

## **June 2009 Idaho Senior Games Newsletter:**

We are only two months away from the 2009 Idaho Senior Games. Can you believe it?

We wanted to give you a quick reminder about our Team Idaho Senior Track Club, which starts on Wednesday, June 3<sup>rd</sup>, and our 3 on 3 Senior Basketball League, which starts on Thursday, June 11<sup>th</sup> at Morley Nelson Elementary School.

Registration forms for the games should be on our website by the end of June. We are also hoping to have online registration through the YMCA website available shortly. Individual sport registration forms are slowly making their way out to the public. Please check our event Coordinator list to see who the coordinator is for your event and check with that person for registration forms.

Starting this year, our Cycling event will be named in honor of Murray Ward, who passed away last year. Murray was very active in the Cycling community and in the Idaho Senior Games. He always hoped to see the Senior Games Cycling competition become a very large and popular event. With your help and support, we can make Murray's wish come true. So, if you knew him or if you know someone who knew him and should be participating in the Senior Games, please get the word out.

In an effort to get more interest in the Senior Games with people 50 and better, the National Senior Games Association (NSGA), has suggested that we open our competition up to people under the age of 50. The goal is to encourage folks in the 40-49 age group to start competing and to continue once they have hit the GOLDEN AGE! We are going to do that with our Volleyball, 3 on 3 Basketball, Taekwondo, Swimming, and Golf. There is a possibility of doing the same with Track and Field, Cycling, and Softball. If you have any opinions on this, please contact Jack. People over 50 will receive Medals, while those under 50, will receive ribbons. This will be done as a cost savings measure to see what type of response we get from the 40-49 age group. The groupings will be the same, which would be 40-44 and 45-49.

Also, please note that we have tried to schedule our events in a way to give those folks going to the National Games in California a big enough break in case they wish to compete in our Games, which we hope they will.

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

Have a great month and keep training, because, "you don't stop training because you get old, you get old because you stop training".