

# Summer Sports Line

By Pam Yerg.



## CYCLING CLUB

**Starts: June 27**

**Location:**

**Bohrer Park**

**Time: 9AM**

The cycling program provides opportunities for an athlete to get a workout in a safe environment, to compete in qualifiers and state cycling events...no matter how fast or slow you go. We offer a variety of cycling levels, averaging speeds from 3 mph to 15 mph.

The Cycling 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 26<sup>th</sup>. This is a Summer/early Fall program, and Coach Renny plans to "ride" through October.

Contact: Coach Renny Springuel at [rennyspringuel@netscape.net](mailto:rennyspringuel@netscape.net).

## CROSS COUNTRY RUNNING



**Starts: July 8**

**Location: Olney**

**Manor Park**

**Time: 6 PM**

Athletes wishing to participate in the Fall

Cross Country Running Team should plan to attend the summer runs whenever possible. Coach SpongeBob will need the assistance of parents and older siblings to help with chaperone and leadership duties in the Summer Run Program. Included in each session will be instruction on stretching and running techniques so all athletes are prepared for the Fall Cross Country Season and competition in local, regional and state Road Races. Fall Team Practices will be on Sundays at Good Counsel High School begin-

ning in late August. All Athletes interested in the Cross Country Running Team must sign up online or mail in the sign up form in this issue.



## GOLF

**Starts: August 12**

**Location: Falls Rd**

**Golf Course**

**Time: 5:30 PM**

Our SOMO Golf

Team features training

in levels 1-4. All athletes must begin at level 1 (skills) and compete and be assessed through state sanctioned competition with a qualifying score before moving to level 2 (9 holes, every other ball with a Unified Partner). All athletes are required to have a Unified Partner train and compete with them. We train mid-week beginning August 12th and attend travel competitions on weekends through the season in preparation for the state games in early October. If all athletes from last season's team return, there may not be any openings on the team this season. If you are interested in being added to our wait list, please sign up on-line or the mail in sign-up in this issue. contact Head Coach Chuck Hellmuth at [cthr413@aol.com](mailto:cthr413@aol.com)



## TENNIS

**Starts: August 17**

**Location:**

**Cabin John Courts**

**Time: 4 PM**

We will limit the skills athlete slots to 30, and

plan to have a limit of 6 Unified doubles teams training. Training consists of basic skills of tennis with the goal

that each player advance to mixed doubles with a Unified Partner. We have 3 categories of skills development training : juniors and beginners, Intermediate (high school and young adult) and seniors. This year our advanced players will train as Unified Mixed Doubles from 4-5:30. Skills development athletes will train on Sunday late afternoons (5:00-6:30) at the outdoor tennis courts in Cabin John Park beginning on Sunday August 17th through October 18<sup>th</sup> State Competition will be Saturday October 31<sup>st</sup> at Mt. St. Marys College. . We are very fortunate to have the MCTA ( Montgomery County Tennis Association) as our partners. These These skilled and wonderful tennis players coach our athletes and prepare them for local and state competition

Questions about the program? Email Pam Yerg at [jeyclan@verizon.net](mailto:jeyclan@verizon.net) skilled and wonderful tennis players coach our athletes and prepare them for local and state competition Questions about the program? Email Pam Yerg at [jeyclan@verizon.net](mailto:jeyclan@verizon.net)

## SAILING and KAYAKING



The Mid-Summer Classic State Competition will be held July 25 & 26 at Saint Mary's College, in Saint Mary's County, MD.

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

*-Special Olympics Oath*