

# THE OLYMPIAN

The newsletter of  
Ohio Senior Olympics  
Spring 2005

## OHIO SENIOR OLYMPICS



[www.ohioseniorolympics.org](http://www.ohioseniorolympics.org)

### Member Games:

Akron:  
330-972-7243

Canton:  
330-497-2323

Cincinnati:  
513-421-5222

Cleveland (Lake County):  
440-585-3045

Columbus:  
614-645-3320

Dayton/ Miami Valley:  
937-333-1705

Lima:  
419-991-8811

Toledo:  
419-530-4353

Youngstown:  
330-746-2938

Ohio Senior  
Olympics is  
a proud member  
of the



From the desk of Joe Rossi  
President, Ohio Senior Olympics

I attended the National Senior Games Association annual meeting and conference held in Reno, Nevada in early February. The conference is an opportunity for coordinators from around the country to talk to each other, share information and ideas, learn more about the Association and get updates on the National Senior Games. It was a great meeting, despite the fact that the NSGA faces some tough financial challenges. As a group, coordinators from around the country worked together to address those challenges and identify solutions.

Ohio is a member state of the National Senior Games Association. It's that association that allows us to use the name Olympics, how we qualify athletes for national competition, and the source for the rules that govern the games. We are a part of something much larger than local or state games- we are a part of a national movement that promotes healthy lifestyles and gives seniors an opportunity to live out their competitive dreams.

We are fortunate to continue our partnership with the Ohio Department of Aging. The Department has made promoting Ohio Senior Olympics and healthy lifestyles one of their goals. That has translated into financial support for Ohio Senior Olympics for the past several years. The financial support from the Department helps support the state games each year, pays for the cost of producing and sending this newsletter and supports projects sponsored by the regional competitions. We are very grateful to the Ohio Department for their on-going support. Learn more about the Ohio Department of Aging and the programs they fund at their web site [www.goldenbuckeye.com](http://www.goldenbuckeye.com).

From June 3-18, the *National Senior Games: The Senior Olympics* will be taking place in Pittsburgh. For those of you headed there to compete, see inside for some additional Pittsburgh information. We wish all of our Ohio athletes well as they compete at the National Senior Games in Pittsburgh. For those of you not competing at the National Games, wherever your competition schedule takes you this year, compete in good health and sportsmanship.

We look forward to welcoming you to Youngstown for the state games this year. The state games are scheduled to begin July 29. The schedule is still being finalized, but registration materials will be available in early June. If you received this newsletter, you are on the state mailing list and will get information about the games in June.

*Promoting healthy lifestyles for seniors through education, fitness and sports.*

## Ohio's 2005 Regional Senior Olympics

The nine regional games around Ohio maintain an open competition schedule, meaning that you are welcome to compete in as many games as you'd like. The games sites and contacts are listed below- contact those in which you'd like to participate to be added to their mailing list. For information about the events offered at each games, contact the games directly, or visit the Ohio Senior Olympics web site at [www.ohioseniorolympics.org](http://www.ohioseniorolympics.org).

### Akron- Tri-County Senior Olympics

Games held: May 6-22, 2005

Contact: Bob Gandee, 330-972-7243

### Canton- Hall of Fame Senior Olympics

Games held: July 11-16, 2005

Contact: Virginia Neutzling, 330-497-2323

### Cincinnati- Southwest Ohio Senior Olympics

Games held: April 2- May 21, 2005

Contact: Dina Hanks, 513-421-5222

### Lake County- Northcoast Senior Olympics

Games held:

Contact: Fran Ward, 440-585-3045

### Columbus- Central Ohio Senior Olympics

Games held: April 30- June 3, 2005

Contact: Maryann Tilley, 614-235-6633

### Dayton Area Senior Olympics

Games held: April 29-May 15, 2005

Contact: Peggy Collins, 937-223-4117 x 340

### Lima Senior Olympics

Games held: June 20-29, 2005

Contact: Mary Lou Paisley, 419-991-8811

### Toledo- Boomers and Beyond: 50+ Sports Classic

Games held: April 16-24, 2005

Contact: Justin Moore, 419-353-5661

### Youngstown- Senior Olympics of Northeast Ohio

Games held: May 3-15, 2005

Contact: Joe Rossi, 330-746-2938

## Helping Ohioans Get Healthy

The state of Ohio is encouraging its residents to get healthy through the "Small Steps, Big Strides" campaign promoted by Healthy Ohioans. A program of Governor Taft and the Ohio Department of Health, "Small Steps, Big



Strides" focuses on the health of children through the Governor's Buckeye Best Healthy Schools Award; on businesses through the Governor's Healthy Ohioans Business Council; on state employees through the State Agency Wellness Committee; and in communities through cardiovascular health grants and other efforts.

The Healthy Ohioans web site includes information on good nutrition, healthy recipes, physical activity, weight management and smoking cessation. To learn more about the Healthy Ohioans program visit their web site at [www.healthyohioans.org](http://www.healthyohioans.org) or contact them at 614-995-7620.

## Helping Youth Sports

According to Michigan State University's Institute for the Study of Youth Sports, children participating in organized sports tend to achieve higher results in school, develop superior interpersonal skills and generally lead healthier lives. Yet, in the US, 70% of all youth drop out of organized sports by age 13. A major reason is the "win at all cost" mentality of many parents and coaches that ultimately turns children away from sports.

The Positive Coaching Alliance (PCA) is working to replace the win at all cost coaching model in youth sports to one that encourages winning, but also uses sports to teach life lessons to the children participating. Based at Stanford University in California, the PCA conducts workshops for coaches, parents and youth sports leaders that create a positive sports environment. PCA is a membership organization that spans all 50 states. If you are involved in youth sports and want to learn more about the Positive Coaching Alliance, contact them at 650-725-0024, by e-mail at [pca@positivecoach.org](mailto:pca@positivecoach.org), or visit their web site at [www.positivecoach.org](http://www.positivecoach.org).

## Headed to “da ‘burgh?”

The Pittsburgh Local Organizing Committee (PLOC) is organizing recreational activities during the Senior Olympics in June. Concerts, pin exchanges, movie night and ice cream socials are just some of the events scheduled for the Petersen Events Center on the University of Pittsburgh campus, home to the Athletes Village and athlete check-in. Visit the PLOC web site [www.2005seniorgames.org](http://www.2005seniorgames.org) for updated information and an event schedule.

You don't need to learn a whole new language for your visit to “da ‘burgh,” but it will certainly help to brush up on the native language, affectionately referred to as Pittsburghese. Visit the web site [www.pittsburghese.com](http://www.pittsburghese.com) for a look at the local lingo.

If you'd like to get some ideas for recreational activities outside of the competition, visit [www.pittsburgh.net](http://www.pittsburgh.net). The site features information about tourist attractions in the greater Pittsburgh area and includes a calendar of events. Or visit the Pittsburgh Convention and Visitors Bureau site at [www.visitpittsburgh.com](http://www.visitpittsburgh.com).

For the art lovers in the crowd, be sure to make some time to visit the Three Rivers Art Festival, being held June 3-18, 2005. Located in downtown Pittsburgh, the arts festival features demonstrations, performances and artists selling their wares. Check the schedule for the Arts Festival at [www.artsfestival.net](http://www.artsfestival.net).

## Ohio's Party in Pittsburgh

As part of the festivities in Pittsburgh, Ohio's athletes are invited to a party just for Ohio's athletes and their guests. The party will be held Sunday, June 12 from 11 a.m. - 1 p.m. at the Petersen Events Center on the campus of the University of Pittsburgh. The “Pete” (as it is known) is the site of the Athlete's Village. The party will be hosted by the 2004 state games and Ohio Senior Olympics. Athletes who qualified to compete at the National Senior Games will receive an invitation to the party. June 12 is the day of the Celebration of Athletes, which promises to be a great event! Mark your calendar and plan to attend!

## Senior Olympics On The Ice

Hockey? Ice Hockey? In Senior Olympics? That's right, the National Senior Games Association presents its fourth Senior Olympics Hockey Tournament this fall. The 2005 AARP Minnesota Senior Olympic Hockey Championship will be held September 30- October 3 in Blaine, Minnesota (outside Minneapolis). This event is one of the premier national hockey tournaments for men age 50 and over.

There are three age divisions: 50+, 60+ and 70+; the age division for competition is determined by the age of the youngest team member. Each age division also has two skill divisions: elite and recreational. Team captains determine the skill division for their team. Team rosters are limited to 20 persons, including non-playing bench personnel. Medals are awarded for first through fourth place finishes.

The 2004 Hockey Tournament featured 24 teams from around the country. The 2005 tournament is expected to be even larger. If you have a team and you're interested in competing, check out the information on the National Senior Games Association web site at [www.nsga.com](http://www.nsga.com). The web site includes results from past competitions and the Tournament Handbook featuring all the details about how the Tournament works.



## First Annual Senior Games Championship Festival

Along with the Summer Games this year and the Hockey Championships this fall, the National Senior Games Association has added a new competition opportunity to the schedule- the *National Senior Games Championship Festival*, to be held in Mobile, Alabama from October 20-30, 2005. The Festival will offer three events: golf tennis, and a new (to Senior Olympics) event, sailing. The festival is a non-qualifying event and is open to all NSGA members who want to compete. Mark your calendar and plan to attend! For more information about the National Senior Games Championship Festival, visit the NSGA web site at [www.nsga.com](http://www.nsga.com).

Ohio Senior Olympics, Inc.  
25 East Boardman Street  
Youngstown, Ohio 44503-1843

## OSO on the web

Ohio Senior Olympics has a presence on the world wide web at [www.ohioseniorolympics.org](http://www.ohioseniorolympics.org). The web site includes information about the history of Senior Olympics in Ohio, contact information and basic schedule information about each of the local/regional competitions around the state, information about the state games held each year (including the schedule when it is finalized) and links to other health related sites and information. If you haven't visited the Ohio Senior Olympics web site, check it out. You can send feedback about the site to the information e-mail address, [info@ohioseniorolympics.org](mailto:info@ohioseniorolympics.org).



## Other web sites to note

Ohio Department of Aging  
[www.goldenbuckeye.com](http://www.goldenbuckeye.com)

National Senior Games Association  
[www.nsga.com](http://www.nsga.com)

2005 National Senior Games (Pittsburgh)  
[www.2005seniorgames.org](http://www.2005seniorgames.org)

Healthy Ohioans  
[www.healthyohioans.org](http://www.healthyohioans.org)

National Institute on Health- Senior Health  
[nihseniorhealth.gov](http://nihseniorhealth.gov)

President's Challenge Physical Fitness Awards  
[www.presidentschallenge.org](http://www.presidentschallenge.org)

*Promoting healthy lifestyles for seniors through education, fitness and sports.*