



# The Game Plan

A Publication of the National Senior Games Association



January 2012 Edition

[www.NSGA.com](http://www.NSGA.com)



**Athlete Spotlight: Louisiana Tigerettes**

## **CBS News Interviews the Louisiana Tigerettes**


[Click Here](#) for video and CBS News Report.

A basketball team record of 195 wins, 5 losses, and 7 National Titles, may bring to mind legendary teams like the LA Lakers, Chicago Bulls, or the Boston Celtics. But, this impressive title doesn't belong to an NBA team. It belongs to the Louisiana-based senior women's basketball team, the Tigerettes! These six feisty ladies have played together for 15 years, with the most recent addition of a player seven years ago. **Read More**




## **2013 Summer Games In Cleveland, OH Cleveland Welcomes You!**

On behalf of the Greater Cleveland Sports Commission, the Local Organizing Committee and the City of Cleveland, Ohio, we would like to express our excitement to be hosting the 2013 Summer National Senior Games. This monumental event will run from July 21 - August 5, 2013 and will welcome athletes, family, friends and fans from all across the United States. Cleveland is a world-class city that is excited to greet the 2013 Summer National Senior Games with open arms and a commitment to making this a great and memorable event for all! Learn



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more at [www.cleveland2013.com](http://www.cleveland2013.com).

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## Year of Vitality

### Programming for the 2013 Summer Games

In addition to hosting the 2012 Ohio Senior Olympics and the 2013 Summer National Senior Games, Cleveland will expand the effort and offer a year of programming for area seniors and their families. The programs vary in format, location, and size, and cover a broad range of relevant topics to encourage older adults to get involved and live active and healthier lives. More information on the Year of Vitality will be coming your way over the next 18 months! Learn more by visiting [www.cleveland2013.com](http://www.cleveland2013.com) and clicking on *Year of Vitality* or contact Rachael at 216.479.6345 x 6 or email

[rachaelsb@clevelandsports.org](mailto:rachaelsb@clevelandsports.org).



**SUMMER NATIONAL  
SENIOR GAMES  
CLEVELAND, OHIO \* 2013**

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## Learn All About Cleveland



## Sports Capital of the Nation!

Not sure where to start when planning your visit to Cleveland? We invite you to take advantage of everything our community has to offer including our notable history and culture, a plethora of amenities and entertainment options, fine dining, great shopping and so much more! Check out the most up-to-date happenings and chat with the knowledgeable staff at the Cleveland Plus Visitors Center at [www.positivelycleveland.com](http://www.positivelycleveland.com).



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## Mastering Our Adult Years

By: Lisa Menninger

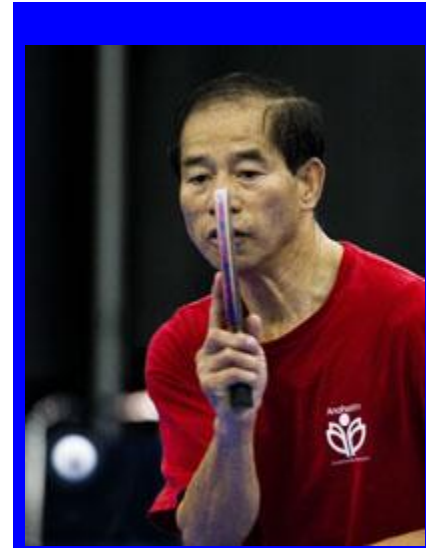
I have recently been talking with clients, friends and fellow athletes about mastery.

Seems we make it to our late 20's and early 30's, finally feeling we have a grip on what we need to know to live our lives and get through each day.

Sometimes that can be when we stop actively learning new things. Time gets tight. Responsibilities increase, and we may have little time and energy to do the things that keep us growing and learning.

**Read More**

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# 2012 Qualifying Year for 2013 Summer Games!

**Find your State Senior Games Today!**

Sign up today to compete in a 2012 State Qualifying Senior Game!

Qualification in a 2012 State Senior Games will earn you an invitation to compete in the 2013 Summer National Senior Games in Cleveland, Ohio!

<http://www.nsga.com/>

