

Fall Sports Line



CYCLING CLUB
Starts: June 27
Location: Bohrer Park
Time: 9am

The Cycling Club began riding in the early summer. The Club will compete in local and regional qualifiers in Maryland and Delaware, and athletes will have the opportunity to compete in the State Cycling Games scheduled for September 26th. Cycling is planned through October. **Coach: Renny Springuel**
rennyspringuel@netscape.net.

CROSS COUNTRY RUNNING



Starts: Sun Sept 13
Location: Lake Needwood
Time: 11:00AM

Some athletes have been practicing through the summer months preparing for the Fall Cross Country Season and competition in local, regional and state road races. All Athletes interested in the Cross Country Running Team must sign up online or mail in the sign up form in this issue. Athletes will compete in local, regional and the State Road Race at Mt. St. Marys. Due to the new competition schedule which has the state cross country road race on Saturday Oct. 31, and the state soccer competition on Sunday Nov. 1, athletes may choose to train and compete in both soccer and cross country running. **Coach: Bob Stack**



GOLF
Starts: August 12
Location: Falls Rd Golf Course
Time: 5:30 PM

At this time, all slots for the Golf Team have been filled. If you would like to know more about our golf program or are interested in being put on the wait list for next season, contact Pam Yerg. The Golf program begins in early August and concludes with the State Tournament in late Sept. Practices are held on Wed afternoons at Falls Road Golf Course and qualifying competitions are held on Saturdays and Sundays throughout the fall golf season. SOMO has training and competition in 3 levels of golf: skills, 9 hole, Unified Golf and 18 hole Unified Golf.

Head Coach: Chuck Hellmuth
cthjr413@aol.com cthjr



TENNIS
Starts: August 17
Location: Cabin John Courts
Time: 4 PM & 4:30

SOMO Tennis offers training and competition in all levels of ability. All athletes begin with skill training and advance to Unified mixed doubles play as their skill level advances. Slots in this program are limited, and practice begins soon, so sign up ASAP! We will host a Regional qualifier and athletes will have the opportunity to qualify for competition at the State

Fall Fest on October 31. Training begins on Sunday, August 23rd at the outdoor Cabin John Tennis Courts. Advanced players will train from 4-5:30 and all other levels: Seniors, Intermediate and Juniors/Beginners will train from 4:30-6:00. Advanced players will be notified.

Please arrive on time and ready to go to your assigned court for play. Cancellation due to weather will be announced on the hotline: 301 924 6965.



A young player enjoying TOP Soccer



Spencer Jacobs w/ Coach (and Dad) Larry Jacobs

"Let me win, but if I cannot win, let me be brave in the attempt."

-Special Olympics Oath