

Special Olympics Maryland Area Memo

May 29, 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.

(Updated) COVID-19 Area Directors Call

We will continue our bi-weekly calls for Area Directors on Wednesday/20 at 6:30 PM. Please use this link: <https://somd.zoom.us/j/96328411657>

(NEW) Virtual Block Party- 6/6/2020!

You have been anxiously awaiting the reveal of what is taking place on June 6th, right? Well... since the cancellation of the 2020 Summer Games, our team has been working hard to figure out a way to give all of our athletes, families, coaches, and volunteers the Summer Games experience we have all learned to cherish over the past 50 years. It may not be the same as previous years, but we are SO excited to officially announce that we are throwing you a VIRTUAL BLOCK PARTY!

LETR & Flame of Hope – 9:00-9:30am

Health & Wellness – 9:30-10:30am

Cooking Segments, Food & Nutrition – 10:30-11:30 am

Opening Ceremonies – 6:00-6:30pm

Live Trivia – 6:30-7:00pm

Dance Party – 7:00-10:00 pm (DJ Kopec 7:00-8:30 pm & DJ Kris Stone 8:30-10:00pm)

1 Registration link for a full day of fun! Register once and join us for as much as you can!

https://somd.zoom.us/meeting/register/tJ0kdemrrzkjHNCxKm4LGwBvM_HZZGYOXrj9

For more information, visit: <https://virtualso.md.com/virtual-block-party/>

(NEW) Virtual Block Party Marketing Assets

Area Directors! Help us spread the word of the Virtual Block Party! The link below is for a Google Folder containing marketing assets that can be used for social media posts on your local program's facebook, Instagram, and twitter accounts. Just download the files that you want to use.

Also in the folder is press release that has been distributed in case you would like additional language for emails and print communication.

<https://drive.google.com/drive/folders/1SX3c9iyNxOEU9oI4UDiQ5dbANtMPhdaK?usp=sharing>

(NEW) 50 for 50 Fitness Challenge

Get Moving to Celebrate Special Olympics Maryland's 50th Anniversary! Join Special Olympics Maryland Athletes, Families, and Fans in the **50 for 50 Fitness Challenge**! Between June 8-September 1, commit to walking (or running) 50 miles in your own community. Participants can go at their own pace. Awards and incentives will be given out throughout the challenge! If you need some team motivation, families can sign up as a Fit Family and coaches can organize their teams to achieve Fit Team Designation! [Register for the challenge here](#)

Want an added challenge? Get our NEXT 50 years off on the right foot and join the Century Club! Walk 100 Miles by September 1 to join this elite group!

(NEW) SOMD Health Messengers

Calling all athletes! Are you interested in using your leadership skills to promote Health and Fitness among your fellow Special Olympics Maryland Athletes and larger Maryland Community?

Apply to be a Special Olympics Maryland Health Messenger. Trainings kick off in July! Please see attached Application for more details!

Area Directors: know of an athlete you'd like to nominate as a SOMD Health Messenger, email Ben Varga at bvarga@somd.org

SOMD HQ Staffing Update

As announced in recent communications, six members of the Sports and Local Program Development departments are on a temporary furlough while we are unable to hold events or in person activities. We are all looking forward to having our team back to full strength on June 30.

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

We've also created an "interim" version of the Area Leader Resource Guide of who to contact for various issues or topics that will be in effect until our team members return. That guide is included with this Area Memo.

(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) - June 27 and 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" sessions for CSOA, delivered live online (limit of 20 participants per session).

Saturday June 27, 2020, 9:00 a.m. – 1:00 p.m.*

Register: <https://somid.zoom.us/meeting/register/tJcrcOutqT8pGNNqGLm8c8tTaD6VnotwdyNI>

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) Virtual Course - June 20 and July 25, 2020

We currently have 2 sessions of this course to be offered as a virtual training and will look to potentially add another session interest warrants it. Registration will be limited to a maximum of 20 coaches per date.

Also, note that the course has undergone a number of changes (SOMD will be the first to offer the new version of the course!!), 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, June 20, 2020, 9:00 a.m. – 1:30 p.m., delivered as a Virtual session* (*only 3 seats remaining*)

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

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).

We will also hold the live and in person session on September 12 (or convert it to a virtual session if needed).

***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=v8F2REkhI0W5Cz8dVAf2QmKThch79NpCgms0wtzZhFdUNUFZRjgwT0dLRTVRVjVFTUtISzJWtIQ1VC4u>

(Updated) 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!

Check out the attached list of our June Athlete Social Clubs, Health Forums, and ALPS Trainings attached to this area memo!

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.

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

<i>Sport</i>	<i>Date/Time</i>	<i>Registration / Recording Link</i>
Golf	Tue 7/14 7:00 p.m.	https://somd.zoom.us/j/355442527?pwd=UIBZeWp0Mk1PYWdab0V3SWlWY2tHZz09

Pre-Competition Coaches Webinars

<i>Sport</i>	<i>Date/Time</i>	<i>Registration / Recording Link</i>
Golf	Thu 9/17 7:00 p.m.	https://somd.zoom.us/j/319488328?pwd=a2IPL1JDUVVqK05CVetMQVRZOFFXZz09

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

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@somd.org**

- **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