. We would hate to see Russ' legacy of building such an outstanding program not continue. If you are interested or want more information, contact the office at 410-740-0500 or email info@somdhc.org.

Athlete Opportunities

Brave in the Attempt Talks:

Brave in the Attempt Talks uses a groundbreaking personal story-telling platform in a "TED Talk" style format to encourage those with disabilities to serve as mentors and role models for others.

SOMD is accepting speakers for the ninth year of this life-changing event! You can share your story and hear from other speakers with intellectual and developmental disabilities. Speakers will discuss topics from their own life experiences, lessons learned, and how they are leading the way now and in the future. Stories are 5-7 minutes in length. They do not have to be memorized.

make sure you bring Special Olympics medical forms with you as they may not have them there.



OUR 2024 OVER THE EDGE SPONSORS

Many thank to our corporate sponsors who are critical in helping us put on this exciting event!

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Apple Ford
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Geotechnology Associates

Any business/corporation that is interested in being a **2025 Over the Edge Sponsor** should contact the office at 410-740-0500 for sponsorship details. We hope those businesses above will continue as a sponsor this year and that some new businesses will consider joining this exciting event!

Weather Related Practice Cancellations

The event will take place on Monday, June 9th from 6 p.m. - 8 p.m. at The Round House Theatre, 4545 East -West Hwy, Bethesda, MD 20814. The theme for these talks is **Positively Progressive (with positive aggression)**.

If you want to speak at our 2025 event, please click [here](#) and complete the form before March 20th, 2025.

If you have any questions, contact
Email Jason Schriml at jschriml@somd.org or call/text 410-916-4749

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Voices of Champions

SOMD is happy to announce that Voices of Champions will be back this year. We have a Poetry Slam and two talks scheduled (see below). The 2025 Voices of Champions starts with a Poetry Slam. We are looking ahead to the theme.

Poets/writers can write one or more poems about SUMMER. It can be memories, the feelings of summer, vacations, long days, warm evenings, etc. - whatever makes you think about Summer. SOMD will pair you with someone from Bank of America as a writing mentor.

We are looking for speakers/poets for all three events which will take place on April 9th at 7 pm.
If you are interested, please email Jason Schriml at jschriml@somd.org or text at 410-916-4749.

SOMD Short Speech/Story Writing and Presentations

Join us as we practice monthly speech and story writing from March 2025 to November 2025. Using story ideas that are attached [here](#), you can write and then present a story/speech that is at least half a page (250 words) and no more than 1 page (500 words)

- We will host nine (9) events on the 4th Monday of each month.
Mar 24, 2025 7:00 PM Eastern Time (US and Canada)
April 28, 2025 7:00 PM Eastern Time (US and Canada)
May 26, 2025 7:00 PM Eastern Time (US and Canada)
June 23, 2025 7:00 PM Eastern Time (US and Canada)
July 28, 2025 7:00 PM Eastern Time (US and Canada)
Aug 25, 2025 7:00 PM Eastern Time (US and Canada)
Sep 22, 2025 7:00 PM Eastern Time (US and Canada)
Oct 27, 2025 7:00 PM Eastern Time (US and Canada)
Nov 24, 2025 7:00 PM Eastern Time (US and Canada)

You can come to as few or as many as you want. **IF** you attend and participate in 5 or more events, you will get the following:
-a sticker for your Athlete Passport
-\$20 gift card to Chick-fil-A, Wawa, or Jersey Mike's
-one entry into the random draw for a \$100 gift certificate to a place of your choice. (One winner only)
NOTE: You can get help with writing and typing the story or speech, but the ideas must be your own. You must also present your speech or story on Zoom.

Athletes, Coaches, Families and Volunteers: Be sure to familiarize yourself with our protocol for [Weather Related Practice Cancellations](#).



ABLE Accounts are a way to help individuals with disabilities save money and pay for qualified disability-related expenses (including living expenses, education, housing, transportation, assistive technology and much more) without jeopardizing state or federal means-tested benefits such as SSI or Medicaid. Click [here](#) for more information.

Medical Support Needed - Find Out More

Do you have a medical or nursing degree? Are you an EMT? We are in need of medical support staff to assist at competitions. You would be asked to attend a competition two to three times a year to provide medical assistance, if needed. If you think you may be interested, contact our Medical Coordinator, Jackie Miller, at chitchat1955@gmail.com.

Car Donations Benefit SOHO

Through the efforts of longtime coach and volunteer, Duke Silvea, Special Olympics can now accept car donations to benefit our program. Since the beginning of this program, we have received **\$19,981.00** in donations! If you have a car you would like to donate, please use this [link](#) and select Howard County as the recipient of the funds.

Photos of Our Athletes

Any questions? Please email us at athleteleadership@somd.org or call.

Coming Spring and Summer 2025: iCan Swim Camp!

iCan Swim is a Rec & Parks program designed to teach children with disabilities to swim independently and achieve their aquatic goals as well as learn valuable water safety skills during the week-long program. iCan Swim is a program coordinated and managed by the Therapeutic Recreation Office in partnership with iCan Shine, Inc.

3-12 yrs | Classes: 5
RP4219 | Cedar Lane School | Monday-Friday | \$175

Camps are offered the weeks of: April 14-18, 2025, June 23-27, 2025, July 7-11, 2025

Our Special Olympics swim program requires athletes to be able to swim two lengths of the pool, so this is a great intro to swimming class to help prepare for Special Olympics swimming.

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

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.
