

Special Olympics Maryland Area Memo

June 26, 2020



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Welcome

Welcome to the SOMD Area Memo!

If there are any members of your Area's leadership who are not currently receiving the Area Memo, please send their names and email address to jabel@somd.org.

(NEW) Safe Practice Athlete Training- Webinar #1

As we get closer to returning to play, we will be offering 3 interactive webinars for athletes to help them get acquainted with our new in-person event environment! Our first webinar will be offered on Tuesday, 6/30 at 7:00pm. On webinar 1, we will be learning about the new pre-activity athlete screening and helpful reminders for things to bring.

Please register using this link: https://somd.zoom.us/meeting/register/tJwlf-uvrzspHtSCGTODHPX_IX8q994MfkHG

We know that programs will be starting at different times, so there may be some time between these webinars and when an athlete gets back to in-person practices. These webinars will be recorded and can be a resource for athletes to watch later.

Also, encourage athletes to pay attention to our #WellnessWednesday posts on social media, which will not be themed on safe practice information!

(NEW) Area Leader Meeting & Webinar

Our summer meeting is less than 1 month away! Please use the information below to register for our Area Leader Webinar (7/13) and Virtual Meeting (7/18).

As a reminder, the remaining 2020 Area Leader meetings will take place over Zoom to save some money for our overall budget.

Similar to our March meeting, we will be broken into 2 parts; 9am-12:00pm, 1:00pm-3:00pm. I anticipate our afternoon session finishing before 3:00pm.

Please use the links below to register for both events. Please take note of the password needed to enter both.

	Date	Link	Password
Webinar	7/13/2020 @ 7:00pm	https://somd.zoom.us/j/99028941662?pwd=RXJlUkxakxNQi95aTjVVRW9PTTBkZ09	886393
Meeting	7/18/2020 @ 9:00am	https://somd.zoom.us/j/95270036169?pwd=Q3cvZUJkZWl4bm1WSzNiQzQ4bjBNZz09	738983

(NEW) AD Leaderboard

Our Area Directors are getting their miles in in the 50 for 50 Challenge! Congrats to everyone who is participating. Here's our leaderboard for the first 2 weeks based on miles entered! Apologies if I missed someone on the list---- feel free to file protests.

Congrats to Marilyn Miceli to be our first Area Director to pass 50 miles and well on her way to the Century Club! I will be checking her qualifying score to make sure there's not honest effort violation.

1	Marilyn Miceli	Howard County	65.01 Miles
2	Jeff Abel		24.39
3	Laurie Brewer	Carroll County	24.1 Miles
4	Jeff Hagen	St. Mary's County	17.02 Miles
5	Vicki Follett	Washington County	14.3 Miles
6	Joyce Powell	Baltimore County	14 Miles
7	Marva Davis	Washington County	13.5 Miles
8	Shelly Bogasky	Montgomery County	12.26 Miles

COVID-19 Area Directors Call

We will continue our bi-weekly calls for Area Directors on Wednesday 7/120 at 6:30 PM. Please use this link: <https://somd.zoom.us/j/96328411657>

Return to Play Calls with Area Leadership- What Sports Could you Offer?

There's light at the end of the tunnel! July 1 is around the corner, which means SOMD "In Person" Training Programs can likely start soon! So that we may best prepare for the upcoming training programs and potential competitions, we want to get an idea of the sports programs that our local programs are both interested in and likely to host.

Some things to remember:

- 1) The possibility of holding large state competitions is very much dependent on MD state government determined group size regulations, but just because we may not hold a state competition doesn't mean an approved sport can't be offered locally for training and possibly some level of competition.
- 2) We do not anticipate modifying the sports calendar or sports typically offered in a given season at the state level, but again, a local program could choose to offer a sport locally outside of the traditional season if appropriate, although we would discourage a late summer Alpine Skiing season!

- 3) While not a sport, fitness (both traditional and Unified) can be a great way to engage athletes in fun and meaningful physical activity with little needed in terms of equipment and facility reservations.

Process:

Over the next few weeks, SOMD Staff will be working with Local Program leaders to gather information to help determine the anticipated status of sports and the prospect of holding some type of competition, so we would ask you to do the following:

- 1) Start talking to your coaches, management teams, athletes, and families about sports in which there is interest in beginning in-person training.
- 2) If you haven't heard from facilities about their availability, contact your typical facilities to find out if they are open and accepting group reservations (and remember to get all necessary contracts to risk@somd.org for review and Jim's signature)
- 3) Wednesday, 6/17/2020- During our bi-weekly Area COVID-19 call We will review, in more detail, the types of questions and information which SOMD Staff will be discussing with you.
- 4) Local Program and Sport Staff will schedule 15-20 min phone interviews during the week of June 22 to capture the information specific to your Area and answer questions as possible (one interview with each Area).

If you have any questions, please contact Jeff (jabel@somd.org)

Virtual Block Party Replay and Links

Thanks to those who could join us last weekend for our Virtual Block Party, and special thanks to all those who submitted videos!

We have been uploading each segment of the Virtual Block Party to our Facebook and YouTube channels every day this week. We are planning on doing a Watch Party within the Virtual MOVEment group on Sunday morning at 10:00am ([link](#)).

If you know of any friends, family, athletes, volunteers, etc. that were not able to join us last weekend or who ran into technology problems, please let them know about the Watch Party and feel free to send them the link to the Facebook and YouTube playlists

- [Facebook Playlist](#)
- [YouTube Playlist](#)

(Updated) SOMD HQ Staffing Update – WELCOME BACK ON JUNE 30

We are thrilled that our 7 colleagues will be returning from temporary furloughs on Tuesday, June 30. Please take the opportunity to welcome them back as well on Tuesday as they get "re-boarded" from their time away.

In the interim, please contact the following individuals:

Furloughed Team Member	Interim Contact
Melissa Anger	Steve Bennett
Zach Cintron	Steve Bennett
Ryan Kelchner (Steve Bennett)	Steve Bennett
Mike Myers	Jeff Abel
Angela Nadeau	Melissa Kelly
Dottie Rush	Mike Czarnowsky
Danielle Weddle	Jim Schmutz

(Updated) Coaches Training – Virtual CSOA and PoC Sessions

With the recent suspension of training and competition activity, as well as in-person meetings, now extended through June 30, 2020, SOMD is adapting its coach training opportunities to meet this new challenge and offering Virtual Coaches Training for CSOA and PoC Courses (matching the “live and in person” versions of these courses as much as possible).

Coaching Special Olympics Athletes (CSOA) - August 1, 2020

While there will continue to be the online version of Coaching Special Olympics Athletes (CSOA) available via Human Kinetics (links available on the [SOMD Coach Resource Page](#), SOMD is aware that many coaches strongly prefer the live version of this course and will offer the following “Virtual Training” session for CSOA, delivered live online (limit of 20 participants per session).

Saturday, August 1, 2020, 9:00 a.m. – 1:00 p.m.*

Register: <https://somid.zoom.us/meeting/register/tJ0kduutpzsJE9Qjpd2eRaUD7ioUGOjx3EAO>

Additional sessions will be considered if both of these sessions fill up quickly.

Principles of Coaching (PoC) Course July 25 (virtual) & Sept 12 (in person)

We currently have 2 sessions of this course to be offered over the next several months. Registration will be limited to a maximum of 20 coaches per date.

Also, note that the course has undergone a number of changes, including removing many redundancies with CSOA. Given those changes, the estimated length of the course is now 4.5 hours (rather than 8 hours). We expect have an improved time estimate in the next several weeks (and certainly following our first online session)

Saturday, July 25, 2020, 9:00 a.m. – 1:30 p.m., delivered as a Virtual session*

Saturday, September 12, 2020, 9:00 a.m. – 1:30 p.m., live at SOMD HQ

(the 9/12/2020 session will convert to a virtual session if we are unable to safely offer live sessions at that time)

To register for one of these sessions, please use this [link](#).

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

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

Local Programs Using Zoom

Coaches Using Zoom Training: On Wednesday, April 22, 2020 Zach Cintron and Pat Cullinan held a training for coaches on how to use Zoom as a way to engage athletes during our in-person program suspension. A Recording of that meeting can be found here: <https://youtu.be/ifQ4L-mAdTY>

Local Programs Using Zoom:

If you would like to use SOMD’s Zoom for your Management Team or Committee Meetings, please use the link below to request usage.

All Local Programs are sharing 1 Zoom Account paid for by SOMD, so please remember the following:

- Basic Zoom Accounts are FREE, but meetings are limited to 40 min.
- If your Local Program wants to purchase a Zoom Account (\$14.99 per month), you can do that, please contact Jeff
- A submitted meeting request does not mean that your meeting is confirmed. You will hear from Jeff when your meeting is scheduled.
- Meetings will be limited to 1.5 hours....this will be a hard deadline in order to accommodate more meetings, as necessary.
- You must request a meeting no later than 3 business days before your desired meeting

<https://forms.office.com/Pages/ResponsePage.aspx?id=v8F2REkhI0W5Cz8dVAf2QmKThch79NpCqms0wtzzhFdUNUFZRjgwT0dLRTVRVjVFTUtISzJWtIQ1VC4u>

SOMD Virtual MOVEment

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

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

NEW WEBSITE! : Don't have facebook? No problem! Visit our new website www.virtualsomid.com for archived workouts, social clubs, and a calendar events. Don't miss the virtual block party section!

Risk Reminders

Please remember that all contracts and requests for COIs must be sent to risk@somd.org for review by Rhonda and Jim's signature. The email address, risk@somd.org, was set up to ensure that these important documents don't get lost in our inboxes. *Also, a reminder that the only person authorized to sign any form of agreement on behalf of our organization is our CEO.*

(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 – THESE SESSIONS WILL ALL BE EXPANDED TO 90 MINUTES TO ALLOW COVERAGE OF RELEVANT RETURN TO ACTIVITY CONTENT

<i>Sport</i>	<i>Date/Time</i>	<i>Registration / Recording Link</i>
Golf	Tue 7/14 7:00 – 8:30 pm	https://somd.zoom.us/meeting/register/vpEoc-2qqzktRpKfE-tzQqaQuMOQf7PA7Q
Cycling	Thu 7/16 7:00 – 8:30 pm	https://somd.zoom.us/meeting/register/tJcvce6rrT8jHN2PJwSaPNZ2nHtQepqAWD54
Distance Running	Tue 7/21 7:00 – 8:30 pm	https://somd.zoom.us/meeting/register/tJEpcO-urTsoGNOFdfIkg8gTVS93K2oWeRzL
Flag Football	Tue 7/23 7:00 – 8:30 pm	https://somd.zoom.us/meeting/register/tJltdeCupjktHddovwu-jYbycPTffPEZySzq
Power-lifting	Wed 7/22 7:00 – 8:30 pm	https://somd.zoom.us/meeting/register/tJEud-2qrT8rGdC_GJV0prja58j2G7UDSO4n
Tennis	Mon 7/20 7:00 – 8:30 pm	https://somd.zoom.us/meeting/register/tJYvf-CrQzMiHdCxQOGJlPqN1kkmlcU2vOom
Soccer	Tue 7/28 7:00 – 8:30 pm	https://somd.zoom.us/meeting/register/tJluceGgqTgqGNeB3tBz5fhHkVjvLQchhQn

Pre-Competition Coaches Webinars (These webinars are scheduled under the current plan to hold a state level championship in the respective sport. Should that change or be converted to regional competitions, these dates and times may change.)

Sport	Date/Time	Registration / Recording Link
Golf	Thu 9/17 7:00 – 8:00 pm	https://somid.zoom.us/meeting/register/vpUkc-GgrTkisuNVtnyQgjSzcElwOV25Bw
Cycling	Mon 10/12 7:00 – 8:00 pm	https://somid.zoom.us/meeting/register/tJArf-mvrD4qE9ELbVLC52pwG_TrShqEtwo9
Distance Running	Thu 10/08 7:00 – 8:00 pm	https://somid.zoom.us/meeting/register/tJEsd-GsrD8rHdB7CeF6pLRbe5qzb8C1xXRR
Flag Football	Tue 10/06 7:00 – 8:00 pm	https://somid.zoom.us/meeting/register/tJMvcO-vqzoiEtDib2aYyLHOPcKTOf4mTrN3
Power-lifting	Wed 10/07 7:00 – 8:00 pm	https://somid.zoom.us/meeting/register/tJlld-qgrjsoHNUd_Ecn2CI5K5J5FyQIXc23
Tennis	Mon 10/05 7:00 – 8:00 pm	https://somid.zoom.us/meeting/register/tJUvf-ysrTwsHdd_fMMKmL23f1u3baZazZW8
Soccer	Tue 10/20 7:00 – 8:00 pm	https://somid.zoom.us/meeting/register/tJYtduGrpzgiGdVYhHJXSP70jgNQ7JQdwzWD

Community Sports Registration Deadlines For Most of 2020

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

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

**These dates are scheduled under the current plan to hold a state level championship in the respective sport. Should that change or be converted to regional competitions, these dates and times may change.*

Sports Directors – Assigned Sports

If you have questions regarding a specific sport, coach education, or competition, please work with the corresponding Sport Director. **As a reminder, our 3 Sports Directors are on a temporary furlough and will return to work on 6/30/2020. PLEASE DIRECT ALL COMMUNICATION TO STEVE BENNETT-sbennett@somid.org**

- **Melissa Anger, Sports Director**
 - manger@somid.org, 410.242.1515 x122
 - Basketball
 - Cheerleading
 - Flag Football
 - Soccer

- Softball
 - Tennis
 - Locally Popular Sports: Cross Country Skiing, Duckpin Bowling
- **Zach Cintron, Sports Director**
 - zcintron@somd.org, 410.242.1515 x161
 - Bowling (10 pin)
 - Cycling
 - Kayaking
 - Snowshoeing
 - Swimming
 - Locally Popular Sports: Figure Skating, Sailing, Short Track Speed Skating, Volleyball
- **Ryan Kelchner Sports Director**
 - rkelchner@somd.org, 410-242-1515 x171
 - Alpine Skiing
 - Athletics
 - Bocce
 - Distance Running
 - Golf
 - Powerlifting
 - Locally Popular Sports: Dance, Equestrian Sports, Floor Hockey

Questions?

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

- **Jeff Abel, Vice President. Local Program Development**
 - jabel@somd.org, 410-242-1515 ex. 121
 - Any general question
- **Ben Varga, Healthy Communities Manager**
 - bvarga@somd.org
 - Healthy Athletes, Fitness Programs
- **Pat Cullinan, Northern Chesapeake Region Director**
 - pcullinan@somd.org, 410-242-1515
 - Harford, Cecil, and Kent Counties
- **Mike Myers, Baltimore Region Director**
 - mmyers@somd.org, 410-242-1515
 - Baltimore County and City
- **Ron Freeman, Baltimore City Coordinator**
 - rfreeman@somd.org, 410.598.1027
 - Baltimore City Public Schools, Baltimore City Rec and Parks
- **Tyler Martin, Western Region Coordinator**
 - tmartin@somd.org, 717-321-3642
 - Frederick, Washington, Allegany, Garrett Counties