

March 2011 Idaho Senior Games Newsletter:

Welcome to March! March has certainly come in like a LION! Hopefully the crazy weather has not hampered your training too much. We hope that all is going well with you and your families.

If you have not already received information about the Games from the NSGA, please contact Jack straightaway, as the early registration deadline has been changed to March 15th, so you have a few more days to take advantage of the early registration. You may also go to the NSGA website and check for your verification. There have been some issues, so please feel free to contact Jack if you are having problems.

We have updated the Website and the Senior Games Schedule for 2011 with all of the venues, dates, and times subject to change, but they are becoming more firm as the days get closer to the Games. Jack is also trying to meet with all of the Coordinators that he did not meet with during February, but I have only met with a couple, so please ask the Coordinator of your sport if they have met with Jack, as we need to get things rolling now! If you are interested in helping with an event, such as being on an event committee, please contact Jack at 344-5502 x 270. The more people we have organizing an event, the easier it will be for those involved and the more efficient and better run event we can provide for the participants.

Please remember that March and April are the big giving months for the YMCA Strong Kids campaign, which raises money for not just kids, but for anyone who cannot afford to participate in any Y program, as the Y policy is that no one gets turned away due to inability to pay. These monies have also been used for Idaho Senior Games participants who were unable pay. So, if you would like to donate to the YMCA Strong Kids Campaign or to the Idaho Senior Games, please contact Jack at 344-5502 x 270.

Please keep in mind that 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 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. Also, please use the 344-5502 x 270 phone number when trying to contact Jack about Senior Games info. We are trying to eliminate our old extension of 317, so please make a note of that.

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. You may

also contact Kevin if you are interested in doing any Triathlon Training, as Kevin is also involved with that activity as well.

And now, our Birthday Corner. Happy Birthday to the following March babies: Tom Stevenson, Dennis Kencheloe, Ken Van Egodon, Hank Fenke, Desiree Egusquiza, Connie Colerick, Gaylan Moore, Tim Parsons, Kristi Schiermeier, Val Rivers, Cornelius McCormick, Gail Grosdidier, Kent Kimble, Vince DeMarco, Davis Garbato, Kevin Wladyka, James Spencer, Terry Lavigne, Nolan Packham, Joe Gallegos, Ron Dehlin, Daryl Spivey, Terry Hardy, Dennis Rider, Jim Lenn, Barney Greenspan, Carl Tuck, and John Fritz. Again, Happy Birthday to all of our Ides of March and St. Paddy's Day Senior Games participant Birthday babies 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. Also, please keep in mind that there is also Pickleball out at the YMCA Homecourt facility in Meridian. Please call 855-5711 for more info.

Also, Meadow Lake Village, one of fine Sponsors of the Senior Games, is creating a Horseshoe Club and Table Tennis Club for those interested in honing their skills. Contact Michelle Swantek at 888-2277 to see if you can participate.

Our Summer Basketball league and Track and Field Training program will open registration in April, so please keep your eyes open for registration info as we get close to those two events that will start in June.

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