

Special Olympics Maryland Area Memo

September 18, 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) SOMD Office

As athletes and coaches are returning to play, some of our staff members are slowly beginning to work from our office in Baltimore again. To lessen the number of people in and around the office at any given time, our office remains closed to visitors. If you need to come to the office for any reason, you must contact a staff member at least 48 hours in advance, who will work with you to make arrangements. Masks are required at all times and your temperature will be taken upon entry.

(NEW) Phase Movement Tracking Document

As was discussed on last week's AD Covid Call, protocol has been laid out for programs to progress (or regress) in phases!

The requirements for programs to move into Phase 2 include:

- 2 weeks in Phase 1
- 7 consecutive days at a 'yellow' or 'green' risk level defined by the Harvard multi-metric covid risk map.
- Site Assessment done by SOMD Staff member

Jeff will be tracking risk levels daily--- and you can keep track of your program by visiting:
<https://somd.zoom.us/meeting/register/tJ0qfumozMuG9NT0qtsKix6-nFof3f8YxqD>

Remember, coaches and Area Leaders should work together to determine when they feel comfortable moving into a less-restrictive phase. Additionally, programs MUST continue to operate in their current phase until they receive written approval to progress from Jeff.

(NEW) 2022 World Games Training Camp

There will be different locations for the Training Camps/Team Trials for the different sports in which Special Olympics USA has participants. These Training Camps/Team Trials will be conducted in conjunction with the host State Program Winter Games/Events. As we continue to reiterate, these are **the tentative plans at this time.**

As a reminder, and as we have continued to discuss, the three athletes from Special Olympics Maryland continue with their status as Nominees for Special Olympics USA.

The **tentative plans** for the Training Camps/Team Trials for the three athlete Nominees from Maryland include the following:

Snowshoeing

SO Kansas Heartland Games
Snow Creek Ski Area
Weston, MO
January 26 – 29, 2021

Alpine Skiing

SO Colorado Winter Games
Copper Mountain Resort
Copper Mountain, CO
March 4 – 8, 2021

(UPDATED) Virtual Training Guides (VTGs) for Cycling, Flag Football and Golf Released

We are happy to announce that we have released the Virtual Training Guides for Cycling, Flag Football and Golf for programs to begin using! Bowling and Soccer to be released within the next week or so (look for more in the near future). These guides have 8-10 weeks' worth training content that coaches can use for delivering virtual training for your athletes who aren't able to attend the smaller in-person practices that have begun or if you are not planning to offer these sports in-person this season. With many athletes who live in group homes still unable to participate in activities, this could be the perfect way for your programs to keep them engaged!

Kudos to Zach Cintron who took the lead on the launch of this project along with Melissa Anger and Ryan Kelchner. We look forward to seeing programs use these guides to bring more opportunities to your athletes this fall season!

(NEW) Finance Updates

2021 BUDGET - THANK YOU!! - I wanted to extend a GREAT BIG thank you to all the Area Directors and Area Finance managers for sending in your 2021 Budget worksheets. Darlene has reached out to some of you already with some questions. If there are revision to be made, please return them to Darlene just as soon as possible.

BANKING UPDATE – We are moving along with the change in banking institutions to M&T. We have ordered checks and deposit slips for all the Areas for the new account. As soon as the deposit slips arrive, Darlene will be sending out instructions to the Areas with the timeline for the changeover.

The new account allows the depositing of checks by taking a picture with your phone! This is a similar service to what individuals can do already with their personal bank accounts. We are excited to be able to use this technology. As soon as we have more information, we will share it.

If you have any questions about this update, please reach out to Joanne.

(UPDATED) Athlete Leadership Boot Camps

We are going to try a new idea in September....Boot Camps. We have focused on training to this point. Now let's get some practice in!

These Boot Camps will be short one hour courses focused on developing skills that will help athletes improve in communication skills (Written and verbal), presentation skills, social media skills and some adaptability skills through improv.

***No previous training required.**

***You do not have to be an existing Athlete Leader.**

WHAT: Athlete Leadership-Boot Camp (READING PRACTICE)

We want to keep up our reading practice during this time at home. We will be picking passages from famous and not so famous written speeches, books, scripts, etc. and taking turns reading them. Each piece will be revealed 72 hours before so you can practice.

Reading suggestions welcome.

All skills levels and abilities are welcome.

WHEN: Tuesday September 22nd, 2020 5:30pm

WHERE: <https://somd.zoom.us/meeting/register/tJlpcOCgqj0qGNRkffiSihDy017IZ3DtEyRN>

WHAT: Athlete Leadership Boot Camp (IMPROV SKILLS TO BE A BETTER LEADER)

We will use Improvisational Games and exercises to help gain better skills at presenting ourselves in the community and at events. These will be fun and dynamic and we will learning new skills as well as improving existing skills to enhance our leadership abilities.

WHEN: Friday September 25th, 2020 12pm (NOON)

WHERE: <https://somd.zoom.us/meeting/register/tJEodeqqqDIqHNcMfd787Jc6DAufPtAEaQXy>

WHAT: Athlete Leadership Boot Camp (30 SECOND SPEECHES)

We will designate a topic or subject to create a speech around. We will work together then to put together a 30 second speech around the topic. You can write it down and recite it. Or you can put it together in your head and recite it. It will follow different formats every time. Each subject or topic will be revealed at the beginning of the meeting.

This will help us work on our spontaneous speaking skills

WHEN: Monday September 28th, 2020 4pm

WHERE: https://somd.zoom.us/meeting/register/tJwpdOGgrijkJHdH3S_eohzZCAAMCQ407jEQf

WHAT: Athlete Leadership Boot Camp (IMPROV SKILLS TO BE A BETTER LEADER)

We will use Improvisational Games and exercises to help gain better skills at presenting ourselves in the community and at events. These will be fun and dynamic and we will learning new skills as well as improving existing skills to enhance our leadership abilities.

WHEN: Wednesday September 30th, 2020 9am

WHERE: <https://somd.zoom.us/meeting/register/tJUlc--hqTlvH9BrIFGkwM1gniRusCo69M4d>

WHAT: Athlete Leadership Boot Camp (SOCIAL MEDIA PRACTICE) INSTAGRAM

We are going to work on our social media skills. We will pick one topic to update on Facebook, Twitter Instagram and/or TikTok. These may be trending topics or there may be directly related to Special Olympics Maryland.

We will work on the words to use and any images we would want to attach. We will also take time to "LIKE" and "SHARE" other people's social media postings.

WHEN: Tuesday October 06th, 2020 12pm (NOON)

WHERE: <https://somid.zoom.us/meeting/register/tjcsfuuoqDkuHdTLTzGMY3YJ1CfRpWzIEJ03>

WHAT: Athlete Leadership Boot Camp (SOMD FACTS-Learning through Games)

As an athlete leader it is important to know some facts about Special Olympics Maryland that you share when people ask you. We are going to play games and have fun contests to help us learn facts about SOMD, Sports, Local Programs, Special Events, Fundraising Events, etc.

WHEN: Thursday October 08th, 2020 4pm

WHERE: <https://somid.zoom.us/meeting/register/tJlkcu-vqjloGtFQ0UFX68Mm4srkGTJ0bChR>

WHAT: Athlete Leadership Boot Camp (ACTIVE LISTENING PRACTICE)

'Active listening' means, as its name suggests, actively listening. That is fully concentrating on what is being said rather than just passively 'hearing' the message of the speaker.

Active listening is a skill that can be acquired and developed with practice. However, active listening can be difficult to master and will, therefore, take time and patience to develop.

Active listening involves listening with all senses. As well as giving full attention to the speaker, it is important that the 'active listener' is also 'seen' to be listening - otherwise the speaker may conclude that what they are talking about is uninteresting to the listener.

WHEN: Monday October 12th, 2020 9am

WHERE: <https://somid.zoom.us/meeting/register/tJMod-ygpzMiHNLcdQH6TutHPOLN1JA4aOt>

WHAT: Athlete Leadership-Boot Camp (READING PRACTICE)

We want to keep up our reading practice during this time at home. We will be picking passages from famous and not so famous written speeches, books, scripts, etc. and taking turns reading them. Each piece will be revealed 72 hours before so you can practice.

Reading suggestions welcome.

All skills levels and abilities are welcome.

WHEN: Thursday October 15th, 2020 9am

WHERE: <https://somid.zoom.us/meeting/register/tJ0pcemqrzlpEtd8dBdX-p3vNC5mLWGMv9p4>

WHAT: Athlete Leadership Boot Camp (IMPROV SKILLS TO BE A BETTER LEADER)

We will use Improvisational Games and exercises to help gain better skills at presenting ourselves in the community and at events. These will be fun and dynamic and we will learning new skills as well as improving existing skills to enhance our leadership abilities.

WHEN: Tuesday October 27th, 2020 5:30pm

WHERE: <https://somid.zoom.us/meeting/register/tJckfuqtrDMrG9aSgtakY0FaZOFPSmj8ZqOB>

WHAT: Athlete Leadership Boot Camp (30 SECOND SPEECHES)

We will designate a topic or subject to create a speech around. We will work together then to put together a 30 second speech around the topic. You can write it down and recite it. Or you can put it

together in your head and recite it. It will follow different formats every time. Each subject or topic will be revealed at the beginning of the meeting.

This will help us work on our spontaneous speaking skills.

WHEN: Friday October 30th, 2020 4pm

WHERE: <https://somd.zoom.us/meeting/register/tJcpcOqrpj0uHdDpmBtGH4fQfSB5sbanWC-C>

(NEW) October Athlete Social Clubs

More social clubs are headed your way for the month of October. Check out the attached document for all October 2020 Social Clubs!

(NEW) SOI Athlete Survey

PLEASE SHARE WITH YOUR ATHLETES

Dear fellow athletes,

Because of the COVID-19 virus, things have changed all around the world for our athletes, coaches, friends and family. For all athletes, the virus has changed how we play sports and how we come together. I want to hear your voices through this short survey about returning to play. Our voices and input are important in how we can get back to do what we as athletes love to do – play sports. By hearing from you in this short survey, I can represent us all.

Click the link below to complete this short 5 question survey.

Survey: <https://www.surveymonkey.com/r/3DFM2M8>

Please complete the survey by September 25. Thank you so much for being a leader.

Loretta Claiborne
Athlete and Chief Inspiration Officer
Special Olympics, Inc.

LET Jason Schriml (jscriml@somd.org) KNOW IF YOU FILL THIS OUT SO I CAN MARK IT DOWN.

Virtual Torch Run

Our Virtual Torch Run Registration is OPEN! We are excited to roll out this collaborative fundraising opportunity with Local Programs and our Law Enforcement community!

Visit www.marylandtorchrn.com to register!

Remember, each local program is able to sign up 1 fundraising team and benefit from 70% of the net revenue raised by your team! Please work with your Area Director to start a team or register on their existing team.

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://virtualso.md.com/return-to-play/>

(UPDATED) COVID-19 Area Directors Call

Our Bi-Weekly Call will take place this Wednesday, 9/23 at 6:30pm.

Please use this link to register:

<https://somid.zoom.us/meeting/register/tJ0qfumozMuG9NT0qtsKix6-nFof3f8YxqD>

(UPDATED) Coaches Training –CSOA and PoC Sessions

Coaching Special Olympics Athletes (CSOA) -- SOMD is pleased to offer in-person training sessions for Coaching Special Olympics Athletes, a requirement for all Coaches. *(Due to the conversational and interactive nature of this course, we must have a minimum of 7 registrants at least 3 business days prior to the course in order for it to be held.)*

Saturday, September 26, 2020, 9:00 a.m. to 1:00 p.m. Virtual Training session at SOMD HQ (limit of 20 participants) *(Note: This previously scheduled "live" session has been shifted to virtual)*

Sunday, November 15, 2020, 9:00 a.m. to 1:00 p.m. In-person Training session at SOMD HQ (limit of 20 participants) *(Note: We will make a determination no later than November 2, 2020, whether this session will be held as an "in-person" or "virtual" course.)*

To register for either of these sessions, [please click here](#).

Principles of Coaching (PoC) - SOMD is pleased to host additional sessions of the Principles of Coaching course, necessary for all coaches wishing to take teams/athletes or serve as a coach to any competition above the state level (including USA Games, World Games, NITs, NIRSA events, etc.). This free course is intended for coaches with a *minimum of two years coaching experience* and, along with appropriate sport-specific training, serves to certify a coach as an Advanced coach. *(Due to the conversational and interactive nature of this course, and the need to send "hard copy" course materials to participants in advance of the session, we must have a minimum of 7 registrants at least 5 business days prior to a virtual PoC course in order for it to be held.)*

Tues & Thur, October 27 & 29, 2020, 6:30 – 9:00 p.m. each evening; Virtual Training session (limit of 20 participants) **(MUST ATTEND BOTH SESSIONS TO COMPLETE COURSE)**

To register for these sessions, [please click here](#).

Important Note On All Virtual Training Sessions: *Given the interactive nature of these courses, if a course gets changed to a virtual training session, 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.)*

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@somid.org for review by Rhonda and Jim's signature. The email address, risk@somid.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.*

Pre-Season and Pre-Competition Webinars

The dates and time for Pre-Season webinars have been set for the upcoming seasons. Please share this info with your coaches and sports volunteers.

Pre-Season Coaches Webinars –

Sport	Date/Time	Registration / Recording Link
Cycling	Thu 7/16	Recording: https://www.youtube.com/watch?v=zIzhW6QSor0&feature=youtu.be
Distance Running	Tue 7/21	Recording: https://www.youtube.com/watch?v=gYmt15dO2mA&feature=youtu.be
Flag Football	Thu 7/23	Recording: https://youtu.be/ifjxgZZN0b4
Golf	Tue 7/14	Recording: https://www.youtube.com/watch?v=gV0U7sv4utk&feature=youtu.be
Power-lifting	Wed 7/22	Recording: https://www.youtube.com/watch?v=tQiUYKvLbAk&feature=youtu.be
Tennis	Mon 7/20	Recording link is forthcoming and will be posted on the SOMD Coach Resource Page: https://www.somd.org/coach/coach-resources/
Soccer	Tue 7/28	Recording: https://youtu.be/Fvcla3Axa8A
Bowling	TBD	This web session has been postponed pending additional information on indoor activities while operating under "Return to Activity" protocol

Pre-Competition Coaches Webinars

Due to the decision to cancel all community state-level championships through the end of 2020, there is no need to conduct the previously scheduled "pre-competition" webinars, so they have been cancelled.

Note: As SOMD and Areas determine specifics for co-hosted competition opportunities in Fall 2020, webinars/web meetings will likely be scheduled prior to those competitions to review what to expect (given the newness of the application of the R2A protocols).

Community Sports Registration Deadlines For Most of 2020

Given the cancellation of state-level community championships through the end of 2020, our “traditional” schedule structure for deadlines is not applicable. That said, all participants still **MUST** be registered and have their valid and up-to-date forms/certifications submitted to SOMD HQ in a timely manner.

Regardless of deadlines noted below, forms/certifications must be up-to-date at HQ prior to any competition.

Sport	When	What Is Due
Golf*	09/01/2020	<ul style="list-style-type: none">Roster entered into GMS of all athletes, Unified® partners, coaches and volunteers participating in your program.
Cycling Distance Running Flag Football Powerlifting Soccer Tennis	10/01/2020	<ul style="list-style-type: none">Every athlete must have a complete medical form valid through October 31, 2020 on file at SOMD HQ*.Every coach/partner/volunteer must have a complete volunteer application and updated Protective Behaviors Certification valid thru October 31, 2020 on file at SOMD HQ*.All Coaches & Sports Vols must have Special Olympics Concussion Certification.
Bowling*	11/01/2020	<ul style="list-style-type: none">All Coaches: must have the sport-specific certification for their sport completed and submitted to SOMD HQ along with CSOA.

*Golf forms/certifications must be valid thru Sept 30, 2020

*Bowling forms/certifications must be valid thru Dec 31, 2020

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
- **Angela Nadeau, Sports Director**
 - anadeau@somd.org, 410-242-1515 x163
 - IUS Athletics
 - IUS Indoor Bocce
 - IUS Outdoor Bocce
 - IUS Strength & Conditioning
 - IUS Tennis

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
- **Melissa Kelly, Sr. Director, Unified Champion schools**
 - mkelly@somd.org, 410-979-5839
 - School engagement & partnerships
- **Mackenzie Irvin, Young Athletes Program Director**
 - mirvin@somd.org, 857-939-4867
 - Young Athletes Program, Elementary School programming
- **Veronica Smaldone, Unified Champion Schools Coordinator (Western MD)**
 - vsmaldone@somd.org
 - Inclusive Youth Leadership & Whole School Engagement
- **Sam Boyd, Volunteer Director**
 - sboyd@somd.org, 443-766-9245
 - Volunteer Recruitment, Retention, Training
- **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
- **Tyler Martin, Western Region Coordinator**
 - tmartin@somd.org, 717-321-3642
 - Frederick, Washington, Allegany, Garrett Counties