

# Special Olympics Maryland Area Memo

## March 27, 2020

**Special  
Olympics  
Maryland**



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### Welcome

Welcome to 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 [jabel@somd.org](mailto:jabel@somd.org).

### **(NEW)** COVID-19 and SOMD Sports Seasons and State Championships

As announced in previous email messages, SOMD had to make the unfortunate decision to suspend all sports training and competition activities through at least May 31, 2020. With this suspension of activity, we have also had to cancel the 2020 Summer Games since our athletes will not be able to properly train. This was also addressed in a survey to all 2019 Summer Games attendees, a series of online athlete input sessions and at the Area Leader meeting on March 21. Based on the virtually unanimous input from the Area leaders, SOMD decided that it should not look to have Areas schedule training in the spring sports during June/July nor look to reschedule a modified Summer Games in July/August. Awhile this decision was both difficult and unfortunate, it was agreed that it was best for everyone to focus on the sports season that will be coming up and re-engaging our athletes in the interim.

During the Area Leader meeting and in the subsequent SOMD Sports Committee meeting, SOMD has also arrived at a series of “trigger dates”, being the deadline by which SOMD will make a decision on whether or not the state championship for a given sport will be held. After consulting with the Powerlifting Sports Management Team, it was determined that the proposed decision schedule would work fine, provided the powerlifting athletes engage in some fitness activity leading up to the season.

Championship	Date	“Trigger Date”
Kayaking	Aug 8 / Aug 15	June 15
Golf	Sept 27	August 1
Fall Sports / Soccer	Oct 17 / Oct 25	August 15
Bowling	Nov 8 / Dec 6	October 1

Areas are strongly encouraged to proceed with any pre-season activity (advance registration, follow-up on expiring medicals, etc.) with the assumption that seasons starting with kayaking will proceed as expected. Areas are also encouraged to have athlete training, once that activity is permitted, even if the state championship for a given sport will not be held. SOMD commits to making decisions as early as feasible with the health and safety of our athletes, coaches, volunteers and families as our primary concern.

### **(NEW) SOMD Virtual MOVEment**

If you haven't done so already, join the SOMD Virtual MOVEment! Already over 600 people strong, this is an online community of athletes, staff, and volunteers sharing what they're doing to stay active, stay healthy, and stay connected while we can't have in-person programs!

<https://www.facebook.com/groups/2863037773816713>

### **(NEW) MOVE Meetings**

We held our first live group fitness activity today, led by SOMD Healthy Communities Manager, Ben Varga, with over 30 participants! Every Friday at noon, SOMD Athletes, Staff, and Volunteers will be coming together for a quick mid-day fitness class focusing on strength, flexibility, or endurance.

Don't miss out on the fun! Access our Move Meetings each Friday by clicking this link:

<https://somd.zoom.us/j/145460668>

### **(NEW) Athlete Social Club**

We have a several new Athlete Social Club activities scheduled starting next week and one this Friday. Scroll down.

#### **March 27th, 2020**

**WHAT:** Mini-Concert.

Join Special Olympics Maryland athletes David Godoy (Saxophone) and Conor O'Shaughnessy (Guitar) as they play 3-4 songs each on their particular instrument.

David will lead us off and Conor will finish the set.

Both will stick around to answer any questions you may have after.

**WHEN:** Friday March 27<sup>th</sup>, 2020 4pm

**WHERE:** <https://somd.zoom.us/j/366348787>

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#### **April 01<sup>st</sup>, 2020**

**WHAT:** STAR WARS

"A long time ago in a galaxy far far away"....the best movie of all time came out.....then a lot more movies after that. Join SOMD staff and part time Jedi Kira Northrop as she hosts a discussion on the greatness (or failure) that is the Star Wars Franchise.

POSSIBLE TOPICS INCLUDE:

-Sith vs Jedi

- Favorite trilogy
- Are you happy they are making more?
- Favorite Jedi
- Favorite Sith
- Favorite extra character
- Favorite scene
- Favorite planet
- Mandelorian thoughts
- How do you feel about it ending with Ray committing identity theft? (Joke)

**WHEN:** Wednesday April 01<sup>st</sup>, 2020 5pm

**WHERE:** Register in advance for this meeting:

<https://somd.zoom.us/meeting/register/tZwpd-yprzMpF0xEINUi9NXWSteO46w7TQ>

After registering, you will receive a confirmation email containing information about joining the meeting.

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### **APRIL 02<sup>nd</sup>, 2020**

**WHAT:** Cooking Mac and Cheese with Amanda Moore

**WHEN:** Thursday April 02nd, 2020 5pm

**WHERE:** Register in advance for this meeting:

<https://somd.zoom.us/meeting/register/vplsf-qhqDIudLg5tpJ9AxpINn1zWbkdJA>

If you want to cook along at home you will need the following:

- Box of pasta- Amanda likes shells
- 16 oz. block of cheese- cheddar or Monterey Jack (or already shredded cheese)
- Small can each of tomato paste and tomato sauce.

Equipment/Utensils

- A large pot
  - Colander or strainer
  - Grater.
- 

### **APRIL 07<sup>th</sup>, 2020**

**WHAT:** Movie and a Chat.

Join SOMD staff Melissa Anger as she hosts a Netflix Party.

Netflix Party allows us watch a movie on Netflix together in real time. It also provides a chat feature so we can “talk” back and forth during the movie without people going “Shhhhhhh!”

It does require an extension to watch so learn how to join Netflix Party by using Google and entering Netflix Party

We will be watching *“Hairspray.”*

**WHEN:** Tuesday April 07th, 2020 6pm

**WHERE:** Register at the following link..... [https://www.surveymonkey.com/r/HAIRSPRAY\\_APRIL\\_2020](https://www.surveymonkey.com/r/HAIRSPRAY_APRIL_2020)

On April 07<sup>th</sup>, 2020 at around 5:45pm you will be sent the link to join the party.

### **APRIL 08<sup>th</sup>, 2020**

**WHAT:** How To Be a Social Media Rockstar! Safely

Do you Tik Tok? Insta? Love Facebook or Twitter? Having fun and staying safe while on social media is more important than ever! Social media is a great way to stay connected with your friends even when you are just staying home!

During this webinar we will:

- Hear some tips on making a great Tik Tok or Insta-worthy shot
- See some fun videos and pictures from Special Olympics athletes in Maryland
- And we will remember to be safe along the way by reviewing social media safety tips

So, send your selfies, awesome Tik Toks, and YouTube videos to Carrie McGraw at [carrie.mcgraw2@verizon.net](mailto:carrie.mcgraw2@verizon.net) and you could be an INSTANT rockstar when we show your social media during the talk. Please send your media by April 3. Hope you can join us! We know you will “love” it! ☐

**WHEN:** Apr 8, 2020 07:00 PM Eastern Time (US and Canada)

**WHERE:** YOU MUST REGISTER AT

[https://somd.zoom.us/meeting/register/v5clf-GsrTMpk6sGt\\_I9cEKjHb-r-R3Sxg](https://somd.zoom.us/meeting/register/v5clf-GsrTMpk6sGt_I9cEKjHb-r-R3Sxg)

### **GUEST PRESENTERS:**

**Carrie McGraw**, Director of Communications at the National Association of State Directors of Developmental Disabilities Services and former Director of Communications at the Maryland Department of Disabilities

**Kaylie McGraw**, Student at West Virginia University

### **APRIL 09<sup>th</sup>, 2020**

**WHAT:** DISNEY-The Magic Kingdom

Join our presenter Colonel Frank Tewey from the Anne Arundel County Sherriff's Department and MD LETR Chairperson as he shares his favorite parts of the Magic Kingdom, some little known facts and a short slide show. Plus we will have a short trivia game/poll.

**WHEN:** April 09th, 2020, 7pm

**WHERE:** Register in advance for this meeting:

<https://somd.zoom.us/meeting/register/upUofu2rrDlt2eQcssTWqPWsJgWUa6r6hQ>

After registering, you will receive a confirmation email containing information about joining the meeting.

### **Billie Jean King Youth Leadership Award-Nominations are open now!**

Nominations for the Billie Jean King Youth Leadership Award are now open. This award honors high school and college-aged students who, like Billie Jean King, use sports to improve their communities.

The award was created in 2019 and will recognize its honorees during the Sports Humanitarian Awards on Saturday, July 18 in Beverly Hills, and will air on ABC during a 90-minute special on Sunday, Aug. 2.

To learn more about the Billie Jean King Youth Leadership Award and nominate someone that has demonstrated the ability to use the power of sport as a catalyst for change within their local or school community, use the link below!

<https://billiejeankingyouthleadershipaward.submittable.com/submit>

**(NEW) Virtual Athlete Leadership Trainings**

ZOOM into Athlete Leadership trainings offered over...Zoom! See the schedule below and corresponding registration links:

**Intro to Athlete Leadership**

March 31<sup>st</sup>, 2020 10am-1pm

<https://somd.zoom.us/j/423965615?pwd=Tm4vd00wancwVk52cCtqNm5tMWRZdz09>

**Understanding Leadership**

March 31<sup>st</sup>, 2020 2pm-5pm

<https://somd.zoom.us/j/342665065?pwd=NkRsY1ZlcTVGTGxGY3IROWFmYnhxUT09>

**Beginner Global Messenger**

April 01<sup>st</sup>, 2020 10am-1pm

<https://somd.zoom.us/j/221025314?pwd=SlJUcGVxV0s5MTIRUXNFRm5zMUczQT09>

**Better Money Habits**

April 07th, 2020 1pm-3pm

<https://somd.zoom.us/j/716709312?pwd=Z1JFcWZycktpSG9BbXNXMmpld3FmZz09>

**Intro to Athlete Leadership**

April 08th, 2020 9am-12pm

<https://somd.zoom.us/j/908558355?pwd=dmtSeVfkUG8vQUZsV09XQjhtUIJPZz09>

**Understanding Leadership**

April 08th, 2020 1pm-4pm

<https://somd.zoom.us/j/862959807?pwd=SkNYQWdDek44dTkxRG9xbHVGS2Nldz09>

**(UPDATED) 2022 USA Games Updates**

## UPDATE

Area Directors – please look for a survey to assess your recommendations for the spots we should request for our quota for the 2022 USA Games. This survey will be distributed in early April and will be used at the May meeting of the SOMD Sports Committee to determine our request. We now expect to have the info for the quota request submission in mid-May and want to be prepared for a timely submission.



The 2022 Special Olympics USA Games will be held in Orlando, FL June 5-11, 2022.

As of 3-5-2020, the Organizing Committee has not officially indicated which sports will be offered at the Games. However, Special Olympics Maryland is planning accordingly to prepare for the announcement of the sports to be offered as well as possible allotments for Team Maryland.

The qualifying events that will be used to select and advance athletes, partners and teams to the 2022 Games will begin with Kayaking 2020 and conclude with Summer Games of 2021.

- This is not meant to indicate that Special Olympics Maryland will receive allotments in any specific sport.
- For example, although the Kayaking State Championships is the first event to be utilized in the selection process, this does not indicate that Special Olympics Maryland will receive allotments for the sport of Kayaking, nor does it indicate that Kayaking will be offered at the 2022 Games.
- However, **IF** the Organizing Committee decides to offer Kayaking as an official sport and **IF** Special Olympics Maryland receives allotments for Kayaking - the 2020 Kayaking State Championships will be the event where participants would be selected to for Team Maryland.

### **Medicals and Volunteer Application – Absolutely NO Exceptions!!**

Just a friendly reminder that there are **absolutely no exceptions** to the rule that no athlete is permitted to participate in any way without an up-to-date and valid medical form and that no volunteer can participate in any way without up-to-date and valid Volunteer Application/Screening.

If an athlete wishes to participate and either has never submitted a medical or their most recent one has expired, the only option is to have him or her not participate until the up-to-date medical has been completed and submitted. There is no “grace period”. There is no allowance because they have a doctor’s appointment next week or because the “have it” but forgot to bring it. If the medical you have for that athlete is expired they simply cannot participate. No exceptions whatsoever. The same applies to volunteers and their application/screening.

We understand this can lead to some difficult conversations, but being clear and consistent, and making sure that athletes, families and caregivers (and volunteers) are aware in advance of the season that their medical/application has or will expire is the solution. The GMS users in your Area can run reports and exports (including email addresses if they are in GMS) to assist with providing such advance notice.

This is reviewed in every pre-season webinar, yet we recently had to prohibit some individuals from participate in a recent on-snow day because they thought they could do so without an up-to-date medical or volunteer application. Don’t put your athletes and volunteers in a similar uncomfortable situation. Be sure they have everything up-to-date (and through the end of the sports season) before the season starts.

### **Risk Reminders**

Please remember that all contracts and requests for COIs must be sent to [risk@somd.org](mailto:risk@somd.org) for review by Rhonda and Jim’s signature. The email address, [risk@somd.org](mailto:risk@somd.org), was set up to ensure that these important

documents don't get lost in our inboxes. *Also, a reminder that the only person authorized to sign any form of agreement on behalf of our organization is our CEO.*

### **(NEW) CSOA Sessions**

With the recent suspension of training and competition activity, as well as in-person meetings, SOMD is adapting its coach training opportunities to meet this new challenge.

While there will continue to be the online version of Coaching Special Olympics Athletes (CSOA) available via Human Kinetics (links available on the SOMD Coach Resource Page <https://www.somd.org/coach/coach-resources/coach-education/>), we know that many coaches strongly prefer the live version of this course.

SOMD will be testing a virtual training version of CSOA on Saturday, April 18 from 10:00 til 1:30 (previously announced with a different date). This session will be a "beta test" of offering the live course in an online environment and will be limited to 15 participants. Once we have the kinks worked out of this, we will offer additional such sessions as needs require.

To Register: <https://somd.zoom.us/meeting/register/uJMtceisqTsjex7zVFmuH5nmKod9ZYaBWA>

### **(UPDATED) Principles of Coaching Live Course –June 20, 2020 & September 12, 2020**

*Update: If SOMD is still under a suspension of in person activity, we WILL still hold the June 20 session of Principles of Coaching as a virtual training session (e.g., online).*

We are very pleased to be one of the first few SO USA programs to offer the updated "live" version of the Principles of Coaching course. This exceptional, highly participative full day course is designed for coaches with at least two years of experience and covers such topics as:

- Developing a Coaching Perspective
- Team Management & Training
- Athlete-Centered Coaching
- Fitness & Nutrition
- Safety and Risk Management

As noted in the new Coach Education & Development Model, completion of Principles of Coaching is a requirement for a coach to earn Advanced Coach status and will also renew, upgrade and extend all current coach sport certifications for three years from the date of course completion. As a reminder, *Advanced Coach status is a requirement in order for a coach to take a team or athletes to any competition above the state level* (including USA Games, World Games, and National Invitational Tournaments or their equivalents). Coaches must attend and participate in the entirety of the course to receive credit for course completion.

We currently have 2 sessions of this course scheduled in 2020 and will look to potentially add another session in the fall if interest warrants it. Our intent is to offer this live session at least twice per year going forward.

Saturday, June 20, 2020, 9:00 a.m. – 5:00 p.m., SOMD HQ (Baltimore area)

Saturday, September 12, 2020, 9:00 a.m. – 5:00 p.m., SOMD HQ (Baltimore area)

There is no registration fee for these sessions. Lunch and refreshments throughout the day will be provided and registration for each session will be limited to a maximum of 25 coaches.

*(Note: Please do not register for a session if you are not certain you will attend – it may mean another coach who actually could attend will be unable to register).*

To register for one of these sessions, please use the following link:

[https://www.surveymonkey.com/r/POC\\_2020\\_reg](https://www.surveymonkey.com/r/POC_2020_reg)

**(UPDATED) Coach Education and Development -**

*UPDATE: This is just to confirm that this process will continue as planned. Since Summer Games will unfortunately not be occurring in 2020, this process will “kick off” with the 2020 Kayaking season, with coaches needing to have up-to-date Coach Sport Certifications at the Head Coach level for kayaking valid through August 15, 2020 in order to bring kayakers to the 2020 SOMD Kayaking Time Trails and State Championship.*

Thank you to everyone who joined us for the several sessions reviewing the Coach Education and Development system and the implications of the “full implementation” that takes place starting with the 2020 Summer Games sports seasons. The slides from the sessions have been posted on the Coach Education section of the Coach Resource Page (<https://www.somd.org/coach/coach-resources/coach-education/>) along with a link to a recording of one of the sessions.

While there have not been any actual changes to the system, please be certain that all Area leaders and coaches are aware that starting with the 2020 Summer Games Sports seasons, the following will be in place (in summary):

- Areas will not be able to send athletes or teams to a state competition unless they have a fully certified head coach for each sport or team (including fully up-to-date SONA sport certification).
- Only coaches who have a fully up-to-date (through the state championship) sport certification for their sport will be credentialed as coaches and only those individuals will have access to areas and privileges for coaches specifically (including team being on team benches, serving as base coaches, etc.)
- Only teams with coach certified as an Advanced Coach for their sport will be considered for advancement to competition above the state level (such as USA Games, NITs, etc.). Only coaches certified as Advanced Coaches in their sport will be considered for selection as coaches for events above the state level.

We are posting updated transcripts of coaches training course completion as well as rosters of the sport certifications status of coaches on at least a monthly basis on the Coach Resource Page (<https://www.somd.org/coach/coach-resources/coach-education/>).

While SOMD has no desire to eliminate any athletes or teams from Summer Games or any other upcoming competition, the full implementation of the Coach Education system and the implications that will begin with the 2020 Summer Games has been shared with Area leaders and coaches regularly since late 2018 and will be in place for the upcoming Summer Games and thereafter.

**(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**

<b>Sport</b>	<b>Date/Time</b>	<b>Registration / Recording Link</b>
Kayaking	Thu 4/16 7:00 p.m.	<a href="https://somd.zoom.us/meeting/register/u5MpfumuqD4i1UGQAepVuOgDxKfEuWncmw">https://somd.zoom.us/meeting/register/u5MpfumuqD4i1UGQAepVuOgDxKfEuWncmw</a>
Golf	Tue 7/14 7:00 p.m.	<a href="https://somd.zoom.us/j/355442527?pwd=UIBZeWp0Mk1PYWdab0V3SWlWY2tHZz09">https://somd.zoom.us/j/355442527?pwd=UIBZeWp0Mk1PYWdab0V3SWlWY2tHZz09</a>

**Pre-Competition Coaches Webinars**



<b>Sport</b>	<b>Date/Time</b>	<b>Registration / Recording Link</b>
Kayaking	Thu 8/04 7:00 p.m. 7:00 p.m.	<a href="https://somd.zoom.us/meeting/register/u5Ird-Cgpj8iqVOzNIYt8FINeU4GIAC7sg">https://somd.zoom.us/meeting/register/u5Ird-Cgpj8iqVOzNIYt8FINeU4GIAC7sg</a>

**(UPDATED) Community Sports Registration Deadlines For Most of 2020**

Registration Deadlines for community sports through most of 2020 have been set and are incorporated into the Sports Calendar included with this email. They are summarized below for your convenience as well.

<b>Event</b>	<b>Competition Date(s)</b>	<b>Training Registration Deadline (in GMS)**</b>	<b>Last Date To Submit Missing Forms**</b>	<b>Competition Registration Deadline (in GMS)**</b>
Kayaking Time Trials <i>(Required)</i>	08/08/2020	7/9/2020	7/16/2020	7/30/2020
Kayaking Championships	08/15/2020			
2020 Golf State Championship	9/27/2020	8/13/2020	8/20/2020	9/3/2020
2020 Fall Sports Festival	10/17/2020 <i>(Tentative)</i>	8/27/2020	9/10/2020	10/1/2020
2020 State Soccer Championships	10/25/2020 OR 11/1/2020 <i>(Tentative)</i>	8/27/2020	9/10/2020	10/1/2020
2020 Bowling Regional Tournaments	11/08/2020	09/24/2020	10/01/2020	10/16/2020
2020 Bowling Championships	12/06/2020			11/24/2020

**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](mailto: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](mailto: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](mailto:rkelchner@somd.org), 410-242-1515 x171
  - 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](mailto:jabel@somd.org), 410-242-1515 ex. 121
  - Any general question
- ***Claire Huston, Development Services Manager***
  - [chuston@somd.org](mailto:chuston@somd.org), 410-242-1515 ex. 145
  - All Local Program Fundraising
- ***Ben Varga, Healthy Communities Manager***
  - [bvarga@somd.org](mailto:bvarga@somd.org)
  - Healthy Athletes, Fitness Programs
- ***Pat Cullinan, Northern Chesapeake Region Director***
  - [pcullinan@somd.org](mailto:pcullinan@somd.org), 410-242-1515
  - Harford, Cecil, and Kent Counties
- ***Mike Myers, Baltimore Region Director***
  - [mmyers@somd.org](mailto:mmyers@somd.org), 410-242-1515
  - Baltimore County and City
- ***Ron Freeman, Baltimore City Coordinator***
  - [rfreeman@somd.org](mailto:rfreeman@somd.org), 410.598.1027
  - Baltimore City Public Schools, Baltimore City Rec and Parks
- ***Tyler Martin, Western Region Coordinator***
  - [tmartin@somd.org](mailto:tmartin@somd.org), 717-321-3642
  - Frederick, Washington, Allegany, Garrett Counties