

## Iowa Senior Olympics Newsletter: Volume 1 #4

Registration for the 2010 Iowa Senior Olympic Games is under way and the entries are coming in fast and furious. Make sure you are part of the action for the 24<sup>th</sup> year of the Games. You can go to <http://www.iowaseniolympics.com/asp/register.aspx> to register on line, download the registration folder which is attached or respond to this e-mail and I will mail you an entry form.

### Iowa Senior Olympics: 2010 Schedule of Events

#### **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	Cycling Time Trial: 5K and 10K	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	Football: Field Goal Kicking (65+)	Valley High School
3:15 – 4:00	Soccer Kick: Accuracy (65+)	Valley High School
3:15 – 4:00	Football: Field Goal Kicking (50-64)	Valley High School
4:00	Table Tennis: Singles	Valley High School
5:15	Table Tennis: Doubles - Mixed	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 - Mixed	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	Valley High School
2:30	Team Volleyball	Valley Southwoods
<b>5:30</b>	<b>Hall of Fame Ceremony</b>	<b>To Be Announced</b>

**Sunday, June 20**

8:00 AM	Tennis (if necessary)	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

This year, the YMCA of Greater Des Moines and Mercy are teaming up with Iowa Senior Olympics to encourage participants of the games to partake in more than just the games itself during the summer, but to take on a healthier lifestyle year round. This partnership will allow the participants of the Senior Olympics to look forward to:

- Health and fitness screenings
- YMCA group exercise classes both on land and in water
- Nutritional education and interactive cooking demonstrations
- Injury prevention workshops
- Wellness coaching with one-on-one guidance
- Sport specific training programs
- Pre-game fun competitions

Iowa Senior Olympic Participants can join the YMCA now and we will waive the joiner's fee. If you are not familiar with the YMCA, try out any one of our 11 branches free for one week. You can pick up a one week's pass at any one of our locations: Ankeny, Boone, Grubb, Northwest, Riverfront, South Suburban, Walnut Creek, Waukee, ISU, or the YMCA Healthy Living Center in Clive.

**YMCA Golf Training Program**

Two of the most common solutions to correcting a slice are 1) strengthening the grip (rotating the top side of the hands slightly to the right for a right handed player) and 2) keeping the backswing low and slow.

Between 60% and 70% of the average golfer's strokes come on the green or within 50 yards. If you're not seeing the scores you would like, that same percentage of your practice time should be spent on chipping and putting!

Would you like to lower your golf scores? This golf training program will consist of weight resistance and flexibility training sessions at the Healthy Living Center YMCA as well as 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.

**DAY:** Wednesdays  
**DATE:** Now – June 9<sup>th</sup>  
**TIME:** 10:00 am – noon  
**FEE:** \$175  
YMCA members \$120  
**CONTACT:** Derek Hannah @ 515-224-9901 ext 242

### **YMCA Basketball Program**

“Are you looking to compete in the Senior Olympics Basketball Event(s) this June?! Well now is the time to get started with your endurance, flexibility, and skills! Register for the Senior Olympics Basketball Training held at the Waukee Family YMCA and get a jump-start to your training regimen. Staff and volunteers will be on hand to help with whatever skill or play you're looking to perfect. Even if you're looking for extra gym time/space, this is a great opportunity to utilize our brand new YMCA. Become a YMCA Member and have access to Open Gym times available Sunday-Saturday in the mornings, afternoons and evenings.”

**CONTACT:** Joel Goetsch @ 515-868-0510

### **YMCA SwimFit Program**

The YMCA *SwimFit* program welcomes **Iowa Senior Olympic** participants to join and train for the Sr. Olympics in June. 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.

**DATE:** Session 2 - May, June, July  
Session 3 – August, September, October  
Session 4 – November, December, January  
**TIME:** Varies Days and Times at 5 branches  
**FEE:** \$75.00 must be a YMCA Member  
**CONTACT:** Sara Roberts @ 515-868-0509

### **Choosing the Right Shoes for Running**

- Purchase running shoes from a specialty store or from someone knowledgeable about matching the correct type of running shoes based on your foot type and stride pattern.
- Try on shoes later in the day when your feet have swelled to their maximum size.
- In selecting the correct size of shoe you need, be sure that there is approximately a half-inch of space between the front of the shoe and your longest toe.
- Bring to the store where you plan to purchase your new running shoes the type of socks you normally run in.
- Analyze the need to purchase running shoes based on the number of miles your old pair has on them. Do not base your need for new shoes by observing how much tread remains on the outer sole. The mid-sole of many running shoes break down at 400 miles (or earlier depending on a number of factors) and offers little or no protection after that period of time. It is important to keep in mind that running shoes provide the first line of defense against the potential of injury.
- Consider purchasing two pairs of running shoes. Flip-flopping their use every other day increases the life expectancy of each pair.
- Purchase a new pair of shoes that you will use during the actual event approximately four to six weeks prior to the marathon. These shoes should be the same model that you've found works well for you during your long runs. The key point here is to have sufficient time to break the new pair in (by logging 60-70 miles including one long run) prior to your race.

## **YMCA Sr. Olympics Road Race Training Program**

The YMCA Road Race Training Program is 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.

DAY: Wednesdays  
 DATE: Now – June 9<sup>th</sup>  
 TIME: 10:00 am – 11:00 am  
 FEE: \$50  
 \$25 YMCA members

**CONTACT: Andrew Salgado @ 515-645-3357**

## **Make Time for Aquatic Exercise for Injury Prevention**

Aquatic exercise allows you to exercise without the jarring and pounding your body experiences when training on land. The buoyant properties of water enables you to exercise without significant impact to your joints. It is thought of as one of the best recovery exercises for

people who play sports or do a lot of running. Aquatic exercise offers many of the same benefits as land exercise including aerobic fitness, muscular strength and endurance, flexibility and better balance.

Pool running strengthens all key running muscles, which helps to increase your land-running turnover rate and stride length. When done correctly, pool running can provide a balanced, full-body workout. Some studies have even shown that runners who train in the pool often run faster 5K times.

## **YMCA Jumps and Sprint Training Program**

Would you like to learn to run faster and jump higher? The YMCA Jumps and Sprint Training Program includes dynamic warm-up, sprint drills, as well as high jump and long jump training instructed by former collegiate track and field athletes and coaches.

DAY: Tuesdays  
DATE: Now – June 8<sup>th</sup>  
TIME: 10:00 am – 11:15 am  
FEE: \$130  
\$100 YMCA members  
**CONTACT: Tim Suchan @ 515-689-5867**

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### **Sponsors Information:**

The Iowa Senior Olympics does not exist if we do not have the support of our sponsors. The philanthropic efforts of these people make it possible for you to have the competition, test yourself and make friends. We would ask that you support these outstanding businesses and organizations whenever you have the chance.



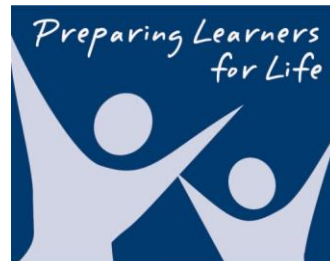
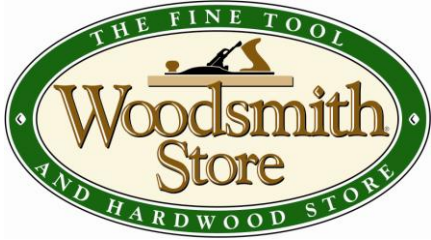
Club 55 at Prairie Meadows!

Enjoy weekly specials and live music every week at Prairie Meadows Racetrack and Casino in Altoona, IA. On Tuesday's enjoy the all-you-can-eat \$3.50 Breakfast Buffet at Prairie Meadows' Triple Crown Buffet from 6-10am. Then stick around for live music from 11am-3pm in the Finish Line Show Lounge. Performances by Maurie Goode and the Country Gentleman, Gaylin Sudik and Friends, Dale Menning and the Stardusters Dance Band, the Maple Street Jazz Band and many others! Free cookies, coffee and punch on the last Tuesday of every month.

Join the fun at Prairie Meadows, become a member of the Prairie Gold Club today! It's free and fun!

For more information visit the Prairie Meadows website at [www.prairiemeadows.com](http://www.prairiemeadows.com)

**Other great Sponsors of the Iowa Senior Olympics**





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