

Special Olympics Maryland Area Memo

August 6, 2022

**Special
Olympics
Maryland**



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Welcome

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) COVID-19 Protocol Update- Vaccination Requirements

After feedback from many stakeholders, we are making the following changes to our COVID-19 protocol **through the Bowling State Finals (12/4/2022)**:

- At this time, there will be no sport-specific vaccination requirements for fall sports and activities that previously required full vaccination for participation in events and competitions with multiple area programs (flag football team, soccer team, volleyball, powerlifting, bowling).
- At this time, there will be no requirement for full vaccination for overnight housing provided by SOMD, including the local program.
- At this time, a negative COVID test is no longer required to return to activities after a positive COVID test. Individuals must follow CDC recommendations for isolation and masking found here: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Some notes about these changes:

- 1) As noted, ***these changes are only in effect through the Bowling State Finals (12/4/2022)***. Protocol changes to future sports seasons, sports, and activities will be communicated at a later date.
- 2) We will continue to follow state/local/venue restrictions for all COVID-19 Protocol, so if there is a venue (for local or state activities) that requires proof of full vaccination for participants and/or spectators, we will follow their protocol.
- 3) As a reminder, local programs cannot require vaccinations in sports and activities in which SOMD does not require full vaccination for participation.

- 4) Protocol changes will also be communicated in tomorrow's Area Memo (sent by Jeff) and the upcoming Coach Memo (sent by Mike Czarnowsky)
- 5) As always, COVID-19 protocol is subject to change based on the current COVID-19 situation. Should we need to make further changes to protocol, those will be communicated directly.

We recognize that there are a variety of viewpoints around our protocol change, I want to reinforce how important it is that our Athletes, Unified Teammates, Coaches, Volunteers, and Families continue to make in the best interest of their own comfort and well-being. And while we are rolling back vaccination protocol for our fall sports season, we continue to encourage individuals to talk with their doctor about receiving COVID-19 vaccinations and boosters.

Many thanks to our COVID-19 Protocol Task Force- Justin Hunsinger, Adam Hays, Jeff Hagen, Bob Signor, Pam Greenwood, Mike Czarnowsky, and Rhonda Garrison for their continued efforts in providing an informed, thorough, and practical COVID-19. And as always, THANK YOU, Area Leaders, Coaches, and volunteers for providing feedback as well as safe and meaningful sport experiences for our athletes and Unified Teammates!

Shout out a volunteer

Do you have a volunteer who has gone above and beyond to support our athletes and mission? Consider sending them an SOMD Shout Out! Recognize your program's coaches, area leaders, management team members, or other volunteers for outstanding contributions to your program! Shout outs will be compiled and added to the Area Memo to be sent out every 2 weeks.

Please use the link below to submit your shout outs!

<https://www.surveymonkey.com/r/LV88QG9>

Polar Bear Plunge 2023

The Plunge [website](#) is now live! Create your area teams today, to start to fundraise. This year, areas across the state received \$91,050 from Plunge fundraising, so this is a great opportunity!

***EARLY-PLUNGER SPECIAL:** Pay \$75 to plunge before August 15th and secure your spot on the beach to support your area programs! Starting on August 16th, all Plungers will be required to pay or fundraise \$100 to receive their 27th Annual Plunge Sweatshirt! Don't forget – virtual plunging is an option still for 2023! Any questions? Reach out to Jessie: jhayes@somd.org.

Get Over It with Howard County

Is your program looking for a great collaborative fundraiser this fall? Join SOMD-Howard County's Over the Edge on September 17, 2022 in Columbia, MD! Local Programs can sponsor a rappeler or a team; and receive 70% net revenue of their team's fundraising!

Is your program ready to go Over the Edge? Email Jeff (jabel@somd.org) to connect with the Howard County Program!

It's a little hot for a sweatshirt, but just in case...

Looking for some merch to sell at a local fundraiser? We've got you covered! SOMD has plenty of 2022 Polar Bear Plunge sweatshirts that are free to local programs if you would like to sell at a local event, competition, or fundraiser! You must be able to pick up the sweatshirts from our office (3701 Commerce Drive, Suite 103, Baltimore, MD 21227). Once you take them, they're yours...no givebacks!

Sweatshirts will be available until 9/1/2022--- any left-over will be put to good use in our communities through a local clothing donation program!

Sweatshirts are available first come-first serve basis, so email Jeff (jabel@somd.org), if you would like to pick up a box or 5!

SOMD Once Again Offers LIVE and IN-PERSON Sessions for Coaching Special Olympics Athletes (CSOA) and Principles of Coaching (PoC)

SOMD is VERY pleased to once again offer *live and in-person* sessions of both Coaching Special Olympics Athletes (aka CSOA) and Principles of Coaching (PoC). These will be the first in-person sessions for these courses in over two years. While we have offered “Zoom-based” sessions of these courses (as well as offering online self-paced versions as well), these are truly designed to be conducted “live and in person” and are tremendously engaging and highly participative in that format.

Coaching Special Olympics Athletes (CSOA) is the baseline course required for ALL coaches (must successfully complete the course once) and covers basic coaching knowledge and aspects of Special Olympics.

Principles of Coaching (PoC) is a full day course and is designed for coaches with at least two years of experience and covers such “higher-level” coaching topics as Developing a Coaching Perspective; Team Management & Training; Athlete-Centered Coaching; Fitness & Nutrition; Safety and Risk Management.

All sessions are free of charge and will be held at SOMD Headquarters (3701 Commerce Drive, Suite 103, Baltimore MD 21227). Course participants will receive a course workbook and other materials during the session. Due to space constraints, there is a cap of 25 participants for each session. *(Note: Due to the highly interactive nature of these courses, we must have a **minimum of 7 registrants** for each class **at least two business days in advance** in order for it to be held.)*

Course dates:

- PoC Course: Saturday, September 10, 2022, 9:00 – 5:00 (lunch provided)
- CSOA Course #2: Sunday, September 11, 2022, 9:00 am – 1:00 pm

To register: <https://www.surveymonkey.com/r/CoachTrng2022Q3>

Deadline Reminders for 2022 Community Fall Sports

Registration Deadlines for community sports through the remainder of 2022 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)
Kayaking Time Trials (Required)	8/13/2022	7/14/2022	8/02/2022 <i>(adjusted)</i>	8/02/2022
Kayaking Championships	8/20/2022			
Golf Championship	9/25/2022	8/19/2022	8/26/2022	9/16/2022
Fall Sports Festival (<i>cycling, distance running, flag football, powerlifting, tennis</i>)	10/22/2022	9/7/2022	9/16/2022	10/03/2022
Soccer Championships	10/30/2022	9/7/2022	9/16/2022	10/03/2022
Bowling (Regionals)	11/13/2022	9/30/2022	10/10/2022	10/24/2022
Bowling (Championships)	12/4/2022			11/23/2022

(UPDATED) Finance Corner

BUDGET 2023 – All Area Programs should have received their 2023 budget worksheets and budget memo. If you have any questions or need any help, please reach out to Darlene, Kim or Joanne.

Based on feedback from the field, start your budget in the Jan to Dec spread, indicating the month that the revenue or expense is expected. The values that you see in those cells are the 2022 budget numbers. Adjust these, or take them out, as you create your 2023 program plan. The total for each line item will calculate in the last column to the right, Column W. There are formulas in the worksheet, so stay within the turquoise cells or yellow rows (for in-kind).

We realize that we have pared down the worksheet significantly to make it easier to navigate. If you need a revenue or expense line item to be added, please let Joanne know.

Round all values to the nearest dollar. It is difficult to balance out the worksheets to the budget upload when budgets include cents, so no cents. Remember that all cells need a value, even if it is a \$0 – no blanks.

Budget worksheets are due back to Darlene on or before September 12th.

PICKLEBALL ACTIVITY CODE – The list of account codes now includes Pickleball. Please use Activity code 3195 for Pickleball.

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

(NEW) Athlete Leadership Trainings

Want to learn more about the many types of events that Special Olympics hosts around the world and in Maryland? Want to know how you can get involved in these events as a volunteer or team member? Join us as we go review 4 lessons over 2 evenings and learn more.

Tuesday, Aug 9, 2022, 6:00-8:00pm

Lesson 1:

Special Olympics Events

You will learn the types of events Special Olympics hosts all over the world.

Lesson 2:

Planning a Special Olympics Event

You will learn what types of leadership roles you can have planning an event

REGISTER HERE: <https://somed.zoom.us/meeting/register/tZ0kf-upqD4pE9dR2rtQkewglv7YrMyruRwV>

Tuesday, Aug 16, 2022, 6:00-8:00pm

Lesson 3:

Promoting a Special Olympics Event

You will learn important information about how Special Olympics promotes its events

Lesson 4:

Volunteering at a Special Olympics Event

You will learn what volunteer roles you can have in Special Olympics events

REGISTER HERE https://somed.zoom.us/meeting/register/tZlvfuCtqTssE9Ww_4rZwxXQdQ8bLTCAO6ag

(NEW) Poetry Slam

Interested athletes will learn three different types/styles of poems that can be written. Athletes will then write and present a poem around a topic or theme that they have chosen. No previous training is needed. All are welcome. You must be able to attend ALL of the training sessions and the final performance. Even if you have no experience this would be a great opportunity to learn a new skill and share your story and observations.

PRACTICES:

- Monday, August 08th, 2022 4pm
- Monday, August 15th, 2022 4pm
- Monday, August 22nd, 2022 4pm
- Monday, August 29th, 2022 4pm

We will limit each class to 8 speakers.

If you are interested in participating, please sign up.

<https://somed.zoom.us/j/85879764724?pwd=YTgxRSs1N05CL1NhRGNBQnNYY3kzd09>

FINAL PRESENTATION OR PERFROMANCE

Tuesday, August 30th, 2022 7pm

Register to join us for what is to be sure a great evening

<https://somed.zoom.us/meeting/register/tZEvf-6ppjgpHtIWn1fyQzcCcCZpzxMRxmQO>

Lions Centennial Celebration

On Saturday, 8/13/2022, The Lions Club will be celebrating their 100th Anniversary with a Unified Bocce Picnic at Towson University. Special Olympics athletes from Maryland, Delaware, and DC are invited for an afternoon of fun competition with the Lions and Leos! Please use the link below to register:

<https://www.surveymonkey.com/r/TWM7G6R>

(UPDATED) 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
Kayaking	Tue, May 31	Recording: https://www.youtube.com/watch?v=3sb6a005rWU
Golf	Tue, July 19	Recording: https://www.youtube.com/watch?v=kNWUfHyVRKg
Cycling	Tue, July 26	Recording: https://youtu.be/NKrMTB6SvJk
Flag Football	Wed, July 27	Recording: https://youtu.be/flel3m6kuBk
LDR	Mon, July 25	Recording: https://youtu.be/-D7NG8YwMkQ
Power-lifting	Mon, July 25	Recording: https://youtu.be/RIBxRZJcRAk
Tennis	Wed, July 27	Recording: https://youtu.be/bXbA9HM6n_k
Soccer	Wed, Aug 3	Recording: https://youtu.be/ugJNDWpyUZs
Bowling	Thu, Aug 11 6:30-7:30 pm	https://somed.zoom.us/meeting/register/tZcodeiuqzwiH9bu-IKmlsjvc9aPehT-aZon

Pre-Competition Coaches Webinars

Sport	Date/Time	Registration / Recording Link
Kayaking - Trials	Wed, Aug 3	Recording: https://youtu.be/Yx7XpwPATqU
Kayaking - Finals	Mon, Aug 15 6:00-7:00 PM	https://somid.zoom.us/meeting/register/tZcpf-isqzwwEtK3vquqoiaf2p-wpoUcXbJ-
Golf	Tue, Sept. 20 6:30-7:30 pm	https://somid.zoom.us/meeting/register/tZwocOquqjwGtS99YXsA_j_d8ZXypr0W0N4
Cycling	Tue, Oct 11 6:00-7:00 pm	https://somid.zoom.us/meeting/register/tZ0ufuytqzguE9dviw_719HdifXjrTP7CMBL
Flag Football	Wed, Oct. 12 7:00-8:00 pm	https://somid.zoom.us/meeting/register/tZwkcO2rpz8pGNPHxtXHLd6pNslTJfj2v4yg
LDR	Thu, Oct 6 6:30-7:30 pm	https://somid.zoom.us/meeting/register/tZUtcu6hqzovGNDKcVt6NEQ-T0K0INZ_oxhB
Power-lifting	Thu, Oct 6 7:30-8:45 pm	https://somid.zoom.us/meeting/register/tZUsc-ypqTsrG9C6LZXO7_oFYZI2zsIWzjK2
Tennis	Wed, Oct. 12 6:00-7:00 pm	https://somid.zoom.us/meeting/register/tZ0pdOCsqj4tGtY0tFD_Ar4VpW2N41W-1SyA
Soccer	Tue, Oct. 18 6:00-7:00 pm	https://somid.zoom.us/meeting/register/tZUkdOGvri0vGt1Zm1d6vMU6UTydvGfKvA4z
IUS Tennis	Wed, Oct 26 6:30-8:00 PM	https://somid.zoom.us/meeting/register/tZMlcuusrD8pE9VYH5v5qBeSAYshaj3GXNOp
Bowling – Regionals	Wed, Nov 2 6:30-7:30 pm	https://somid.zoom.us/meeting/register/tZctcOCrqDsQHdBkGveMJM9DReZDDDqKGI3A
Bowling - Finals	Wed, Nov 30 6:30-7:30 pm	https://somid.zoom.us/meeting/register/tZwpd--qpzliEtecKwbJIGXR7Nt5jWHhKRts

Sports Department Contacts – Assigned Sports

Your Area Director and Area Leadership should always be your first point of contact. However, should you have questions regarding a specific sport, coach education, or competition, please work with the corresponding Sport Director.

- **Melissa Anger, Senior Sports Director**

- manger@somid.org, 410.242.1515 x122

Basketball	Soccer
Cheerleading	Softball
Flag Football	Tennis

*Locally Popular Sports: Volleyball,
Cross Country Skiing*

- **Ryan Kelchner, Sports Director**

- rkelchner@somid.org, 410-242-1515 x171

Athletics	Golf
Bocce	Powerlifting
Distance Running	Snowshoeing

*Locally Popular Sports: Dance,
Equestrian Sports, Floor Hockey*

- **TBD, Sports Director (interim contact: Steve Bennett)**

- sbennett@somid.org, 410.242.1515 x102

Alpine Skiing	Kayaking
Bowling (10 pin)	Swimming
Cycling	

*Locally Popular Sports: Figure Skating,
Sailing, Short Track Speed Skating,
Duckpin Bowling*

If you have questions regarding multi-sport events, or USA/World Games, please contact:

- **Steve Bennett, Senior Director, Competitions**
 - sbennett@somd.org, 410.242.1515 x102

Summer Games	Fall Sports Festival	USA Games
Winter Games		World Games

If you have questions regarding High School Unified Sports (IUS) training and competition, please contact:

- **Zach Cintron, Senior Director, High School Unified Sports**
 - zcintron@somd.org, 410.242.1515 x161

IUS Athletics (T&F)	IUS Outdoor Bocce	IUS Tennis
IUS Indoor Bocce	IUS Strength & Conditioning	

Overall Sports Leadership (any sports/competition questions that aren't related to a specific sport)

- **Mike Czarnowsky, Vice President, Sports**
 - mczarnowsky@somd.org, 410.241.6280

Questions?

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

- **Jeff Abel, Vice President. Local Program Development**
 - jabel@somd.org, 410-242-1515 ex. 121
 - Any general question, COVID Protocol
- **Melissa Kelly, Senior Director, Unified Champion schools**
 - mkelly@somd.org, 410-979-5839
 - Unified Champion Schools, Youth Leadership, and School Engagement
- **Mackenzie Irvin, Senior Director, Inclusive Health & Fitness**
 - mirvin@somd.org, 857-939-4867
 - Young Athletes Program, Elementary School programming
- **Kayla Shields, Director, Inclusive Health and Fitness**
 - kshields@somd.org, 410-404-4115
 - Healthy Athletes, Fitness Programs, Unified Physical Education
- **Sue Snyder, Unified Physical Education Consultant**
 - ssnyder@somd.org
 - Unified Physical Education
- **Sam Boyd, Volunteer Director**
 - sboyd@somd.org, 443-766-9245
 - Volunteer Recruitment, Retention, Training
- **Mike Myers, Baltimore Region Director**
 - mmyers@somd.org, 410-242-1515
 - Baltimore County and City
- **Kyler Mellott, Region Director- East**
 - kmellott@somd.org, 410-242-1515
 - Harford, Cecil, Kent, Upper Shore, Lower Shore