

Special Olympics Maryland Area Memo

July 10, 2020

**Special
Olympics
Maryland**



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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) Return to Activities Website

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

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

(NEW) Return to Activities Volunteer Orientations

As mentioned on Wednesday's Call, Sam Boyd will be hosting Return to Activity Volunteer Orientations for volunteers interested/willing to support return to play screening efforts. Trainings will be scheduled throughout July and August are scheduled with links below. Please direct any questions to Sam (sboyd@somd.org)

July 15 at 7:00pm: <https://somd.zoom.us/meeting/register/tJUocOCorjsiEtaHZmiAkKQ31et6pEmn4ATB>

(Updates) Safe Practice Athlete Training

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!

Webinar 1 Recording: <https://virtualsomd.com/news/2020/07/athlete-webinar-1/>

Webinar 2: 7/15/2020 at 6:00 PM:

<https://somd.zoom.us/meeting/register/tJlvcuGuqz0tGdyyAW3LLyUOW6J0DWFrajuZ>

Webinar 3: 7/27/2020 at 6:00 PM

[https://somed.zoom.us/meeting/register/tJMtdOuvqTotGdd4YT7qQxqW6tkwk9P5vZGQ](https://somed.zoom.us/join/joinMeeting?meetingId=99028941662&password=RXJIUDNXakxNQi95aTJVRW9PTTBCdz09)

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

Area Leader Meeting & Webinar

Our summer meeting is NEXT WEEK! 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://somed.zoom.us/j/99028941662?pwd=RXJIUDNXakxNQi95aTJVRW9PTTBCdz09	886393
Meeting	7/18/2020 @ 9:00am	https://somed.zoom.us/j/95270036169?pwd=Q3cvZUJjdWl4bm1WSzNiQzQ4bjBNZz09	738983

(UPDATED) COVID-19 Area Directors Call

Because of the Area Director Meeting and Webinar the same week, we will NOT have our regularly scheduled Area Director COVID call on 7/15.

(UPDATED) SOMD Staffing Update

Welcome back to Angela, Mike, Zach, Ryan, Melissa, and Dottie! Please start contacting these team members again for questions related to their respective areas of responsibility.

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://somed.zoom.us/meeting/register/tJ0kduutpzsje9Qjpd2eRaUD7ioUGOjx3EAO](https://somed.zoom.us/join/joinMeeting?meetingId=99028941662&password=RXJIUDNXakxNQi95aTJVRW9PTTBCdz09)

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.)

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

Sport	Date/Time	Registration / Recording Link
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://somed.zoom.us/join/tJcvce6rrT8jHN2PJwSaPNZ2nHtQepqAWD54
Distance Running	Tue 7/21 7:00 – 8:30 pm	https://somed.zoom.us/join/tJEpcO-urTsoGNOFdfkkg8gTVS93K2oWeRzL
Flag Football	Tue 7/23 7:00 – 8:30 pm	https://somed.zoom.us/join/tJItdeCupjktHddovwu-jYbycPTffPEZySzq
Power-lifting	Wed 7/22 7:00 – 8:30 pm	https://somed.zoom.us/join/tJEud-2qrT8rGdC_GJV0prja58j2G7UDSO4n
Tennis	Mon 7/20 7:00 – 8:30 pm	https://somed.zoom.us/join/tJYvf-CrqqMiHdCxQOQJlPqN1kkmlcU2vOom
Soccer	Tue 7/28 7:00 – 8:30 pm	https://somed.zoom.us/join/tJlucGgqTgqGNeb3tBz5fhhlkvjvLQchqhN

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://somed.zoom.us/join/vpUkc-GgrTkisuNVtnyQgJszcElwOV25Bw
Cycling	Mon 10/12 7:00 – 8:00 pm	https://somed.zoom.us/join/tJArf-mvrD4qE9ELbVLC52pwG_TrShqEtwo9
Distance Running	Thu 10/08 7:00 – 8:00 pm	https://somed.zoom.us/join/tJEsd-GsrD8rHdB7CeF6pLRbe5qzb8C1xXRR
Flag Football	Tue 10/06 7:00 – 8:00 pm	https://somed.zoom.us/join/tJMvcO-vqzoiEtDib2aYyLHOPcKTOF4mTrN3
Power-lifting	Wed 10/07 7:00 – 8:00 pm	https://somed.zoom.us/join/tJlId-qgrjsoHNUd_Ecn2Cl5K5J5FyQlXc23
Tennis	Mon 10/05 7:00 – 8:00 pm	https://somed.zoom.us/join/tJUvf-ysrTwsHdd_fMMKml23f1u3baZazZW8
Soccer	Tue 10/20 7:00 – 8:00 pm	https://somed.zoom.us/join/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.

- **Melissa Anger, Sports Director**
 - manger@somd.org, 410.242.1515 x122
 - Basketball
 - Cheerleading
 - Flag Football
 - Soccer
 - Softball
 - Tennis
 - Locally Popular Sports: Cross Country Skiing, Duckpin Bowling
- **Zach Cintron, Sports Director**
 - zcintron@somd.org, 410.242.1515 x161
 - Bowling (10 pin)
 - Cycling
 - Kayaking
 - Snowshoeing
 - Swimming
 - Locally Popular Sports: Figure Skating, Sailing, Short Track Speed Skating, Volleyball
- **Ryan Kelchner Sports Director**
 - rkelchner@somd.org, 410-242-1515 x171
 - Alpine Skiing
 - Athletics
 - Bocce
 - Distance Running
 - Golf
 - Powerlifting
 - Locally Popular Sports: Dance, Equestrian Sports, Floor Hockey

Questions?

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

- **Jeff Abel, Vice President. Local Program Development**
 - jabel@somd.org, 410-242-1515 ex. 121
 - Any general question
- **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