

# Special Olympics Maryland Area Memo

## January 7, 2019



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### Welcome

Welcome to the January 7, 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](mailto:dweddle@somd.org) to have them included in future distributions.

### **(UPDATED)** Local Programs at the Polar Bear Plunge: Reminder

The Polar Bear Plunge is less than 1 month away! Don't forget: All Local Programs have their own Company! Any new teams registered under your local program's company will be entitled to the 70%/30% split after expenses. Don't miss out on this great opportunity to fundraise for your local program. Included with this Area Memo is a Polar Bear Plunge Flyer that you can customize with your program's information!

### **(NEW)** Coach Education and Development System Webinars Scheduled

As discussed at the November Area Leaders Meeting and webinar, SOMD will be rolling out the new Coach Education and Development model starting with the sports included in the 2019 Summer Games (athletics, bocce, cheerleading, softball, swimming). The model, adjusted to SOMD's specifics, is attached. In addition, we have scheduled two web sessions, designed for coaches and other sports volunteers, to review the model and how it will operate. Invitations to these sessions will be sent directly to everyone who was listed as a coach or

sports volunteer in 2018 Sports Training – Combined in GMS, however you are welcome to invite additional participants as well.

Wednesday, January 23, 2019 at 7:00 p.m.

Registration Link: <https://attendee.gotowebinar.com/register/8965012488851984643>

Thursday, January 24, 2019 at 7:00 p.m.

Registration Link: <https://attendee.gotowebinar.com/register/8024274738173402883>

Please also be sure to note the numerous coach education opportunities listed on the Sports Calendar in the section “2019 Coach Education and Development Events” (more than 15 opportunities added since the last publication of the Area Memo.

**(NEW) Coaching Special Olympics Athletes Courses Scheduled**

SOMD Will be hosting two live Coaching Special Olympics Courses at SOMD Headquarters during the first quarter of 2019. Coaching Special Olympics Athletes is a core course for all Special Olympics Coaches in the new Coach Education and Development System. To ensure maximum interaction among participants, the classes will each be limited to a maximum of 25 registrants. Both sessions are provided free of charge.

Saturday, February 16, 2019, 9:30 a.m. – 1:00 p.m.

Saturday, March 23, 2019, 9:30 a.m. – 1:00 p.m.

To register for either course, coaches and prospective coaches can use the following link:

<https://www.surveymonkey.com/r/CSOA2019Q1>

**(NEW) 2019 Winter Games Athlete Leadership opportunity Feb 25 and 26, 2019**

**WHAT:** 2019 Winter Games Athlete Evaluation Team  
Ask athletes competing in the 2019 Winter Games their opinion on their 2019 Winter Games Experience.  
Evaluation Team members cannot be competing in the 2019 Winter Games.  
You will be part of the Winter Games Management Team

**WHEN:** Monday, February 25, 2019 11:00am - 5:00pm (4 openings)  
Tuesday, February 26, 2019 9:00am-2:00pm (4 openings)

**WHERE:** Whitetail Resort, 13805 Blairs Valley Rd, Mercersburg, PA 17236

**HOW MANY:** 4 per day

**FINE PRINT:** Athletes who are on this team cannot be competing in the Winter Games.  
Sign up for both days and we will put you up in a hotel on that Monday night  
Meals are included

To sign up go to <http://alps.somd.volunteerhub.com>

Please share with any athlete you think would like to participate.

**(NEW) Indoor Bocce District Tournament and Strength & Conditioning Championship Dates**

Saturday - January 26, 2019

- District 2 (Washington) South Hagerstown High School, 1pm

Tuesday - January 29, 2019

- District 4 (City) PDC-2500 E. Northern Parkway, 3pm
- District 8 (Charles) Place TBD, 4-7:30pm

Wednesday - January 30, 2019

- District 6 (Prince George's) Place TBD, 10am

- District 3 (Frederick) Place TBD, 3pm
  - Wicomico County Strength & Conditioning Championship, James Bennett High School, 3:30pm
- Saturday – February 2, 2019
- District 1 (Allegany & Garrett) Garrett College, Time TBD

**(NEW) Interscholastic Unified Sports (IUS) NEWS!**



Marianne Shultz, Anne Arundel County’s North County High School (NCHS), received the NIAAA (National Interscholastic Athletic Administration Association) Distinguished Service Award. Coach Shultz, current Unified Tennis, Unified Bowling, and Unified Bocce Coach, and the former NCHS and Northeast High School Athletics Director, is one of eleven who won this year, one of six in Maryland and only second woman to receive this honor since the inception of the award in 1979. Marianne serves as the Maryland Public Secondary Schools Athletic Association (MPSSAA) Girls’ Soccer Chair and the Office Coordinator for The Society of Health and Physical Education Maryland (SHAPE), formerly known as Maryland Association of Health, Physical Education, Recreation and Dance (*MAHPERD*). To read more about Marianne’s award announcement and accomplishments, visit [here](#).

**(NEW) Washington High School Unified Sports at Somerset County Parade**

Congratulations to Washington High School Unified Sports who represented their school and Special Olympics Maryland in the Somerset County Christmas Parade! The Unified Jaguars earned 2<sup>nd</sup> Place in the Youth Category! Congratulations, Washington High Jaguars, and thanks for being great ambassadors for Special Olympics Maryland Unified Sports.

**2019 World Games Announcement**

Special Olympics Maryland is very pleased to announce that our the four athletes who had been nominated to be members of the Special Olympics USA delegation to the 2019 World Games have cleared the nomination process and have been officially named members of the SO USA delegation. Congratulations to these four exceptional athletes who will be representing their country in Abu Dhabi in March, 2019.

**Charles Gaines**



Charles Gaines is a 28-year Special Olympics veteran from Jessup, Maryland who competes in athletics, basketball, and volleyball. He’s traveled across the country to compete as part of Team Maryland in both the 2014 and 2018 Special Olympics USA Games, most recently earning a gold medal in the 400M run in Seattle this past July. When he isn’t training & competing, Charles enjoys attending church, singing in his choir, and working on his computer. He also works as a Courtesy Clerk at Safeway – a job he’s held for 17 years. Charles prides himself on being kind to others and loves meeting new people.

**Calvin Massenburg**



Calvin Massenburg of Capitol Heights, Maryland has been training & competing with Special Olympics Maryland for 19 years. His athleticism was apparent at an early age, and he excelled in track & field as an elementary school student. CJ earned a gold medal in the 100M high-performance race at this year’s Special Olympics USA Games in Seattle, as well as a gold medal in the 200M race and a silver medal in the long jump. In addition to track & field, CJ competes in basketball and flag football. He also loves karate, hanging out with friends, and playing with his dog, Alex.

### Jena Jones



Jena Jones of Columbia, Maryland has been training & competing with Special Olympics Maryland for more than 15 years. Jena loves to swim – her role model is Maryland native Michael Phelps – and she took home a gold and three silver medals in swimming at this year's Special Olympics USA Games in Seattle. She competes in basketball and volleyball with Special Olympics Maryland, as well. Jena is active in her community and was even awarded Sportsman of the Year from her local Parks & Recreation department. Jena competes in memory of her father, who passed away when she was just 12.

### Kegan Zimmerman



Kegan Zimmerman is a multi-sport athlete from Callaway, Maryland who has been competing with Special Olympics Maryland for ten years. He competes in more than twelve sports year-round and has traveled to compete in the Special Olympics USA Games twice: as a bowler in 2010 in Lincoln, Nebraska and for flag football in 2014 in Princeton, New Jersey. Kegan earned a gold medal in cycling at the 2017 Special Olympics Maryland Fall Sports Festival, where he qualified to be selected for World Games. In addition to competing, Kegan serves as a Global Messenger in the Athlete Leadership Program and has become a strong speaker and Special Olympics advocate.

### **(UPDATED) Area Memo Scavenger Hunt**

To make the Area Memo as fun as it is informative, we're going to hide a relevant question or two in the body of our announcements. Be one of the first people to reply with the correct answer to Jeff ([jabel@somd.org](mailto:jabel@somd.org)) and win a prize!

Congrats to the winners of last issue's Scavenger Hunt: John Bogasky and Vicki

### **Washington College Basketball Clinic**

Washington College Women's Basketball team will be hosting an Athlete Clinic open to all Basketball Athletes on Sunday, January 20<sup>th</sup>. The clinic will take place on the campus of Washington College at the Cain Athletic Center. The clinic will be open to 40 athletes of all skill levels! The Women's Basketball players will run different skills stations working on basketball skills and having a great time! After the skills stations, the athletes will be able to participate in mini Unified<sup>®</sup> games with the Shorewomen! It's a great opportunity to get out there and sharpen your basketball skills! Athletes must be at least 10 years old to participate.

During the Clinic, Head Coach Alisha Mosley will be hosting a Coaches Training explaining the importance of each drills, providing more drill ideas and answering any questions you may have about coaching your team. Coach Mosley is a Howard County native before going to play collegiate basketball at Wake Forest University earning many ACC and team honors. After finishing her collegiate career, Coach Mosley went on to be the Assistant Women's Basketball Coach at Loyola University in Baltimore where she helped lead them to many winning seasons and tournament appearances until she moved on to become the Head Women's Basketball Coach at Washington College. Coach Mosley is in her 5<sup>th</sup> season with the Shorewomen and having an amazing season thus far going 4-1 overall and 2-0 in conference currently.

If interested in attending either of these clinics, please follow the following link:

<https://www.surveymonkey.com/r/WashCollBB19>

Any questions, please reach out to Melissa Anger ([manger@somd.org](mailto:manger@somd.org))

### **2019 Area Leaders Webinar and Meeting Schedule**

**Mark your calendars now!** Area leader webinars and meetings have been set for 2019! Thanks to all those who provided feedback after the webinar and meeting.

	<b>Webinar</b>	<b>Meeting</b>
<b>Spring</b>	April 2, 2019 7:00-9:00pm	April 6, 2019 Approx. 9:45-3:00
<b>Summer</b>	July 16, 2019 7:00-9:00pm	July 20, 2019 Approx. 9:45-3:00
<b>Fall</b>	Nov. 12, 2019 7:00-9:00pm	Nov. 16, 2019 Approx. 9:45-3:00

### **2019 MSP Polar Bear Plunge**

Don't forget to sign up your area teams today! Register your team and for your company, please pick your county (all counties are already in the system to select!). Last year we had a number of teams raise fund for their counties, and we'd like to continue that success this year. All area teams will receive 70% of the funds raised after expenses. An easy and fun fundraising opportunity for all! Reach out to Jessie Thompson with any questions: [jthompson@somd.org](mailto:jthompson@somd.org)

### **Athletes as Coaches Training**

**COURSE:** Athletes as Coaches  
**WHEN:** March 16th, 2019  
9:00 a.m. – 1:00 p.m.  
**WHERE:** Special Olympics Maryland  
3701 Commerce Drive, Suite 103, Baltimore, MD 21227  
**REGISTER:** <http://alps.somd.volunteerhub.com/>

#### **DESCRIPTION:**

Athletes as Coaches-From Competing to Coaching:

Welcome to the Athletes as Coaches Course. Are you ready for a new challenge in Special Olympics? Do you know how to talk with other athletes so that they understand what you mean? Do you like helping the coach?

As we know, the key to improving athlete performance and well-being is based on the quality of sport training and experiences provided by the local Special Olympics coach. The term "coach" refers to the individual who assumes responsibility for athletes, actively trains them, and coaches them in competitions [the Class A Volunteer.] This person in some cultures is referred to as "trainer".

The Athletes as Coaches Course is the first in the series of Athlete Leadership Programming within the sports tract. This introductory course on coaching will provide basic knowledge, skills, value statements and a practical application for the athlete to work toward becoming a coach.

Within this course, the athlete who is going through the training will be referred to as "Prospective Coach". *This course DOES NOT count towards the "Coaching Special Olympics Athletes" course.*

#### **Desired Outcomes**

1. Describe Athlete Leadership Programs (ALPs) and ALPs University.
2. Describe what it means to be a coach.
3. Identify what a coach needs to know.
4. Outline expectations that the Prospective Coach has for the Mentor and that the Mentor has for the Prospective Coach.
5. Explore the various coaching jobs which reflect different levels of responsibility.

6. Apply key communication skills, task analysis and skills instruction to effectively teach and train athletes.
7. Experience working with athletes.
8. Plan next steps in training and certification.

**(UPDATED) Swimming Changes for 2019 – Two Review Webinars Scheduled in January**

Thank you to all the athletes, coaches, families and volunteers who provided input on the issues related to capacity with Swimming. Thank you also to the Swimming Sports Management Team and Swimming Games Management Team for those sports who took that input and identified solutions. Those solutions were approved by the SOMD Sports Committee and shared with Area leaders during November's Area Leader Webinar and Meeting and are considered "final" except as noted.

***Swimming***

1. Will not implement allotment process in 2019 reducing to 70-80% current swimming competitors at Summer Games
2. Will implement a "quasi-allotment" capping numbers at 2018 Summer Games swimming registration numbers *(to be reviewed in Feb/March 2019 to ensure it is still necessary)*
3. Conduct competition on Friday for
  - a. Fundamental events *(assisted swims and flotation events)*
  - b. 25M Freestyle and 25M Backstroke
  - c. 400M Freestyle
  - d. 4x25M Freestyle Relay
4. Reconfigure schedule to have most swimmers have either both mornings or both afternoons with no events
5. Reconfigure space use to more effectively use available space; make waiting area "delegation members only" if possible
6. SOMD provides chairs in the waiting space and will have marked specific spaces for each delegation
7. Explore use of additional space within facility for waiting or family hospitality
8. Provide "live streaming" of competition via Facebook Live or similar tech
9. Begin development of "Regional" competitions with awards and fanfare/festivity to both add competitions and to serve as "season culminating events" when allotments inevitably need to be implemented.

Given the significant changes for swimming, we will be scheduling two briefing sessions for coaches and other interested parties in January as well as provide a handout explaining the changes as well as the challenges that necessitated the solution. This handout will be designed for distribution to athletes, families and volunteers who may have questions. There is no need for anyone to attend both sessions - the content shared at each session will be identical. A compilation of relevant questions and answers, combined from both sessions, will be shared following the second session. Invitations for these sessions will be sent to everyone listed in Sports Training for Swimming in 2018 (coaches, volunteers, Unified Partners, athletes).

Monday, January 28, 2019 at 7:00 p.m.

Register: <https://attendee.gotowebinar.com/register/2998986529330682369>

Thursday, January 31, 2019 at 7:00 p.m.

Register: <https://attendee.gotowebinar.com/register/5578429813504666883>

### **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](mailto:dweddle@somd.org)).

### **New Athlete Leadership Registration System**

The Athlete Leadership Program will be using VolunteerHub to have athletes sign up for ALPortunities that happen all the time including talking to the media, speeches, advocacy, state championships, special events, and local program events in their area! Just to name a few. It will also allow athletes to build a personal schedule of events and offers immediate confirmations when you sign up.

Because it is a new system, new users will be asked to build a volunteer/Athlete Leader profile. It only takes a minute or two to fill out so even if you do not see an event for you now feel free to get ahead of the game and build your VolunteerHub account.

To sign up go to <http://alps.somd.volunteerhub.com>

Join us now on VolunteerHub and take advantage of all the great ALP-ortunities ahead of you.

You DO NOT have to be certified in any athlete leadership classes to join this new system. Just interested in sharing your story and leading Special Olympics Maryland into the future.

**Important Note:** Please *do not direct any of your Area volunteers to renew or submit their volunteer forms or other certifications via VolunteerHub*. While that option will be available at some point in the future it is not available now and their volunteer certifications will not be updated in GMS. You will receive formal written notification once this option is available for Area volunteers.

### **(UPDATED) ALP-ortunity Report**



What a year we have had in the Athlete Leadership program. 2018 was great.

Please find the total number of times your county's athletes participated in a leadership opportunity.

We had 100% participation over all programs in Maryland. This is the second year in a row this has happened.

All of this could not have been achieved without your support.

THANK YOU!

Here is to making 2019 even better.

Allegany	87
Anne Arundel	299
Baltimore City	176
Baltimore County	194
Calvert	242
Carroll	111
Cecil	1
Charles	10
Frederick	389
Garrett	7
Harford	182
Howard	434

Lower Shore	64
Montgomery	478
Prince George's	114
St. Mary's	203
Upper Shore	102
Washington	111

Have you hosted an event that used an athlete leader as a speaker, EMCEE, photographer, or other role? So that we can keep an accurate account of ALP-ortunities across the state, please submit those to Jason Schriml ([jschriml@somd.org](mailto:jschriml@somd.org)) to be counted! Please include the name of the athlete(s), event name, and how many hours (approx.) the athlete spent in the leadership role.

### **Cruise with us – May 2019 Carnival Cruise**

We're excited to announce the first ever 7-day cruise to the Eastern Caribbean aboard the **Carnival Pride to benefit Special Olympics Maryland!** Our partners at Carnival Cruise will be donating a portion of the proceeds from each cabin sold for the May 12<sup>th</sup>, 2019 cruise stopping in in Grand Turk, Half Moon Cay, and Freeport.

[Booking information here](#) – contact Janice Colbert directly at [janice\\_colbert@yahoo.com](mailto:janice_colbert@yahoo.com) or 410-446-7465. Or, [contact us](#) to learn more!

### **(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>
Alpine Skiing	Tues 11/27	Recording: <a href="https://youtu.be/q5ENt4y_Va0">https://youtu.be/q5ENt4y_Va0</a>
Snowshoeing	Thu 11/29	Recording: <a href="https://youtu.be/FJwkaAugWol">https://youtu.be/FJwkaAugWol</a>
Basketball	Wed 11/28	Recording: <a href="https://youtu.be/8wMj2N1pZCA">https://youtu.be/8wMj2N1pZCA</a>
Swimming	Tue 3/05 7:00 p.m.	<a href="https://attendee.gotowebinar.com/register/6227839863934669826">https://attendee.gotowebinar.com/register/6227839863934669826</a>

#### **Pre-Competition Coaches Webinars**

<b>Sport</b>	<b>Date/Time</b>	<b>Registration / Recording Link</b>
Alpine Skiing	Mon 2/18 7:00 p.m.	<a href="https://attendee.gotowebinar.com/register/5246817105667384065">https://attendee.gotowebinar.com/register/5246817105667384065</a>
Snowshoeing	Mon 2/18 8:00 p.m.	<a href="https://attendee.gotowebinar.com/register/4469867005170353155">https://attendee.gotowebinar.com/register/4469867005170353155</a>
Basketball	Wed 3/20 7:00 p.m.	<a href="https://attendee.gotowebinar.com/register/1676123407491333891">https://attendee.gotowebinar.com/register/1676123407491333891</a>

### **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.

<b>Event/Sports</b>	<b>State Championship</b>	<b>Training Registration</b>	<b>Outstanding Forms</b>	<b>Competition Registration</b>
Winter Games	2/24-26/2019 <i>(includes time trials)</i>	1/10/2019	1/21/2019	2/7/2019
Basketball	3/30-31/2019	1/24/2019	2/4/2019	2/14/2019



Summer Games <i>(athletics, bocce, cheerleading, softball, swimming)</i>	6/7-9/2019	4/25/2019	5/6/2019	5/16/2019
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 <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	9/26/2019	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**

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**

- [manger@somd.org](mailto:manger@somd.org), 410.979.5112

- 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), 973.862.0414

- Bowling (10 pin)
    - Cycling
    - Kayaking
    - Snowshoeing
    - Swimming
    - Locally Popular Sports: Figure Skating, Sailing, Short Track Speed Skating, Volleyball

- **Kendall Zeswitz, Sports Director**

- [kzeswitz@somd.org](mailto:kzeswitz@somd.org), 717.341.4621

- Alpine Skiing
    - Athletics
    - Bocce
    - Distance Running
    - Golf
    - Powerlifting
    - Locally Popular Sports: Dance, Equestrian Sports, Floor Hockey

### **Staff Support for Area Leaders**

Any general questions or ones you're not sure who should be contacted, Ron, Jeff, and Ryan are here to assist!

- **Jeff Abel, Vice President of Local Program Development**
  - [jabel@somd.org](mailto:jabel@somd.org), 410-242-1515 ex. 121
  - All Areas with the exception of the Baltimore Region and Western Maryland
- **Ron Freeman, Baltimore Region Director**
  - [rfreeman@somd.org](mailto:rfreeman@somd.org), 410.598.1027
  - Baltimore City and Baltimore County
- **Ryan Kelchner, AmeriCorps Western Region Coordinator**
  - [rkelchner@somd.org](mailto:rkelchner@somd.org), 410-242-1515
  - Western Maryland (Frederick, Washington, Allegany, and Garrett Counties)

### **Sports Calendar**

As a regular feature of the bi-weekly Area Memo, an updated copy of the SOMD Sports Calendar is attached. As always, this most up-to-date edition of the Sports Calendar may be found on MySOMD under "Documents" in both the Field Services and Coaches sections.

The Sports Calendar reflects the most up-to-date information we have at the time of its publication. Please be certain to provide your Regional Sports Director with information on any upcoming competitions and any coach trainings that you will be holding so that they can be included on the sports Calendar. If you notice any errors, please contact your Regional Sports Director with the corrected information.

### **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**
  - [jabel@somd.org](mailto:jabel@somd.org), 410-242-1515 ex. 121
  - All Areas with the exception of the Baltimore Region and Western Maryland
- **Ron Freeman, Baltimore Region Director**
  - [rfreeman@somd.org](mailto:rfreeman@somd.org), 410.598.1027
  - Baltimore City and Baltimore County
- **Ryan Kelchner, AmeriCorps Western Region Coordinator**
  - [rkelchner@somd.org](mailto:rkelchner@somd.org), 410-242-1515
  - Western Maryland (Frederick, Washington, Allegany, and Garrett Counties)

## 2019 Special Olympics Maryland Sports and Competition Calendar - UPDATED 01/04/2019

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)**
IUS	Unified Strength & Conditioning Invitational	Wye Mill, MD	Chesapeake College	2/05/2019	TBD	TBD	TBD	TBD	TBD
IUS	Unified Indoor Bocce Championships	Hagerstown, MD	Hagerstown Community College	2/12/2019	TBD	TBD	TBD	TBD	TBD
Community	2019 SOMD Winter Games <i>(incl Time Trials)</i>	Mercersburg, PA	Whitetail Resort	2/24-26/2019	Alpine 11/27/2018 Snowshoe 11/29	Alpine 2/18/2019 Snowshoe 2/18/19	1/10/2019	1/21/2019	2/7/2019
Community	2019 Unified Bowling NIT	Las Vegas, NV	South Point Hotel	3/4-7/19	NA	NA	1/5/2019	1/5/2019	1/8/2019
Community	2019 World Games	Abu Dhabi, UAE	Various locations	3/14-21/2019	NA	NA	NA	NA	NA
Community	2019 Basketball Tournament	Frederick Area <i>(tentative)</i>	TBD	3/30-31/2019	11/28/2018	3/20/2019	1/24/2019	2/4/2019	2/14/2019
IUS	Unified Outdoor Bocce Championships	Chestertown, MD	Washington College	4/30/2019	TBD	TBD	TBD	TBD	TBD
IUS	Unified Track & Field Invitational	Hyattsville	Prince George's Sports & Learning Complex	5/14&15/19	TBD	TBD	TBD	TBD	TBD
Community	2019 Summer Games	Towson, MD	Towson University and other locations	6/7-9/2019	TBD	TBD	4/25/2019	5/6/2019	5/16/2019
Community	Kayaking Time Trials <i>(Required)</i>	Chestertown, MD	Washington College	08/10/2019 <i>(Tentative)</i>	TBD	TBD	7/11/2019	7/18/2019	8/1/2019
Community	Kayaking Championships	Chestertown, MD	Washington College	08/24/2019 <i>(Tentative)</i>		TBD			
Community	2019 Softball NIT	Nashville, TN	TBD	8/15-18/19	NA	NA	TBD	TBD	TBD
Community	2019 Golf NIT	Nashville, TN	TBD	9/22-25/19	NA	NA	TBD	TBD	TBD
Community	Golf Championship	Queenstown, MD	Queenstown Harbor Golf Course	9/29/2019 <i>(Tentative)</i>	TBD	TBD	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 <i>(Tentative)</i>	TBD	TBD	8/29/2019	9/10/2019	10/3/2019
Community	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 <i>(tentative)</i>	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		TBD			11/28/2019
<p>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:</p> <p>- 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)</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.) aThese 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 01/04/2019

### 2019 Coach Education & Development Events

Date	Course/Sport	Location	Facility	Comments	To Register
1/9/2019	Basketball Master Coaches Training	Webinar	Webinar	Invitation only	Invitation only, contact M. Anger for Qs (manger@somd.org)
1/12/2019	Alpine / Snowshoeing Coaches Training	Mercersburg, PA	Whitetail Resort	incl with ath on-snow trng	Contact Kendall (kzeswitz@somd.org) or Zach (zcintron@somd.org)
1/17/2019	Basketball Coaches Training Webinar	Webinar	Webinar	7:00pm-- focus on skills & 3v3	<a href="https://attendee.gotowebinar.com/register/8156245819877900035">https://attendee.gotowebinar.com/register/8156245819877900035</a>
1/20/2019	Basketball In Person Coaches Training	Chestertown	Washington College	1:00pm	<a href="https://www.surveymonkey.com/r/19BBCoachTrainings">https://www.surveymonkey.com/r/19BBCoachTrainings</a>
2/2/2019	Swimming Coaches Training	Cumberland	Cumberland Y	10:00 - 2:00pm	<a href="https://www.surveymonkey.com/r/R5JDT29">https://www.surveymonkey.com/r/R5JDT29</a>
2/3/2019	Basketball In Person Coaches Training	Bethesda	Landon School	8:30am	<a href="https://www.surveymonkey.com/r/19BBCoachTrainings">https://www.surveymonkey.com/r/19BBCoachTrainings</a>
2/12/2019	Athletics Coaches Training Webinar	Webinar	Webinar	7:00pm - 8:30pm	<a href="https://attendee.gotowebinar.com/register/8085696756391361794">https://attendee.gotowebinar.com/register/8085696756391361794</a>
2/13/2019	Bocce Coaches Training Webinar	Webinar	Webinar	7:00pm-8:00pm	<a href="https://attendee.gotowebinar.com/register/5602502521617338882">https://attendee.gotowebinar.com/register/5602502521617338882</a>
2/16/2019	Coaching Special Olympics Athletes	Baltimore	SOMD HQ	9:30 - 1:00 p.m.	<a href="https://www.surveymonkey.com/r/CSOA2019Q1">https://www.surveymonkey.com/r/CSOA2019Q1</a>
2/16/2019	Athletics Coaches Training	Towson	Towson University	TBD	tbd
2/17/2019	Softball In Person Coaches Training	Bethesda	Georgetown Prep	TBD	<a href="https://www.surveymonkey.com/r/18Softball">https://www.surveymonkey.com/r/18Softball</a>
2/17/2019	Bocce In Person Coaches Training	Silver Spring	M. Schwinhaut Senior Center	TBD	<a href="https://www.surveymonkey.com/r/LR62KB6">https://www.surveymonkey.com/r/LR62KB6</a>
2/19/2019	Cheer Coaches Training Webinar	Webinar	Webinar	7:30pm-9:00pm	<a href="https://attendee.gotowebinar.com/register/29639930513869825">https://attendee.gotowebinar.com/register/29639930513869825</a>
2/20/2019	Athletics Coaches Training Webinar	Webinar	Webinar	7:00pm - 8:30pm	<a href="https://attendee.gotowebinar.com/register/2729468742634098178">https://attendee.gotowebinar.com/register/2729468742634098178</a>
2/27/2019	Bocce Coaches Training Webinar	Webinar	Webinar	7:00pm-8:00pm	<a href="https://attendee.gotowebinar.com/register/5755069655575924226">https://attendee.gotowebinar.com/register/5755069655575924226</a>
2/28/2019	Softball Coaches Training Webinar	Webinar	Webinar	7:00pm-9:00pm	<a href="https://attendee.gotowebinar.com/register/1944873737378779905">https://attendee.gotowebinar.com/register/1944873737378779905</a>
3/2/2019	Cheer In Person Coaches Training	Baltimore	SOMD HQ	9:00am-12:00pm	<a href="https://www.surveymonkey.com/r/19Cheer">https://www.surveymonkey.com/r/19Cheer</a>
3/2/2019	Swimming Coaches Training	Towson	Towson University	TBD (Pushing to confirm times)	<a href="https://www.surveymonkey.com/r/CKJ2CTF">https://www.surveymonkey.com/r/CKJ2CTF</a>
3/14/2019	Bocce In Person Coaches Training	Baltimore	Farring Baybrook Rec Center	6:30pm-8:00pm	<a href="https://www.surveymonkey.com/r/LR62KB6">https://www.surveymonkey.com/r/LR62KB6</a>
3/23/2019	Coaching Special Olympics Athletes	Baltimore	SOMD HQ	9:30 - 1:00 p.m.	<a href="https://www.surveymonkey.com/r/CSOA2019Q1">https://www.surveymonkey.com/r/CSOA2019Q1</a>
<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	On-Snow Race Training Day #1 (AS & SN)	Mercersburg, PA	White Tail Resort	1/12/2019	Alpine, Snowshoeing	
Community	HO BB League Play (5v5 Traditional & Unified)	Ellicott City	Glenelg Country School	2/2/2019	Basketball	Contact Jim Bourdon (jbourdon@verizon.net)
Community	MO 5v5 Trad Adult BB Competition	Silver Spring	Barrie School	2/3/2019	Basketball	Contact Tina Connolly (tinaconnolly89@gmail.com)
Community	MO 3v3 BB Competition	Bethesda	Landon School	2/3/2019	Basketball	Contact Shelly Bogasky (sbogasky@somdmontgomery.org)
Community	HO BB League Play (5v5 PDU)	Ellicott City	Glenelg Country School	2/9/2019	Basketball	Contact Michelle Jordan (michelle@jordanz.net)
Community	On-Snow Race Training Day #2 (AS & SN)	Mercersburg, PA	White Tail Resort	2/9/2019	Alpine, Snowshoeing	
Community	FR 5v5 BB Competition	Frederick	Maryland School for the Deaf	2/16/2019	Basketball	Contact Melissa Anger (manger@somd.org)
Community	MO 5v5 BB Competition	Bethesda	Georgetown Prep	2/17/2019	Basketball	Contact Shelly Bogasky (sbogasky@somdmontgomery.org)
Community	MO 5v5 BB Competition	Kensington	Albert Einstein High School	2/17/2018	Basketball	Contact Tim Hannon (TimHannon@deltek.com)
Community	MO 3v3 BB Competition	Silver Spring	Barrie School	2/17/2019	Basketball	Contact Katie Detweiler (katie.detweiler2@gmail.com)
Community	HO BB League Play (3v3 Traditional & PDU)	Ellicott City	Glenelg Country School	2/23/2019	Basketball	Contact Jack Burk (jeburkjr@verizon.net) & Aleisa Ritcher (alesiarichter@gmail.com ) 3v3 Trad / Gigi Sheltraw (gigishel122@gmail.com) 3v3 PDU
Community	Duckpin Bowling Tournament	Hagerstown	Southside Lanes	2/24/2019	Duckpin Bowling	TBD
Community	5v5 Traditional REQUIRED Qualifier	Westminster	McDaniel College	3/3/2019	Basketball	All 5v5 Traditional Teams Automatically Registered
Community	3v3 (Traditional & PDU) REQUIRED Qualifier	Ellicott City	Glenelg Country School	3/9/2019	Basketball	All 3v3 Teams Automatically Registered
Community	5v5 Unified REQUIRED Qualifier	Towson	Goucher College	3/9/2019	Basketball	All Unified Teams Automatically Registered
Community	HO Skills Competition	Ellicott City	Glenelg Country School	3/10/2019	Basketball	Limit 70 Athletes. Contact Lavonne Smith (Lavonne_Smith@hcpss.org)
Community	5v5 PDU REQUIRED Qualifier	Ellicott City	Glenelg Country School	3/10/2019	Basketball	All 5v5 PDU Teams Automatically Registered
Community	HO BB League Play (5v5 PDU)	Ellicott City	Glenelg Country School	3/16/2019	Basketball	Contact Michelle Jordan (michelle@jordanz.net)
Community	Calvert Basketball Competition	Huntingtown	Huntingtown High School	3/17/2019	Basketball	Contact Melanie McManus (melanie.mcmanus81@gmail.com)
Community	HO BB League Play (3v3 Traditional & PDU)	Ellicott City	Glenelg Country School	3/23/2019	Basketball	Contact Jack Burk (jeburkjr@verizon.net) & Aleisa Ritcher (alesiarichter@gmail.com ) 3v3 Trad / Gigi Sheltraw (gigishel122@gmail.com) 3v3 PDU

## 2019 Special Olympics Maryland Sports and Competition Calendar - UPDATED 01/04/2019

### 2019 Area / Regional / District Competitions & Events *(continued)*

Type	Event	Location	Facility	Competition Date(s)	Sport	Notes
Community	BC Time Trials - Day 1	Baltimore City	Dunbar High School Track	4/9/2019	Athletics	Open to BC participants only
Community	BC Time Trials - Day 2	Baltimore City	Dunbar High School Track	4/10/2019	Athletics	Open to BC participants only
Community	Loyola University Swim Competition	Baltimore City	Loyola University	4/14/2019	Swimming	TBD
Community	AA Spring Games	Annapolis	Naval Academy	4/26/2019	Swimming	TBD
Community	BC Bocce Doubles Competition	Baltimore City	Myers Pavilion	4/27/2019	Bocce	Contact Bob Signor (robert.signor@baltimorecity.gov)
Community	HO Swimming Qualifier	Columbia	Howard CC	4/28/2019	Swimming	Closed Qualifier
Community	HO Long Distance Swimming Qualifier	Columbia	Howard CC	5/3/2019	Swimming	Open to other areas. Contact Bob Baker (bobbaker@somdmc.org)
Community	HO Track and Field Competition	Columbia	Wilde Lake High School	5/4/2019	Athletics	Contact Bob Baker (bobbaker@somdmc.org)
Community	AL Spring Games	Frostburg	FSU	5/4/2019	Swimming/	Contact Dottie Turner (dottie21532@gmail.com)
Community	Baltimore City Spring Games	Baltimore City	Poly-Western High School	5/7-9/2019	Athletics	Open to BC participants only
Community	MO Swimming Qualifier	Bethesda	Stone Ridge School	5/18/2019	Swimming	Closed Qualifier
Community	Required Cheer Qualifier	Frederick	Urbana High School	5/18/2019	Cheerleading	All Teams Registered
Community	BC Bocce Doubles Competition	Baltimore City	Myers Pavilion	5/18/2019	Bocce	Contact Bob Signor (robert.signor@baltimorecity.gov)
Community	Calvert 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

# 2019 Event Calendar

*Special Olympics*  
Maryland



2019 MSP Polar Bear Plunge  
January 24<sup>th</sup>, 25<sup>th</sup> & 26<sup>th</sup> 2019  
Sandy Point State Park  
[www.plungemd.com](http://www.plungemd.com)

2019 Deep Creek Dunk  
February 23<sup>rd</sup> 2019  
Deep Creek Lake  
[www.dunkmd.com](http://www.dunkmd.com)

2019 Winter Games  
February 24<sup>th</sup> – 26<sup>th</sup> 2019  
Whitetail Resort  
[www.somd.org](http://www.somd.org)

2019 Basketball Tournament  
March 30<sup>th</sup> – 31<sup>st</sup> 2019  
Hood College and FCPS Sites  
[www.somd.org](http://www.somd.org)

2019 Summer Games  
June 7<sup>th</sup> – 9<sup>th</sup> 2019  
Towson University  
[www.somd.org](http://www.somd.org)

2019 Kayaking Championships  
August 24<sup>th</sup> 2019  
Washington College  
[www.somd.org](http://www.somd.org)

State Golf Championships  
September 29<sup>th</sup> 2019  
Queenstown Harbor Golf, Queenstown Md  
[www.somd.org](http://www.somd.org)

11<sup>th</sup> Annual Tunnel Run  
Fall 2019  
Fort McHenry Tunnel Baltimore, Md  
[www.tunnelrun.org](http://www.tunnelrun.org)

11<sup>th</sup> Annual Big Bats Open  
September 2019  
Queenstown, Md  
[www.somd.org](http://www.somd.org)

Fall Sports Festival  
October 19<sup>th</sup> 2019  
Mount St. Mary's University, Emmitsburg, Md  
[www.somd.org](http://www.somd.org)

State Soccer Tournament  
October 27<sup>th</sup> 2019  
Crown Sports, Fruitland Md  
[www.somd.org](http://www.somd.org)

Over The Edge  
November 2019  
Bethesda, Md  
[www.somd.org](http://www.somd.org)

Interscholastic Unified High School Team Tennis  
November 2019  
Loyola University  
[www.somd.org](http://www.somd.org)

6<sup>th</sup> Annual Maryland Rockfish Open  
October 2019  
Mike's Crabhouse South-Riva  
[www.somd.org](http://www.somd.org)

State Regional Bowling Tournaments  
November 10<sup>th</sup> 2019  
Various Locations in Maryland  
[www.somd.org](http://www.somd.org)

State Bowling Championships  
December 8<sup>th</sup> 2019  
Bowl America, Gaithersburg, Md  
[www.somd.org](http://www.somd.org)

St. Mary's Splash  
December 2019  
Point Lookout State Park, Scotland, Md  
[www.somd.org](http://www.somd.org)