Special Olympics Maryland Area Memo May 17, 2019



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Welcome

Welcome to the May 17, 2019 edition of the SOMD Area Memo!

If there are any members of your Area's leadership who are not currently receiving the Area Memo, please send their names and email address to dweddle@somd.org to have them included in future distributions.

(NEW) Summer Games Family Webinar

Summer Games is almost here! Please distribute the date, time, and registration link for our Summer Games Family Webinar to your HODs, Coaches and Family Members!

Monday, June 3, 2019 7:00-8:00pm

https://attendee.gotowebinar.com/register/5651390110082092812

(NEW) Baltimore Ravens Patrick Onwuasor Football Camp



Baltimore Ravens linebacker, Patrick Onwuasor, will be hosting a FREE football camp for people with disabilities. All ages and disabilities are welcome! No previous football experience is required. T-shirt is provided to the first 200 campers, and all participants get a free lunch.

Saturday, June 15, 2019 Millford Mill Academy Football Field 3800 Washington Ave. Baltimore, MD

9:00AM- Registration 10:00AM- Camp Starts 1:30PM- End of Camp

While there is no registration capacity for this camp, SOMD would like to know which athletes plan to attend. Please use the link below to RSVP. https://www.surveymonkey.com/r/POFootball2019

Questions: Contact 1-800-326-3031

(NEW) Brave in the Attempt Talks

Celebrate the life experiences of Marylanders with intellectual and developmental disabilities. Brave in the Attempt uses a groundbreaking personal storytelling platform in a "TED Talk" style format to encourage those with disabilities to serve as mentors and role models for others. This year's theme is "forward". Do not miss the third year of this life-changing event!

Reserve your spot today here: https://one.bidpal.net/brave2019

(NEW) 2019 Rockfish Open

Be a part of the most rewarding Rockfish Tournament in the state of Maryland! Join Special Olympics Maryland at one of our two locations for the 2019 Maryland Rockfish Open on Saturday, October 26th and help support the 8,033 athletes of Special Olympics Maryland.

We have a new location this year: Sunset Cove

Please see link to the 2019 Rockfish Open website: https://give.classy.org/2019rockfishopen

(NEW) Athlete Leadership Opportunities at 2019 Summer Games

Nominations for the following Athlete Leadership opportunities as part of the 2019 Summer Games Opening Ceremonies are open

- -3 Final Leg Torch Runners
- -1 Pledge of Allegiance
- -1 Athlete Oath

If you know someone who would be a good candidate for any of the above listed positions please complete this survey. https://www.surveymonkey.com/r/2019SummerGames OC

Incomplete forms will not be considered so please fill out every question.

Nominations accepted until May 27th, 2019 at noon. A final decision will be made May 30th, 2019.

(NEW) July Athlete Leadership Trainings

• Saturday July 20th, 2019 "Beginner Global Messenger" (9am-3pm) LIMIT 10

The Beginner Global Messenger is part of the Athlete Leadership Program (ALPs) and the first step in becoming certified as a full Global Messenger which may open opportunities nationally and globally. Special Olympics Athlete Leadership Programs allow athletes to explore opportunities in roles previously considered "non-traditional." Such participation might come in the form of an athlete serving on the Board of Directors or local organizing committee; or it might find an athlete as a spokesperson, coach or official.

Global Messenger Beginner Course – to provide training and presentation skills for athletes interested in representing Special Olympics Maryland and Special Olympics athletes in formal or support settings.

• Saturday July 20th, 2019 "Technology: Leadership in your hand-Using Smart Phones (9am-12pm) LIMIT 8 If you have a smart phone you have a lot of computing power in your hands every day. This course will show you how to use your smart phone and some key FREE apps that can enhance your leadership skills and experiences.

• Saturday July 20th, 2019 ADVANCED SPEECH WRITING TRAINING Creating a new themed speech (1pm-5pm). LIMIT 8

(This course is for athletes who have completed the Beginner Global Messenger Course.)

Many of you have been giving speeches for the last number of years. Your speeches have been centered around a certain theme of who you are as an athlete. Like a description of who you are. And they have been so great.

We are going to help you identify the next theme you can are passionate about and write a new 3-10 minute speech that will carry you to the next level.

Sunday July 21st, 2019 "Special Olympics Health Messenger Training" (9am-5pm) LIMIT 12

A Health Messenger is a Special Olympics athlete who has been trained to serve as a health and wellness leader, educator, advocate and role model within their Special Olympics community or the community at large. The Health Messenger program is empowering athletes to: develop healthy lifestyles; influence other athletes to lead healthier lives; advocate within their communities for inclusion around health and wellness services, education and resources; and develop leaders to advocate for the health needs of people with Intellectual Disabilities.

• Sunday July 21st, 2019 (10am-1pm) "How to make videos" LIMIT 10

Doesn't matter if you have a video camera or you are creating videos on your phone. This course will teach you the basics in creating good simple videos. After we talk about some techniques we will go out and practice making videos so you can apply the skills you learned right away. We will teach you how to upload them to various social media outlets and storage apps so you can edit later.

Sunday July 21st, 2019 (1pm-4pm) "Putting Your Best Foot Forward" LIMIT 10

For athletes who are interested in leadership but don't want to make speeches.

This training will teach the basic etiquette practices for meeting people in group settings like fundraisers and other events.

Athletes will learn how to shake hands, make eye contact, introduce themselves and tell a short bit about their own story. And then ask the people they meet some questions.

They would sit down with someone at the table and go through the basic steps listed above.

A bell will go off and then the athlete rotates through to the next person.

It's akin to speed dating but just with a very short elevator speech.

You can register for all courses at https://www.surveymonkey.com/r/July2019Training

<u>Summer Games – Opening Ceremony Update</u>

Thank you to the Area Leaders who participated in our "pulse check" earlier this week and provided input into the potential change in the parade for the Opening Ceremony. The response was overwhelming in favor of trying a "representative parade" for the 2019 Summer Games (90.5% in favor) as a means to address the ongoing concerns with parade duration, parade staging duration, etc..

There is a great deal of planning and detail to be finalized, but we can share the following with you so you can start to prepare your athletes, families coaches and volunteers for this change:

- Each delegation will have a designated number of athletes (likely 6 to 8) and coaches/partners (likely 2 to 3) who will march in the parade in Opening Ceremony.
- In fairness to all Areas, no requests for any Area to have additional people marching in the parade will be considered. Don't even bother asking.
- All other members of the delegation will have a designated seating location within SECU Arena. This
 seating area will be only for credentialed members of the delegation. Family members and other
 spectators will have a different seating location (as has been the case in previous ceremonies)
- Delegation members who will be marching in the parade will need to be identified by name by your Area a week or more in advance of Summer Games.
- Individuals participating in the parade will be staged inside the building <u>in advance</u> of the start of Opening Ceremony (likely 30 minutes or so in advance). Anyone not present by the designated parade staging time will not be included in the parade (i.e., if you are late in arriving, you are not in the parade, as has been the case at Winter Games and Fall Sports Festival for several years).
- Individuals in the parade will have their own designated seating location they will not be seated with the remainder of their delegation as the parade progresses.
- Areas will be provided with "Opening Ceremony T-shirts" for their registered delegation members as has been the case in the past.

As noted, much more detail to come, but this can give you an initial sense of things.

Summer Games – Head of Delegation (HOD) Webinar #2 – May 30

The second webinar for Summer Games HODs is scheduled for Thursday, May 30 from 7:00 – 8:00 p.m. Every Area sending a delegation to Summer Games needs to have either their HOD or other representative attend this session and to then share the information with the rest of the delegation.

The registration link for this webinar is below and has been posted on the Summer Games Resource Page on the SOMD website:

https://attendee.gotowebinar.com/register/6379237120222848525

As with most of our webinars, this will be recorded and the link to the recording posted for anyone unable to attend to watch at a convenient time. That said, given the large number of changes associated with the 2019 Summer Games (swimming, bocce, housing, parade, dining, transportation, families, etc. ALL have significant changes) it is all the more important to have someone participating when questions can be asked.

(UPDATED) Maryland Youth Service Award & Governor's Service Award

It's that time of the year when the Governor's Office on Service and Volunteerism takes nominations to honor great volunteers across the state. Please visit https://gosv.maryland.gov/governors-service-awards/ to learn more about the nomination areas. Consider nominating your volunteers and volunteer groups for recognition from the governor's office.

New this year!

The Maryland Governor's Office on Service and Volunteerism is now accepting nominations for the inaugural Youth Service Awards. The awards will recognize Maryland youth and youth groups, ages 11 to 18 years old for their significant volunteer contributions to the state and its citizens, and for working to change Maryland for the better. This year, the awards will represent outstanding service occurring in 2018 and 2019.

Up to 10 youth and youth groups will be selected to receive an award at a special ceremony in late summer. If your program has an outstanding youth volunteer or volunteer group, please consider nominating them for this award! For more information, visit: https://gosv.maryland.gov/youth-service-awards/

Unified Fitness Club

All Athletes and Unified Partners are invited to join Special Olympics Maryland's FIRST Unified Fitness Club. Our fitness club brings together people with and without disabilities and provides opportunities for regular fitness activity to enhance sport performance, promote health and well-being and foster friendships. The flyer attached to this Area Memo can be distributed to athletes, volunteers, and family members.

Each week, our fitness club will start with light stretching, followed by a walk around the park. During the walk, the team will stop to learn extra exercises and break for water. Each week, miles will be tracked to earn individual and team prizes!

The first walk will take place on Monday, May 13 from 6-7:00pm at Honeygo Park in Perry Hall. Registration is required! Visit: https://forms.gle/AKzqtJWxSSbhuJyc7

SOI Strategic Plan Survey

SOI is embarking on their 2021-2025 Strategic Plan. As part of their process, they are looking for feedback from athletes, families, and volunteers. Please distribute the link below throughout your program! SOMD will also be doing some targeted distribution to sub-groups of Athletes, Volunteers, and Families, so you may receive a notification multiple times.

https://specialolympics.qualtrics.com/jfe/form/SV 2nRxOZWgJLR26oZ

Your feedback is valuable as our international organization plans for our future!

GMS Resource Page Launched on Coach Resource Section of SOMD Website

We're pleased to announce that we have launched a very basic page of GMS related resources, connected with the new Coach Resource section of the SOMD website. There are a few resources posted now and more "how to" items will be available within the next two weeks. Access the site via the coach resource page or directly using this link: https://www.somd.org/coach/coach-resources/gms_resources/

Medical Volunteers...Join the Team!

Our Medical Team is looking for a few additional volunteers to join the medical team. Volunteers must have a valid medical credential (EMT, Nurse, Doctor) and be willing to provide volunteer medical support at both state and local competitions. If you know someone ready to volunteer, please have them email Pam Greenwood, SOMD Medical Coordinator (medicaldir@somd.org) OR direct them to the Medical Team VolunteerHub page at www.medicalteam.somd.volunteerhub.com.

Local Program Resource Page Launched on SOMD's Website

To provide greater access to the documents and forms used by our area programs, we have built the local program resource page, available at www.somd.org/localprogramresources. Organized by topic, you will be able to find up-to-date copies of frequently used documents. As this will be ever changing, if there is a resource you don't see currently, but feel should be on here, please send an email to Jeff so he can include it!

Area Memo Open to Area Announcements

Do you have an upcoming event that you'd like to announce, a volunteer that deserves a special shout out, or maybe a recent 'win' for your program that you'd like to share with other area programs. Your contributions to the Area Memo are welcomed and appreciated! Please send any announcements that you'd like included in the Area Memo to Danielle Weddle (dweddle@somd.org).

(UPDATED) <u>Pre-Season and Pre-Competition Webinars</u>

The dates and time for Pre-Season and Pre-Competition webinars have been set for the upcoming seasons. Please share this info with your coaches and sports volunteers.

Pre-Season Coaches Webinars

Sport	Date/Time	Registration / Recording Link			
Athletics	Tue 3/12	Recording: https://www.youtube.com/watch?v=163raymPbVg&t=8s			
Bocce	Tue 3/12	Recording: https://www.youtube.com/watch?v=wyUjF2AnrkQ			
Cheerleading	Wed 3/13	Recording: https://www.youtube.com/watch?v=s-jrvJHkBCk&t=1s			
Softball	Wed 3/13	Recording: https://www.youtube.com/watch?v=UMDe2u7m4M4			
Swimming	Tue 3/05	Recording: https://www.youtube.com/watch?v=5 NGflQwF c			

Pre-Competition Coaches Webinars

Sport	Sport Date/Time Registration / Recording Link				
Athletics	Tue 5/28	https://register.gotowebinar.com/register/8774146066784069378			
Atmetics	8:00 p.m.	Tittps://register.gotowebinar.com/register/8774140000784009378			
Bocce	Tue 5/28	https://register.gotowebinar.com/register/1236577143472654082			
	7:00 p.m.	Tittps://register.gotowebinar.com/register/1230377145472034062			
Cheerleading	Wed 5/29	https://register.gotowebinar.com/register/5129801582254238978			
Cheerieading	7:00 p.m.	Tittps://register.gotowebinar.com/register/3123801382234238978			
Softball	Wed 5/29	https://register.gotowebinar.com/register/1178993520376040962			
Sultball	7:00 p.m.	Tittps://register.gotowebinar.com/register/11/69955205/0040902			
Swimming	Wed 5/22	https://attendee.gotowebinar.com/register/417381608237161740			
Swiiiiiiiiig	7:00 p.m.	intips.//attendee.gotowebinar.com/register/41/36100625/101/40			

Community Sports Registration Deadlines Set Through End of 2019

Registration Deadlines for community sports through the end of 2018 have been set and are incorporated into the Sports Calendar included with this email. They are summarized below for your convenience as well.

Event/Sports	State Championship	Training Registration	Outstanding Forms	Competition Registration
Summer Games (athletics, bocce, cheerleading, softball, swimming)	6/7-9/2019	4/25/2019	5/24/2019 (updated)	5/20/2019 (updated)
Kayaking	8/24/2019	7/11/2019	7/18/2019	8/1/2019
Golf	9/29/2019	8/15/2019	8/22/2019	9/5/2019
Fall Sports Festival (cycling, distance running, flag football, powerlifting, tennis)	10/19/2019	8/29/2019	9/10/2019	10/3/2019
Soccer	10/27/2019	8/29/2019	9/26/2019	10/3/2019
Bowling – Regionals	11/10/2019	0/22/2010	10/2/2010	10/17/2019
Bowling - Championships	12/08/2019	9/23/2019	10/3/2019	11/28/2019

Sports Directors – Assigned Sports

As reviewed during the Area Leader webinar and in-person meeting in mid-July, SOMD HQ has undergone some staff restructuring in support of driving the developing strategic initiative of improved and increased sports programming and competitions as well as building the capacity for overall growth in the number of athletes we serve. One step in the process was the change in the role of the former "Regional Sports Directors" into positions focused strictly on sports programming. Here is their contact information and their sport assignments (some have changed)

Melissa Anger, Sports Director

- o manger@somd.org, 410.242.1515 x122
 - Basketball
 - Cheerleading
 - Flag Football
 - Soccer
 - Softball
 - Tennis
 - Locally Popular Sports: Cross Country Skiing, Duckpin Bowling

• Zach Cintron, Sports Director

- o zcintron@somd.org, 410.242.1515 x161
 - Bowling (10 pin)
 - Cycling
 - Kayaking
 - Snowshoeing
 - Swimming
 - Locally Popular Sports: Figure Skating, Sailing, Short Track Speed Skating, Volleyball

• TBD, Sports Director

- sbennett@somd.org, 410.242.1515 x102
 - Alpine Skiing
 - Athletics
 - Bocce
 - Distance Running
 - Golf
 - Powerlifting
 - Locally Popular Sports: Dance, Equestrian Sports, Floor Hockey

Questions?

If You Have Any Questions on Any Other Non-Sports-Related Issues, please contact a member of the new Local Program Development department for assistance

Jeff Abel, Vice President of Local Program Development

- o jabel@somd.org, 410-242-1515 ex. 121
- o All Areas with the exception of the Baltimore Region and Western Maryland

• Pat Cullinan, Northern Chesapeake Region Director

- o pcullinan@somd.org, 410-242-1515
- Harford, Cecil, and Kent Counties

Ron Freeman, Baltimore Region Director

- o rfreeman@somd.org, 410.598.1027
- Baltimore City and Baltimore County

- Ryan Kelchner, AmeriCorps Western Region Coordinator
 - o <u>rkelchner@somd.org</u>, 410-242-1515
 - o Western Maryland (Frederick, Washington, Allegany, and Garrett Counties)

	2019 Special Olympics Maryland Sports and Competition Calendar - UPDATED 05/17/2019								
Туре	Event	Location	Facility	Competition Date(s)	Pre-Season Webinar Date(s)	Pre-Competition Webinar Date (s)	Training Registration Deadline (in GMS)**	Last Date To Submit Missing Forms**	Competition Registration Deadline (in GMS)**
Community	2019 Summer Games	Towson, MD	Towson University and other locations	6/7-9/2019	Athletics: 3/12 Bocce: 3/12 Cheerleading: 3/13 Softball: 3/13 Swimming: 3/05	Athletics: 5/28 Bocce: 5/28 Cheerleading: 5/29 Softball: 5/29 Swimming: 5/22	4/25/2019	5/6/2019	5/16/2019
Community	Kayaking Time Trials (Required)	Chestertown, MD	Washington College	8/10/2019	5/23/2019	TBD	7/11/2010	7/18/2019	8/1/2019
Community	Kayaking Championships	Chestertown, MD	Washington College	8/24/2019	5/23/2019	TBD	7/11/2019		
Community	2019 Softball NIT	Nashville, TN	TBD	8/15-18/19	NA	NA			
Community	2019 Golf NIT	Nashville, TN	TBD	9/22-25/19	NA	NA			
Community	Golf Championship	Queenstown, MD	Queenstown Harbor Golf Course	9/29/2019	TBD	TBD	8/15/2019	8/22/2019	9/5/2019
Community	Fall Sports Festival (Cycling, Distance Running, Flag Football, Powerlifting, Tennis)	Emmitsburg, MD	Mount St. Mary's University Fort Richie (Cycling) (Ft. Ritchie Tentative)	10/19/2019	TBD	TBD	8/29/2019	9/10/2019	10/3/2019
	Soccer Tournament	Fruitland, MD	Crown Sports Center	10/27/2019	TBD	TBD	8/29/2019	9/26/2019	10/3/2019
IUS	Unified Tennis Championships	Towson, MD	Towson University (tentative)	TBD	TBD	TBD	TBD	TBD	TBD
Community	Bowling - Regional Tournaments	Various locations	Various locations	11/10/2019	TBD	TBD	9/23/2019	10/3/2019	10/17/2019
Community	Bowling - State Championships	Gaithersburg, MD	Bowl America Gaithersburg	12/8/2019	100	TBD			11/28/2019
Community	Winter Games - On-Snow Training #1	Mercersburg, PA	Whitetail Resort	1/11/2020					
Community	Winter Games - On-Snow Training #2	Mercersburg, PA	Whitetail Resort	2/8/2020					
Community	Winter Games - Time Trials and Winter Games	Mercersburg, PA	Whitetail Resort	2/23-25/2020					
Questions or additions? [If you have any questions regarding this calendar, additions of local/regional competitions, or any other sports related issue, please contact the appropriate Sports Director: - Melissa Anger (manger@somd.org): Basketball, Cheerleading, Flag Football, Soccer, Softball, Tennis - Zach Cintron (zcintron@somd.org): Bowling, Cycling, Kayaking, Snowshoeing, Swimming - Kendall Zeswitz (kzeswitz@somd.org): Alpine Skiing, Athletics, Bocce, Distance Running, Golf, Powerlifting - Cara Maronek (cmaronek@somd.org): All Interscholastic Unified Sports (IUS)				information to their Area Led any way in a Special Olympio without an up-to-date volun	ndership a minimum of one w is program without an up-to- teer application and complete adlines for Coaches to have c	eek prior to these dates t date medical; no volunte d background screening	o allow for timely submis er may participate in any)	SOMD HQ. Coaches must have this ssion. (No athlete may participate in way in a Special Olympics program oach Certification and to have	

	2019 Spe	cial Olympics	Maryland Sports and	Competiti	on Calendar	- UPDATED 05/17/2019
			2019 Coach Educatio	n & Developn	nent Events	
Date	Course/Sport	Location	Facility	Comments		To Register
6/2/2019	Kayaking Coaches Live Training	Chestertown	Washington College	TBD		https://www.surveymonkey.com/r/G8XD89F
6/18/2019	Soccer Coaches Training Webinar	Webinar	Webinar	7:00pm-9:00pm		https://attendee.gotowebinar.com/register/2363903117712189709
6/20/2019	Flag Football Coaches Training Webinar	Webinar	Webinar	7:00pm-9:00pm		https://attendee.gotowebinar.com/register/8449113937754715917
6/27/2019	Tennis Coaches Training Webinar	Webinar	Webinar	7:00pi	m-9:00pm	https://attendee.gotowebinar.com/register/4498680809341631245
6/29/2019	Golf In Person Coaches Training	Phoenix	Hillendale Country Club	10:00am-12:30pm		https://www.surveymonkey.com/r/5BDRBYH
6/29/2019	Soccer In-Person Coaches Training	Ellicott City	TBD	TBD		coming soon
7/13/2019	Soccer In-Person Coaches Training	Montgomery County	TBD	TBD		coming soon
7/13/2019	Flag Football In-Person Coaches Training	Frederick	TBD	10:00am-1:00pm		coming soon
7/14/2019	Tennis In-Person Coaches Training	College Park	JTCC	TBD		coming soon
	Areas Interested in Hosting Coach Training Even	s - Please Contact the Aj	2019 Area / Regional / D	District Compe	etions & Events	
Туре	Event	Location	Facility	Competition Date(s)	Sport	Notes
Community	MO Swimming Qualifier	Bethseda	Stone Ridge School	5/18/2019	Swimming	Closed Qualifier
Community	Cheerleading - Required Qualifier	Frederick	Urbana High School	5/18/2019	Cheerleading	All Teams Registered
Community	MO Spring Games	Bethesda	Landon School	5/19/2019	Athletics, Bocce	contact Shelly Bogasky (sbogasky@somdmontgomery.org)
Community	Softball - Required Qualifier	Ellicott City	Kiwanis Wallas Park	5/19/2019	Softball	All Teams Registered
Community	BC Bocce Doubles Competition	Baltimore City	Myers Pavilion	5/18/2019	Bocce	Contact Bob Signor (robert.signor@baltimorecity.gov)
Community	CL Swimming Qualifier	Prince Frederick	Edward T Hall Aquatic Center	5/19/2019	Swimming	Contact Jane Lacosse (lacossej@calvertnet.k12.md.us)
Community	BA Swimming Qualifier	Baltimore County	Gilman Pool	5/19/2019	Swimming	Closed Qualifier
Community	FR Bocce Competition	Frederick	620 B Research Dr.	5/25/2019	Bocce	Open to FR and WA only
Community	Equestrian Competition (BA, CR, CE, HA, SM)	Upper Marlboro	PG Showplace Arena	6/1/2019	Equestrian	
Community	HO Equestrian	Howard	Therapeutic and Rec. Riding Center	6/1/2019	Equestrian	HO only
,						
Community	Duckpin Bowling	Hagerstown	Southside Lanes	3/22/2020	Duckpin Bowling	Locally Popular Sport- Contact Melissa Anger (manger@somd.org)

2019 Event Calendar



2019 MSP Polar Bear Plunge January 24th, 25th & 26th 2019 Sandy Point State Park www.plungemd.com

2019 Deep Creek Dunk February 23rd 2019 Deep Creek Lake www.dunkmd.com

2019 Winter Games February 24th – 26th 2019 Whitetail Resort www.somd.org

2019 Basketball Tournament March 30th – 31st 2019 Hood College and FCPS Sites www.somd.org

2019 Summer Games June 7th – 9th 2019 Towson University www.somd.org

2019 Kayaking Championships August 24th 2019 Washington College www.somd.org

State Golf Championships September 29th 2019 Queenstown Harbor Golf, Queenstown Md www.somd.org

11th Annual Tunnel Run Fall 2019 Fort McHenry Tunnel Baltimore, Md www.tunnelrun.org

11th Annual Big Bats Open September 2019 Queenstown, Md www.somd.org Fall Sports Festival
October 19th 2019
Mount St. Mary's University, Emmitsburg, Md
www.somd.org

State Soccer Tournament October 27th 2019 Crown Sports, Fruitland Md www.somd.org

Over The Edge November 2nd 2019 Bethesda, Md www.somd.org

Interscholastic Unified High School Team Tennis November 2019 Loyola University www.somd.org

6th Annual Maryland Rockfish Open October 2019 Mike's Crabhouse South-Riva www.somd.org

State Regional Bowling Tournaments November 10th 2019 Various Locations in Maryland www.somd.org

State Bowling Championships December 8th 2019 Bowl America, Gaithersburg, Md www.somd.org

St. Mary's Splash
December 2019
Point Lookout State Park, Scotland, Md
www.somd.org