

Special Olympics Maryland Area Memo

February 15, 2019



Contents

- Welcome
- [Local Program Resource Page Launched on SOMD's Website](#)
- [Coach Resource Page Launched on SOMD's Website](#) – **UPDATED**
- [FREE Health Webinar by US Tennis- Fad Diet Science](#) – **NEW**
- [Area Leaders Meeting Topics for Discussion](#) – **NEW**
- [National Volunteer Appreciation Week- Mark your Calendars!](#) – **NEW**
- [2019 SOMD Winter Games – HOD Webinars & Qualifying Year for 2021 World Winter Games](#) – **UPDATED**
- [Coaching Special Olympics Athletes Train-the-Trainer Session April 7](#)
- [Carroll County Designer Bag Bingo](#)
- [Winter Games Athlete Leadership Workshop-“Putting Your Best Self Forward”](#)
- [Coaching Special Olympics Athletes Courses Scheduled](#) – **UPDATED**
- [2019 Winter Games Athlete Leadership opportunity Feb 25 and 26, 2019](#)
- [Interscholastic Unified Sports \(IUS\) NEWS!](#)
- [2019 Area Leaders Webinar and Meeting Schedule](#)
- [Area Memo Open to Area Announcements](#)
- [ALPortunity Report](#)
- [Pre-Season and Pre-Competition Webinars](#)
- [Community Sports Registration Deadlines Through Summer Games 2019](#)
- [Sports Directors – Assigned Sports](#)
- [Questions?](#)

Welcome

Welcome to the February 15, 2019 edition of the SOMD Area Memo!

If there are any members of your Area's leadership who are not currently receiving the Area Memo, please send their names and email address to dweddle@somd.org to have them included in future distributions.

Local Program Resource Page Launched on SOMD's Website

To provide greater access to the documents and forms used by our area programs, we have built the local program resource page, available at www.somd.org/localprogramresources. Organized by topic, you will be able to find up-to-date copies of frequently used documents. As this will be ever changing, if there is a resource you don't see currently, but feel should be on here, please send an email to Jeff so he can include it!

(UPDATED) Coach Resource Page Launched on SOMD's Website

SOMD recently added a Coach Resource Page to SOMD's public website (<https://www.somd.org/coach/coach-resources/>) which complements the Local program Resources page launched a short time ago. The Coach Resource Page currently includes such things as the SOMD Sports Calendar, links to register for various coach webinars, links to webinar recordings and slide decks, the SOMD Code of Conduct, and Coach Training & Education opportunities. The page is admittedly rudimentary and we'll be developing/expanding it and several other resources for coaches over the next several months as we eliminate coaches' use of MySOMD as a resource.

We are also very pleased to announce that we've added individual "sub-pages" for:

- Alpine Skiing, Snowshoeing and Winter Games
- Basketball

These pages have sport/event specific links and resources. The Basketball page also has links to sanction forms/fact sheets and competition schedules for the various competitions coming up for the season.

We'll be adding similar pages for upcoming sports, seasons and events and welcome your feedback on how we can make them as useful as possible.

(NEW) Free Health Webinar by US Tennis- Fad Diet Science

Is there science behind the trend of fad diets? Is there a way to actually make them work? How can athletes of all abilities change their eating habits in healthy and sustainable ways?

Some were able to take part in the last webinar from US Tennis on off-court conditioning, and all are invited to take part in the Fad Diet Science Webinar. Learn about the diets that many of our athletes and families (and some of us!) try and the science behind them...why they work, and why they don't.

Tuesday, February 19, 2019

12:00PM

To Register, Visit: https://events-na4.adobeconnect.com/content/connect/c1/826379326/en/events/event/shared/default_template_simple/event_registration.html?sco-id=1574975270

This event is offered by the United State Tennis Association but may apply to sports and athletes outside of tennis.

(NEW) Area Leaders Meeting Topics for Discussion

Our next Area Leaders meeting will be here before we know it! We are looking forward to bringing everyone together for a productive day of discussion. Listening to your feedback, a new portion of the meeting will be dedicated to information sharing with other area leaders, but we want to hear your topics of interest.

Please visit the link below to help us structure the discussion(s). While not all topics will be picked, we will consider everything for agenda topics, training webinars, and other sessions.

<https://www.surveymonkey.com/r/419ADMeetingTopics>

(NEW) National Volunteer Appreciation Week- Mark your Calendars!

National Volunteer Appreciation Week is April 7-13, 2019. Special Olympics Maryland will be doing some state-wide celebrations and thank yous, but your local program can get in on the fun, too! Think about adding this as a topic of your next management team meeting to see how your program wants to recognize your volunteers this week! Email Luke Weierbach (lweierbach@somd.org), SOMD's Director of Volunteers, for ideas on how to celebrate the contributions of your volunteers throughout the year!

(UPDATED) 2019 SOMD Winter Games – Qualifying Year for the 2021 World Winter Games

We've scheduled two Head of Delegation (HOD) webinars for the upcoming Winter Games. The HOD for each delegation attending Winter Games (or his/her designee) should attend each webinar and share the information with your delegation. Recordings and slides will be distributed following each webinar and also posted on the new Coach Resource Page on the SOMD website (<https://www.somd.org/coach/coach-resources/>).

Event	Date/Time	Registration / Recording Link
Winter Games HOD #1	Thu 1/31	Recording: https://youtu.be/DKX4BeBctIQ

Winter Games HOD #2	Wed 2/13	Cancelled – All Content Covered in earlier webinar
------------------------	----------	--

Special Olympics Maryland has also been informed by Special Olympics North America that the 2019 Special Olympics Maryland Winter Games will be the qualifying event for the 2021 Special Olympics World Winter Games, in the event that SOMD receives an allotment. Additional details will be communicated once it becomes available through Special Olympics North America. The 2021 Special Olympics World Winter Games will be conducted in the host country of Sweden!

Coaching Special Olympics Athletes Train-the-Trainer Session April 7

We will be hosting a Train-the-Trainer session for the Coaching Special Olympics Athletes (CSOA) course on Sunday, April 7, 2019, at SOMD HQ. This is a day-long course (9:00 a.m. – 5:00 p.m.) and will prepare up to 15 Area coaches and leaders to present the CSOA course throughout the state.

The CSOA course is an excellent training program for both new and experienced coaches of all sports to improve their coaching skills. It is a required course for all new coaches (and coaches moving into a new sport) and ultimately will need to be taken by all coaches within the revised Coach Education model, even those with a great deal of experience. CSOA is available in both a “live” and on-line format. SOMD trained a number of experienced Area sports leaders as live instructors in 2014 and we are looking to reinvigorate these live trainings by preparing an additional group of experienced sports leaders to teach the course.

With that in mind, SOMD will be hosting a “Train-the-Trainer” session on Sunday, April 7, 2019 at SOMD Headquarters outside of Baltimore. This will be a full day session (figure 9:00 to 5:00) and, due to the nature of train the trainer sessions, participation will be limited to 15 leaders from Area programs and a few select invitees. Additional “train-the-trainer” sessions may be scheduled after Summer Games.

Requirements for prospective trainers are as follows:

- Must be nominated by their Area Director
- Must have significant experience as a sports coach of individuals with intellectual disabilities (5+ years)
- Must commit to taking/retaking the online version of CSOA during the three weeks prior to the live session on 4/07/2019 (SOMD will reimburse the course fees from HK)
- Must commit to presenting CSOA class a minimum of three times per year either as an individual instructor or co-presenter (typically in their “region” of the state).
- Must agree to follow all guidelines and requirements for CSOA courses
- Must be a prime representative of the ideals and ethics of coaching
- Must consistently represent Special Olympics and SOMD in a positive and professional manner

Nominations will only be accepted by Area Directors and will be accepted through the following survey link: <https://www.surveymonkey.com/r/CSOAT32019Q2>. Nominations will be accepted through Monday, March 1, 2019. Nominees will be informed of their status for the course no later than March 11.

Carroll County Designer Bag Bingo

It’s time for Carroll County’s annual Designer Bag Bingo! Get our tickets today! Join us on Saturday March 9, 2019. Doors open at 4:00 for Vendor Shopping (You don't have to purchase a bingo ticket to shop, we request a \$5 donation) Bingo starts promptly at 7:00. Tickets (20 regular games) are \$18 in advance or \$20 at the door. Additional Packs are \$5 and Specials are \$1 each. We have beautiful raffles bags as well. If you want to reserve tickets call Donna at 443-507-6010

Winter Games Athlete Leadership Workshop-“Putting Your Best Self Forward”

There will be a short athlete leadership workshop in the lower level of the Ramada Plaza in the Pen Mar Room. This will be held from 6:00-7:30pm on Monday, February 25. This is not a full training, but a chance for athletes to learn the basics of introducing themselves to new people and to practice their introductions in a dynamic setting.

These skills can be used throughout the year in speaking within the community about their involvement within Special Olympics Maryland and sharing their experiences within the Special Olympics Movement. No previous athlete leadership experience needed. ALL ARE WELCOME.

To register for the course please email Jason Schriml at jschriml@somd.org by February 24th, 2019

(UPDATED) 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. (registration closed)
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>

We are also pleased to announce that Calvert County will be hosting an additional CSOA session in March. Registration will be limited and a registration link will be provided in the near future.

Sunday, March 24, 2019, 2:00 – 5:00 p.m.; Northeast Community Center

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.

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.

	Webinar	Meeting
Spring	April 2, 2019 7:00-9:00pm	April 6, 2019 Approx. 9:45-3:00

Summer	July 16, 2019 7:00-9:00pm	July 20, 2019 Approx. 9:45-3:00
Fall	Nov. 12, 2019 7:00-9:00pm	Nov. 16, 2019 Approx. 9:45-3:00

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).

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

Sport	Date/Time	Registration / Recording Link
Alpine Skiing	Tues 11/27	Recording: https://youtu.be/q5ENt4y_Va0
Snowshoeing	Thu 11/29	Recording: https://youtu.be/FJwkaAugWol
Basketball	Wed 11/28	Recording: https://youtu.be/8wMj2N1pZCA
Swimming	Tue 3/05 7:00 p.m.	https://attendee.gotowebinar.com/register/6227839863934669826

Pre-Competition Coaches Webinars

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

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.

Event/Sports	State Championship	Training Registration	Outstanding Forms	Competition Registration
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, 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
- **Kendall Zeswitz, Sports Director**
 - kzeswitz@somd.org, 410.242.1515 x127
 - 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 new Local Program Development department for assistance

- **Jeff Abel, Vice President of Local Program Development**
 - 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, 410.598.1027
 - Baltimore City and Baltimore County

- **Ryan Kelchner, AmeriCorps Western Region Coordinator**
 - rkelchner@somd.org, 410-242-1515
 - Western Maryland (Frederick, Washington, Allegany, and Garrett Counties)

2019 Special Olympics Maryland Sports and Competition Calendar - UPDATED 02/15/2019

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)**
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	Athletics: 3/12 Bocce: 3/12 Cheerleading: 3/13 Softball: 3/13 Swimming: 3/05	Athletics: 5/28 Bocce: 5/28 Cheerleading: 5/29 Softball: 5/29 Swimming: TBD	4/25/2019	5/6/2019	5/16/2019
Community	Kayaking Time Trials <i>(Required)</i>	Chestertown, MD	Washington College	8/10/2019	TBD	TBD	7/11/2019	7/18/2019	8/1/2019
Community	Kayaking Championships	Chestertown, MD	Washington College	8/24/2019		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	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> <i>(Ft. Ritchie Tentative)</i>	10/19/2019	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
Community	Winter Games - On-Snow Training #1	Mercersburg, PA	Whitetail Resort	1/11/2020					
Community	Winter Games - On-Snow Training #2	Mercersburg, PA	Whitetail Resort	2/8/2020					
Community	Winter Games - Time Trials and Winter Games	Mercersburg, PA	Whitetail Resort	2/23-25/2020					
<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: - 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 02/15/2019

2019 Coach Education & Development Events

Date	Course/Sport	Location	Facility	Comments	To Register
2/16/2019	Coaching Special Olympics Athletes	Baltimore	SOMD HQ	9:30 - 1:00 p.m.	https://www.surveymonkey.com/r/CSOA2019Q1
2/16/2019	Athletics Coaches Training	Towson	Towson University	TBD	tbd
2/17/2019	Softball In Person Coaches Training	Bethesda	Georgetown Prep	TBD	https://www.surveymonkey.com/r/18Softball
2/17/2019	Bocce In Person Coaches Training	Silver Spring	M. Schwinhaut Senior Center	TBD	https://www.surveymonkey.com/r/LR62KB6
2/19/2019	Cheer Coaches Training Webinar	Webinar	Webinar	7:30pm-9:00pm	https://attendee.gotoweinar.com/register/29639930513869825
2/20/2019	Athletics Coaches Training Webinar	Webinar	Webinar	7:00pm - 8:30pm	https://attendee.gotoweinar.com/register/2729468742634098178
2/27/2019	Bocce Coaches Training Webinar	Webinar	Webinar	7:00pm-8:00pm	https://attendee.gotoweinar.com/register/5755069655575924226
2/28/2019	Softball Coaches Training Webinar	Webinar	Webinar	7:00pm-9:00pm	https://attendee.gotoweinar.com/register/1944873737378779905
3/2/2019	Cheer In Person Coaches Training	Baltimore	SOMD HQ	9:00am-12:00pm	https://www.surveymonkey.com/r/19Cheer
3/2/2019	Swimming Coaches Training	Towson	Towson University	TBD (Pushing to confirm times)	https://www.surveymonkey.com/r/CKJ2CTF
3/14/2019	Bocce In Person Coaches Training	Baltimore	Farring Baybrook Rec Center	6:30pm-8:00pm	https://www.surveymonkey.com/r/LR62KB6
3/23/2019	Coaching Special Olympics Athletes	Baltimore	SOMD HQ	9:30 - 1:00 p.m.	https://www.surveymonkey.com/r/CSOA2019Q1
3/24/2019	Coaching Special Olympics Athletes	Chesapeake Beach	Northeast Community Center	2:00 - 5:00 p.m.	coming soon
4/7/2019	CSOA Train-the-Trainer	Baltimore	SOMD HQ	9:00 - 5:00 p.m.	By nomination/invitation only
6/2/2019	Kayaking Coaches Live Training	Chestertown	Washington College	TBD	TBD
	<i>Areas Interested in Hosting Coach Training Events - Please Contact the Appropriate Sport Director</i>				

2019 Special Olympics Maryland Sports and Competition Calendar - UPDATED 02/15/2019

2019 Area / Regional / District Competitions & Events

Type	Event	Location	Facility	Competition Date(s)	Sport	Notes
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 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	TBD	TBD	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@hcps.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
Community	AA BB Competition	Severna Park	Severn School	3/24/2019	Basketball	Contact Gregg Meade (greggmeade@verizon.net)
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	4/27/2019	Swimming	TBD
Community	AA Spring Games	Annapolis	Naval Academy	4/28/2019	Athletics, Bocce	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@somdhc.org)
Community	HO Track and Field Competition	Columbia	Wilde Lake High School	5/4/2019	Athletics	Contact Bob Baker (bobbaker@somdhc.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 24th, 25th & 26th 2019
Sandy Point State Park
www.plungemd.com

2019 Deep Creek Dunk
February 23rd 2019
Deep Creek Lake
www.dunkmd.com

2019 Winter Games
February 24th – 26th 2019
Whitetail Resort
www.somd.org

2019 Basketball Tournament
March 30th – 31st 2019
Hood College and FCPS Sites
www.somd.org

2019 Summer Games
June 7th – 9th 2019
Towson University
www.somd.org

2019 Kayaking Championships
August 24th 2019
Washington College
www.somd.org

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

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

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

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

State Soccer Tournament
October 27th 2019
Crown Sports, Fruitland Md
www.somd.org

Over The Edge
November 2019
Bethesda, Md
www.somd.org

Interscholastic Unified High School Team Tennis
November 2019
Loyola University
www.somd.org

6th Annual Maryland Rockfish Open
October 2019
Mike's Crabhouse South-Riva
www.somd.org

State Regional Bowling Tournaments
November 10th 2019
Various Locations in Maryland
www.somd.org

State Bowling Championships
December 8th 2019
Bowl America, Gaithersburg, Md
www.somd.org

St. Mary's Splash
December 2019
Point Lookout State Park, Scotland, Md
www.somd.org