

## Iowa Senior Olympics Newsletter: Volume 1 #2

### Entry Information, Health Tip, Training Tip, General Information and even a Poem.

#### **Enter the Senior Olympics:**

Registration for the 24<sup>th</sup> annual Iowa Senior Olympics is under way and the entries are coming in. Anyone who turns 50 during this calendar year is eligible to compete. You will compete against others in your 5 year age group ex: 55 – 59; 60 – 64. You can go to <http://www.iowaseniorympics.com/> and click on the "Registration" button to get started. The hard copy forms will be coming out next week. If you want one of these or know someone you want it sent to please e-mail me back with your current mailing address. I have attached a schedule of this year's Championships. There are 18 sports / activities this year with medals being awarded in 68 events.

**This is a qualifying year for the 2011 National Senior Games. The top four (4) finishers in each event will automatically qualify for the National Championships.**

-----

#### **Training Programs:**

Remember that the Iowa Senior Olympics has teamed with the YMCA and Mercy to put together a unique training program for people who want extra training for the Senior Olympics. You will receive coaching, training tips and a place to work out in preparation for this summer's Games. Training programs are taking place in Swimming; Basketball; Track & Field; Road Racing and Golf. One of the top coaches of Senior athletes in the country, Chris Murray in Florida, was very impressed when he saw what the program was and hopes to start something similar in the Orlando area. Anyone who is taking part in the paid training programs will receive free registration for this year's Iowa Senior Olympics. Contact Trina Radske-Suchan at (515) 645-3342 or [trina.radskesuchan@dmymca.org](mailto:trina.radskesuchan@dmymca.org) for additional information.

-----

#### **Health / Training Tip:**

As is often the case, a good training tip is also a good tip for general health. One of the areas that causes people to start falling back in their performances in athletic events is flexibility. Losing flexibility is also a cause for problems with your back, muscle and joint injuries as well as balance. Flexibility is something you can improve on by working on it each day.

You are your least flexible when you get up in the morning. This is no secret. Notice that when your dog or cat get up from sleeping they will stretch before they take off to run around. That is a good lead for us to follow. Stretching and motion exercises will help keep the joints and muscles moving and longer. The help your performances and also help reduce the chance of injuries. By doing some stretching before you head out the door in the morning you will be making improvements right away. Another ideal time to do some stretching to help your flexibility is in the evening after you have been sitting for some time. Let me give you some general tips which can be beneficial for anyone. Future issues will focus on specific exercises for specific sports.

When you get up in the morning do some walking and moving around so that your body is "awake". Get into a place where there is carpeting on the floor or you have a mat to sit/lay on. We are going to loosen your body up from the top down.

- Start by standing tall and rotate your head in circles. Nice and easy. Chin down then lean your head to the right, back and left before finishing the circle. Repeat several times then do the same thing going to the left.
- Next take both arms and slowly make big circles, swinging your arms forward then backward. You can even have one arm go forward while taking the other backwards.
- Place your feet a little more than shoulder width apart lean forward, then to the right, back and left before completing the circle. Make long slow circles. Feel like you are getting your back at least parallel to the ground when you go forward and make a good stretch in all the other directions. As will all of these stretches make sure you do 4-5 in each direction.
- Now take put hands over your hands over your head and reach to the ceiling. Feel like you are stretching your back so that there are gaps between your vertebrae. From this point reach your arms down and reach to the floor in front of you. Hold this position for 10 – 15 seconds. Do this several times. Each time try to reach farther with your hands. When you are as low as you think you can go try to dip your chin down and you will find that you can go lower.
- You are starting to get loose. Now go lean against a wall and make sure there is nothing to your right or left. While you are leaning against the wall with both hands, stand about 3 feet away from the wall. Stand on your left leg and easily swing the right leg up to the right then back in front of you to the left.

As you do these you will be able to go higher with each swing. As will all of these exercises, do only what you are comfortable with and take it easy when you start. Now stand on your right foot and swing the left leg. Do these 5-10 times each way.

- Ever get shin splints? Here is an exercise which will help you prevent them and work on balance at the same time. Place one hand against the wall to balance yourself and stand on one foot. Take your other foot and make circles with your toe, go both directions then write your name in the air with your toe. Turn around and put the other hand against the wall and do the circles with your other foot. When you are comfortable with the exercise you can do this while balancing on one foot instead of leaning against the wall.
- To finish the standing stretches and continue to help your ankles and shins, stand on both feet. Do each of these 5-10 times. Go up on your toes, bring your toes up off the ground so you are standing on your heels, roll onto the outside of your feet and finally roll to the inside of your feet.
- Now I want you to sit on the ground with your feet out in front of you. Place your hands outstretched over your head and slowly reach toward your feet. When you get to where there is tightness or pressure in your back or hamstrings stay there for 5 – 10 seconds. Back off and do it again. You will find that you can go a little farther each time you stretch.

There you go that is a very good warm-up for the day, and also one you can use before you compete. You can test yourself by seeing how far you can reach in the sitting position when you start these and then see where you are a couple of weeks later. Keep with it and I guarantee you will make improvements which will make you feel better and also help you perform better.

---

#### **Event Tip:**

With the snow gone the golf courses are open and you can literally get back into the swing. The stretching we talked about above will definitely help you with making a bigger swing and gaining some distance. Let me give you a drill which can help you putting. You can do this inside when you are watching the Masters this weekend. Four golfers who would qualify to compete in the Senior Olympics were among the leader after day one, including 60 year old Tom Watson.

Get two pieces of 2x4. The can be about 18" to 2 feet long. Staple or thumbtack a 4 – 5 foot string between the two pieces. Put a golf ball directly under the string. If you position the ball so the name or logo is directly under the string, that is even better. Now take your stance with your putter and stand so that the string blocks out the line of your putter and is directly over the middle of your golf ball. This way you know that your eyes are directly over the ball. It is much easier to see the correct line of where you are hitting the ball this way. Take the putter back and through, hitting your ball in a smooth motion. The ball should hit in a spot directly under the string if you are stroking it correctly. To help keep your head still while you are putting, hit the ball and watch the spot where it was sitting and don't bring your head up till you hear it hit the board. When your stroke is consistent and you are making 3-5 foot putts all the time, those longer putts start to fall also.

---

#### **United Way:**

The United Way does a wonderful job of impacting many good charities. The Iowa Senior Olympics is now one of the non-profit groups which can benefit from your United Way donation. You just need to let your business know that you want your donation go to the Iowa Senior Olympics. You fulfill your United Way pledge and know that the money goes directly to something you care about.

---

#### **Miscellaneous Information:**

- If you have a women's softball or volleyball team and are looking for more team members let me know. I have a 70 year old star who is looking for a team.
  - Congratulations to Iowa Senior Olympics Board President Tony Denkinger. He will be honored at the Drake Relays this year for his long time service as an official. His name will be placed on the Official's Wall of Honor at this year's Relays.
  - If you enjoyed following the Winter Olympics or like to watch the Tour de France or watch Track & Field when it is on TV, try out this website: <http://www.universalsports.com//> The have live and taped coverage of things like Down Hill skiing, International Bike Races, Major Track & Field Meets and Swimming.
-

Lee Kane has won medals in many different events over the years while competing in the Iowa Senior Olympics. He also has a talent and love for writing poetry. He combined the two to pen this piece about the Senior Olympics.

HELLO, from the Iowa Senior Olympic Games.  
We Welcome your presence and Your Names.  
RAISE THE TORCH, Let the Games Begin.  
With All of Our Events that have their Spin.

We have entries for everyone's liking,  
Bocce Ball, Card Games and biking.  
For an Indoor Game there is Bowling.  
Balls down the alley do the rolling.  
A Hawkeye Original with a pit.  
A thrown Horseshoe to make a hit.  
A Ball, a Net, and maybe a Glove.  
With Hitting, Lobbying, a game of Love.  
We have a pool for those who swim  
Whether it be a she or him.  
A Softball to hit with the Bat.  
A Swing, A Hit, Did I Do That?  
Another Ball on the Court.  
Basketball is a Shooting Sport.

Another game that does Belong  
A Ball and Paddle, Ping-Pong.

Running Events that go with Track.  
Regardless of where in the Pack.  
Never Stop and Look Back.  
Always do the best you can.  
Don't be known as an Also Ran.

Whatever is your Proven Desire.  
Do Your Best with Competitive Fire.  
Remember Camaraderie and Friends made.  
For Lasting Memories Do Not Fade.  
Glad YOU Came and were Here.  
Hope to see YOU again next year.

Copyright approval pending 2010 - Lee Kane