

# Special Olympics Maryland Area Memo

## October 3, 2020

**Special  
Olympics**  
Maryland



### Contents

- Welcome
- [Welcome, Emma Bush](#)- **NEW**
- [November Area Director Webinar and WebConference](#)- **NEW**
- [Friendly Reminders on Screening Logs and Acknowledgement of Risk Forms](#) - **NEW**
- [Snow Sports and Winter Games Input During October 7 COVID-19 Area Director Call](#) – **NEW**
- [2020 ESPN W Virtual Summit](#)- **NEW**
- [Athlete Leadership Courses](#)- **New**
- [SOMD/SOIL Leadership Partnership](#)- **NEW**
- [SOMD Office](#)
- [Phase Movement Tracking Document](#)
- [Finance Updates](#)
- [Athlete Leadership Boot Camp](#)
- [October Athlete Social Clubs](#)- **NEW**
- [SOI Athlete Survey](#)
- [Virtual Torch Run](#)
- [Return to Activities Website](#)
- [COVID-19 Area Directors Call](#)- **UPDATED**
- [Coaches Training – CSOA and PoC Sessions](#) - **UPDATED**
- [Pre-Season and Pre-Competition Webinars](#)- **UPDATED**
- [Community Sports Registration Deadlines For Most of 2020](#)
- [Sports Directors – Assigned Sports](#)
- [Questions?](#)

### 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](mailto:jabel@somd.org).

### **(NEW)** Welcome, Emma Bush!

Our ShoreCorps AmeriCorps, Emma Bush, has joined our team as of last week, and we are excited to welcome Emma Bush as our Eastern Shore Unified Champion Schools Coordinator. Emma will serve our Eastern Shore Schools in Upper and Lower Shore with a great knowledge of the UCS program, coming from Mardela High School, one of our first schools to receive National Banner Recognition! Please join us in welcoming Emma to the team!

### **(NEW)** November Area Director Webinar and WebConference

We are just about 1 month away from our last AD Webinar and Meeting of 2020! Please use the links below to register. The current plan for the meeting will be to run 2 sessions with an hour break in between... 9-12 and 1-3. We may modify those times (shorten the meeting) based on content.

Webinar	11/9/20	7pm-9pm	<a href="https://somed.zoom.us/meeting/register/vpQsc-mvqD8tF8w2XpVmpFD7UXdUTgVAFQ">https://somed.zoom.us/meeting/register/vpQsc-mvqD8tF8w2XpVmpFD7UXdUTgVAFQ</a>
Web Conference	11/14/20	9am-12pm 1pm-3pm	<a href="https://somed.zoom.us/meeting/register/tJcqcOqtqD4tH9crRWnAlonK7onaP24oykEP">https://somed.zoom.us/meeting/register/tJcqcOqtqD4tH9crRWnAlonK7onaP24oykEP</a>

**(NEW) Friendly reminders on Screening Logs and Acknowledgement of Risk Forms**

As covered in the protocol for returning to activity:

Screening Logs – Must be submitted within one week of the activity

Acknowledgement of Risk Forms Must be submitted within one week of first session (AOR forms for folks subsequently joining, within one week of their first session)

Both forms are submitted into the folders in the Area’s folder on the SOMD network. Please refer to the attached document (included in several previous Area Memos) for more direction.

**(NEW) Snow Sports and Winter Games Input During October 7 COVID-19 Area Director Call**

During the Area Director Call this coming Wednesday (Oct 7) we will be discussing possible scenarios for our snow sports and Winter Games. We will be seeking initial input from Area leaders during this call so please be sure to come prepared with your thoughts so we can provide input to the Sports Management Teams (SMTs) and Winter Games Management Team (GMT) for some initial decisions. Attached to this Area Memo is a one-pager of some very broad scenarios for Winter Sports that you should review prior to the call.

**(NEW) ESPN W Summit**

This year’s ESPN W Summit is virtual...and FREE! Athletes, coaches, and program leaders interested in attending sessions which focus on women’s leadership in sports can register here:

<https://espnwsummit.com/event/index/agenda#agenda>

**(NEW) Athlete Leadership Courses**

New Athlete Leadership courses have been announced, including Advanced Leadership series in 2021. See the document attached to this memo for dates and details!

**(NEW) SOMD/SOIL Leadership Partnership**

In Special Olympics Athlete Leadership, we partner with athlete leaders to educate people about the abilities of our athletes, provide leadership and skill training for athletes to be successful and support them in leadership roles inside and outside the movement.

In partnership with Special Olympics Illinois we will be offering virtual training for the 2 athlete leadership modules listed below. Each course has a weekday option and weekend option to better suit many schedules. Remember if you enroll in the SO Illinois course they are in a different time zone and are an hour behind us.

These course are pre-requisites for additional trainings for athlete leadership roles i.e. Global Messenger, Sport Leader, Health Messenger, Event Coordinator and Athlete Representative and personal and professional skill development modules. Upon completion of these two modules, athletes will be Athlete Leaders (see diagram on attachment).

### **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.

### **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://docs.google.com/spreadsheets/d/1s4Y3v\\_-yH6WBXcM1AsI7YR4\\_eJgxrwmITLhTufGM\\_vU/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1s4Y3v_-yH6WBXcM1AsI7YR4_eJgxrwmITLhTufGM_vU/edit?usp=sharing)

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.

### **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 (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 06<sup>th</sup>, 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 08<sup>th</sup>, 2020 4pm

**WHERE:** <https://somed.zoom.us/meeting/register/tJlkcuvqjloGtFQ0UFX68Mm4srkGTJ0bChR>

---

**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 12<sup>th</sup>, 2020 9am

**WHERE:** <https://somed.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 15<sup>th</sup>, 2020 9am

**WHERE:** <https://somed.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 27<sup>th</sup>, 2020 5:30pm

**WHERE:** <https://somed.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 30<sup>th</sup>, 2020 4pm

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

---

**(NEW) October Athlete Social Club Changes**

Due to the high amount of activity, the following Athlete Social Clubs have been postponed for a later date. More information will be released:

- Cooking Demonstration with Amanda Moore- POSTPONED!
- Beginner Sign Language- POSTPONED!

**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](http://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://virtualsomd.com/return-to-play/>

### **(UPDATED) COVID-19 Area Directors Call**

Our Bi-Weekly Call will take place this Wednesday, 10/7 at 6:30pm

Please use this link to register:

<https://somd.zoom.us/j/93762820131?pwd=ZDZyZWZnTjVPZ1p0ZUIlZzhxYVBOQT09>

### **(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.)*

**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.)

**(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 –**

<b>Sport</b>	<b>Date/Time</b>	<b>Registration / Recording Link</b>
Cycling	Thu 7/16	Recording: <a href="https://www.youtube.com/watch?v=zlzhW6QSor0&amp;feature=youtu.be">https://www.youtube.com/watch?v=zlzhW6QSor0&amp;feature=youtu.be</a>
Distance Running	Tue 7/21	Recording: <a href="https://www.youtube.com/watch?v=gYmt15dO2mA&amp;feature=youtu.be">https://www.youtube.com/watch?v=gYmt15dO2mA&amp;feature=youtu.be</a>
Flag Football	Thu 7/23	Recording: <a href="https://youtu.be/ifjxgZZNOb4">https://youtu.be/ifjxgZZNOb4</a>
Golf	Tue 7/14	Recording: <a href="https://www.youtube.com/watch?v=gV0U7sv4utk&amp;feature=youtu.be">https://www.youtube.com/watch?v=gV0U7sv4utk&amp;feature=youtu.be</a>
Power-lifting	Wed 7/22	Recording: <a href="https://www.youtube.com/watch?v=tQiUYKvLbAk&amp;feature=youtu.be">https://www.youtube.com/watch?v=tQiUYKvLbAk&amp;feature=youtu.be</a>
Tennis	Mon 7/20	Recording link is forthcoming and will be posted on the SOMD Coach Resource Page: <a href="https://www.somd.org/coach/coach-resources/">https://www.somd.org/coach/coach-resources/</a>
Soccer	Tue 7/28	Recording: <a href="https://youtu.be/Fvcla3Axa8A">https://youtu.be/Fvcla3Axa8A</a>
Bowling	Tue 10/06	<a href="https://somd.zoom.us/meeting/register/tJ0vc-uhqjgpG9Mj4Sna_QFX2k3iElxyZ-vl">https://somd.zoom.us/meeting/register/tJ0vc-uhqjgpG9Mj4Sna_QFX2k3iElxyZ-vl</a>

**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.

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

\*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](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
- **Ryan Kelchner, Sports Director**
  - [rkelchner@somd.org](mailto: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](mailto: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](mailto:jabel@somd.org), 410-242-1515 ex. 121
  - Any general question
- **Melissa Kelly, Sr. Director, Unified Champion schools**
  - [mkelly@somd.org](mailto:mkelly@somd.org), 410-979-5839
  - School engagement & partnerships
- **Mackenzie Irvin, Young Athletes Program Director**
  - [mirvin@somd.org](mailto:mirvin@somd.org), 857-939-4867
  - Young Athletes Program, Elementary School programming
- **Veronica Smaldone, Unified Champion Schools Coordinator (Western MD)**
  - [vsmaldone@somd.org](mailto:vsmaldone@somd.org)
  - Inclusive Youth Leadership & Whole School Engagement
- **Emma Bush, Unified Champion Schools Coordinator (Eastern Shore)**
  - [ebush@somd.org](mailto:ebush@somd.org)
  - Inclusive Youth Leadership & Whole School Engagement
- **Sam Boyd, Volunteer Director**
  - [sboyd@somd.org](mailto:sboyd@somd.org), 443-766-9245
  - Volunteer Recruitment, Retention, Training
- **Ben Varga, Healthy Communities Manager**
  - [bvarga@somd.org](mailto:bvarga@somd.org)
  - Healthy Athletes, Fitness Programs
- **Pat Cullinan, Northern Chesapeake Region Director**
  - [pcullinan@somd.org](mailto:pcullinan@somd.org), 410-242-1515
  - Harford, Cecil, and Kent Counties
- **Mike Myers, Baltimore Region Director**
  - [mmyers@somd.org](mailto:mmyers@somd.org), 410-242-1515
  - Baltimore County and City
- **Tyler Martin, Western Region Coordinator**



- [tmartin@somd.org](mailto:tmartin@somd.org), 717-321-3642
- Frederick, Washington, Allegany, Garrett Counties