

## **January 2010 Idaho Senior Games Newsletter Update:**

Hello Senior Games Participants and Happy New Year! Welcome to 2010. There will definitely be a lot to celebrate in 2010 as we prepare for 2010 Idaho Senior Games, which are qualifiers for the 2011 Games in Houston.

**We have an important update for those people who are looking for teams or teams that are looking for individual players!** The NSGA (National Senior Games Association) has a link on their website titled Team/Partner Info. If you are looking for a Team or Player, you can click on and then follow the instructions and they will post your info for people to contact you. So, if you are looking for a team or a player and was wondering how you could do that, you now have a link. [WWW.NSGA.COM](http://WWW.NSGA.COM). This is a great service provided by the NSGA, so please take advantage of this opportunity. And finally, if you have some spare time and would like to volunteer helping Jack with checking results and finishing up with the Senior Games paperwork, or any other things that Jack is working on, please feel free to contact him at 344-5502 x270.

**Also, any of you snow lovers who are interested in competing in a Winter Games for Seniors**, we have recently received info from the **California Senior Winter Games** about their Games on **March 11-14, 2010**. We have the registration form on our website, but if you would like more information, you can go to [www.californiawintergames.org](http://www.californiawintergames.org), or contact Michael Gahagan at 209-536-1143 or e-mail questions to [Director@californiawintergames.org](mailto:Director@californiawintergames.org).

If you have any questions or suggestions for the Newsletter, please contact Jack at [info@idahoseniorgames.org](mailto:info@idahoseniorgames.org) or at 344-5502 x270.

Have a great month and keep training, because, “you don’t stop training because you get old, you get old because you stop training”.