

Volume 1 #3

Senior Olympian,

Look for a Newsletter later this week with some exciting news about the Iowa Senior Olympics. Today, I have some other information I want to pass on to you. We are very excited about working together with the YMCA and Mercy Medical Centers on new project which is designed to benefit any adult 50 and over. The Iowa Senior Olympic Games is entering our 24th year of providing an opportunity for "not so seniors" to test themselves athletically while having a great social experience. Both, the very serious competitor and the person who competing for the good experience have been able to benefit and enjoy the Games.

Many of the people each year have asked us, "Where can I get a coach to help me? or Where is there a place I can train to make improvements?" This program came together through the shared vision of the YMCA, Mercy and the Iowa Senior Olympics to provide training opportunities for just such individuals. The opening of the beautiful new Healthy Living Center brought the people, ideas and facilities together to make it work.

I knew several of the YMCA people who are involved in this training program prior to getting the programs started. I have met the others through the development process. After coaching Track & Field at Iowa State University for 30 years I know what it takes to train and make improvements. I can definitely tell you that if you take part in this program you will receive outstanding guidance and coaching. You will also have the facilities necessary to set up a solid training program that will provide better performances in your chosen sport. This is a program that very few people have the opportunity to take advantage of. It will help anyone with motivation and results. I highly recommend it to anyone who is looking to make big improvements and wants to compete at a higher level.

If you take part in any of the training programs you will receive a free registration for the 2010 Iowa Senior Olympic Games.

There are health screening options, plus training programs in: **Swimming; Basketball; Track & Field; Road Racing and Golf.** Information is listed below. If you have any further questions you may contact Trina Radske-Suchan at (515) 645-3342 or trina.radskesuchan@dmymca.org. You can also check their website: www.healthym.com

Steve Lynn
Iowa Senior Olympic Games
Executive Director
(515)633-5011 office
(515)460-5836 cell

Pre and Post Comprehensive Health Screening

Conducted by Mercy medical professionals
Pre health screens on April 20th from 7:00-9:00 am
Call to make your appointment 247-4310

Discounted cost for Sr. Olympic Participants:

- \$20 member pre screen; \$40 for both pre and post screens
- \$50 non-member pre screen; \$100 for both pre and post screens

Stable and Strong Group Training Program

Work on general strength and conditioning, flexibility and stability.

Each class will have a cardio component and is meant to be fun and energizing!

Location: Waukee Family YMCA

When: Tuesday and Thursdays 1:00-2:00pm

Contact: Bev Lund, 987-9996

Cost: Free with YMCA membership

Iowa Senior Olympics Sport Specific Training Programs

- Join a training program and the Iowa Senior Olympics Game registration fee is waived!

YMCA/Senior Olympics **Basketball Training Program**

Need practice time for your teams or time to improve your individual basketball skills? Want to get some help with your shot, dribble, or learn a new play for your team? Register now for the Senior Olympics Basketball program located at the new Waukee Family YMCA! In this 12-week basketball program leading up to the Senior Olympics competition in June, we will have gym time available and an instructor to help develop basketball fundamentals. What a great opportunity to enhance your game and rise above the rest!

DAY: Thursdays
DATES: March 25th – June 10th
(Pre-Competition events June 3rd/10th)
TIME: 1:15 – 2:15 pm (Instruction)
2:15 – 3:30 pm (Open Gym)
FEE: \$20 YMCA Members
\$40 Non-Members
12 week package valued at \$150!
CONTACT: Joel Goetsch @ 515-868-0510

YMCA/Senior Olympics **SwimFit Program**

The YMCA *SwimFit* program welcomes **Iowa Senior Olympic** participants to join and train for the Sr. Olympics in June. This program offers active support for improving performance and for a healthy lifestyle!

We offer the YMCA *SwimFit* program at the Ankeny Family YMCA, YMCA Healthy Living Center, South Suburban YMCA, Walnut Creek YMCA, and Waukee YMCA Branches. Enrollment in this program includes practice options at multiple branches.

The YMCA *SwimFit* program will be a structured workout lead by a coach on deck. The program will focus on the fitness swimmer but also allowing the opportunity for the competitive swimmer to participate and receive instruction and training tips. This program is for YMCA members.

DATE: **Session 1 – March, April**
 Session 2 - May, June, July
 Session 3 – August, September, October
 Session 4 – November, December, January
TIME: **Varies Days and Times at 5 branches (see schedule)**
FEE: **\$75.00**
 12 week package valued at \$150!
CONTACT: **Sara Roberts @ 515-868-0509**

YMCA/Senior Olympics **Jumps and Sprint Training Program**

Would you like to learn to run faster and jump higher? Register for the YMCA Sprint and Jump training program for Senior Olympic participants. This 12 week training program starts March 23rd and will include dynamic warm-up, sprint drills, as well as high jump and long jump training instructed by former collegiate track and field athletes and coaches. Tim Suchan was 7th at the US Olympic Trials in the high jump (7-5 ¼) in 1996 and coached jumps at the University of Kansas. Trina Radske-Suchan was a 3x All American at Iowa State and Canadian Olympic Trials finalist in the long jump. She was also a national qualifier in the sprints. With their practical expertise, you will learn new skills whether you are a beginner or a veteran. Sessions will be held at the Y-HLC and a local track TBA. Let's help you to improve your personal best. Join now!

DAY: **Tuesdays**
DATE: **March 23rd – June 8th**
TIME: **10:00 am – 11:15 am**
FEE: **\$150 members**
 \$240 non-members
 12 week package valued at \$360!
CONTACT: **Tim Suchan @ 515-689-5867**

Iowa Senior Olympics **Road Race Training Program Package**

Have you aspired to finish a 5 or 10k? Are you an accomplished runner and want to compete against others in your age group in the Iowa Senior Olympics? Would you like to set a new personal record? This Road Race Training Package is designed for you! You will receive a custom training program based on your current ability and time goals. Strength workouts and informational sessions will be held once a week. Injury prevention, injury screens, emails and online support will be provided to help keep you focused and answer any of your questions or concerns. Coaching and support will be provided by Andrew Salgado ACE and ACSM certified

personal trainer. Let the YMCA help you achieve top running form for the 2010 Iowa Senior Olympics!

DAY: Wednesdays
DATE: March 24th – June 9th
TIME: 10:00 am – 11:00 am
FEE: \$25 members
\$50 non-members
12 week package valued at \$250!
CONTACT: Andrew Salgado @ 515-645-3357

YMCA/Senior Olympics **Golf Training Program**

Would you like to lower your golf scores? Has an injury or loss in flexibility made it difficult to play as much golf as you would like? This 12-week training program will improve your strength and flexibility as well as help you avoid injury! It will also give you a chance to compete against other seniors in the Senior Olympics! This 12-week program will consist of six weight resistance and flexibility training sessions at the Healthy Living Center YMCA as well as five sessions of swing instruction at a driving range with former collegiate golfer and certified coach Derek Hannah and one round at Jester Park Golf Course. You will take home a summary of each workout as well as a better swing!

DAY: Wednesdays
DATE: March 24th – June 9th
TIME: 10:00 am – noon
FEE: \$240 members
\$350 non-members
12 week package valued over \$500!
CONTACT: Derek Hannah @ 515-224-9901 ext 242