

## Winter Sports Lines



### Downhill , Cross Country and Snow Shoe Skiing

#### Winter Sports Fitness and Skill

**Training:** Athletes participating in outdoor winter sports are expected to participate in the pre-season fitness and skill training sessions to be held at Bohrer Park from 9-11:00AM, beginning Saturday Nov 8th and continuing through Winter Games March 1,2,3. Arrive before 9am so that training can begin on time. If there is snow on the ground, bring your skis or snowshoes! During January and February the Alpine (Downhill) skiers will practice on select Sundays at Ski Liberty. The winter sports program includes weekend trips to Western Maryland. Information on dates and events will be provided at the Saturday morning fitness and skill training sessions held at Bohrer Park. New skiers are welcome to try out! The coaches are requiring that you attend the Saturday morning fitness and skill training sessions. **NEW ATHLETES ARE WELCOME! CONTACT COACHES WITH QUESTIONS.** Your coaches are:

Alpine—Jack Mann  
retiredmann@hotmail.com  
Cross County—Ellen Cooper  
ellencooper13@gmail.com



### Learn to Ski

In cooperation with Ski Liberty, SOMO is offering a special **Learn-to-Ski Program** on Sunday mornings at Ski Liberty. The beginner's program allows athletes to participate in four Sunday morning sessions from 9:30 AM to 12:00, beginning in December. Lift tickets and rentals will be provided, plus a one hour appropriate class lesson, followed by a practice session coached by our own SOMO ski instructors. The very modest cost will be shared by the athlete and SOMO. Contact Barb Selbst at 240-777-2810 no later than December 8th.



### Basketball



#### SOMO offers many levels of basketball play and we **NEED YOUR HELP TO MAKE IT HAPPEN!**

This Season we will be making changes in the practice sessions, since we will be paying significant facilities fees and need to be frugal with our practice times! Practice will be held on Sundays beginning in January at The Barrie School, but times will be announced on the website by early December.

**Our Seniors Program** will include three levels of play: 3v3, Player Development 3v3 (previously skills) and 5v5 team play.

**High School 3v3** will practice and compete with the Seniors 3v3 athletes: Teams will travel to at least one "away tournament" and will participate in our own SOMO County Tournament. Dates and details of the competitions will be available as the season begins. Practice times will be determined for 3v3 and 5v5 teams. When you sign up for basketball, please indicate if you played on a team in the past to help us assess your team placement. Please check our website and contact Nancy Lloyd with any questions about Seniors basketball.  
nancyglloyd@yahoo.com

#### High School League

**3v3 and 5v5 play** offers our high school age athletes a great basketball experience with team-mates and volunteers their age. The 3v3 team rosters are limited to 6 on a team, so space is limited in this program. Training will be on Sundays along-side our Seniors 3v3 program. Athletes interested in the High School 5v5 League will train together and we will sort athletes into teams according to ability and coach support. All 3v3 and 5v5 athletes train with a focus on attending travel qualifiers in Feb. and March and state games in March.

#### Jrs Round Robin League

This year, SOMO will again offer elementary and intermediate levels of play. We will determine the formation of teams based on availability of facilities and coaches. We hope to offer Intermediate (Middle/HS age) teams from PASA, Cabin John Middle School, Blessed Sacrament, and the Katherine Thomas School. Elementary and intermediate teams are hosted by the Blessed Sacrament Parish (BSAC) and are comprised of athletes from many different schools. The BSAC teams are fortunate to have many volunteer "buddies" or Unified Partners, and we hope to have youth volunteers to play with other teams as well. Athletes not affiliated with BSAC or CJ or KTS should plan to participate in the PASA team training. Unified partners play in games with the athletes. The round robin games are played on Saturdays and utilize both United and traditional play. Check the website for updated information on the teams as it becomes available.

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### 10 Pin Bowling

The competitive bowling team season begins on November 1, 2008. The season must begin prior to other winter sport seasons, in order to get in enough bowling scores to qualify for state competition. The state tournament will be held on February 7-8, 2009. Registration filled very quickly. The annual Bowl-a-thon is scheduled for early December! Start gathering your Pledges! Your coaches are: Coach Lee Abigail, Coach Rick Domros and Team Manager Debbie Fickenscher. Questions? Contact Debbie Debbie.fickenscher@verizon.net