

Special Olympics Maryland Area Memo

September 9, 2019



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Welcome

Welcome to the September 9, 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) ***Discounted Medicals at MinuteClinic***

Thanks to a new partnership between SOI and Minute Clinic, Special Olympics athletes are now entitled to sports physicals at a reduced rate of \$49.00. Any US Special Olympics Athlete, or prospective athlete who needs to complete a physical can present the attached voucher at any of the 1,100+ MinuteClinics in CVS or Target stores between now and July 31, 2020.

[See list of participating locations here](#) or on the [CVS MinuteClinic](#) and [Target MinuteClinic](#) websites. **No insurance or appointment is needed but please bring the SOMD Athlete Medical Form with you.**

Please note this is not an endorsement for MinuteClinic or their services from SOMD nor SOI; it is simply one more way for our athletes to have access to a relatively affordable Sports Physical.

We are excited about this opportunity and hope that you will share with your families and athletes.

(NEW) ***Polar Bear Plunge Website is now live! Fundraise for your areas starting today!***

The Polar Bear Plunge website is now live: www.plungemd.com

Any teams registered with an area will be entitled to a 70%/30% split after expenses. Don't miss out on this great opportunity to fundraise for your local program. Last year our teams raised over \$20,000 for their counties, and we'd like to continue that success in 2020.

Reach out to Jessie Hayes with any questions: jhayes@somd.org

(NEW) Athlete Leadership – Improvisation and Theatre Training Course

WHAT: Athlete Leadership-Improvisation and Theatre Training Course FALL 2019

The Athlete Leadership Program is excited to announce that we are adding a new course this fall ***"This interactive class will help support communication and confidence through creativity. Participants will learn valuable speech, language, and social skills that will assist them not only within Special Olympics Maryland, but across all aspects of their lives. Oh, and we'll laugh. A lot."***

Improv and theater skills and practices have been shown to improve a variety of skills such as receptive and expressive language, pragmatics, fluency of speech, socialization, syntax and grammar, semantics, cognition, and the list goes on! Making this the perfect course for both beginner and advanced athlete leaders. No previous training in athlete leadership is needed.

Target and ideally improve participant's speech, language, and social skills, and help build confidence in communication.

WHEN: *

Wednesday	October 09 th	7pm-8:30pm	
Wednesday	October 16 th	7pm-8:30pm	
Wednesday	October 23 rd	7pm-8:30pm	
Wednesday	October 30 th	7pm-8:30pm	
Wednesday	November 06 th	7pm-8:30pm	
Tuesday	November 12 th	7pm-8:30pm	
Wednesday	December 04 th	7pm-8:30pm	Rehearsal
Friday	December 06 th	6pm-9pm	Performance

***You must attend 4 of the 6 courses to be eligible for the final performance**

WHERE: Special Olympics Maryland HQ, 3701 Commerce Drive, Suite 103, Baltimore (Halethorpe), MD 21227

INSTRUCTOR: Emma Shipley, MS, CF-SLP, Speech-Language Pathologist

HOW MANY: This is a Unified Leadership opportunity. Open to up to 24 athletes. Unified partners, siblings, family members, etc. are welcome to attend with a SOMD athlete. Limit one per athlete. This is not required but is an option.

To sign up please fill out the Survey Monkey at https://www.surveymonkey.com/r/Fall2019_IMPROV

Email Jason Schriml if you have any questions about this course at jschriml@somd.org

(NEW) Unified Fitness Clubs

Unified Fitness Clubs provide non-competitive opportunities for our athletes and Unified Teammates to improve physical fitness, increase physical activity and build lasting friendships. They are relatively easy to start and can include a variety of activities like walking, running, cycling, and more!

If your local program is interested in starting a Unified Fitness Club, or getting more information how to start one, please contact Jeff (jabel@somd.org) to set up a time to talk.

TU Field Hockey Game vs. UMD

Towson University Field Hockey invites Special Olympics Maryland to CHEER ON THE TIGERS in their game against University of Maryland on Wednesday, September 11, 2019 at Towson University. Athletes and their guests are invited to enjoy the game and athletes will take part in on-field pre-game festivities. Game time is 4:00pm at the Towson Field Hockey Stadium.

To sign up, please RSVP here <https://www.surveymonkey.com/r/3PNLTSM>

Big Bats Open – September 26, 2019

By participating in the 2019 Big Bats Open you will be helping to provide year-round sports and leadership programs for Special Olympics Maryland Upper Shore children and adults with intellectual disabilities. 100% of your donation will go to support the sports and leadership programs offered throughout the state. All of our programs are FREE to our athletes and families thanks to generous community supporters who believe in the Special Olympics mission: to give our athletes opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendships with their families, other Special Olympics athletes and the community.

- **Day:** September 26, 2019
- **Location:** Queenstown Harbor 310 Links Lane, Queenstown, MD
- **Start time:** 10:00am
- **Website:** www.bigbatsopen.com

Athlete Leadership Opportunity at Golf State Championships

WHEN: Sunday September 29, 2019

WHAT: Special Olympics Maryland Golf State Championships. There are many roles so please read carefully.

WHERE: Queenstown Harbor Golf Course, 310 Links Lane, Queenstown, MD 21658

ROLES:

- 1-2 Athletes to serve in the capacity to collect feedback on the **Athlete Evaluation** Form (same as we have done in the past)
 - Timeframe: from 10:45am – 4:00pm
- 1 Athlete to recite the **Athlete Oath** for the Opening Ceremony
 - Timeframe: 7:30am – 9:00am (this should be an athlete that is competing)
 - Then obviously competing in the Championships throughout the day
- 1 Athlete to recite the **Pledge of Allegiance** for the Opening Ceremony
 - Timeframe: 7:30am – 9:00am (this should be an athlete that is competing – but doesn't have to be)

2019 Over the Edge

Looking to raise funds for your area program? Registration is now open for the 2019 Over the Edge event and area programs will receive 70% of all funds raised for any rappeller you recruit for your county's team! Last year, Montgomery County raised close to \$20,000.

Visit: www.overtheedgemd.com to register today and feel free to reach out to Jessie Hayes (jhayes@somd.org / 646-573-6964) with any questions or concerns.

Check out last year's exciting event [here](#). Our event this year takes place on **Saturday, November 2nd** at 2 Bethesda Metro Center.

Golf Season – Special Olympics Maryland

Golf season is here! Please make sure to check the Sports Calendar for information pertaining to the Area/County Qualifying Golf Competitions leading up to the State Championships. Reminder that each participating Area/County Program should host at least one competition during the season, and please make sure to submit a Sanction Form for the competition. The Sanction Forms can be submitted to Steve Bennett at: coaches@somd.org

Information will be communicated relating to the registrations for these competitions at a later date.

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>

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.

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) Pre-Season and Pre-Competition Webinars

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

<i>Sport</i>	<i>Date/Time</i>	<i>Registration / Recording Link</i>
Bowling	Thu 8/15	Recording: https://youtu.be/jHpCSUQIDd8
Cycling	Tue 8/13	Recording: https://youtu.be/Ss04Wulb5lc
Distance Running	Wed 8/14	Recording: https://www.youtube.com/watch?v=8nqf9buZ8ZM&t=7s
Flag Football	Thu 8/01	Recording: https://www.youtube.com/watch?v=zqYxl7FtYfc&feature=youtu.be
Golf	Wed 7/17	Recording: https://www.youtube.com/watch?v=LqqX_H1yk4Y&feature=youtu.be
Powerlifting	Wed 8/14	Recording: https://youtu.be/QZDunA9pzl0
Soccer	Wed 8/21	Recording: https://youtu.be/bf6753y5QRI
Tennis	Thu 8/01	Recording: https://www.youtube.com/watch?v=LqqX_H1yk4Y&t=3s

Pre-Competition Coaches Webinars

<i>Sport</i>	<i>Date/Time</i>	<i>Registration / Recording Link</i>
Bowling - Regionals	Tue 11/05 7:00 p.m.	https://attendee.gotowebinar.com/register/4167640949535073805

Bowling - Championship	Tue 12/03 7:00 p.m.	https://attendee.gotowebinar.com/register/2784322280885929485
Cycling	Tue 10/15 7:00 p.m.	https://attendee.gotowebinar.com/register/729198709130645773
Distance Running	Wed 10/09 8:00 p.m.	https://attendee.gotowebinar.com/register/8209744759742188300
Flag Football	Tue 10/08 8:00 p.m.	https://attendee.gotowebinar.com/register/360674298355497739
Golf	Thu 9/19 7:00 p.m.	https://attendee.gotowebinar.com/register/3142645423136427020
Powerlifting	Wed 10/09 7:00 p.m.	https://attendee.gotowebinar.com/register/7231578533742419724
Soccer	Thu 10/10 7:00 p.m.	https://attendee.gotowebinar.com/register/3374712747019729419
Tennis	Tue 10/08 7:00 p.m.	https://attendee.gotowebinar.com/register/3414913091154440971

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.

Note: We discovered an error listing the incorrect date for missing forms for the 2019 Soccer Tournament in this chart as well as on the Sports Calendar. That has been corrected below and was stated during the Soccer Pre-Season Webinar.

Event/Sports	State Championship	Training Registration	Outstanding Forms	Competition Registration
Golf	9/29/2019	8/15/2019	8/22/2019	9/5/2019
Fall Sports Festival <i>(cycling, distance running, flag football, powerlifting, tennis)</i>	10/19/2019	8/29/2019	9/10/2019	10/3/2019
Soccer	10/27/2019	8/29/2019	9/10/2019 <i>(this had been listed incorrectly in previous Area Memos)</i>	10/3/2019
Bowling – Regionals	11/10/2019	9/23/2019	10/3/2019	10/17/2019
Bowling - Championships	12/08/2019			11/28/2019

Sports Directors – Assigned Sports

If you have questions regarding a specific sport, coach education, or competition, please work with the corresponding Sport Director.

- **Melissa Anger, Sports Director**
 - 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**

- 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
- **Ryan Kelchner Sports Director**
 - rkelchner@somd.org, 410-242-1515
 - 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 Local Program Team

- **Jeff Abel, Vice President. Local Program Development**
 - jabel@somd.org, 410-242-1515 ex. 121
 - Any general question
- **Claire Huston, Development Services Coordinator**
 - chuston@somd.org, 410-242-1515 ex. 145
 - All Local Program Fundraising
- **Pat Cullinan, Northern Chesapeake Region Director**
 - pcullinan@somd.org, 410-242-1515
 - Harford, Cecil, and Kent Counties
- **Mike Myers, Baltimore Region Director**
 - mmyers@somd.org, 410-242-1515
 - Baltimore County and City
- **Ron Freeman, Baltimore City Coordinator**
 - rfreeman@somd.org, 410.598.1027
 - Baltimore City Public Schools, Baltimore City Rec and Parks
- **Tyler Martin, Western Region Coordinator**
 - tmartin@somd.org, 717-321-3642
 - Frederick, Washington, Allegany, Garrett Counties

2019 Special Olympics Maryland Sports and Competition Calendar - UPDATED 09/09/2019

State Championships and Multi-State/World Competitions

Type	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 Golf NIT	Nashville, TN	TBD	9/22-25/19	NA	NA			
Community	Golf Championship	Queenstown, MD	Queenstown Harbor Golf Course	9/29/2019	7/17/2019	9/19/2019	8/15/2019	8/22/2019	9/5/2019
Community	Fall Sports Festival <i>(Cycling, Distance Running, Flag Football, Powerlifting, Tennis)</i>	Emmitsburg, MD	Mount St. Mary's University Fort Richie <i>(Cycling)</i>	10/19/2019	Cycling: 8/13 Dist. Run: 8/14 Flag Football: 8/15 Powerlifting: 8/14 Tennis: 8/13	Cycling: 10/15 Dist. Run: 10/09 Flag Football: 10/08 Powerlifting: 10/09 Tennis: 10/08	8/29/2019	9/10/2019	10/3/2019
Community	Soccer Tournament	Fruitland, MD	Crown Sports Center	10/27/2019	8/21/2019	10/10/2019	8/29/2019	9/10/2019	10/3/2019
IUS	Unified Tennis Championships	Towson, MD	Loyola University	11/5/2019	TBD	TBD	TBD	TBD	TBD
Community	Bowling - Regional Tournaments	Various locations	Various locations	11/10/2019	8/15/2019	11/5/2019	9/23/2019	10/3/2019	10/17/2019
Community	Bowling - State Championships	Gaithersburg, MD	Bowl America Gaithersburg	12/8/2019		12/3/2019			11/28/2019
IUS	Unified Strength & Conditioning	Wye Mill, MD	Chesapeake College	2/4/2020	TBD	TBD	TBD	TBD	TBD
IUS	Unified Indoor Bocce	Hagerstown, MD	Hagerstown Comm Coll	2/10/2020	TBD	TBD	TBD	TBD	TBD
Community	Winter Games - Time Trials and Winter Games	Mercersburg, PA	Whitetail Resort	2/23-25/2020	Alpine: 11/26 Snowsh. TBD	Alpine: 2/17 Snowsh. TBD	TBD	TBD	TBD
Community	Basketball Tournament	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD
IUS	Unified Team Track & Field	Hyattsville, MD	PG Sports & Learning <i>(tentative)</i>	5/12&13/2020	TBD	TBD	TBD	TBD	TBD
IUS	Unified Outdoor Bocce	Chestertown, MD	Washington College <i>(tentative)</i>	5/19/2020	TBD	TBD	TBD	TBD	TBD
Community	2020 Summer Games	Towson, MD	Towson University and Cockeysville Middle School	6/5-7/2020	Athletics: TBD Bocce: TBD Cheerleading: TBD Softball: TBD Swimming: TBD	Athletics: TBD Bocce: TBD Cheerleading: TBD Softball: TBD Swimming: TBD	TBD	TBD	TBD
<p>Questions or additions? Check the Coach Resource Page on SOMD.org (https://www.somd.org/coach/coach-resources/). There are now resource pages for each individual sport as well as each multi-sport event. As resources get continually added to these pages, the answers to most of your questions can be found there. 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 - TBD (sbennett@somd.org in interim): Alpine Skiing, Athletics, Bocce, Distance Running, Golf, Powerlifting - TBD (coaches@somd.org): All Interscholastic Unified Sports (IUS)</p>					<p>**These are the dates by which entries must be entered into GMS or medical/volunteer forms submitted to SOMD HQ. Coaches must have this information to their Area Leadership a minimum of one week prior to these dates to allow for timely submission. (No athlete may participate in any way in a Special Olympics program without an up-to-date medical; no volunteer may participate in any way in a Special Olympics program without an up-to-date volunteer application and completed background screening.) These dates are also the deadlines for Coaches to have completed the requirements for Special Olympics Coach Certification and to have submitted the required documentation to SOMD HQ.</p>				

2019 Special Olympics Maryland Sports and Competition Calendar - UPDATED 09/09/2019

2019 Coach Education & Development Events

Date	Course/Sport	Location	Facility	Comments	To Register
11/2/2019	Coaching Special Olympics Athletes	Baltimore	SOMD HQ	9:30 a.m. - 1:00 p.m.	Register: https://www.surveymonkey.com/r/CSOA2019Q4
12/7/2019	CSOA Train-the-Trainer	Baltimore	SOMD HQ	9:00 a.m. - 5:00 p.m.	By Invitation/Nomination Only
<i>Areas Interested in Hosting Coach Training Events - Please Contact the Appropriate Sport Director</i>					

2019 Area / Regional / District Competitions & Events

Type	Event	Location	Facility	Competition Date(s)	Sport	Notes
Community	HO Flag Football League	Elkridge	Troy Park	9/14/2019	Flag Football	Contact Melissa Anger (manger@somd.org) to Register. Times 1pm-6pm
Community	HO Soccer League	Ellicott City	Cedar Lane Park East	9/14/2019	Soccer	Contact John McDonough (jmcdonough@KeswickHomes.com)
Community	FR Cycling Competition	Frederick	Frederick News Post	9/15/2019	Cycling	Contact Zach Cintron (zcintron@somd.org) * Restricted to FR County
Community	HO Long Distance Running	Fulton	Lime Kiln Middle School	9/15/2019	Long Dist. Running	Contact John Worley (worley.ann@gmail.com)
Community	HO Flag Football League	Elkridge	Troy Park	9/21/2019	Flag Football	Contact Melissa Anger (manger@somd.org) to Register. Times 1pm-6pm
Community	HO Soccer League	Ellicott City	Cedar Lane Park East	9/21/2019	Soccer	Contact John McDonough (jmcdonough@KeswickHomes.com)
Community	WA - Long Distance Running	Hagerstown	Leitersburg Ruritan Community Park	9/21/2019	Long Dist. Running	Contact John Follett (jafbird@msn.com)
Community	CR Golf Competition	Mount Airy	The Links at Challedon	9/22/2019	Golf	Contact Tom McQuire (darkknight46501@yahoo.com)
Community	HO Flag Football League	Elkridge	Troy Park	9/28/2019	Flag Football	Contact Melissa Anger (manger@somd.org) to Register. Times 5pm-10pm
Community	HO Soccer League	Ellicott City	Cedar Lane Park East	9/28/2019	Soccer	Contact John McDonough (jmcdonough@KeswickHomes.com)
Community	5K on the Runway	Frederick	Frederick Municipal Airport	9/28/2019	Long Dist. Running	Contact Steve Bennett (sbennett@somd.org) or Betsy Jiron (bjiron@somd.org)
Community	Required Flag Football Qualifier	Elkridge	Troy Park	10/5/2019	Flag Football	All Teams Registered. Timing 9am-3pm
Community	SM Cycling Qualifier	Patuxent River	Patuxent River Naval Air Station	10/5/2019	Cycling	Email Jim Russell (therussells@md.metrocast.net)
Community	AA Cycling Competition	Annapolis	Sandy Point State Park - East Beach	10/5/2019	Cycling	Contact Zach Cintron (zcintron@somd.org) * Restricted to AA, US, and PG Counties
Community	HO Powerlifting In-House Qualifier	Ellicott City	Quest Fitness Gym	10/6/2019	Powerlifting	Contact Bill Long (blong716@aol.com)
Community	5K Tunnel Run	Baltimore		10/6/2019	Long Dist. Running	More information to come
Community	HO Flag Football League	Elkridge	Troy Park	10/12/2019	Flag Football	Contact Melissa Anger (manger@somd.org) to Register. Times 5pm-10pm
Community	HO Soccer League	Ellicott City	Cedar Lane Park East	10/12/2019	Soccer	Contact John McDonough (jmcdonough@KeswickHomes.com)
Community	NIRSA Flag Football Invitational (Tentative)	College Park	Univ. of Maryland	11/15-17/19	Flag Football	By Invitation
Community	Winter Sports - On Snow Training #1	Mercersberg, PA	Whitetail Resort	1/11/2020	Alpine Skiing; Snowshoeing	
Community	Winter Sports - On Snow Training #2	Mercersberg, PA	Whitetail Resort	2/8/2020	Alpine Skiing; Snowshoeing	
Community	Duckpin Bowling	Hagerstown	Southside Lanes	3/22/2020	Duckpin Bowling	Locally Popular Sport- Contact Melissa Anger (manger@somd.org)
Community	PG Spring Games	Hyattsville	Prince George's Sports& Learning Complex	4/30/2020	Athletics	school-based; not open to visiting Community programs.
Community	HO Athletics Competition	TBD	TBD	5/2/2020	Athletics	

2019 Event Calendar

Special Olympics
Maryland



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

11th Annual Big Bats Open
September 26th 2019
Queenstown Harbor Golf, Queenstown Md
www.somd.org

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

11th Annual Tunnel Run
October 6th 2019
Fort McHenry Tunnel Baltimore, Md
www.tunnelrun.org

Fall Sports Festival
October 19th 2019
Mount St. Mary's University, Emmitsburg, Md
www.somd.org

6th Annual Maryland Rockfish Open
October 26th 2019
Mike's Crabhouse South-Riva
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

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