



Iowa Senior Olympics Newsletter: Volume I #1

This will be the 24th year of the Iowa Senior Olympic Games. During this nearly quarter century, thousands of participants have come to West Des Moines to compete in over twenty sports and activities. Some competitors are working to qualify for, and represent Iowa, in the National and World Senior Olympics. A larger group of participants are looking for a way to test themselves physically and mentally while having the opportunity to enjoy the camaraderie of other active Seniors. By the end of the Championships athletes have pushed themselves to be their best, friendships have been made, goals have been set for the future and over 1,500 Gold, Silver or Bronze medals have been awarded for the championships. We are dedicated to continuing a great Senior Olympic Games in 2010 while also expanding the opportunities and education of Health, Fitness, Wellness and Training throughout the year. One of the tools we want to use to reach the goal of increasing awareness of the Iowa Senior Olympics and inform you is with this Newsletter. We will be e-mailing a Newsletter to you at least once a month. It will also be posted on our website: <http://iowaseniorolympics.org> If you have a friend who should be receiving this Newsletter please send their e-mail address to us at lynns@wdmcs.org

Some, but not all, of the items you can expect in the Newsletters include:

- Information about the 2010 Iowa Senior Olympic Games. Including events, schedules and registration.
- News about the National Senior Olympics.
- Training tips for events at the Senior Olympics
- New items, events and programs to look for.
- Wellness tips.
- Information and news from our sponsors.

2010 Games: Schedule

The HyVee Triathlon is being hosted in West Des Moines this June and will use some of the same facilities we will be using for the Iowa Senior Olympics. The Triathlon is an outstanding national event which is good for Iowa and the community. To help make both the Iowa Senior Olympics and Triathlon a success we have moved the dates for this year's Championships. The bulk of the Senior Olympic Games will be held Thursday – Sunday, June 17-20. There is always a chance that venues and dates could change but we will let you know if that happens. Check the schedule below. This is a qualifying year for the National Championships to be held in Houston in 2011. We expect this year's championships to be one of the highest attended in history.

Friday, June 4

5:00 PM	Softball Tournament	Raccoon River Park
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Saturday, June 5

8:00 AM	Softball Tournament	Raccoon River Park
4:00 PM	5 K & 10K Cycling Time Trial	Elkhart Memorial Park

Thursday, June 17

8:00 AM	Golf Tournament	Willow Creek Golf Course
8:00 – 10:00	Shuffleboard: Singles (50-69)	Valley High School
10:00 – Noon	Shuffleboard: Singles (70+)	Valley High School
Noon – 2:00 PM	Shuffleboard: Doubles (70+)	Valley High School
2:00 – 4:00	Shuffleboard: Doubles (50-69)	Valley High School
4:00	Horseshoes	Holiday Park

Friday, June 18

8:30 AM	Tennis: Singles	Valley High School
9:00 – 11:30	Football / Softball Throw: Accuracy	Valley High School
9:00 – 11:30	Football / Softball Throw: Distance	Valley High School
10:30	Racquetball: Singles	Prairie Life Fitness Center
11:30 AM – 1:00 PM	Basketball Shooting: Free Throw	Valley High School
1:00 – 2:30	Basketball Shooting: Around the World	Valley High School
1:30	Racquetball: Doubles	Prairie Life Fitness Center
2:30 – 3:15	Soccer Kick: Accuracy (50-64)	Valley High School
2:30 – 3:15	Field Goal Kicking (65+)	Valley High School
3:15 – 4:00	Soccer Kick: Accuracy (65+)	Valley High School
3:15 – 4:00	Field Goal Kicking (50-64)	Valley High School
4:00	Table Tennis: Singles	Valley High School
5:15	Table Tennis: Doubles	Valley High School

Saturday, June 19

8:00 AM	Road Race: 5K and 10K	Clive Running Festival
8:00	3 on 3 Basketball	Valley Southwoods
8:30	Granny Basketball	Valley High School
8:30	Tennis: Doubles	Valley High School
9:00	Badminton: Singles	Valley Southwoods
9:00 AM – 5:00 PM	Scrabble Tournament	Valley High School
9:00	Track & Field: 5 K Race Walk	Valley High Track
9:00 – 10:30	Track & Field: Shot Put (50-64)	Valley High Track
9:00 – 10:30	Track & Field: Discus (65+)	Valley High Track
10:00	Track & Field: 50 Meter Dash	Valley High Track
10:30 – Noon	Track & Field: Shot Put (65+)	Valley High Track
10:30 – Noon	Track & Field: Discus (50-64)	Valley High Track
10:45	Track & Field: 800 Meter Run	Valley High Track
11:00	Badminton: Doubles-Mixed	Valley Southwoods
11:30	Track & Field: 1500 M Race Walk	Valley High Track
Noon	Track & Field: 200 Meter Run	Valley High Track
Noon	Swimming Meet	Valley High Pool
Noon	Bowling: Singles	Val Lanes
1:30 PM	Frisbee Throw: Distance	Valley High School
2:30	Team Volleyball	Valley Southwoods
5:30	Hall of Fame Ceremony	To Be Announced

Sunday, June 20

8:00 AM (if necessary)	Tennis	Valley High School
8:30	Granny Basketball	Valley High School
9:00	Track & Field: High Jump	Valley High Track
10:00	Track & Field: 100 Meter Dash	Valley High Track
10:00	Track & Field: Running Long Jump	Valley High Track

10:00	Track & Field: Standing Long Jump	Valley High Track
11:00	Track & Field: 1,500 Meter Run	Valley High Track
Noon	Track & Field: 400 Meter Run	Valley High Track
Noon	Track & Field: Triple Jump	Valley High Track
Noon	Bowling: Doubles – Mixed	Val Lanes
12:30 PM	Track & Field: 4 x 100 Relays	Valley High Track
1:30 PM	Track & Field: Javelin Throw	Valley High Track

NEW EVENTS:

We are always looking for ways to bring new events and competitions for our participants. This year we have three new events for you to try out.

- **Frisbee Throw:** This event will use the disc from Frisbee Golf, which is a bit smaller and more ridged than the Frisbee you threw around back in the 60s and 70s. We will provide the discs if you don't have one of your own. The competition is much like the softball or football throws for distance. You will get one warm-up throw then three for distance, counting the longest one. This is not a national event but medals will be awarded in all the age categories.
- **4 x 100 Meter Relay:** An event which has been requested by many people. This is not a national event but should be a lot of fun. You may have men or women on your team. The four members of the team must have a total age which adds up to at least 250 years (average of 62.5 years). Each of the 4 runners will run 100 meters carrying a baton which has to be exchanged within the designated exchange zone. We will supply the batons.
- **Javelin Throw:** This is a national event. Safety is a large concern with how we run this event. All measures will be taken to make sure the participants and officials are aware of the rules and restrictions of where and when we throw. The javelins change in size for men and women and also vary by age. Because this is the first year of the event and the javelins are expensive there will be a very limited number of javelins.

Signing up for the Senior Olympics:

Eligibility

All participants must be 50 years of age as of **DECEMBER 31, 2010** for all individual and team events. Participants will compete in the age division based on their age on December 31, 2010. There are 10 age divisions for men and women: 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95+. Divisions may be combined if less than four participants register in any one division. Participants will still be competing within their own age division even if groups are combined. In team events (3 on 3 Basketball, Softball & Volleyball) the age of the youngest player on a team roster will determine the division in which the team competes. In tournament doubles and mixed doubles events, the age of the younger player in the pair will determine the division in which the pair competes.

Registration Opens:

- On-line Registration opens on March 15. Go to <http://iowaseniorolympics.org> to get signed up.

- Registration by mail will also be available.

Registration Deadlines and Fees:

Registration fees and a signed liability waiver must accompany each registration form. Each registration fee allows a participant to register for an unlimited number of events. Registration fees are NON-REFUNDABLE and apply to all participating individuals. Additional fees apply to certain events and must be included with the submitted registration form. All registration information is kept confidential.

Registration Fees & Deadlines:

- On or before May 22: \$30.00 per participant
- After May 22: \$35.00 per participant
- After June 5: No tournament or team registrations will be accepted.
- Day of Event \$40.00 per participant

Additional Fees: In addition to the Registration Fees listed above. There are a couple of sports where there is a charge for the participants to use the facility.

- Bowling: \$9.00 (includes 3 games and shoe rental)
- Golf: \$30.00 (Includes Greens Fees for 18 holes of golf, 1/2 of a riding cart and a luncheon following the round. Willow Creek members will not be charged Greens Fee)

Final Words:

That is it for the first Newsletter. Look for another Newsletter shortly with Training and Health tips. We will also have information on some exciting new programs to look forward to. Remember to keep Playing and Competing so you make Living that much better.

Steve Lynn
Executive Director
Iowa Senior Olympics