

# **Special Olympics Maryland Area Memo**

## **09/13/2023**

**Special  
Olympics  
Maryland**



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### **Welcome**

If there are any members of your area's leadership who are not currently receiving the Area Memo, [please fill out this form](#)

### **Shout out a volunteer**

This memo's shout outs go to...

Bob Signor

Thank you, Bob, for consistently offering high-quality sports programs and opportunities for the community athletes and agency partners of Baltimore City!

Mary Shunk and Laurie Brewer

Thank you, Mary and Laurie, for taking the \*reins\* on the Locally Popular Equestrian Event in October.

Please use the link below to submit your shout outs!

<https://www.surveymonkey.com/r/LV88QG9>

### **Go Over the Edge in Howard County**

Special Olympics Maryland-Howard County will be hosting their Over the Edge Fundraiser on September 23, 2023 at 6100 Merriweather in Columbia, MD. The Howard County program is offering this as a collaborative fundraising opportunity with other area programs. You can rappel down the highest building in Howard County while fundraising (70/30 net split) for your program!

Visit <https://www.classy.org/event/2023-special-olympics-maryland-howard-county-over-the-edge/e475475> for more information!

**(NEW) Welcome new SOMD Staff Members- Julie Martin!**

We are excited to welcome new staff member, Julie Martin to Special Olympics Maryland as the Unified Champion Schools Manager!

This position was originally posted as Manager, Program Grants, working with Health, MSDE, and Unified Champion Schools grants, and funded by both the UCS and Health grant funding. This position was reworked to focus on the Unified Champion Schools grant, as well as programmatic elements related to inclusive youth leadership and whole school engagement based on the experience and skillset that Julie demonstrated in her interviews, as well as our desire to conserve Health Impact Grant funding to support the Young Athletes Program should the MSDE grant not be available this year.

The new focus for this position will allow us to increase the number of schools offering the 3 Unified Champion Schools components (Unified Sports & Activities, Inclusive Youth Leadership, Whole School Engagement), while also facilitating more efficient grant writing, data collection, and reporting for the Unified Champion Schools grant. Julie's efforts assisting schools implementing programs will enhance both qualitative and quantitative aspects of our Unified Champion Schools narrative.

Julie brings extensive experience in the human services field having previously worked at Catholic Charities of Baltimore, as well as teaching internationally, and we are looking forward to her many contributions to the growth of our programs! Please help us welcome Julie to the team!

**(NEW) 90 Day Fitness Challenge**

The Special Olympics Maryland **90 Day Fit 5 Fitness Challenge** is BACK! Did you know that it takes 21 days to make a habit and 90 days to make it a permanent lifestyle change? The 21/90 rule states that once you have established a habit, you can turn it into a lifestyle change by completing your established goals for 90 Days. This 90 Day Fitness Challenge is designed to encourage athletes to create a healthier lifestyle by meeting their **physical activity**, **nutrition**, and **hydration** goals for 90 days. Participants will track their progress using ready to use activity logs and will be encouraged to post accomplishments on social media.

**The Who, What, Where, When, and How**

**Who:** All SOMD Athletes, Unified Partners, and family members are encouraged to sign-up and participate! Registration can be for a singular participant or for a team of up to 10 people.

**What:** All are invited to participate in this 90 Day Fit 5 Fitness Challenge designed to create healthier lifestyles while following the Fit 5 goals.

**Where:** At home and anywhere you can be physically active! Walking the dog, hiking, biking, sports practice, Physical Education class...everything counts as long as it is intentional!

**When:** Saturday September 23<sup>rd</sup> – Thursday December 21<sup>st</sup> 2023 (First Day of Fall – First Day of Winter)

*\*Please note, that you can still sign up and participate even if you miss the start date\**

**How to Register:**

**Step 1 – Register** by visiting this [LINK](#) (Information that you'll need: Participants Name, Email/ Contact Info, Age Group, and Local Program).

**Step 2 – After registering**, participants will keep track of their **physical activity**, **nutrition**, and **hydration** goals on the corresponding trackers.

Any questions, please reach out to Kayla Shields, the Health & Fitness Director at Special Olympics Maryland at [healthyathletes@somd.org](mailto:healthyathletes@somd.org)

Make sure to check out our user-friendly website to learn even more: [90 Day Fit 5 Fitness Challenge - SOMD Virtual MOVEment \(virtualsomd.com\)](#)

**(NEW) Deadline for Submission of Missing Forms Adjusted for Fall Sports Festival and Soccer**

For a variety of reasons, we will be adjusting the deadline for an Area to submit any forms that were received from training program participants (prior to the person starting their participation) but had not yet been submitted to SOMD HQ. **The adjusted deadline will now be Tuesday, September 19, 2023.** (It had previously been Sept 11.)

As a reminder, this “missing forms” deadline *does not in any manner imply that it is acceptable for an individual to begin participating in a Special Olympics training program without having already provided all the necessary forms/certifications for their role in that program.* It is simply a recognition that an Area may already have the forms in hand but has not yet submitted them to HQ following the standard submission process.

In addition, both 2023 Fall Sports Festival and 2023 Soccer are both now open in GMS for Areas to:

- **Enter competitors into their events** and add their scores
- **Enter competitors onto teams** for their sports (e.g., tennis, distance running)
  - *Note: as has been the case for many years, SOMD will assign competitors to teams for the sports of Flag Football and Soccer. This will be based on the team rosters submitted to Melissa Anger. Areas must enter any Flag Football or Soccer Individual Skills competitors into their events and provide their entry score.*
- **Adjust the role of any individual** to the correct one for that competition (e.g., to Unified® partner or sport volunteer, etc.)
  - *Note: Anyone who an Area indicates is a coach but has not earned or maintained the necessary SONA Sport Certification will be changed by SOMD to either a Sport Volunteer or Volunteer (whichever is the highest role for which they have met all necessary requirements)*
- **Delete any member in their delegation** who will not be attending the Fall Sports Festival or Soccer Championship (*all forms for these deleted individuals must still be provided to SOMD HQ even though they are not attending the state competition*)

**(NEW) SOMD Stakeholder Survey**

**PLEASE SHARE WITH YOUR ATHLETES AND FAMILIES**

As Special Olympics Maryland builds our updated strategic plan for our organization, your thoughts and feedback are very valuable.

Please use the link below to take a brief survey to provide feedback on your experience participating as an Athlete, Unified Teammate, Volunteer, or Family Member with Special Olympics Maryland and your Area Program. The survey should take approximately 5-7 minutes to complete.

Participation is anonymous, but you can provide contact information at the end of the survey if you want to help continue to grow our programs in your community and throughout the state.

**Link to Survey:** <https://www.surveymonkey.com/r/SStakeholder>

If you have any questions, please email SOMD Vice President, Local Program Development, Jeff Abel ([jabel@somd.org](mailto:jabel@somd.org)).

**Uniform Design Reminder**

As programs start to design and order uniforms for the fall and winter seasons, please remember that all uniform designs must be approved by Jeff ([jabel@somd.org](mailto:jabel@somd.org)) before ordering to ensure compliance with brand guidelines. Please send Jeff any uniform artwork/logos before placing your order.

Reminder: This is for logo/artwork design only. Jeff is not checking uniform/garment compliance with sport standards.

### **Area Program Sport & Activity Information Form**

To more effectively capture the many programs and activities taking place in the community, we have put together a Training Program Information Form. This form will help our state office stay more organized with up-to-date information on what programs are happening, where they're happening, and when they are happening.

Please submit 1 form for each sport/activity from your program using the link below:

<https://wkf.ms/3Kqg0Zp>

To avoid duplicate submissions, Coaches, Sport Volunteers, and Sport Coordinators, please work with your Area Leadership on submitting this form as they may have done so already. We ask that this is submitted by the registration deadline during each sport season.

If you have any questions, please contact Jeff Abel ([jabel@somd.org](mailto:jabel@somd.org)).

### **JTCC Special Olympics Tennis Program**

Fall Tennis with JTCC is kicking off soon! We are excited to continue this partnership with JTCC to provide an additional training opportunity for Special Olympics athletes.

Location: JTCC- 5200 Campus Dr, College Park, MD 20740

Sundays from 4:30-6:00pm

Dates:

8/27, 9/3, 10, 17, 24, 10/1, 8, 15, 22, 29, 11/5

Pre-registration is REQUIRED! Register Here: <https://forms.gle/sLp8GPRDDVYhwswk7>

\*You do not have to be registered in a fall tennis training program to participate. These sessions are open to all levels of play and tennis experience.

### **(UPDATED) CSOA Course Offered Live and In-Person at SOMD HQ (Saturday, September 30)**

We're very pleased to announce the return of Coaching Special Olympics Athletes (CSOA) as a live, in-person course. These course, offered free of charge, will serve to renew any existing Coach Sport Certification for 3 years. It will also elevate any existing non-coaching volunteer to Assist Coach status for all sports.

Also, as you no doubt know, *CSOA is a required course for ALL coaches (no coach will earn a sport certification or have an existing certification renewed/extended unless they have completed CSOA once; only exception is for coaches who work exclusively with Unified sports, in which case they must complete the online Coaching Unified Sports (CUS) course).*

We must have a minimum of 7 registrants signed up at least 2 days in advance of each course due to the heavily "discussion-focused" nature of these courses. There will be a cap of 25 registrants per session. As of this memo, there are already 3 registrants for the September 30<sup>th</sup> session.

Registration is required at least 2 business days in advance of the course so we can be sure we have a sufficient number to hold each class and to have an adequate number of packets and refreshments available.

#### ***Coaching Special Olympics Athletes (CSOA)***

Saturday, September 30, 9:00am – 1:00pm

To register, please complete the following online registration survey:

[https://www.surveymonkey.com/r/CSOA\\_PoC\\_Reg\\_2023](https://www.surveymonkey.com/r/CSOA_PoC_Reg_2023)

### **Area Program Fundraiser Info Form**

As we discussed in our Area Director meeting and on Monday's call, we'd like to get a better idea of the many fundraisers taking place around the state in support of Special Olympics Maryland. This will also help us advertise your events while also consolidating state office requests for credit card machines, Classy Pages, and more.

[Moving forward, please fill out this form when you are planning a fundraiser.](#)

Area Directors- Please send Jeff 1 email address that will receive a confirmation email when a fundraiser is submitted for your local program (thanks to those who already have...you'll receive an activation email from Monday.com)

### **(UPDATED) Finance Corner**

**Fun Fact** - Only one sport has ever been played on the moon – GOLF!

- Alan Shepard took golf balls to the moon on Apollo 14 in Jan/Feb 1971
- He shanked his first shot into a crater
- His second shot reached a distance of about 600 feet (183 meters)
- There are still two golf balls on the moon!

**BUDGET 2024** – In case you missed it, the MARTUS training held on 8/24 was recorded <https://youtu.be/YU9LYmA8BwY> and there is a slide deck attached to this Area Memo.

Budgets need to be submitted by **Sept 15th**. If you need any assistance, please reach out to the finance team.

### **(NEW) Donation Information Corner**

1. **Area Donation Tracking Link:** please use this link to provide information to SOMD about any anticipated gifts that may come directly to the SOMD office or bank account:

[Area Donation Tracking Report](#)

2. **Private Donation Link for Honor/Memorial Donations and specific gifts from donors:** If you have an individual donor or sponsor that has reached out to you and wants to make a donation to support your program directly, or if you would like to include a link for memorial donations, you can provide this PRIVATE donation link, but please remember, **this link cannot be included on your local area website or sent out as an email blast**. Please encourage donors to fill out the "Direct My Gift to" dropdown in the form.

[Private Giving Link Request](#)

3. **Stock Giving Option:** please provide the information below to anyone who would like to make a gift of stock to your local area program. You can also notify SOMD that a gift is coming to support your program by adding this information to the [Area Donation Tracking Report](#).

To make a gift of stock, please share this information with your financial advisor:

**Morgan Stanley LLC  
DTC #0015**

**For the benefit of Special Olympics Maryland/633-117478**

**c/o: Morgan Stanley  
650 S. Exeter Street, Suite 1100  
Baltimore, MD 21202**

4. **Matching Gifts:** Many companies generously offer to match their employees' charitable contributions. Some even provide matching funds to support employee volunteer hours. Most of these programs match contributions dollar for dollar, and some will even double or triple the amount of your gift!

[Click Here](#) to enter your employer's name to see if they participate in the matching gift program, and if they do, get a link to the matching donation page.

If you are aware of any matching gifts that may be coming in for your local area program, please notify SOMD that a gift is coming to support your program by adding this information to the [Area Donation Tracking Report](#)

**(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** (slides from recorded sessions are available on the respective CRP)

<b>Sport</b>	<b>Date/Time</b>	<b>Registration / Recording Link</b>
Golf	Wed, 07/19	Recording: <a href="https://www.youtube.com/watch?v=Gby4uMQyFvc">https://www.youtube.com/watch?v=Gby4uMQyFvc</a>
Cycling	Tue, 08/01	Recording: <a href="https://www.youtube.com/watch?v=Kp5A4XGD1LI">https://www.youtube.com/watch?v=Kp5A4XGD1LI</a>
Dist. Run.	Mon, 08/14	Recording: <a href="https://www.youtube.com/watch?v=AH-ovuBylcU">https://www.youtube.com/watch?v=AH-ovuBylcU</a>
Flag Football	Wed, 08/09	Recording: <a href="https://youtu.be/1qiPIDqIb7g">https://youtu.be/1qiPIDqIb7g</a>
Powerlifting	Mon, 08/14	Recording: <a href="https://www.youtube.com/watch?v=HhatbnWtILA">https://www.youtube.com/watch?v=HhatbnWtILA</a>
Soccer	Thu, 08/17	Recording: <a href="https://youtu.be/PyGqIJjOvxg">https://youtu.be/PyGqIJjOvxg</a>
Tennis	Wed, 08/09	Recording: <a href="https://youtu.be/kCzlx_Q07S8">https://youtu.be/kCzlx_Q07S8</a>
Bowling	Thu, 09/07	Recording: <a href="https://youtu.be/TfyGQhftCk">https://youtu.be/TfyGQhftCk</a>

**Pre-Competition Coaches Webinars** (slides from recorded sessions are available on the respective CRP)

<b>Sport</b>	<b>Date/Time</b>	<b>Registration / Recording Link</b>
Golf	Tue, 09/19 6:30-7:30pm	<a href="https://somed.zoom.us/meeting/register/tZEqcumhpzwpEtDmWdRycUfWPvKnXLBLFXuc">https://somed.zoom.us/meeting/register/tZEqcumhpzwpEtDmWdRycUfWPvKnXLBLFXuc</a>
Cycling	Thu, 10/12 6:00-7:00pm	<a href="https://somed.zoom.us/meeting/register/tZYqdOurrDMtGdNlj8zNzWMnXlIzaNx9WG9e">https://somed.zoom.us/meeting/register/tZYqdOurrDMtGdNlj8zNzWMnXlIzaNx9WG9e</a>
Dist. Run.	Wed, 10/11 7:00-8:00pm	<a href="https://somed.zoom.us/meeting/register/tZYrdOggqT8uHdaMdlvPHhZnUkocHHvb67Bp">https://somed.zoom.us/meeting/register/tZYrdOggqT8uHdaMdlvPHhZnUkocHHvb67Bp</a>
Flag Football	Tue, 10/10 7:00-8:00pm	<a href="https://somed.zoom.us/meeting/register/tZ0ufu2qqTMtHtcYEEjc1cJdOs7Pt4KgayZP">https://somed.zoom.us/meeting/register/tZ0ufu2qqTMtHtcYEEjc1cJdOs7Pt4KgayZP</a>
Powerlifting	Wed, 10/11 6:00-7:00pm	<a href="https://somed.zoom.us/meeting/register/tZcocuupqTsrE9VznaCqZSf5aX4Dudy4tWjg">https://somed.zoom.us/meeting/register/tZcocuupqTsrE9VznaCqZSf5aX4Dudy4tWjg</a>
Soccer	Tue, 10/24 6:00-7:00pm	<a href="https://somed.zoom.us/meeting/register/tZcpf-yrqDMuGNbirl2T_JkMboM2egRy-UHu">https://somed.zoom.us/meeting/register/tZcpf-yrqDMuGNbirl2T_JkMboM2egRy-UHu</a>

Tennis	Tue, 10/10 6:00-7:00pm	<a href="https://somed.zoom.us/meeting/register/tZAkcuivqjsrHNNH8xOq58FL_dXTYQdIT3Jw3">https://somed.zoom.us/meeting/register/tZAkcuivqjsrHNNH8xOq58FL_dXTYQdIT3Jw3</a>
Bowling - Regionals	Thu, 11/02 6:00-7:00pm	<a href="https://somed.zoom.us/meeting/register/tZctf-GvqDoiGdTPAe6MQhPdfyWLLwbGrAyr">https://somed.zoom.us/meeting/register/tZctf-GvqDoiGdTPAe6MQhPdfyWLLwbGrAyr</a>
Bowling - Finals	Tue, 11/28 6:00-7:00pm	<a href="https://somed.zoom.us/meeting/register/tZAsdeytrjspHtBoFx18GPTcbB5OPlqTICn">https://somed.zoom.us/meeting/register/tZAsdeytrjspHtBoFx18GPTcbB5OPlqTICn</a>

**Sports Department Contacts – Assigned Sports**

Your Area Director and Area Leadership should always be your first point of contact. However, should you have questions regarding a specific sport, coach education, or competition, please work with the corresponding Sport Director.

- **Melissa Anger, Senior Sports Director**

- [manger@somd.org](mailto:manger@somd.org), 410.242.1515 x122

Basketball	Soccer	<i>Locally Popular Sports: Volleyball, Cross Country Skiing, Pickleball</i>
Cheerleading	Softball	
Flag Football	Tennis	

- **Casey Collins, Sports Director**

- [ccollins@somd.org](mailto:ccollins@somd.org), 410.242.1515 x171

*(See sports below for Ryan Kelchner as Ryan transitions out)*

- **Ryan Kelchner, Sports Director**

- [rkelchner@somd.org](mailto:rkelchner@somd.org), 410.242.1515 x171

Athletics	Golf	<i>Locally Popular Sports: Dance, Equestrian Sports, Floor Hockey</i>
Bocce	Powerlifting	
Distance Running	Snowshoeing	

- **Elizabeth Kramer, Sports Director**

- [ekramer@somd.org](mailto:ekramer@somd.org), 410.242.1515 x127

Alpine Skiing	Kayaking	<i>Locally Popular Sports: Figure Skating, Sailing, Short Track Speed Skating, Duckpin Bowling</i>
Bowling (10 pin)	Swimming	
Cycling		

If you have questions regarding multi-sport events, or USA/World Games, please contact:

- **Steve Bennett, Senior Director, Competitions**

- [sbennett@somd.org](mailto:sbennett@somd.org), 410.242.1515 x102

Summer Games	Fall Sports Festival	USA Games
Winter Games		World Games

If you have questions regarding High School Unified® Sports (IUS) training and competition, please contact:

- **Zach Cintron, Senior Director, High School Unified® Sports**

- [zcintron@somd.org](mailto:zcintron@somd.org), 410.242.1515 x161

IUS Athletics (T&F)	IUS Outdoor Bocce	IUS Tennis
IUS Indoor Bocce	IUS Strength & Conditioning	

Overall Sports Leadership (any sports/competition questions that aren't related to a specific sport)

- **Mike Czarnowsky, Vice President, Sports**
  - [mczarnowsky@somd.org](mailto:mczarnowsky@somd.org), 410.241.6280

### Questions?

If You Have Any Questions on Any Other Non-Sports-Related Issues, please contact a member of the Local Programs Team

- **Jeff Abel, Vice President, Local Programs**
  - [jabel@somd.org](mailto:jabel@somd.org), 410-242-1515 ex. 121
  - Any general question
- **Melissa Kelly, Senior Director, Unified® Champion schools**
  - [mkelly@somd.org](mailto:mkelly@somd.org), 410-979-5839
  - Unified® Champion Schools, Youth Leadership, and School Engagement, Middle School Sports
- **Julie Martin, Manager, Unified Champion Schools**
  - [jmartin@somd.org](mailto:jmartin@somd.org)
  - Unified Champion Schools Grant, Youth Leadership and Whole School Engagement
- **Jake Novick, Manager, Unified Recreation**
  - [jnovick@somd.org](mailto:jnovick@somd.org), 774-276-5861
  - College Unified Champion Schools Programs, Unified Intramurals, Community Unified Rec Options
- **Mackenzie Irvin, Senior Director, Inclusive Health & Fitness**
  - [mirvin@somd.org](mailto:mirvin@somd.org), 857-939-4867
  - Young Athletes Program, Elementary School programming
- **Kayla Shields, Director, Inclusive Health and Fitness**
  - [kshields@somd.org](mailto:kshields@somd.org), 410-404-4115
  - Healthy Athletes, Fitness Programs, Unified® Physical Education
- **Abi Bauman, Manager, Young Athletes Program**
  - [abauman@somd.org](mailto:abauman@somd.org), 802-881-4623
  - Young Athletes Program in school, community, and home
- **Sue Snyder, Unified® Physical Education Consultant**
  - [ssnyder@somd.org](mailto:ssnyder@somd.org)
  - Unified® Physical Education
- **Sam Boyd, Volunteer Director**
  - [sboyd@somd.org](mailto:sboyd@somd.org), 443-766-9245
  - Volunteer Recruitment, Retention, Training
- **Mike Myers, Sr. Director, Area Programs**
  - [mmyers@somd.org](mailto:mmyers@somd.org), 443-799-5335
  - All Area Programs- Primary POC for BA, HO, MO, AA, SM, CH, CL
- **Kelven Spriggs, Region Director- Metro Programs**
  - [KSpriggs@somd.org](mailto:KSpriggs@somd.org), 443-204-5174
  - Baltimore City, Prince George's County



- **Allie Boyd, City Schools Coordinator**
  - [aboyd@somd.org](mailto:aboyd@somd.org), 223-848-1210
  - Baltimore City Schools APE Sports Program
  
- **Kyler Mellott, Region Director- East**
  - [kmellott@somd.org](mailto:kmellott@somd.org), 814-470-9474
  - Harford, Cecil, Kent, Upper Shore, Lower Shore
  
- **VACANT, Region Director- West**
  - [mmyers@somd.org](mailto:mmyers@somd.org)
  - Carroll, Frederick, Washington Allegany, Garrett