



Vol. II #10

Holiday Season Starting

It is a great time of the year. Enjoy your families on Thanksgiving, watch football games, eat turkey and pie then start the Christmas shopping. Keep an eye on the upcoming Newsletters for information on a program to take off those holiday pounds and start getting ready for the next Senior Olympic Games.

2012 Iowa Senior Olympic Games Tentative Schedule

The tentative schedule of events is listed below and also attached in a PDF for you.

Friday, June 1

5:00pm Softball Tournament Raccoon River Park

Saturday, June 2

8:00am Softball Tournament Raccoon River Park

4:00 5 K Cycling Elkhart, IA Memorial Park

4:00 10 K Cycling Elkhart, IA Memorial Park

Thursday, June 14

8:00am Golf Tournament Willow Creek G.C.

8:00 Shuffleboard:
Singles (50-69) Valley High School

9:00 Pickleball:
Singles, Doubles, and Mixed Valley High School

10:00 Shuffleboard:
Singles (70+) Valley High School

Noon Shuffleboard:
Doubles (70+) Valley High School

2:00 Shuffleboard:
Doubles (50-69) Valley High School

4:00 Horseshoes Holiday Park

5:45 Volleyball Valley High School

Friday, June 15

8:30 am Tennis: Singles Valley Southwoods

8:30 Basketball Shooting:
Free Throws Valley High

9:00 Table Tennis: Singles Indian Hills Jr. High

10:00 Basketball Shooting:
Around the World Valley High I

10:00 Racquetball: Singles YMCA

10:00 Handball: Singles Riverfront YMCA

Noon	Table Tennis: Doubles and Mixed Doubles	Indian Hills Jr. High
11:30	Football Throws: Distance and Accuracy	Valley Practice Field
11:30	Softball Throws: Distance and Accuracy	Valley Practice Field
1:00	3x3 Basketball	Valley High School
1:00	Racquetball: Doubles	Riverfront YMCA
1:00	Handball: Doubles	Riverfront YMCA
2:00	Frisbee Throw	Valley High Stadium
3:15	Field Goal Kick	Valley High Stadium
3:15	Soccer Kick	Valley High Stadium
5:30	Granny Basketball Social & Banquet	LRC Building
6:00	Social & Hall of Fame Reception	Site to be Set

Saturday, June 16

8:00am	Road Race: 5k-10k	Clive Aquatic Center
8:30	Granny Basketball	Valley High School
8:30	Tennis: Doubles and Mixed Doubles	Valley Southwoods
9:00	Scrabble Tournament	Valley High School
9:00	Badminton: Singles	Valley Southwoods
11:00	Badminton: Doubles & Mixed Doubles	Valley Southwoods
Noon	Swim Meet <i>(see www.iowaseniorolympics.com for order of events.)</i>	Valley High School
Noon	Bowling: Singles	Val Lanes Bowling

Track: Running Events

8:15	5,000 Meter Race Walk	Valley HS Track
9:15	100 Meter Dash	Valley HS Track
10:15	1,500 Meter Run	Valley HS Track
10:45	400 Meter Run	Valley HS Track
11:15	1,500 Meter Race Walk	Valley HS Track
11:45	50 Meter Dash	Valley HS Track
12:30	800 Meter Run	Valley HS Track
1:00	200 Meter Dash	Valley HS Track

Track: Field Events

1:00	Shot Put (50-64)	Valley HS Track
1:00	Discus (65+)	Valley HS Track
1:30	High Jump	Valley HS Track
2:00	Running Long Jump	Valley HS Track
2:00	Standing Long Jump	Valley HS Track
2:30	Shot Put (65+)	Valley HS Track
2:30	Discus (50-64)	Valley HS Track
4:00	Triple Jump	Valley HS Track
5:00	Javelin Throw	Valley HS Track

Sunday, June 17

8:30am	Granny Basketball	Valley High School
Noon	Bowling Doubles and Mixed Doubles	Val Lanes Bowling

2013 National Games

This is a qualifying year for the National Games. To compete at the 2013 National Games you need to participate in the State Games this year. Top finishers in this year's Iowa Senior Olympics will qualify to compete at the 2013 National Senior Games in Cleveland. We will get you more information as the Iowa Senior Olympics approach in June. I have attached a list of events which are offered at Nationals. One of the new events to be held in Cleveland is Pickleball. The Iowa Senior Olympics offers 16 more events for you to compete in than the National Games offers. We are working on options to give you opportunities to qualify for Nationals in Archery and Triathlon as well as the long Cycling events.

Memorial

Sadly, one of our Senior Olympians passed away recently. Jim Kelly had competed in the Games for many years, winning many medals in the Shot Put and Discus, including Gold in the Shot Put the past two years. We received a donation in the memory of Jim from John and Deena Dostart. You can read more about Jim at the link below.

<http://obit.ilesfuneralhomes.com/obitdisplay.html?task=Print&id=990381>

Pictures of the Games

Go to the "Photo Gallery" tab to view more pictures from the 2011 Iowa Senior Olympics.