

## **2010 Newsletter: Volume 1 #7**

- Countdown to the Games
- Volunteer of the Year
- Eat Smart to Compete Hard.

### **Countdown Continues**

With one week remaining before the start of the 2010 Senior Olympics we have over 670 people registered to compete. This is 50 more than the past two years and closing in on the all-time record of 683. Let your friends know that they can still register on-line at: <http://www.iowaseniorolympics.com/asp/register.aspx> or give me a call (515)633-5011 and I will get them set up.

### **Volunteer of the Year**

The Senior Olympic Games would not exist without first rate Volunteers who give of their time, expertise and sometimes even their money to make the event memorable for those competing. We are very proud to announce that LeRoy Law is being recognized as the recipient of the 2010 Iowa Senior Olympics' Volunteer of the year. LeRoy is one of the top Horseshoe Pitchers and Table Tennis players in the state. Over the years he has given up the chance to win medals for himself to make sure that other competitors have the opportunity to take part in a quality event. LeRoy has been the event director for horseshoes for nearly 20 years. He takes tremendous pride in making sure the Iowa Senior Olympics is an outstanding competition. He maintains the courts and makes sure all the facilities at Holiday Park are in first rate condition. If it rains you can find him pushing water out of the way and getting the facility back to being playable. He sets up the competition brackets, hands out the awards after the event and posts the results. He also organizes and brings in volunteers who help with the event.

LeRoy is known for his introductory remarks to the competitors. He usually exhibits his patriotic feelings by leading the participants in the pledge of allegiance to the flag, which he makes sure is flying near the horseshoe pits. He also recognizes the person who has traveled the furthest to compete or is the oldest competitor. He adds professionalism to the event by having an awards ceremony for the Horseshoe Throw. He makes each competitor feel special.

LeRoy's dedication to the sport and to volunteering stretches beyond the Iowa Senior Olympics. He ran the National Golden Age Games competition, has been involved in bringing the National Horseshoes Competition to Iowa and has volunteered and competed at the Iowa State Fair Competition.

Because of his dedication, professionalism and lengthy service to the Iowa Senior Olympics we are proud to name LeRoy Law as the 2010 Iowa Senior Olympics Volunteer of the Year.

## **“Eat to Compete”**

We went to one of our Platinum Sponsors, **“Mercy Health”** to get information you can use in preparing yourself for the Games next week. Jessica Schroeder is a nutritionist for Mercy who works with people from all walks of life in getting them on the correct diet. We asked her to focus on what a person needs when preparing for and competing in an event like the Senior Olympics. I believe you will find this interesting and helpful.

Just like a car needs fuel to work correctly, the human body needs the proper foods in order to compete at a high level, consuming the right foods before, during and after exercise is essential to feeling and doing your best. Eating the right foods before exercise helps to prevent the body from being hungry during exercise, which is the most important goal of the pre-exercise meal. The intensity and type of exercise that will be performed determines the amount and energy source of food needed. The preferred “fuel” source of muscles is glucose making high-carbohydrate meals and snacks essential for performing well. The fuel for muscles is usually provided in the 2-3 days prior to exercise, and not just the day before and day of. This makes eating a healthful diet important all the time.

**Day before the event-** “topping off” your body’s energy stores is essential. Below are a few tips to accomplish this.

- Eat low-fat, low-protein which slow down digestion and do not promote glycogen storage needed for performance.
- Make sure to drink plenty of fluids, preferably water.
- Choose high-carbohydrate foods that work for you. This is not a time to try new foods, but to stick to foods that you know will not cause indigestion, nausea or stomach discomfort. During the training period is the best time to use trial and error to find out which foods are going to work best for you.
- Foods that contain high amounts of carbohydrates include; grains (pasta, rice, bread), fruit, starchy-vegetables (corn, peas, potatoes), dairy (yogurt, milk).

### **Day of the event-**

- Consume a light-moderate meal 1-4 hours before performing.
- Make sure to drink ample amounts of fluids. Preferably 2 cups of fluid two hours before performing and 1 cup closer to start time.
- If you will be performing more than one time in the day, it will be important to continue to “re-fuel” your body throughout the day. Be sure to watch the clock so that food is not consumed within 1-2 hours of your next event.

### **After the event-**

- The post event meal is extremely important for restoring energy and the recovery level of the athlete.
- First priority is restoring fluid loss by consuming water or a sports drink.
- Within 15 minutes of completing exercise event, it is important to restore glycogen storage with high carbohydrate sources such as fruits, juices, sports drinks and smoothies.

- A post-exercise meal should be consumed within 2 hours of completing exercise. This meal should focus on carbohydrates, but also contain a lean source of protein such as chicken, turkey and lean meat.

If you have any questions or would like further information, please contact **Mercy Nutrition Specialists @ 515-247-4253**



### **Final thoughts:**

I will send out information on brackets, check-in and other information early next week. You will also find updated information on the website.

**Note:** Shuffleboard and Horseshoe competitors will be able to check in and receive your packets early in the day, Thursday, June 17. Registration is at Valley High School (I-235 and Valley West Dr. Exit, 3650 Woodland Ave, WDM). Golfers will pick up their packets at Willow Creek Golf Course.