

Special Olympics Maryland Area Memo

February 20, 2021

**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) Spread the Word: Inclusion- March, 3 2021

Join the celebration! Schools and communities across the country will be celebrating Spread the Word: Inclusion Day on March 3, 2021! Previously “Spread the Word to End the Word,” Spread the Word: Inclusion Day celebrates the our daily commitment to promoting inclusion in our words and actions.

Special Olympics Maryland has compiled resources available here: <https://virtualsoemd.com/unified-champion-schools/>

(NEW) March Area Director Webinar and Meeting- March 15 and 20, 2021

It’s time for our first Area Director Webinar and Meeting of 2021. Please use the links below to register. Our web-meeting on Saturday will be similar to past meetings---- we’ll start at 9:00am and will finish around 1:00pm with breaks throughout.

Webinar	3/15/2021 7:00pm- 9:00pm	https://somd.zoom.us/meeting/register/tJAsduuqzwwEtLv_80KD1jVPX0OYWZEjUJx
Meeting	3/20/2021 9:00am- 1:00pm	https://somd.zoom.us/meeting/register/tJMuduurgTivEtCEeRcL5qn0TuPQB02FZKyP

(NEW) Winter Sports – Season Wraps Up for 2021

Special Olympics Maryland would like to thank the Area Directors, coaches and leadership personnel for offering virtual training opportunities for those athletes within the Alpine Skiing and Snowshoeing sports this season. The decision to cancel the 2021 On-Snow Training sessions was made with input from the Area/County Programs and the GMT and was highly influenced by the travel restrictions imposed by the state government of Pennsylvania. It is disappointing that the On-Snow Training sessions were not able to be offered this season and we thank you for your continued support and efforts this winter season. We thank the Areas which provided input on the possible option of having some on-snow training in March, however the response from Area leaders was a unanimous “no”. The Games Management Team (GMT) is looking forward to next year for a great Winter Games!

(NEW) Winter Sports – Helmets, Snowshoes, Gloves, Goggle and Jackets At Great Prices – Act by 3/15/21

Special Olympics North America has shared with us a resource for winter sports gear – Endurance Enterprises, Inc. out of Madison, WI. The attached info piece describes available items such as:

Snowshoe Sets (MSRP \$130) available for \$85

Racing Helmet RH2013 Compliant (MSRP \$200) available for \$110

Winter Sport Coats (MSRP \$280) available for \$100 (\$120 w/your logo)

Each Area interested in purchasing gear should do so as collective order for their Area (not individual athlete orders) and should place their order by March 15 in order to receive their gear for Fall 2021 delivery. Direct orders to:

Andrew Gerlach

EnjoyWinter EnjoySummer.com

Endurance Enterprises, Inc.

#60 N. Bryan Street, Madison WI 53714

406-585-2660

andyg@enjoywinter.com

(NEW) CompFit (Competitive Fitness) Update and Scheduling Info Needed

Thank you to those Areas who participated in the February 11 overview of the soon to launch virtual CompFit program. A pilot has been completed with Baltimore City Schools and one has been launched with the Baltimore County Community program.

Feedback from Area leaders indicated that while there was some degree of interest, there was a preference for the program to begin later than was presented.

We’ve launched a CompFit Coach Resource Page (<https://www.somd.org/coach/coach-resources/compfit/>) which will include the following by Sunday, Feb 21:

- Recording and slides from Feb 11 overview
- CompFit Playbook (most current draft)
- Short video of a CompFit program (from the Baltimore County pilot)

We would also request that each Area complete a brief interest survey no later than Monday, March 1 that covers:

- Degree of interest in conducting a program in your Area
- Best timeframe for the CompFit program

The survey is available at https://www.surveymonkey.com/r/CompFit_Int_2021Q1 and only one response per Area please. Thank you in advance for your input.

(NEW) Welcome SOMD's Newest Advanced Level Coaches

We're very excited to welcome several new individuals to the status of Advanced Level Coach. These individuals have recently completed the Principles of Coaching Course and passed the associated test to earn this new status. In addition to continuing to expand their knowledge and coaching skills, these individuals are eligible for selection as a coach for competition above the state level (e.g., USA Games, NITs, etc.). Please join us in congratulating these individuals for their commitment to coaching our athletes.

<i>Area</i>	<i>Coach</i>	<i>Advanced Level Coach in:</i>
Anne Arundel	Jank, Al	Alpine, Kayaking, Snowshoeing
	Schieman, Katy	Basketball, Bowling, Snowshoeing, Soccer, Swimming
	Simione, Linda	Alpine, Kayaking
Baltimore City	Signor, Bob	Basketball, Bocce, Flag Football, Kayaking, Soccer
Baltimore County	McCauley, Anna	Cheerleading
	Vinson, Terry	Basketball, Softball
Calvert	Houston-Ludlam, Ginger	Cheerleading
Harford	Schmidt, Nancy	Basketball, Flag Football, Softball
Howard	Bourdon, Jim	Basketball, Golf
Montgomery	Aguirre, Mery	Cheerleading
	Cooper, Ellen	Cross Country Skiing
	Golden, Emily	Soccer
	Han, Patricia	Bowling
	Hannon, Tim	Basketball, Soccer
	Hellmuth, Chuck	Basketball, Bocce, Golf
	Larson, Jay	Basketball, Softball
Seiden, Richard	Basketball	
St. Mary's	Mewhinney, Scott	Basketball, Soccer, Swimming

The next Principles of Coaching Course will be offered virtually on Sunday, March 21, 2021 and information on requirements and registration is available elsewhere in this Area Memo.

Towson University Health Research Opportunity

A graduate student at Towson University College of Health Professions is conducting qualitative research on the experiences and perspectives of Special Olympics Athletes, as well as their understanding of audiology. The brief survey asks questions related to---- attending healthy athletes, understanding what an audiologist does, and positive or negative feelings about visiting doctors. Please distribute the link below to your athletes to participate:

<https://www.surveymonkey.com/r/QXJ933M>

Virtual Unified Champion Schools Youth Leadership Summit

On March 6, 2021, the Unified Champion Schools team at Special Olympics Maryland will be hosting our first Youth Leadership Summit for high schools. All high schools from across Maryland are encouraged to for teams of up to 4 students (of all abilities!) to participate. Participants will take part in activities to help them foster more interactive and inclusive school communities through Unified Sports, Youth Leadership, and Whole School Engagement!

Topics will include: Group dynamics and development, Public Speaking, Advocacy, Team Building, Meeting Facilitation...and More!

Schools interested in attending should email ucs@somd.org for registration!

Note: Pre-registration is required. This event is only open to participants in Maryland High Schools.

Update to SOMD Skiing Group Rates at Whitetail (and other Vail Properties locations)

Special Olympics Maryland communicated with the coaches and Area Leadership earlier this year regarding the discounted rates available at Vail Properties (Whitetail, Round Top and Ski Liberty) for both SOMD organized training opportunities as well as additional Area organized Special Olympics training sessions. The properties have graciously offered discounted rates to Special Olympics Maryland in the past and will hopefully be able to continue offering the group rates in the future. However, as we all know, the past year has been a difficult one for many individuals and businesses.

Due to the travel restrictions to/from Pennsylvania (currently eliminating any and all SOMD or Area organized activity in PA), along with the protocols in place within Special Olympics Maryland due to the pandemic, the discounted rates will only be available if/when Special Olympics Maryland is able to conduct an On-Snow Training for the coaches, partners and athletes. The ski properties are under numerous restrictions related to the current pandemic and are only able to operate at a significantly reduced capacity. SOMD values the strong decades-long partnership and support with Whitetail Resort and respect and support their need to adjust their business operations during this very difficult time.

Until further notice, **there will not be any discounted group rates for any Special Olympics Programs at these locations.** In the event that SOMD On-Snow Training session(s) is able to be offered, as *tentatively* scheduled during the third weekend in February, the discounted rates will be in place and will only be handled through SOMD HQ by way of the registrations received from the Area/County Programs in the required timeframe.

Thank you for your patience and understanding during these trying times and we hope to be able to be on the snow later in February.

(UPDATED) Area Director COVID Calls- 2021

Because of feedback received when we cancelled the last scheduled AD COVID Call, we are changing the format of our Area Director COVID Calls to **MONTHLY** rather than bi-weekly. In months where there is an Area Directors Webinar/Meeting, that will take the place of that month's COVID Call.

Our next meeting will be on March 15, the Area Director Webinar!

2022 USA Games – Advanced-Level Coach Requirement for All Coaches and Teams

As noted during the rollout of the SONA Sport Education and Development model and in other forums, coaches must have earned and maintained Advanced-Level Coach Sport Certification in order to apply for any position for an event above the state level. In addition, in order for any team to be considered for possible selection for an event above the state level, its coach must have earned and maintained such certification.

So, as a friendly reminder, **if you have a team (basketball, cheerleading, flag football, soccer, softball) which your Area wishes to be considered for selection to Team Maryland for the 2022 USA Games, the Head Coach must have earned/maintained Advanced Coach Certification** (and any additional coaches must earn/maintain as well).

Also, **any coach who wishes to be considered for one of the Head Coach or assistant coach positions for individual sports on Team Maryland (athletics, bocce, bowling, powerlifting, golf, swimming, tennis) must have earned/maintained Advanced Coach Certification in the sport for which they are applying.**

Advanced Sport Certification requires successful completion of the Principles of Coaching course, the next virtual session for which is scheduled on Sunday, March 21 (to register [please click here](#)). There is a maximum capacity of 20 for this course (first registered, first accepted). Additional courses may be added if needed.

A listing of individuals who have earned Advanced Coach Certification is available on the SOMD Coach Resource Page (www.somd.org/coach/coach-resources/) in the Coach Education & Development section (along with the lists of all certifications and training courses completed).

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_eJqxrwmITLhTufGM_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://virtualso.md.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, February 27, 2021, 9:00 a.m. to 1:00 p.m. Virtual Session (limit of 20 participants; **only 10 spots remaining**)

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.*)

Sunday, March 21, 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 –

Sport	Date/ Time	Registration / Recording Link
Alpine Skiing	Tue 11/24	Recording: https://www.youtube.com/watch?v=JWBW-gH3UhU&feature=youtu.be
Snow-shoeing	Mon 11/30	Recording: https://www.youtube.com/watch?v=EhLx5DW8mYo&feature=youtu.be
Basketball	Tue 12/01	Recording: https://www.youtube.com/watch?v=hKBxUPrU-F0&feature=youtu.be
Athletics	Thu 3/11 6:30-8:00	https://somd.zoom.us/meeting/register/tJYqfuyuqTkqGta6LcCjSHQ9MbICS552OyIS
Bocce	Thu 3/04 6:30-8:00	https://somd.zoom.us/meeting/register/tJYpcO2tqTwuH9ZSV2ZWePNIWIR3nVjxz9z7
Cheer-leading	Wed 3/24 7:30-9:00	https://somd.zoom.us/meeting/register/tJEscOmqqTopEtTqCpL_GgGEE2PxvuPmTGUW
Softball	Thu 3/25 7:00–8:30	https://somd.zoom.us/meeting/register/tJMrdOuvrTMOHNdE7_TaezKFq36WXMevqbfp
Swimming	Wed 3/03 6:30-8:00	https://somd.zoom.us/meeting/register/tJwlf-qhpzouG9P287g8RJaQ6Y8rG5kg4A4
Kayaking	Thu 4/29 6:30-8:00	https://somd.zoom.us/meeting/register/tJlpuuqqDMvH9dbAogPv3WJrW5mqe5uhR-x
Cycling	Tue 7/20 6:30-8:00	https://somd.zoom.us/meeting/register/tJwlc--srDkvG920K713v4vP52RPxLw4wlt3
Bowling	Thu 8/05 6:30-8:00	https://somd.zoom.us/meeting/register/tJArduChrDMuGNPpxuGZwMEw16s0U5BoVuYj

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, 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
- **Melissa Kelly, Sr. Director, Unified Champion schools**
 - mkelly@somd.org, 410-979-5839
 - School engagement & partnerships
- **Mackenzie Irvin, Young Athletes Program Director**
 - mirvin@somd.org, 857-939-4867
 - Young Athletes Program, Elementary School programming
- **Veronica Smaldone, Unified Champion Schools Coordinator (Western MD)**
 - vsaldone@somd.org
 - Inclusive Youth Leadership & Whole School Engagement
- **Emma Bush, Unified Champion Schools Coordinator (Eastern Shore)**
 - ebush@somd.org
 - Inclusive Youth Leadership & Whole School Engagement

- **Sam Boyd, Volunteer Director**
 - sboyd@somd.org, 443-766-9245
 - Volunteer Recruitment, Retention, Training

- **HIRED, Healthy Communities Manager- To be announced!**
 - healthyathletes@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

- **Tyler Martin, Western Region Coordinator**
 - tmartin@somd.org, 717-321-3642
 - Frederick, Washington, Allegany, Garrett Counties