

**Spring Sports Lines**



**Athletics  
(Track & Field)**

**Start Date: Sunday March 22**  
**Location: Good Counsel High School, Olney**

**Time: 1pm-2:30pm**

Track and field is offered to athletes ages 7 or older. We offer juniors (grades 1-5), Intermediate (grades 6-12) and seniors level (age 21 and older) training and competition. You may choose to train with the team for general physical fitness or to train to qualify to be eligible for consideration for selection for competition in summer games. Additional practice on Fridays



Athletes cheering on their teammates at the track during the Summer Games.

from 5-6:00 PM at Lake Needwood. Athletes must indicate their interest in training to be eligible for state competition within two weeks of the season, and commit to training and attendance at a minimum of two sanctioned events (to include the SOMO Spring Games) as a competition requirement. More details will be presented at the first practice by Team Manager Joyce Plaxen. The SOMO Spring Games will be held on Sunday, May 3<sup>rd</sup>. questions? Joyce Plaxen @ [adaptmyworld@comcast.net](mailto:adaptmyworld@comcast.net)

Montgomery County's bocce team, enjoying the camaraderie of the Summer Games at Towson University.

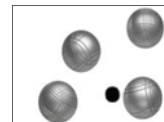


**10 Pin Bowling**

**Start Date: Saturday April 4**  
**Location: Bowl America Clopper Rd, Gaithersburg MD**

**Time: 12pm-2pm**

Spaces are limited in our 6-week spring bowling program. Registered athletes wishing to participate MUST mail in the sign-up form found on our website or in the March newsletter (there will be NO phone-in sign ups). Because of the limited number of slots available, spaces will be given FIRST to those athletes who will ONLY Bowl in the spring season. "Alternate" status will be given to any athlete who does not receive one of the slots. We are grateful to Bowl America of Gaithersburg for giving us our new home and look forward to bowling there every season! Questions? Debbie [debbie.fickenscher@verizon.net](mailto:debbie.fickenscher@verizon.net)



**Bocce**

**Start Date: Saturday March 28**  
**Location: Margaret Schweinhaut Senior Center Wheaton MD**  
**Time: 10am-11:30pm**

New athletes are welcome! Athletes who wish to train in bocce with the intent of competing at summer games must commit to bocce as their primary sport and attend the required sanctioned events to include the Naval Academy Games on April 26<sup>th</sup> and The SOMO Spring Games on May 9<sup>th</sup>. Details on competition and on training requirements will be provided by Coach Renny at the first practice. Questions? Renny Springuel at [rennyspringuel@netscape.net](mailto:rennyspringuel@netscape.net)




**Swimming**

**Start Date: March 7 & 14**  
**Location: Rockville Municipal Pool Rockville**

**Time: 3pm-5pm**

Registered athletes age 15 and older are invited to try out for the swim team, the SOMO Sharks. Athletes are required to have a comfort level with the water and be able to get into the pool and swim two lengths (in some "free-style" fashion). Athletes must make a commitment to attend at least two sanctioned qualifying events to include our home swim meet on May 9<sup>th</sup>, and must commit to working with the coaching staff to increase, stamina, increase event distances and increase/improve stroke techniques. Spaces on the team are limited due to facility and coaching staff limitations. Athletes who wish to participate on the swim team must commit to this sport as their first priority. Spaces on the team will be given first to those athletes who make this commitment and are not training in another sport. Details about the swim team program will be shared at these orientations. The regular season training will be at the Stone Ridge School pool in Bethesda. Questions? Coach Margie Young [willywcy@netscape.net](mailto:willywcy@netscape.net)

**YAP-Young Athletes Program**

**Start Date: Sunday March 29**  
**Location: Potomac Comm Ctr**  
**Time: 9:30am-11:00am**

SOMO YAP is open to children ages 2-7 with intellectual disabilities and their families. YAP is a family-driven program, requiring that one adult family member attend with your child to enjoy sports-related activities that you can take home and enjoy with the rest of the family! Spaces are limited, so be sure to sign up online asap! You can find more details about the YAP program on our website.