



Special Olympics Howard County

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Contact SOHO Today



April 2025 Newsletter - Issue #3

Summer Sports Registration Opens for Golf (Skills and Levels 2-5) on May 5th

On Monday May 5th, registration for our golf program will open. Go to our website at www.somdhc.org and click on Registration to sign up beginning May 5th.

Inspiration Walk Tomorrow!!!

The weather forecast looks like we will be dry during the Inspiration Walk tomorrow morning at the Meeting House in Oakland Mills Village Center!! Registration opens at 8:30am with prize giveaways occurring every 10 mins until opening ceremonies at 9:30. In addition to the prize giveaways, music will be provided by DJ Steve Towne, Dunkin hot and cold coffee and donuts for everyone, plus games and of course the Oriole Bird, Ravens Poe, the plunge Bear and Star War characters!

This fundraiser allows us to offer our programs free of charge, PLEASE COME OUT and support our athletes!! Register and [donate by clicking here](#) or reading the QR code below.



Basketball Season Wrap Up

Office Hours

Monday/Thursday 8:30 - 1:30
Tuesday 1:30 - 6:30

Volunteer Corner

Spring sports are 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. 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](#).



Basketball Skills

Skills had another really good season! This year featured many athletes new to Basketball Skills and a good time was had by everyone! On March 5th we held our own "in house" competition where each and every athlete got to show off his or her skills! We also had 8 participants in the March 16th Skills Qualifier at Glenelg Country School - all of them moved on to compete in State Games for Basketball at Xfinity Center on the campus of the

University of Maryland, a record number for skills participation at State Games. Notable was that this was the first time a Howard County Skills athlete was part of the opening ceremonies at State Games. Abigail Vance, a first-time skills participant, recited the Athletes Oath and did a fabulous job. Congrats Abby!!

Many thanks to Head Coach Mike Pelligrini, and our newest coach Dawn Wayman, who focused on teaching Level 2 Skills. And, as always, we couldn't do anything without our new and long-time volunteers who make every practice run smoothly! We are also incredibly grateful to the dedication of our Skills Coordinator, Lavonne Smith, who has run this program for 18 years.

3x3 Player Development

A huge thank you to Gigi Sheltraw, our 3v3PD coordinator and to head coach Colleen Konstanzer, who have both been leading this program for the past 11 years!! Below are pics of the stars of our PD teams!



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.

Nissan Car Raffle- Buy Your Tickets Today!

SOMD is excited to open ticket sales for our Nissan Car Raffle! Tickets are being sold for \$10.00 (ONLINE SALES ONLY!) to win A Nissan Kicks AWD (\$27,000 toward the purchase of one) or \$22,000 cash.

This is a collaborative fundraiser! Individuals purchasing tickets can designate the Howard County area program from the drop down list for SOHO to receive 70% of sale of that ticket. Tickets can be purchased [here](#).

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?



3x3 Traditional

The season ended on a high note with three of the four 3x3 teams winning Gold (Teams Thompson, Anderson, and Milligan) and Team Docal earned the Bronze. The end of the season was bittersweet with the retirement of Coordinator/Coach Jack Burk who began this program along with Bo Mundy 25

years ago. The rest of the 3x3 traditional coaching team have been dedicated to these athletes for many years and are also retiring – Jim Mundy (2018-2025), Jeff Anderson (2012-2025), and Mike Thompson (2013-2025). Thanks to all of these incredible men as well as Coordinators Alesia Richter and Debbie Docal.

5x5 Player Development

The Howard County 5v5 Player Development basketball team wrapped up their season on March 30th at the University of Maryland Xfinity Center! The three SOHO Teams (Dennis/Red, Diltz/Blue, Gregg/Saltzman/Orange) faced off against each other as well as the Calvert County 5v5 PD team for a total of three games per team. The highlight for our 24 athletes, 9 unified players, and 6 coaches was the opportunity to play on Court 1 in Xfinity Center - the same court on which the Maryland Terrapins play. True joy!

Thanks to our 5x5 PD Coordinators, Barbara Evans and Jen Montgomery, and all the coaches. We were sad to bid farewell to Head Coach Cole Schnorf and Coach Rick Baker who are retiring this year. We will miss them both.

5x5 Traditional

The 5x5 teams put on an amazing performance at State Games on 29 March. Teams Ord, Healey and Baker all brought home the Gold. Team Hyer won the Silver. Team Alexion played some of the best basketball of the day, winning their first game and playing extremely close second (down by two) and third (down by three) games.

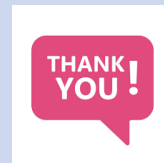
Special thanks to Jim and Theresa Bourdon who have coordinated this program for the past 16 seasons and to all the dedicated coaches.

Able Accounts: A Financial Planning Tool for Students with Disabilities and Their Families

Monday, May 5, 2025 6:00-7:00 p.m. (Virtual Event)

Kelly Nelson, Maryland ABLE Outreach and Communications Manager, will share an overview of how ABLE accounts can help people with disabilities and their families save and invest for the future without jeopardizing federal, state, and local benefits such as SSI and Medicaid. Attendees will learn

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.



**OUR
2024
OVER
THE
EDGE**

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

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about tax advantaged savings and investment options as well as how to use the ABLE account to pay for qualified disability-related expenses. Join to learn about the eligibility criteria, enrollment process, features of a Maryland ABLE account and the account management process. Register [here](#). (If your athlete is no longer in school, just write when they exited.)

Volunteers Needed: Open Positions

Athlete Leadership Coordinator: With Felicia McLarin moving to the Volunteer Coordinator position, we need someone to take over the programs associated with Athlete Leadership.

Softball Coordinator – Again, we need someone to take over Felecia’s current position as the Softball Coordinator. This is a reminder that without a coordinator for a sport, that sport will not continue for the season.

Volleyball Coordinator – To date, no one has stepped up to replace Russ Young as our Volleyball Coordinator. Volleyball will not happen this fall without a coordinator.

Newsletter Editor – We put out a monthly e-newsletter. This is a position that can be done at home and the person needs to have some experience with writing and editing. The person would be responsible for gathering information and photos from Coordinators as well as other activities SOHO engages in.

If you are interested in any of these positions or want more information about them, contact Felecia McLarin. (feleciamclarin@somdhc.org)

Athlete Opportunities

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)

There will be eight more events on the 4th Monday of each month.

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.

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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

Athletes, Coaches, Families and Volunteers: While we are out of the snow and ice season, spring brings storms that might result in a practice cancellation. Be sure to familiarize yourself with our protocol for [Weather Related Practice Cancellations](#).

Medical Support Needed - Find Out More

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

Remaining camps are offered the weeks of: June 23-27 and 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.

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

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.