

January 2011 Idaho Senior Games Newsletter:

Welcome to January! We hope that the Holiday Season treated you and your families well.

As the New Year gets underway, we are currently working on plans for getting ready for the 2011 Games in July, August, and September, which is the same time frame as we have held them in the past. Please be aware that the Triathlon will be on August 13th this year and Handball will either be the 10th or 17th of September depending on the Boise State Football Schedule. Jack is currently scheduling meetings with the Event Coordinators and making plans for the 2011 Games. The sites and schedules for the 2011 Games should be the same as last year, with the exception of the appropriate date changes due to the change in the year.

We are still looking for someone to Coordinate our Badminton and Shuffleboard competition, as well as finding a place to hold those events. We are also looking for someone to replace our long-time and wonderful Food Coordinator, Marvel Jensen, so if you know someone who is interested in helping and is very logistically oriented, please send them Jack's way. We are also looking for people to help with Golf, Basketball, Tennis, Racquetball, Archery, and Metal Bat Softball.

We will also be creating a Games Management Team (GMT), which will help Jack work on areas of the Games that he needs help with, such as Awards and Results, Venues, Event Coordinator help, Food, Medical, Volunteers, and Officials/Referees. So if you know someone who would be good for the GMT or who can help at all, please contact Jack at 344-5502 x 270.

We are planning to have the registration on the Idaho Senior Games Website up and running by February 1st so that people can start planning and get registered. Please remember that on this year's registration there will be a \$5 extra charge if you do not register online and we have to do it for you. However, we will have a registration party at Bandanna Running and Walking the first or second week of July, where we will be helping folks register for the Games. We will send out more information as we get closer and we have set a firm date.

Remember, we really want to make the Senior Games Website the main source of information for all of our participants and events. So, if you know someone that is not checking out the website, please let them know about the Newsletter and the website. We are looking into making some changes to our website to make it a more user friendly site and more supportive to our wonderful sponsors.

Please remember to check out the records section of our website, and if you feel that we have forgot someone, let us know and we will correct the error quickly.

Please be aware that the Idaho Senior Games Office is now located at 1177 W. State Street, which is on the corner of State and 12th Street, across from the Downtown YMCA.

So, if you need or wish to stop by the Office to say hi to Jack, come on down and check out our new digs.

Once the results have been input (we are working on them right now) and the NSGA has had a chance to review them, people who qualified for Houston in 2011 will receive info from the NSGA about how to register.

Also, for all Track and Field Athletes, we will have our Indoor Track Program starting on January 4th at the Jackson's Indoor Track Facility at the Idaho center. Practices will be held on Tuesday and Thursday nights from 6:30 to 8:30pm until February 15th. This is a great opportunity to keep in shape and keep your skills sharp for the 2011 Senior Games. We have some excellent Coaches and age is not a factor, but the desire to improve and stay in shape is important. For more info, please call Jack at 344-5502 X 270.

If you are a Swimmer, the YMCA Masters Swim Club is still having practices and once a month they are having swim meets at the West Y. If you are interested in improving your swimming skills, please contact Kevin Everett at 344-5502 x284 for more info.

And now, our Birthday Corner. Happy Birthday to the following January babies: Charles Monger, Jim Graham, Mike Thirly, Jerry Noble, Hallan Tamarra, Duane Brash, Mark Jensen, Darrell Ward, Al Crager, Fred Bradley, Scott Dean, Mike Gregory, Jeff Shafer, Joe Zimmer, Lisa Derry, Don Bangs, David Steadman, Gary Bratt, Jim Reed, Jim Nourse, Will Godfrey, Dale Nelson, Dennis Selberg, Joann Spence, Willis Blakeslee, Barbara Hicks, David Harmer, Bill Phillips, Gene Fish, Reesa Brown, Mike Wasko, Norm Simpson, Jerry Kirkman, Sandra Schmidt, David Kleinfeldt, Sandra Mitchell, Connie Hoover, Thom Canning, Margaret Conner, Terry Knapp, Bob Faulhaber, Lonnie Johnson. Again, Happy Birthday to all of our January Senior Games participant New Year's Birthday babies. Please check the names on this month's Birthday list, as I am showing that 13 of those names were actually born on New Year's Day and that seems like a lot, so if you know these are incorrect, please contact Jack, because that would be that our info on you is incorrect, and we need to fix that immediately. We hope that your day is special and enjoyable. If I missed someone, please let me know.

Pickleball is now available at the Downtown Y from 9-10am on Tuesdays and Thursdays, with free lessons available. As the weather is now getting colder, this might be a great opportunity for staying in shape, improving your game, or learning something new.

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