

# ***Special Olympics Maryland Area Memo***

## ***April 18, 2019***



### **Contents**

- Welcome
- [Welcome, Pat Cullinan, Northern Chesapeake Region Director](#)
- [SOI Strategic Plan Survey](#) – **NEW**
- [GMS Resource Page Launched on Coach Resource Section of SOMD Website](#) – **NEW**
- [Towson Tigers Tennis Clinic](#) – **NEW**
- [Contracts Reminders](#)
- [Spring Inspiration Walks](#)
- [Reminder: SOMD-Howard County Athletics Qualifier](#)
- [Reminder: Spring Tennis Clinics](#)
- [Reminder: SOMD- Howard County Spring Softball Tournament](#)
- [Medical Volunteers Team](#)
- [Local Program Resource Page Launched on SOMD's Website](#)
- [Area Leaders Meeting Topics for Discussion](#)
- [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 April 18, 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](mailto:dweddle@somd.org) to have them included in future distributions.

### **Welcome, Pat Cullinan, Northern Chesapeake Region Director**

We are very pleased to announce that Pat Cullinan will join Special Olympics Maryland as the Director of the Northern Chesapeake Region, effective Wednesday, April 3rd. In this new role for the organization, Pat will be supporting the programs of Harford, Cecil, and Kent Counties as part of the Northern Chesapeake Region. Pat will work closely with management teams in each of those counties to develop sports programs across the region, recruit new athletes, and engage more volunteers, especially in leadership roles.

Pat is a familiar name and face, having enjoyed a 20 year volunteer relationship with SOMD. Starting with the athletics team, he eventually founded and managed the softball program in Harford County for many years. Originally from Ohio (Cincinnati), Pat is a graduate of Ohio University. He has lived in Ohio, New Jersey and Maryland over the course of a 30+ year field sales management career with Hallmark.

Please join us in welcoming Pat back to SOMD in his new capacity.

### **(NEW) SOI Strategic Plan Survey**

SOI is embarking on their 2021-2025 Strategic Plan. As part of their process, they are looking for feedback from athletes, families, and volunteers. Please distribute the link below throughout your program! SOMD will also be doing some targeted distribution to sub-groups of Athletes, Volunteers, and Families, so you may receive a notification multiple times.

[https://specialolympics.qualtrics.com/jfe/form/SV\\_2nRxOZWgJLR26oZ](https://specialolympics.qualtrics.com/jfe/form/SV_2nRxOZWgJLR26oZ)

Your feedback is valuable as our international organization plans for our future!

**(NEW) GMS Resource Page Launched on Coach Resource Section of SOMD Website**

We're pleased to announce that we have launched a very basic page of GMS related resources, connected with the new Coach Resource section of the SOMD website. There are a few resources posted now and more "how to" items will be available within the next two weeks. Access the site via the coach resource page or directly using this link: [https://www.somd.org/coach/coach-resources/gms\\_resources/](https://www.somd.org/coach/coach-resources/gms_resources/)

**(NEW) Towson Tigers Tennis Clinic**

Calling all tennis players! The Towson Tigers Women's Tennis Team will be hosting a spring tennis clinic for Special Olympics Maryland on Saturday, May 4 from 10:00am-11:30am at Towson University. Athletes of all abilities are welcome. Interested athletes should register here:

<https://www.surveymonkey.com/r/2019TigersTennis>

**Contracts Reminders**

Please remember that all contracts (facilities, events, programs, products, etc) MUST be submitted to the state office to be signed by Jim Schmutz. Please send all contracts to Rhonda Garrison ([rgarrison@somd.org](mailto:rgarrison@somd.org)) for review and signature. If something is time sensitive, please also call her at 410-242-1515.

**Spring Inspiration Walks**

We have Inspiration Walks coming up across the state! Support our local programs and check out these great events!

- Howard County: 4/27/19 at Centennial Park  
Register here: <https://www.firstgiving.com/event/somdhc/Special-Olympics-Howard-County-2019-Inspiration-Walk>
- Prince George's County: 5/11/2019 at University of Maryland
- Calvert County- 5/11/2019 at the Calvert Marine Museum  
Register here: <https://www.classy.org/event/2019-special-olympics-maryland-calvert-county-inspiration-walk-run-5k/e227236>

Remember, if you have an upcoming event that you would like announced, please send it to Danielle Weddle ([dweddle@somd.org](mailto:dweddle@somd.org))

**Reminder: SOMD- Howard County Athletics Qualifier**

**Howard County Athletics Qualifier** will be held on 5/4/2019 at Wilde Lake HS. The Qualifier Fact Sheet and Concessions Information is attached to this email. *Please distribute this information to your Athletics Coaches and Coordinators.* Please contact Lavonne Smith ([Lavonne\\_smith@hcpss.org](mailto:Lavonne_smith@hcpss.org)) to register and with questions.

**Spring Tennis Clinics**

Our friends at JTCC will continue to provide **FREE** weekly tennis clinics this Spring and Summer in College Park, MD. These clinics are open to all athletes! This is a great way for new athletes to try tennis before the season starts! *Please distribute the attached flyer to your tennis coaches and coordinators.*

**Reminder: SOMD- Howard County Spring Softball Tournament**

Zach Decker will be taking over from Dave Fagan as Director of the Howard County Special Olympics Spring Softball Invitational Tournament. Dave is relocating to Denver, Colorado. (Thank you, Dave, for your many years of service!).

This year's tournament will be held Sunday, May 19 at the same location as in prior years, Kiwanis-Wallas Park, Ellicott City. We will be following the same venue with our opening ceremony, presentation of the colors, ever popular raffle, softball play, and team pictures. Lunches and drinks will be provided for athletes and coaches. Zach requests that the Area Directors forward this tournament announcement to their county softball team coordinators and/or coaches as a calendar reminder, and also ask that coordinators, coaches and assistant coaches please return an email to Zach (contact info below) with their name, email addresses and phone contact numbers. This will allow him to send to them directly, the tournament registration and other details as we get closer to the play date.

Please don't hesitate to contact Zach ([zachandcheryl@verizon.net](mailto:zachandcheryl@verizon.net)) with questions or concerns.

### **Medical Volunteers...Join the Team!**

Our Medical Team is looking for a few additional volunteers to join the medical team. Volunteers must have a valid medical credential (EMT, Nurse, Doctor) and be willing to provide volunteer medical support at both state and local competitions. If you know someone ready to volunteer, please have them email Pam Greenwood, SOMD Medical Coordinator ([medicaldir@somd.org](mailto:medicaldir@somd.org)) OR direct them to the Medical Team VolunteerHub page at [www.medicalteam.somd.volunteerhub.com](http://www.medicalteam.somd.volunteerhub.com).

### **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](http://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!

### **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](mailto:dweddle@somd.org)).

### **(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**

<b>Sport</b>	<b>Date/Time</b>	<b>Registration / Recording Link</b>
Athletics	Tue 3/12	Recording: <a href="https://www.youtube.com/watch?v=163raymPbVg&amp;t=8s">https://www.youtube.com/watch?v=163raymPbVg&amp;t=8s</a>
Bocce	Tue 3/12	Recording: <a href="https://www.youtube.com/watch?v=wyUjF2AnrkQ">https://www.youtube.com/watch?v=wyUjF2AnrkQ</a>
Cheerleading	Wed 3/13	Recording: <a href="https://www.youtube.com/watch?v=s-jrvJHkBCk&amp;t=1s">https://www.youtube.com/watch?v=s-jrvJHkBCk&amp;t=1s</a>
Softball	Wed 3/13	Recording: <a href="https://www.youtube.com/watch?v=UMDe2u7m4M4">https://www.youtube.com/watch?v=UMDe2u7m4M4</a>
Swimming	Tue 3/05	Recording: <a href="https://www.youtube.com/watch?v=5_NGfIQwF_c">https://www.youtube.com/watch?v=5_NGfIQwF_c</a>

#### **Pre-Competition Coaches Webinars**

<b>Sport</b>	<b>Date/Time</b>	<b>Registration / Recording Link</b>
Athletics	Tue 5/28 8:00 p.m.	<a href="https://register.gotowebinar.com/register/8774146066784069378">https://register.gotowebinar.com/register/8774146066784069378</a>
Bocce	Tue 5/28 7:00 p.m.	<a href="https://register.gotowebinar.com/register/1236577143472654082">https://register.gotowebinar.com/register/1236577143472654082</a>
Cheerleading	Wed 5/29 7:00 p.m.	<a href="https://register.gotowebinar.com/register/5129801582254238978">https://register.gotowebinar.com/register/5129801582254238978</a>
Softball	Wed 5/29 7:00 p.m.	<a href="https://register.gotowebinar.com/register/1178993520376040962">https://register.gotowebinar.com/register/1178993520376040962</a>

Swimming	Wed 5/22 7:00 p.m.	<a href="https://attendee.gotowebinar.com/register/417381608237161740">https://attendee.gotowebinar.com/register/417381608237161740</a>
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**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.

<b>Event/Sports</b>	<b>State Championship</b>	<b>Training Registration</b>	<b>Outstanding Forms</b>	<b>Competition Registration</b>
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](mailto: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](mailto: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
- **TBD, Sports Director**
  - [sbennett@somd.org](mailto:sbennett@somd.org), 410.242.1515 x102
    - 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](mailto:jabel@somd.org), 410-242-1515 ex. 121
  - All Areas with the exception of the Baltimore Region and Western Maryland
- ***Pat Cullinan, Northern Chesapeake Region Director***
  - [pcullinan@somd.org](mailto:pcullinan@somd.org), 410-242-1515
  - Harford, Cecil, and Kent Counties
- ***Ron Freeman, Baltimore Region Director***
  - [rfreeman@somd.org](mailto:rfreeman@somd.org), 410.598.1027
  - Baltimore City and Baltimore County
- ***Ryan Kelchner, AmeriCorps Western Region Coordinator***
  - [rkelchner@somd.org](mailto:rkelchner@somd.org), 410-242-1515
  - Western Maryland (Frederick, Washington, Allegany, and Garrett Counties)

## 2019 Special Olympics Maryland Sports and Competition Calendar - UPDATED 04/12/2019

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)**
IUS	Unified Outdoor Bocce Championships	Chestertown, MD	Washington College	4/30/2019					
IUS	Unified Track & Field Invitational	Hyattsville	Prince George's Sports & Learning Complex	5/14&15/19					
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: 5/22	4/25/2019	5/6/2019	5/16/2019
Community	Kayaking Time Trials <i>(Required)</i>	Chestertown, MD	Washington College	8/10/2019		TBD			
Community	Kayaking Championships	Chestertown, MD	Washington College	8/24/2019		TBD	7/11/2019	7/18/2019	8/1/2019
Community	2019 Softball NIT	Nashville, TN	TBD	8/15-18/19	NA	NA			
Community	2019 Golf NIT	Nashville, TN	TBD	9/22-25/19	NA	NA			
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			
Community	Bowling - State Championships	Gaithersburg, MD	Bowl America Gaithersburg	12/8/2019		TBD	9/23/2019	10/3/2019	10/17/2019
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><i>Questions or additions?</i>                      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:</p> <p>- Melissa Anger (<a href="mailto:manger@somd.org">manger@somd.org</a>): Basketball, Cheerleading, Flag Football, Soccer, Softball, Tennis                      - Zach Cintron (<a href="mailto:zcintron@somd.org">zcintron@somd.org</a>): Bowling, Cycling, Kayaking, Snowshoeing, Swimming                      - Kendall Zeswitz (<a href="mailto:kzeswitz@somd.org">kzeswitz@somd.org</a>): Alpine Skiing, Athletics, Bocce, Distance Running, Golf, Powerlifting                      - Cara Maronek (<a href="mailto:cmaronek@somd.org">cmaronek@somd.org</a>): All Interscholastic Unified Sports (IUS)</p>					<p><b>**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.)</b>  <b>oThese 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.</b></p>				

## 2019 Special Olympics Maryland Sports and Competition Calendar - UPDATED 04/12/2019

### 2019 Coach Education & Development Events

Date	Course/Sport	Location	Facility	Comments	To Register
6/2/2019	Kayaking Coaches Live Training	Chestertown	Washington College	TBD	<a href="https://www.surveymonkey.com/r/G8XD89F">https://www.surveymonkey.com/r/G8XD89F</a>
6/18/2019	Soccer Coaches Training Webinar	Webinar	Webinar	7:00pm-9:00pm	<a href="https://attendee.gotowebinar.com/register/2363903117712189709">https://attendee.gotowebinar.com/register/2363903117712189709</a>
6/20/2019	Flag Football Coaches Training Webinar	Webinar	Webinar	7:00pm-9:00pm	<a href="https://attendee.gotowebinar.com/register/8449113937754715917">https://attendee.gotowebinar.com/register/8449113937754715917</a>
6/27/2019	Tennis Coaches Training Webinar	Webinar	Webinar	7:00pm-9:00pm	<a href="https://attendee.gotowebinar.com/register/4498680809341631245">https://attendee.gotowebinar.com/register/4498680809341631245</a>
6/29/2019	Golf In Person Coaches Training	Phoenix	Hillendale Country Club	10:00am-12:30pm	<a href="https://www.surveymonkey.com/r/5BDRBYH">https://www.surveymonkey.com/r/5BDRBYH</a>
6/29/2019	Soccer In-Person Coaches Training	Ellicott City	TBD	TBD	coming soon
7/13/2019	Soccer In-Person Coaches Training	Montgomery County	TBD	TBD	coming soon
7/13/2019	Flag Football In-Person Coaches Training	Frederick	TBD	10:00am-1:00pm	coming soon
7/14/2019	Tennis In-Person Coaches Training	College Park	JTCC	TBD	coming soon
<i>Areas Interested in Hosting Coach Training Events - Please Contact the Appropriate Sport Director</i>					

### 2019 Area / Regional / District Competitions & Events

Type	Event	Location	Facility	Competition Date(s)	Sport	Notes
Community	CR Spring Games	Westminister	Westminister HS	4/17/2019	Athletics	Only open to CR.
Community	WA Bocce Doubles Competition	Hagerstown	Pangborn Park	4/27/2019	Bocce	Contact Tracy Speaker (mspeaker@dmpine.net)
Community	AA Spring Games	Annapolis	Naval Academy	4/27/2019	Swimming	Contact Gregg Meade (greggmeade@verizon.net)
Community	AA Spring Games	Annapolis	Naval Academy	4/28/2019	Athletics, Bocce	Contact Gregg Meade (greggmeade@verizon.net)
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	CH Bocce Competition	La Plata	Turkey Hill Park	4/29/2019	Bocce	Only open to Calvert and Charles.
Community	HO Long Distance Swimming Qualifier	Columbia	Howard CC	5/3/2019	Swimming	Open to other areas. Contact Bob Baker (bobbaker@somdmc.org)
Community	HO Track and Field Competition	Columbia	Wilde Lake High School	5/4/2019	Athletics	Contact Bob Baker (bobbaker@somdmc.org)
Community	CH Spring Games	Indian Head	Adm. Lackey High School	5/4/2019	Athletics, Bocce, Swimming	Contact Casey Ryan (specialolympicscharlescounty@gmail.com)
Community	AL Spring Games	Frostburg	FSU	5/4/2019	Swimming/	Contact Dottie Turner (dottie21532@gmail.com)
Community	BC Spring Games	Baltimore City	Poly-Western High School	5/7-9/2019	Athletics	Open to BC participants only
Community	GA Bocce and Swim Competition	Garrett	CARC & College	5/11/2019	Bocce, Aquatics	Only open to GA and AL; contact Donna Holt (somdgarrettc@yahoo.com)
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	MO Spring Games	Bethesda	Landon School	5/19/2019	Athletics, Bocce	contact Shelly Bogasky (sbogasky@somdmontgomery.org)
Community	Required Softball Qualifier	Ellicott City	Kiwanis Wallas Park	5/19/2019	Softball	All Teams Registered
Community	BC Bocce Doubles Competition	Baltimore City	Myers Pavilion	5/18/2019	Bocce	Contact Bob Signor (robert.signor@baltimorecity.gov)
Community	CL 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
Community	FR Bocce Competition	Frederick	620 B Research Dr.	5/25/2019	Bocce	Open to FR and WA only
Community	Duckpin Bowling	Hagerstown	Southside Lanes	3/22/2020	Duckpin Bowling	Locally Popular Sport- Contact Melissa Anger (manger@somd.org)

# 2019 Event Calendar

Special Olympics  
Maryland



2019 MSP Polar Bear Plunge  
January 24<sup>th</sup>, 25<sup>th</sup> & 26<sup>th</sup> 2019  
Sandy Point State Park  
[www.plungemd.com](http://www.plungemd.com)

2019 Deep Creek Dunk  
February 23<sup>rd</sup> 2019  
Deep Creek Lake  
[www.dunkmd.com](http://www.dunkmd.com)

2019 Winter Games  
February 24<sup>th</sup> – 26<sup>th</sup> 2019  
Whitetail Resort  
[www.somd.org](http://www.somd.org)

2019 Basketball Tournament  
March 30<sup>th</sup> – 31<sup>st</sup> 2019  
Hood College and FCPS Sites  
[www.somd.org](http://www.somd.org)

2019 Summer Games  
June 7<sup>th</sup> – 9<sup>th</sup> 2019  
Towson University  
[www.somd.org](http://www.somd.org)

2019 Kayaking Championships  
August 24<sup>th</sup> 2019  
Washington College  
[www.somd.org](http://www.somd.org)

State Golf Championships  
September 29<sup>th</sup> 2019  
Queenstown Harbor Golf, Queenstown Md  
[www.somd.org](http://www.somd.org)

11<sup>th</sup> Annual Tunnel Run  
Fall 2019  
Fort McHenry Tunnel Baltimore, Md  
[www.tunnelrun.org](http://www.tunnelrun.org)

11<sup>th</sup> Annual Big Bats Open  
September 2019  
Queenstown, Md  
[www.somd.org](http://www.somd.org)

Fall Sports Festival  
October 19<sup>th</sup> 2019  
Mount St. Mary's University, Emmitsburg, Md  
[www.somd.org](http://www.somd.org)

State Soccer Tournament  
October 27<sup>th</sup> 2019  
Crown Sports, Fruitland Md  
[www.somd.org](http://www.somd.org)

Over The Edge  
November 3<sup>rd</sup> 2019  
Bethesda, Md  
[www.somd.org](http://www.somd.org)

Interscholastic Unified High School Team Tennis  
November 2019  
Loyola University  
[www.somd.org](http://www.somd.org)

6<sup>th</sup> Annual Maryland Rockfish Open  
October 2019  
Mike's Crabhouse South-Riva  
[www.somd.org](http://www.somd.org)

State Regional Bowling Tournaments  
November 10<sup>th</sup> 2019  
Various Locations in Maryland  
[www.somd.org](http://www.somd.org)

State Bowling Championships  
December 8<sup>th</sup> 2019  
Bowl America, Gaithersburg, Md  
[www.somd.org](http://www.somd.org)

St. Mary's Splash  
December 2019  
Point Lookout State Park, Scotland, Md  
[www.somd.org](http://www.somd.org)