

Special Olympics Maryland Area Memo

December 4, 2020

**Special
Olympics
Maryland**



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Welcome

This will be the 2nd to last Area Memo of 2020!

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.

(NEW) SOMD Staff Holiday Vacation

Over the next few weeks, some SOMD staff members will be enjoying a holiday vacation. Please use the grid below if you need to contact a staff member. Apologies in advance for any delay of response there may be. **Generally Jeff (jabel@somd.org; 410-206-0453) will be available the whole time**, so feel free to contact him for any needs/questions in which other program staff members are unavailable. Similarly, if it is a sports question, Mike Czarnowsky is willing to be available by phone.

Staff Member	Leave Begins	Returns to HQ	Notes
Jeff Abel	<i>No leave scheduled</i>		Will be available on 12/24 and 12/31
Melissa Anger	12/14/2020	01/04/2021	
Steve Bennett	12/21/2020	01/06/2021	
Sam Boyd	12/14/2020	1/04/2021	
Emma Bush	12/21/2020	01/04/2021	
Zach Cintron	12/24/2020	01/04/2021	
Pat Cullinan	<i>No leave scheduled</i>		
Mike Czarnowsky	12/16/2020	01/04/2021	Available by phone if no other sports staff
Adam Hays	12/16/2020	1/04/2021	
Mackenzie Irvin	12/17/20	1/05/21	
Ryan Kelchner	12/24/2020	01/05/2021	
Melissa Kelly	12/17/20	1/04/21	

Tyler Martin	12/14/20	1/04/21	
Mike Myers	12/17/20	1/04/21	
Dottie Rush	12/23/2020	01/04/2021	
Jason Schriml	12/17/2020	01/04/2021	
Veronica Smaldone	12/22/2020	1/05/2020	
Ben Varga	12/16/2020	1/04/2021	

Staff Member	Mon 12/14	Tue 12/15	Wed 12/16	Thu 12/17	Fri 12/18	Mon 12/21	Tue 12/22	Wed 12/23	Thu 12/24	Fri 12/25	Mon 12/28	Tue 12/29	Wed 12/30	Thu 12/31	Fri 1/1
Jeff A.	Green	Green	Green	Green	Green	Green	Green	Green	Green	Grey	Green	Green	Green	Green	Grey
Melissa A.	Red	Red	Red	Red	Red	Red	Red	Red	Red	Grey	Red	Red	Red	Red	Grey
Steve B.	Green	Green	Green	Green	Green	Green	Green	Green	Green	Grey	Green	Green	Green	Green	Grey
Sam B.	Red	Red	Red	Red	Red	Red	Red	Red	Red	Grey	Red	Red	Red	Red	Grey
Emma B.	Green	Green	Green	Green	Green	Green	Green	Green	Green	Grey	Green	Green	Green	Green	Grey
Zach C.	Green	Green	Green	Green	Red	Green	Green	Green	Green	Grey	Green	Green	Green	Green	Grey
Pat C.	Green	Green	Green	Green	Green	Green	Green	Green	Green	Grey	Green	Green	Green	Green	Grey
Mike C.	Green	Green	Red	Red	Red	Red	Red	Red	Red	Grey	Red	Red	Red	Red	Grey
Adam H	Green	Green	Red	Red	Red	Red	Red	Red	Red	Grey	Red	Red	Red	Red	Grey
Mack I	Green	Green	Green	Red	Red	Red	Red	Red	Red	Grey	Red	Red	Red	Red	Grey
Ryan K.	Green	Green	Green	Green	Red	Green	Green	Green	Green	Grey	Red	Red	Red	Red	Grey
Melissa K.	Green	Green	Green	Red	Red	Red	Red	Red	Red	Grey	Red	Red	Red	Red	Grey
Tyler M.	Red	Red	Red	Red	Red	Red	Red	Red	Red	Grey	Red	Red	Red	Red	Grey
Mike M.	Green	Green	Green	Red	Red	Red	Red	Red	Red	Grey	Red	Red	Red	Red	Grey
Dottie R.	Green	Green	Green	Green	Green	Green	Green	Red	Red	Grey	Red	Red	Red	Red	Grey
Jason S	Green	Green	Green	Red	Green	Red	Red	Red	Red	Grey	Red	Red	Red	Red	Grey
Veronica S.	Green	Green	Green	Green	Green	Red	Red	Red	Red	Grey	Red	Red	Red	Red	Grey
Ben V.	Green	Green	Red	Red	Red	Red	Red	Red	Red	Grey	Red	Red	Red	Red	Grey

Red	Person on leave this day (i.e., not available)
Green	Person working on this date (i.e., available)
Grey	SOMD HQ offices closed on this date (i.e., not available)

(NEW) MinuteClinic Discounted Sports Physicals for Special Olympics Athletes

Thanks to a national partnership with MinuteClinic, Special Olympics athletes are eligible to receive a sports physical at a discounted rate of \$49.00. A Voucher is attached to this Area Memo, which must be present at the time of the physical. It is also important that the athlete bring the SOMD Medical with them to ensure the proper paperwork is completed.

To find the closest MinuteClinic and to make an appointment, visit www.minuteclinic.com

Please note, this is not an endorsement of MinuteClinic by Special Olympics Maryland, simply passing along a resource for athletes and their families.

Sports Updates – Alpine, Snowshoeing, Basketball & Summer Games

Thank you to everyone who was able to provide input as we made final determinations on the SOMD sports program for the first half of 2021. As reviewed during the recent Area Director Meeting we have made the following plans for the upcoming Jan-June 2021 timeframe:

Winter Games Sports (Alpine Skiing, Snowshoeing)

- Area programs are encouraged to offer virtual and in-person training in these sports to the best of their ability.
- SOMD, in conjunction with Sport Management Teams (SMTs) will develop and provide resources for dryland and virtual training.
- SOMD, with the SMTs and the Winter Games GMT, will provide at least two, possibly three, on-snow training opportunities including gate/race training, if conditions permit.
- SOMD will pilot the new Fitness Competition Model as an option for interested Areas.
- Due to requirements of SOMD's Return to Activity protocols, there will not be a Winter Games held in 2021.

Basketball

- Area programs are encouraged to offer virtual and in-person training in basketball to the best of their ability (either indoor or outdoor, if conditions permit).
- SOMD, in conjunction with the Basketball Sport Management Team (SMT) will develop and provide resources for virtual training, as well as new "higher level" individual and team skills events to provide challenging training and competition opportunities for all basketball players, even though actual basketball games will not be able to be played.
- SOMD, with the SMT and Area co-hosts, will provide multiple competition opportunities as interest and conditions permit.
- Due to requirements of SOMD's Return to Activity protocols, there will not be a state basketball tournament held in 2021.

Summer Games Sports (Athletics, Bocce, Cheerleading, Softball, Swimming)

- Area programs are encouraged to offer virtual and in-person training in these sports to the best of their ability.
- SOMD, in conjunction with Sport Management Teams (SMTs), will develop and provide resources for virtual training, as well as determine what adaptations may be necessary to conduct each sport while still under COVID protocols.
- SOMD, with the SMT and Area co-hosts, will provide multiple competition opportunities as interest and conditions permit.
- At this point SOMD plans to host a one-day Summer Games (protocols preclude overnight stays). Models for what this could look like will be explored in 2020Q4 and 2021Q1 with Area leaders, SMTs, etc. The practicality of this, based on the evolving situation with COVID, will be reviewed in Q1 and Q2 and may become more restrictive for one or more sports.

SOMD Coach of the Year Nominations

The Maryland Coach of the Year Selection Committee is seeking your input in identifying our best coaches and selecting the Maryland nominee for the **2020 Special Olympics North America Coach of the Year**. This award is given annually to an outstanding Special Olympics coach who has made a significant impact and demonstrated exceptional commitment to both the Special Olympics Program, his/her athletes and the Movement. He or she also has high expectations for his/her athletes and himself/herself to reach their maximum potential.

Please utilize the attached nomination form and send it to coaches@somd.org **no later than Sunday, December 6, 2020.**

NOTES:

- Only **one community-program nominee** may be submitted per North American Accredited Program. A Maryland selection committee will be assembled, selecting one nominee to put forth for consideration by North America.
- All coaches for whom we receive a *complete nomination package* will be recognized by SOMD.
- The criteria for the nominee, as indicated by SONA, are as follows:
 - 1) Be an active, certified Special Olympics coach with at least 3 years of coaching experience.
 - 2) Has gone above and beyond to keep their athletes engaged in sports during COVID restrictions.
 - 3) Provides other opportunities for athlete(s) with the purpose of improving their health, fitness, well-being and integration with the community.
 - 4) Exhibits good sportsmanship qualities and is a role model to his/her athletes.
 - 5) Has made a **significant impact** to his or her athletes, the Program and the Movement.

Changes For On-Snow Training at Whitetail, Liberty, and Roundtop

If your Area is planning to participate in any of the on-snow training opportunities organized by SOMD at Whitetail Resort, or are planning to schedule on snow trainings on your own at Whitetail Resort, Liberty Mountain Resort, or Roundtop Mountain Resort, please be certain to review the attached one-pager summarizing the many changes that are being implemented at these facilities during the upcoming season due to the COVID situation. These changes are *in addition to* the required SO protocols (e.g., screening of all SO participants is still required).

Some key changes *include but are not limited to*:

- All purchases of lift tickets, equipment rentals and meals MUST be made in advance through reservations via the sales office and are limited based upon availability. This includes individuals that have season passes.
- Individuals that do not make advance reservations will not be able to use the resort.
- Indoor space cannot be held or “reserved” as has typically been the case
- Non-skiers (family members) will not be able to wait on-site in the lodge while athletes, partners and coaches ski (we are exploring possible options for where they can wait other than their vehicles, but have not yet found an alternative)

Just as with other SOMD in-person activities, this is an evolving situation and changes are likely to occur based on conditions, etc. We will review these changes and discuss implications during the Alpine Skiing and Snowshoeing pre-season webinars, so it is essential that any Area planning for on-snow participation attend these sessions (dates, times, and registration links are included in the pre-season webinar section towards the end of this Area Memo and have been sent directly to coaches).

December Social Clubs

‘Tis the Season for Holiday-themed athlete social clubs! See the attached schedule and join the fun!

Phase Movement Tracking Document

As was discussed on last week’s AD Covid Call, protocol has been laid out for programs to progress (or regress) in phases!

The requirements for programs to move into Phase 2 include:

- 2 weeks in Phase 1

- 7 consecutive days at a 'yellow' or 'green' risk level defined by the Harvard multi-metric covid risk map.
- Site Assessment done by SOMD Staff member

Jeff will be tracking risk levels daily--- and you can keep track of your program by visiting:

https://docs.google.com/spreadsheets/d/1s4Y3v_yH6WBXcM1AsI7YR4_eJqxrwmITLhTufGM_vU/edit?usp=sharing

Remember, coaches and Area Leaders should work together to determine when they feel comfortable moving into a less-restrictive phase. Additionally, programs MUST continue to operate in their current phase until they receive written approval to progress from Jeff.

Return to Activities Website

Please use the site below as a resource for your Athletes, Coaches, Volunteers, and Families! SOMD's Return to Activities Website is filled with resources to help our state successfully and safely get our athletes back on the field!

<https://virtualsomd.com/return-to-play/>

(UPDATED) COVID-19 Area Directors Call

Our next bi-weekly COVID call will take place on Wednesday 12/16/2020 at 6:30pm. Please use the link below to register.

https://somd.zoom.us/meeting/register/tJMtdumtrz4uGNUKt3A_xkd3lnPX0wrz2fLr

Details will be sent in advance for our Area Leader Virtual Plunge!

Coaches Training – CSOA and PoC Sessions

Coaching Special Olympics Athletes (CSOA) -- SOMD is pleased to offer in-person training sessions for Coaching Special Olympics Athletes, a requirement for all Coaches. *(Due to the conversational and interactive nature of this course, we must have a minimum of 7 registrants at least 3 business days prior to the course in order for it to be held.)*

Saturday, January 23, 2021, 9:00 a.m. to 1:00 p.m. In-person Training session at SOMD HQ (limit of 20 participants) *(Note: We will make a determination no later than November 2, 2020, whether this session will be held as an "in-person" or "virtual" course.)*

To register for either of these sessions, [please click here](#).

Principles of Coaching (PoC) - SOMD is pleased to host additional sessions of the Principles of Coaching course, necessary for all coaches wishing to take teams/athletes or serve as a coach to any competition above the state level (including USA Games, World Games, NITs, NIRSA events, etc.). This free course is intended for coaches with a *minimum of two years coaching experience* and, along with appropriate sport-specific training, serves to certify a coach as an Advanced coach. *(Due to the conversational and interactive nature of this course, and the need to send "hard copy" course materials to participants in advance of the session, we must have a minimum of 7 registrants at least 5 business days prior to a virtual PoC course in order for it to be held.)*

Saturday, December 5, 2020, 9:00 a.m. – 2:00 p.m. REGISTRATION IS CLOSED FOR THIS SESSION.

Important Note On All Virtual Training Sessions: Given the interactive nature of these courses, if a course gets changed to a virtual training session, participants **MUST** be able to join the Zoom meeting with a webcam, speaker and microphone so we can see and hear everyone during the course. Please also check in advance of the session that Zoom works properly for your computer (with webcam, microphone and speaker) as we will have limited opportunity to provide tech assistance during the session itself. (Zoom’s online help has been fairly solid.)

(UPDATED) Pre-Season and Pre-Competition Webinars

The dates and time for Pre-Season 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
Alpine Skiing	Tue 11/24	Recording: https://www.youtube.com/watch?v=JWBW-gH3UhU&feature=youtu.be
Snow-shoeing	Mon 11/30	Recording: https://www.youtube.com/watch?v=EhLx5DW8mYo&feature=youtu.be
Basketball	Tue 12/01	Recording: https://www.youtube.com/watch?v=hKBxUPrU-F0&feature=youtu.be

Pre-Competition Coaches Webinars

Due to the decision to cancel all Winter Games and the SOMD State Basketball Tournament, there is no need to conduct “pre-competition” webinars.

Note: As SOMD and Areas determine specifics for co-hosted competition opportunities in Winter 2021, webinars/web meetings will likely be scheduled prior to those competitions to review what to expect (given the newness of the application of the R2A protocols).

Community Sports Registration Deadlines For Most of 2020

Given the cancellation of state-level community championships through the end of 2020, our “traditional” schedule structure for deadlines is not applicable. That said all participants still **MUST** be registered and have their valid and up-to-date forms/certifications submitted to SOMD HQ in a timely manner.

Regardless of deadlines noted below, forms/certifications must be up-to-date at HQ prior to any competition and valid through the date of that competition.

Sport	When	What Is Due
Golf*	09/01/2020	

Cycling Distance Running Flag Football Powerlifting Soccer Tennis	10/01/2020	<ul style="list-style-type: none"> Roster entered into GMS of all athletes, Unified® partners, coaches and volunteers participating in your program. Every athlete must have a complete medical form <u>valid through October 31, 2020</u> on file at SOMD HQ*. Every coach/partner/volunteer must have a complete volunteer application and updated Protective Behaviors Certification valid thru <u>October 31, 2020</u> on file at SOMD HQ*. <u>All Coaches & Sports Vols</u> must have Special Olympics Concussion Certification.
Bowling*	11/01/2020	<ul style="list-style-type: none"> <u>All Coaches</u>: must have the sport-specific certification for their sport completed and submitted to SOMD HQ along with CSOA.

*Golf forms/certifications must be valid thru Sept 30, 2020

*Bowling forms/certifications must be valid thru Dec 31, 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, 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 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, 410-242-1515 ex. 121

- Any general question

- **Melissa Kelly, Sr. Director, Unified Champion schools**
 - mkelly@somd.org, 410-979-5839
 - School engagement & partnerships

- **Mackenzie Irvin, Young Athletes Program Director**
 - mirvin@somd.org, 857-939-4867
 - Young Athletes Program, Elementary School programming

- **Veronica Smaldone, Unified Champion Schools Coordinator (Western MD)**
 - vsmaldone@somd.org
 - Inclusive Youth Leadership & Whole School Engagement

- **Emma Bush, Unified Champion Schools Coordinator (Eastern Shore)**
 - ebush@somd.org
 - Inclusive Youth Leadership & Whole School Engagement

- **Sam Boyd, Volunteer Director**
 - sboyd@somd.org, 443-766-9245
 - Volunteer Recruitment, Retention, Training

- **Ben Varga, Healthy Communities Manager**
 - bvarga@somd.org
 - Healthy Athletes, Fitness Programs

- **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

- **Tyler Martin, Western Region Coordinator**
 - tmartin@somd.org, 717-321-3642
 - Frederick, Washington, Allegany, Garrett Counties