

# **Special Olympics Maryland Area Memo**

## **December 19, 2020**



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### **Welcome**

This will be the last Area Memo of 2020!

2020 has been one heck of a year for a lot of reasons---- we enjoyed a record breaking plunge in January, celebrated Maryland's first Unified Champion School National Banner recipients, and had a great winter games and start to a basketball season through March. We launched a completely virtual Special Olympics program filled with social clubs and fitness opportunities and walked over 26,000 combined miles in the 50 for 50 Challenge! This summer and fall, we saw the determination of our athletes, coaches, and program leaders to get back on the field for small, safe, and enjoyable sport and fitness programs.

2020 was challenging for everyone, and I'm sure we're all looking forward to slowly getting back to some normalcy in 2021, but there's still much that we can celebrate.

Thank you, Program Leaders, Coaches, and Volunteers for your commitment to SOMD athletes across the state! I hope everyone enjoys a safe and happy holiday, and a great start to 2021!

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) SOMD Full Staff Holiday Vacation**

Over the next few weeks, some SOMD staff members will be enjoying a holiday vacation. Please use the grid below if you need to contact a staff member. Apologies in advance for any delay of response there may be. **Jeff ([jabel@somd.org](mailto:jabel@somd.org); 410-206-0453) will be available the whole time**, so feel free to contact him for any needs/questions in which other program staff members are unavailable.

	Mon 12/14	Tue 12/15	Wed 12/16	Thu 12/17	Fri 12/18		Mon 12/21	Tue 12/22	Wed 12/23	Thu 12/24	Fri 12/25		Mon 12/28	Tue 12/29	Wed 12/30	Thu 12/31	Fri 1/1
Jeff A.	Green	Green	Green	Green	Green		Green	Green	Green	Green	Grey		Green	Green	Green	Green	Grey
Melissa A.	Red	Red	Red	Red	Red		Red	Red	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Steve B.	Green	Green	Green	Green	Green		Red	Red	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Sam B.	Red	Red	Red	Red	Red		Red	Red	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Emma B.	Green	Green	Green	Green	Green		Red	Red	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Lex C.	Green	Green	Green	Green	Green		Yellow	Yellow	Yellow	Grey	Grey		Yellow	Yellow	Yellow	Grey	Grey
Zach C.	Green	Green	Green	Green	Red		Green	Green	Green	Grey	Grey		Red	Red	Red	Grey	Grey
Pat C.	Green	Green	Green	Green	Green		Green	Green	Green	Grey	Grey		Green	Green	Green	Grey	Grey
Mike C.	Green	Green	Red	Red	Red		Red	Red	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Joanne E.	Red	Red	Red	Red	Red		Red	Red	Red	Grey	Grey		Red	Red	Green	Grey	Grey
Frank F.	Green	Green	Green	Green	Green		Green	Green	Red	Grey	Grey		Green	Green	Red	Grey	Grey
Rhonda G.	Green	Green	Green	Green	Green		Red	Red	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Jessie H	Green	Green	Green	Green	Green		Green	Green	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Adam H	Green	Green	Red	Red	Red		Red	Red	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Claire H.	Green	Green	Green	Green	Green		Red	Red	Red	Grey	Grey		Green	Green	Green	Grey	Grey
Mack I	Green	Green	Green	Red	Red		Red	Red	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Sue J	Green	Green	Green	Red	Red		Green	Green	Red	Grey	Grey		Red	Red	Green	Grey	Grey
Betsy J	Green	Green	Green	Green	Green		Red	Red	Red	Grey	Grey		Green	Green	Green	Grey	Grey
Lauren J	Green	Green	Green	Green	Green		Green	Green	Red	Grey	Grey		Green	Green	Red	Grey	Grey
Ryan K.	Green	Green	Green	Green	Red		Green	Green	Green	Grey	Grey		Red	Red	Red	Grey	Grey
Melissa K.	Green	Green	Green	Red	Red		Red	Red	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Maddi M	Green	Green	Green	Green	Green		Green	Green	Red	Grey	Grey		½ day	½ day	Red	Grey	Grey
Tyler M.	Red	Red	Red	Red	Red		Red	Red	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Mike M.	Green	Green	Green	Red	Red		Red	Red	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Kira N	Green	Green	Green	Green	Green		Yellow	Yellow	Yellow	Grey	Grey		Yellow	Yellow	Yellow	Grey	Grey
Julie O	Green	Green	Green	Green	Red		Red	Red	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Sharon P.	Green	Green	Green	Green	Green		Yellow	Red	Red	Grey	Grey		Yellow	Yellow	Yellow	Grey	Grey
Dottie R.	Green	Green	Green	Green	Green		Green	Green	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Jason S	Green	Green	Green	Red	Red		Red	Red	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Jim S.	Green	Green	Green	Green	Green		Green	Green	Green	Grey	Grey		Yellow	Yellow	Yellow	Grey	Grey
Veronica S.	Green	Green	Green	Green	Green		Red	Red	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Darlene T	Red	Red	Red	Red	Red		Red	Red	Red	Grey	Grey		Red	Red	Green	Grey	Grey
Ben V.	Green	Green	Red	Red	Red		Red	Red	Red	Grey	Grey		Red	Red	Red	Grey	Grey
Danielle W.	Green	Green	Green	Green	Green		Green	Green	Red	Grey	Grey		Red	Red	Red	Grey	Grey

Red	Person on leave this day (i.e., not available)
Green	Person working on this date (i.e., available)
Yellow	Person may take off
Grey	SOMD HQ offices closed on this date (i.e., not available)

### **(NEW) GMS – 2021 Training Registration Is Now Set-up**

Training Registration for 2021 has been set up in GMS and is now available registering athletes, coaches, Unified partners and volunteers. A few notes:

- We have added “Virtual” training events to the roster for most current sports so that you can capture who is training virtually, as opposed to in person.
  - These are all located in a “sub folder” of events labelled “VIRTUAL Sports Training”
  - The virtual event will be listed as follows “*Alpine Skiing VIRTUAL Training*” (of course substituting the sport name)
  - If a training program is typically training in person this season but has one or two virtual sessions as a part of their program (a prep session or due to inclement weather), it is not necessary register participants in the Virtual Training event for that sport.
  - If you are having virtual training for a sport for which there is not a current virtual event in GMS, please send a note to Mike Czarnowsky and he will adjust it ([mczarnowsky@somd.org](mailto:mczarnowsky@somd.org))
- There are two Virtual Fitness events:
  - Fitness VIRTUAL Training (Competitive) should only be used for those training programs that are participating in the Competitive Fitness program that is currently being piloted by the Baltimore County Area Program and the Baltimore City Schools Program and will be launched with other Areas in January/February.
  - Fitness VIRTUAL Training (Genl, Fitness Clubs) should be used for those training programs that are the “virtual equivalent” of the various fitness programs that have been done in person and that do not have a competition component (e.g., workouts, walking clubs, etc.)
- We have pulled into the Training registration games all people who participated in actual training in 2020 AND 2019 since we will hopefully be having many of our participants rejoin us who were unable to be active in 2020 due to the pandemic.
- As always with this annual “start up”, when we set up the training registration for a new year, GMS will only assign individuals to a single delegation even if they actually participate in multiple delegations for their various sports. Don’t be surprised if an athlete in your swimming program is listed in a different delegation (it is likely because they participate in athletics or alpine skiing in a different Area). This affects maybe 1% to 2% of participants and is an artifact of the way training is handled in GMS.
- At the time of the distribution of this Area Memo, we have not yet moved the “carried over” training registrants from previous years into the proper delegations based on their certifications & forms (e.g., “regular” vs “NOT REGISTERED” delegations). We expect to have that completed within the next couple weeks (it’s a 4 to 6 hour task).

### **(NEW) Year-End Finance Reminders**

REMINDER – we are reaching the end of the fiscal year. Please continue to be timely in forwarding any invoices that pertain to 2020 to Darlene for recording and payment. Also any donations. We want to make sure that our donors receive their Acknowledgement letters for their personal tax records.

Start reaching out to your partners about any In Kind donations received by your program during calendar year 2020. Finance needs backup documentation for the audit. The auditors know that our program delivery was very different this year, so any estimates from past years are not going to be accepted. If you need any help with this, reach out to Maureen.

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

### **MinuteClinic Discounted Sports Physicals for Special Olympics Athletes**

Thanks to a national partnership with MinuteClinic, Special Olympics athletes are eligible to receive a sports physical at a discounted rate of \$49.00. A Voucher is attached to this Area Memo, which must be present at

the time of the physical. It is also important that the athlete bring the SOMD Medical with them to ensure the proper paperwork is completed.

To find the closest MinuteClinic and to make an appointment, visit [www.minuteclinic.com](http://www.minuteclinic.com)

Please note, this is not an endorsement of MinuteClinic by Special Olympics Maryland, simply passing along a resource for athletes and their families.

### **(NEW) January Virtual MOVEment Athlete Opportunities**

See the attached schedule for January's Virtual MOVEment schedule!

### **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\\_yH6WBXcM1Asl7YR4\\_eJgxrwmITLhTufGM\\_vU/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1s4Y3v_yH6WBXcM1Asl7YR4_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.

### **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://virtualsomid.com/return-to-play/>

### **(UPDATED) Coaches Training – CSOA and PoC Sessions**

**Coaching Special Olympics Athletes (CSOA)** -- SOMD is pleased to offer virtual 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, January 23, 2021, 9:00 a.m. to 1:00 p.m.** Virtual Session (limit of 20 participants)

To register for this session, [please click here](#).

**Principles of Coaching (PoC)** - SOMD is pleased to host additional sessions of the Principles of Coaching course, a required course 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.)*

**Saturday, January 16, 2021, 9:00 a.m. – 2:00 p.m.** Virtual Session (limit of 20 participants)

To register for this session, [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. (Zoom’s online help has been good.)

### **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>
Alpine Skiing	Tue 11/24	Recording: <a href="https://www.youtube.com/watch?v=JWBW-gH3UhU&amp;feature=youtu.be">https://www.youtube.com/watch?v=JWBW-gH3UhU&amp;feature=youtu.be</a>
Snow-shoeing	Mon 11/30	Recording: <a href="https://www.youtube.com/watch?v=EhLx5DW8mYo&amp;feature=youtu.be">https://www.youtube.com/watch?v=EhLx5DW8mYo&amp;feature=youtu.be</a>
Basketball	Tue 12/01	Recording: <a href="https://www.youtube.com/watch?v=hKBxUPrU-F0&amp;feature=youtu.be">https://www.youtube.com/watch?v=hKBxUPrU-F0&amp;feature=youtu.be</a>

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

Due to the decision to cancel all Winter Games and the SOMD State Basketball Tournament, there is no need to conduct “pre-competition” webinars.

Note: As SOMD and Areas determine specifics for co-hosted competition opportunities in Winter 2021, 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).

### **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

### 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