



Be a fan.

Be a fan of the possibilities in life.

Special Olympics Maryland-Montgomery County (SOMO) Programs and Volunteer Opportunities

We welcome volunteers to serve on the Management Team, Volunteer, Family or Fund-raising Committees, at specific one-day events, or to work with our athletes as volunteers, chaperones, team managers, coaches and assistant coaches.

Sport Seasons:

Fall Season (Late August through early November)

- TOPSoccer - Juniors Soccer through partnership with MSI
(See msisoccer.org for details and registration. Runs mid-Sept. through early November)
- Seniors Soccer (athletes 18 and older – begins in late August with State competition at the Fall Fest the last Saturday of October)
- Cross Country Running (mid summer training for season: Sept- State Competition: Fall Fest)
- Golf Team (begins in early August with State competition in early October)
- Summer/Fall Cycling (begins in July with State competition in late Sept.)
- 10 Pin Bowling Program – (* new scheduling in Fall 2008: Begins late October and runs through competitive season with State Competition in early Feb. 2009)
- Tennis (begins mid-august through Fall Fest the last Saturday of October)
- YAP – Young Athletes Program (mid-Sept through October)

Winter Season (November through March)

- Pre-season fitness cross-training for ski programs – November through January
- Ski Programs: Alpine, Cross Country and Snowshoe
- Basketball Programs:
 - Juniors Round Robin League
 - High School 3v3 League
 - Seniors Skills and 3v3 Basketball
 - Seniors 5v5 Basketball
- 10 Pin Bowling Competitive Season (see note in Fall season scheduling)
- YAP- Young Athletes Program

Spring Season (March through Summer Games Competition in early June)

- Track and Field Team (mid March through Summer Games)
- Aquatics – Swim Team for athletes 15 and older. This is a Swim Team- not a learn- to-swim program. (March through State Summer Games Competition)
- Bocce
- Seniors Softball Team and Skills training
- Juniors T-ball and High School Softball Training
- YAP – Young Athletes Program

Summer Season (late May through State Games Regatta in late July)

- Sailing and Kayaking

**More detailed information and contact information can be found on our website:
www.somdmontgomery.org / (301) 924-6965 Hotline / (301) 424-3083 office**