

The Winner



Special Olympics Maryland, St. Mary's County

Winter Games: Snow much fun!

After 3 days of varying conditions, from spring to winter, our St. Mary's athletes are triumphant once again. Our success should be attributed to our outstanding coaches, partners and athletes. Tom Emery, our local dry-land training coach, who is a former ski instructor from the mid-west, led our local training sessions to increase our athletes' endurance and fitness. We also want to thank the Boone Family from Leonardtown as a first year addition to our ski and snowshoe training program, getting our athletes ready. Tom worked with our newest bi-skier, Talea Ingmire and her brother, Taylor Ingmire, to achieve 2 great gold medal runs. The Two-Top adapted program at Whitetail and Tom helped greatly in the success of the Ingmire team. Our veteran mono-skier, Kayla Woolridge, is once again the fastest skier in the novice event and made 2 clean runs. She is looking forward to the intermediate course next year.

Coach Bret Bucci worked with a new skier this year, Tasha Ingmire, in her novice event. Tasha made strides in her success during these Games by completing 2 good runs in the novice course. We are very proud of her. Our thanks to Bret for all of his patience with our beginners over the years. Coach Steve Rinaldo and Brian Tierney trained with our novice skiers, Andrea Brown (2 golds) and Justin Fowler (2 golds). Their progress will help to move these 2 skiers to the intermediate events next year. Our partner and coach, Lucas Garner, paired with Phyllis White, Kegan Zimmerman, Jason Swift and Joshua Fondren went a little higher on the mountain with a more challenging run. Phyllis competed with a large heat for Int. Giant Slalom. She did her best and placed 5th. In her Unified Team event with partner Sharon Fondren, she

missed a gate and received a participation ribbon. Jason Swift, an athlete who is soon moving from St. Mary's, held his own in Int. Giant Slalom with a 5th place. He was triumphant in the Unified event with partner Lilly Emley (who struggled with being sick during the weekend) and finished the race for the gold. Kegan Zimmerman won 3rd in Int Giant Slalom and then skied like a champion in his Int Slalom race for a 2nd. Joshua Fondren was in the Int. groupings and placed 5th and 3rd in his races. The team of coaches/partners Annah and Marc Rinaldo set out for the Games with the advanced athletes, Larry Mills, Thomas Smith, Jimmy Hawkins, Justin Thompson, Joey Owens and partner Courtney Bucci, and came back down winning 3 golds, 3 silvers, and 2 bronze medals and 2 fourth place ribbons. Our ski team is all around awesome. St. Mary's also sponsored 6 snowshoe athletes for the weekend's events. See page 2 for their stories.



Special Olympics
Maryland
ST. MARY'S COUNTY

If you'd like to know more:
Check out our Website at
www.stmarysso.org

Like us on Facebook!

Donations can be mailed to:

Special Olympics
St. Mary's County
25926 Whiskey Creek Rd
Hollywood, MD 20636

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Spring Games: April 29
Cash Bash: May 17
Summer Games: June 6, 7, 8



Member Agency:

Snowshoers Rock!

Monday's competition for our snowshoe athletes put them in the golden light along with the skiers. Michael Nahrgang, Melody Chase, and Linda Higgs stood on the top of the podium to get their gold medals. Melody and Michael performed extremely well. Silver medals went to Cassidy Stein and Liam Maupin, competing in their first Winter Games, and Michelle Johnson. What an impressive first day for our snowshoe athletes. On day two, the snowshoers were ready to go for the gold again. Michael Nahrgang, Cassidy Stein and Liam Maupin showed their stuff and stood on top of the podium once again and not far behind came Linda Higgs and Melody Chase with silvers and Michelle Johnson with a 5th place ribbon. Our snowshoe relay team of Michael Nahrgang and Liam Maupin along with partners, Brian Hartz and Marqui Zimmerman placed 2nd in the 4x100 relay. Our team of coach Don Bewick, parents Ray Nahrgang and Jackie Fowler worked tirelessly behind the scenes to make our 2014 Winter Games a huge success for our athletes!



Swim has started!

The 2014 swim season is among us. Coaches Lynne, Pam, and Kourtney are already looking ahead to competitions as training for the St. Mary's swim team takes way.

Swim has taken on many new athletes in the beginner hour. These swimmers are learning the basic skills so that they may one day be a part of St. Mary's swim team. These skills include blowing bubbles, putting your face in the water, big arm circles for the freestyle stroke, and kicking.

As we are excited to have new athletes come to swim, we are very ecstatic to have returning swimmers! These swimmers are working on improving their skills, strokes, and timings.

Thank you to all swimmers who have signed up this season!

5 Kilometer • 10-MILER • Kids Fun Run



April 12, 2014

Looking for Volunteers to help on the day of the event OR Athletes and Family members to participate in the race.

Proceeds benefit Special Olympics in the Tri-County Area.

Contact Special Olympics St. Mary's County at 301-373-3469 for more information or visit

www.stcharlesrunfest.com to register *

Join the St. Charles Running Festival as the Blue Crabs kick off their season with the **Blue Crabs Fan Fest**.

* Indicate that you are supporting Special Olympics St. Mary's when you register

Spring Sports Training Times & Locations

TRACK and FIELD

Starts: Saturday, March 29
Time: 9 to 10 am for track athletes
10 to 11:30 am for Relay teams
Where: Great Mills High School
Call 301-373-3469 for information



BOCCE

Starts: Thursday, April 3
Where: Chancellor's Run Park
Time: 6:00—7:30 pm
Call: 301-872-0019 for more information



KAYAKING

Starts: July ?? (to be announced)
Where: Greenwell State Park
Time: 5:00 pm first session



COMPLETE Registration in this Newsletter.

SWIMMING

Started: Sunday, March 2
Held: 6pm—Beginners; 7pm—Advanced
Where: Great Mills Pool



CYCLING

Starts: July 19
Where: Pax River
Time: Groups at 8 am and 9:30 am



Registration
**DUE BY
JUNE 10**

EQUESTRIAN

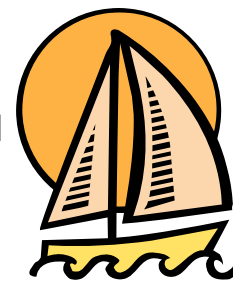
Starts: NOW
Where: Greenwell State Park
State Tournament: May 31
Contact Mary Lu Bucci
if interested call 301-373-3469



LIMITED AVAILABILITY

SAILING

Starts: June 3
Where: St. Mary's College
Time: 5:00 pm
Athletes must be able to swim and be seizure free to participate.



REGISTRATION
**DUE BY
MAY 15**

GOLF

Starts: June 26
Where: Wicomico Shores
State Tournament:
to be announced
Complete registration in this
Newsletter.



**REGISTRATION
DUE BY JUNE 10**

*Looking for a Golf Skills
Coach. If interested, please
contact Bill Lowe at
wlowe@md.metrocast.net*

WE'RE LOOKING FOR UNIFIED PARTNERS

Do you know how to sail, play golf, or play bocce?? Your skills can be beneficial to our teams. We are currently looking for players without intellectual disabilities to join our teams, forming now, in these sports. Unified Partners work side-by-side with athletes to build skills and friendships. Contact Special Olympics today!

Registration forms are included in this Newsletter.

Spring Games—April 29 ;
Mark Your Calendar NOW!!

REGISTRATION FORM Special Olympics St. Mary's County 2014 BOCCCE

Registration DUE MARCH 20

Name:		Date of Birth:	
Address: (Street)			
City:		Zip:	
Phone: (Home) (Cell)		(Work) E-mail:	
School/Agency:		Grade:	Teacher:
List any special needs:			
Shoe Size:	Shirt Size:	Pant/Short Size:	
Parent/Guardian Signature:			

Spring Games is April 29

Charles County Competition is May 3

St. Mary's County Tournament is May 8

State Tournament is June 6, 7, 8

PLEASE RETURN REGISTRATION IMMEDIATELY TO:

Special Olympics
25926 Whiskey Creek Rd.
Hollywood, MD 20636

Your Classroom
Teacher

Special Olympics
Center for Life Enrich.

Special Olympics
Metro
Green Holly

REGISTRATION FORM Special Olympics St. Mary's County 2014 GOLF

Registration Due June 10

Name:		Date of Birth:	
Address: (Street)			
City:		Zip:	
Phone: (Home) (Cell):		(Work) E-mail:	
School/Agency:		Grade:	Teacher:
List any special needs:			
Shoe Size:	Shirt Size:	Pant/Short Size:	
Parent/Guardian Signature:			

Practices are held on Thursdays, starting June 26 at Wicomico Shores Golf Course

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Hollywood, MD 20636

Your Classroom
Teacher

Special Olympics
Center for Life Enrich.

Special Olympics
Metro, Green Holly

REGISTRATION FORM Special Olympics St. Mary's County 2014 TRACK AND FIELD

Registration DUE MARCH 20

Name:		Date of Birth:	
Address: (Street)			
City:		Zip:	
Phone: (Home)		(Work)	
(Cell)		E-mail:	
School/Agency:		Grade:	Teacher:
List any special needs:			
Shoe Size:	Shirt Size:	Pant/Short Size:	
Parent/Guardian Signature:			

Athletes need to attend regular Saturday practices.

Spring Games: April 29 District Tournament: to be announced State Summer Games: June 6, 7, 8

PLEASE RETURN REGISTRATION IMMEDIATELY TO:

Special Olympics SMC	Your Classroom	Special Olympics	Special Olympics
25926 Whiskey Creek Rd.	Teacher	Center for Life Enrich.	Metro
Hollywood, MD 20636			Green Holly

REGISTRATION FORM Special Olympics St. Mary's County 2014 CYCLING

Registration DUE JUNE 10

Name:		Date of Birth:	
Address: (Street)			
City:		Zip:	
Phone: (Home)		(Work)	
(Cell)		E-mail:	
School/Agency:		Grade:	Teacher:
List any special needs:			
Shoe Size:	Shirt Size:	Pant/Short Size:	
Parent/Guardian Signature:			

Spring Games is April 29

St. Mary's County Tournament is May 8

Charles County Competition is May 3

State Tournament is June 6, 7, 8

PLEASE RETURN REGISTRATION IMMEDIATELY TO:

Special Olympics	Your Classroom	Special Olympics	Special Olympics
25926 Whiskey Creek Rd.	Teacher	Center for Life Enrich.	Metro
Hollywood, MD 20636			Green Holly

REGISTRATION FORM Special Olympics St. Mary's County 2014 KAYAKING

Registration DUE June 1

Name:		Date of Birth:	
Address: (Street)			
City:		Zip:	
Phone: (Home) (Cell)		(Work) E-mail:	
School/Agency:		Grade:	Teacher:
List any special needs:			
Shoe Size:	Shirt Size:	Pant/Short Size:	
Parent/Guardian Signature:			

Athletes need to attend regular practices. Practice held at Greenwell State Park
State Tournament: To Be Announced

PLEASE RETURN REGISTRATION IMMEDIATELY TO:

Special Olympics 25926 Whiskey Creek Rd. Hollywood, MD 20636	Your Classroom Teacher	Special Olympics Center for Life Enrich.	Special Olympics Metro Green Holly
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REGISTRATION FORM Special Olympics St. Mary's County 2014 SAILING

Registration DUE May 15

Name:		Date of Birth:	
Address: (Street)			
City:		Zip:	
Phone: (Home) (Cell)		(Work) E-mail:	
School/Agency:		Grade:	Teacher:
List any special needs:			
Shoe Size:	Shirt Size:	Pant/Short Size:	
Parent/Guardian Signature:			

Athletes need to attend regular practices at St. Mary's College.
Starts in June.

PLEASE RETURN REGISTRATION IMMEDIATELY TO:

Special Olympics 25926 Whiskey Creek Rd. Hollywood, MD 20636	Your Classroom Teacher	Special Olympics Center for Life Enrich.	Special Olympics Metro Green Holly
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Basketball in Pictures



Softball Training

St. Mary's Special Olympics is trying to organize a softball training clinic for our youth. At this clinic you can learn some basic softball skills such as throwing, hitting, catching, and rules of the field. If you are interested in attending please fill the registration part of this page and send it in!

SOFTBALL TRAINING CLINIC

Name: _____

Phone Number: _____ Age: _____

Email Address: _____

I am interested in attending the softball training clinic and have a current medical.

PLEASE RETURN REGISTRATION IMMEDIATELY TO:

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25926 Whiskey Creek Rd.
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Your Classroom
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Special Olympics
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Green Holly



Special Olympics Field Day

A partnership with Special Olympics
Presented by St. Mary's College of Maryland's
Student Athletic Advisory Committee



Be a fan.



Some of the activities include:
Obstacle course, soccer, face painting, la-
crosse shooting,
tie-dye, and much more!

April 6st, 2014
11-1 at the Guam Field
Bring something white to tie-dye!!
Light refreshments will be served.

PLEASE RSVP. Send in this form

Name: _____

Phone Number: _____ No. of People Joining me: _____

Email Address: _____

I am interested in attending the Field Day at St. Mary's College.

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Hollywood, MD 20636

Your Classroom
Teacher

Special Olympics
Center for Life Enrich.

Special Olympics
Metro, Green Holly

All proceeds to benefit:



Saturday, May 17, 2014

Noon - 6:30pm

(Rain or Shine - Doors open at 11 am)

Hollywood Firehouse Carnival Yard

\$ 30.00 per ticket

(Only 1000 tickets will sold)

\$ 10,000 in cash and prizes will be given away!!!!

including a **\$5000** Cash Prize Drawing

16 drawings, PLUS additional chances to win cash & prizes to take place during the event: 50/50, raffles, etc.

Buffet & drawings end at 5:00

MUST HAVE TICKET TO ENTER AND BE AT LEAST 21 YEARS OF AGE

You do not need to be present to win

Ticket purchase includes the chance to win cash and prizes, plus complementary buffet, beer, soda, and live music.

Picnic style event so bring your lawn chair: Limited tables and chairs will be available.

Tents will be available in the event of rain.

For questions or to order tickets: Call 301-373-8100

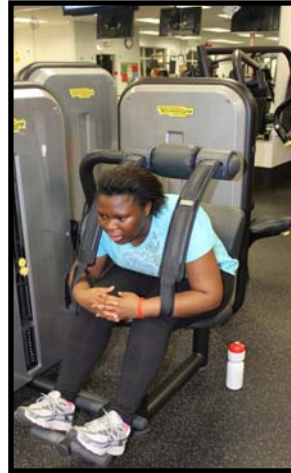
We need your help!!

**We need Volunteers on the day of the event
and to sell tickets prior to the event.**

Please contact us at somdsmc@md.metrocast.net

if you can help at all.





Training at the MOG by Karen Wathen

St. Mary's County Special Olympics has partnered with The Medically Oriented Gym (M.O.G.) at Gateau Physical Therapy & Sports Medicine to train 19 athletes in their state-of-the-art facility for the upcoming 2014 Special Olympics USA Games. Exercise Physiologist, Keri Ramey, assisted groups of athletes over a short period of time to become adept in the use of exercise machines for their respective training needs according to their sport. The athletes then are able to work out at the M.O.G. with a chaperone or coach who has also been trained on the machines. Ms. Ramey has continued to oversee the training and provides additional assistance to them.

"It has been a pleasure working with these athletes. They are giving it their all during our workout sessions together. They all have different goals to reach and it feels good to be a part of that," said Ms. Ramey. The M.O.G. offers a full range of exercise options for all people. Each member receives an initial assessment from the exercise physiologist who then provides them with an individualized exercise program. Assessments are done every 90 days thereafter. Their mission is to deliver a level of service that the member never expected, every day. They are committed to assist all people in obtaining a healthy and fit lifestyle, and have a variety of programs to meet everyone's needs.

The athletes representing St. Mary's competing in individual sports during the 2014 USA Games are: Russell Bucci (bocce); Mary Herbert (bowling); Rachel Hicks (bowling); Amanda Lowe (cycling); April Towler (golf); Tyeshia Holt (track); Khadisha Young (track); Jason Swift (track); and Matt Dobson (track). St. Mary's Special Olympics Flag Football team will also be represented within Team Maryland by athletes:

Larry Mills; Corey Woodland; Avery Long; Anthony Cyrus; Sam Huffman; Kegan Zimmerman; Shaun Ridley; Thomas Smith; Brandon Chan; and Durrell Scott. In addition to this wonderful line-up of athletes, St. Mary's County also has a large group of adult volunteers attending the 2014 USA Games: John Gallagher (bocce coach); Bill Lowe (golf coach); Jeff Hagen, Sr. (track coach); Wil Ridley (flag football coach); Don Bewick (flag football coach); Lynne Baker (aquatics coach); Kourtney Baker (assistant family coordinator); Ann Marie Jones (Bocce volunteer); Jason Zimmerman (volunteer) and Mary Lu Bucci (team manager). These volunteers will be supporting Team Maryland during the upcoming training season as well as at the June Games.

Coach Jeff Hagen reported that "the track athletes are going to be entered into the 4x100 with athletes from other counties and we want to make sure St. Mary's County shines and promotes the entire team's capabilities. That is what the opportunity of using this gym will provide to us." Additionally, Coach Bill Lowe noted that with the generosity of the M.O.G., "the athletes will be performing at the top of their game leading into the event. Team Maryland will be well represented." St. Mary's County Special Olympics is extremely grateful for the resources which The Medically Oriented Gym at Gateau Physical Therapy & Sports Medicine has been able to provide to these amazing athletes during their preparation for the 2014 Special Olympics USA Games. A special thanks to the owner, Bonnie Gateau, for her overwhelming support of Special Olympics. The Medically Oriented Gym at Gateau Physical Therapy & Sports Medicine is located at 23123 Camden Way, California, MD 20619. For more information about the gym and GPT please call [301 866-5444](tel:3018665444).

Sun	Mon	Tue	Wed	Thu	Fri	Sat
16 Swimming	17	18 Basketball – Adult Teams	19	20	21	22 STATE Basketball 3v3 & Player Dev. Tourn
23 STATE Basketball 5v5 Swimming	24	25	26	27	28	29 Track Starts at Great Mills High School
30	31	APRIL 1	2 AREA MEETING Score Day at LHS	3 Bocce Starts	4	5 Track Practice
6 Swimming	7	8	9	10 Bocce	11	12 Fundraiser at Re-gency Stadium Track Practice
13 Swimming	14	15	16	17 Bocce	18	19 Track Practice
20 Easter Sunday	21	22	23	24 Bocce	25	26 Track Practice
27 Swimming Aquatics Qual in Howard	28	29 SPRING GAMES	30	MAY 1 Bocce	2	3 Track Practice Swimming & Bocce in Charles Co.
4	5	6	7 AREA MEETING	8 Bocce Qualifier with Charles & Calvert	9	10 Track Practice
11 Mother’s Day	12	13	14	15 Bocce	16	17 Track CASH BASH Swimming – PG Cty
18	19	20	21	22 Bocce	23	24 Track Practice
25	26 Memorial Day	27	28	29 Bocce	30	31 Track Practice Equestrian Event at Upper Marlboro
JUNE 1	2	3 Sailing Starts	4 SUMMER GAMES COACHES MEET-ING	5	6 Depart for Summer Games	7 SUMMER GAMES
8 SUMMER GAMES	9	10 Sailing	11	12	13	14 DEPART for USA GAMES
15 USA GAMES	16 USA GAMES	17 Sailing USA GAMES	18 USA GAMES	19 USA GAMES	20 USA GAMES	21 USA GAMES
22	23	24 Sailing	25	26 Golf Practice starts	27	28
29	30	JULY 1 Sailing	2	3	4 Holiday	5

Special Olympics St. Mary's County
25926 Whiskey Creek Road
Hollywood, MD 20636

Non-Profit
Organization
U.S. POSTAGE
PAID
Permit No. 411
Leonardtown,
MD 20653



THANK YOU

Please make sure to help sell/buy tickets to the CASH BASH! This event helps Special Olympics St. Mary's County be able to purchase equipment, awards, pay for travel expenses, venues, food for events, and apparel.

Special Olympics St. Mary's County relies on volunteers and donations to run the quality programs here in the county. The following individuals or organizations have donated their time or financial support to our local program. If you see one of these folks, say Thank You.

LHS Best Buddies
Brookbank Core Drilling
Steve and Slyna Rinaldo
Glen Van Noordt
Verson Dosrey
Joyce Brookbank
Carver Elementary Students
BJ's (snowshoes)
AMF Bowling Lanes (2 balls)
United Way
Marilyn Wood
Vilma Grams
Mary Ellen Elwell
Spalding Consulting
Compliance Corp
John Patterson

Knights of Columbus #03849
Kyle Rambo - St. Mary's County Youth Soccer
St. Mary's Rod and Classic Club
Henry and Nancy Noordzy
For Matthew Dobson -- Grace Brady, Thomas Gregory, Gloria Purvis, Catherine Rulkowski, and Bruce Beall