

THE OLYMPIAN

The newsletter of
Ohio Senior Olympics
Summer 2004

OHIO SENIOR OLYMPICS



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 Part of National Movement

In Ohio, Senior Olympics started out as a local movement. Our strength here in Ohio is in the approximately 3,500 of you who compete in local/regional games at nine sites around the state. The local/regional games are supported by a dedicated group of organizations and individuals who are committed to providing quality competition and encouraging healthy lifestyles and fitness for adults as they age. Many of those organizations rely on the support of volunteers to make their games happen. When asked, do what you can to help out. Help your local games grow by spreading the word about Senior Olympics to your friends, neighbors, co-workers and family members.

Our state games in Ohio have a long and proud history as well. This year we returned to Akron for the state games. This is appropriate considering Akron is where the state games started so many years ago. In fact, we are fortunate to have the "father of Ohio Senior Olympics," Bob Gandee running the state games in Akron with his core group of volunteers at Tri-County Senior Olympics. The state games are the total responsibility of the games' host- from locating appropriate venues, to raising necessary funds, to recruiting volunteers, to ensuring the actual competition runs as smoothly as possible, to submitting results to the National Senior Games Association for those who qualify for National competition. It's a tremendous amount of work that consumes the coordinator's life for well over the two years of hosting. You can help keep the state games and the state organization strong by contacting your legislator about the value of state financial support for Ohio Senior Olympics and health promotion activities.

The local and state games are part of a much larger national Senior Olympics movement, spearheaded by the National Senior Games Association. With a staff of just five people and a dedicated voluntary board of directors, the NSGA oversees the Senior Olympics movement from the national perspective. NSGA works with the US Olympic Committee and other national organizations that govern sports competition to ensure that Senior Olympics meets the highest standards possible for competition. NSGA administers the bi-annual summer National Senior Games and the annual Senior Olympic hockey competition. NSGA establishes the rules for the National competition which are also used at the state and local level. NSGA approaches potential sponsors for financial support of the National games as well as state and local competition. NSGA ties together the 50 state organizations, and the local games as

continued

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

Ohio Senior Olympics, continued

well, into one movement focused on amateur athletic competition and encouraging healthy lifestyles for people ages 50 and over. Even if you don't compete in the national games, considering joining the National Senior Games Association when you receive membership information in the mail. Our local games and our state games will be strongest when we have a financially stable national organization to lead us- but they need our financial support, in the form of membership, to get the job done. Membership is discounted until December 31 to just \$15.00.

*From Joe Rossi, President of the Board
Ohio Senior Olympics*

Thanks to Department of Aging

For the past several years, the state, through the Ohio Department of Aging has provided funding to support Ohio Senior Olympics. Under the leadership of Director Joan Lawrence, the Department has demonstrated a commitment to healthy aging through this support, and that support has allowed the Senior Olympics movement in Ohio to grow and expand its boundaries. The funding provided by the Department is primarily used to support the State Senior Olympic competition each year. Funding has also been used to present special projects in Toledo and Akron, and is paying for the printing of this newsletter.

Ohio Senior Olympics appears as a "line item" in the Department's state budget and we are fortunate to continue to receive funding despite the State's ongoing budget "challenges." You can help ensure the future of this much needed money for Ohio Senior Olympics by sending a card or letter, or making a phone call, to your state senators and representatives and to Governor Bob Taft. Let them know how important funding for Senior Olympics is to you and your community.

Joan Lawrence, Director
Ohio Department of Aging
50 West Broad St, 9th floor
Columbus, Ohio 43215

continued

Department of Aging, continued

Governor Bob Taft
30th Floor
77 S High St
Columbus, Ohio 43215-6117

To locate your state senators and representatives, visit www.legislature.state.oh.us.

Family Remembers Senior Olympics

A very special thank you to the family and friends of Esther Grafrath of Twinsburg, Ohio. Mrs. Grafrath passed away in December and her daughter Lynn selected Ohio Senior Olympics as a recipient of memorial contributions in her mother's honor. Mrs. Grafrath had competed in the Senior Olympics in Arizona while she was a resident there, but spent the last several years of her life here in Ohio. We are honored to be part of her memorial.

OSO People

Our congratulations to Gary Vaught, the immediate president of the Ohio Senior Olympics Board of Trustees. Gary retired at the end of January after a long career with the Cincinnati Recreation Commission. One of Gary's retirement goals is to golf in all fifty states, and we wish him luck with that endeavor. Gary will remain involved with Senior Olympics in Ohio, and no doubt, with the games in Cincinnati.

Congratulations to John Zupp of Columbus Recreation and Parks on the birth of his first child, Ashley Marie, on January 23. John works with Maryann Tilley on the Central Ohio Senior Olympics.

A special thank you to Edward Baum of Athens who ran the Southeast Ohio Senior Olympics for the life of the games. Due to a number of factors, those games are no longer being held, but Ed and his group of volunteers deserve a lot of credit. Hosting games is rewarding, but it's also a lot of work; doing it entirely with volunteers is a remarkable feat. We are fortunate to have so many people around the state dedicated to making Senior Olympics a reality.

2004 State Senior Olympics

The State Senior Olympic competition were held in Akron this year, from July 9-25. Over 1,000 athletes competed during the events at locations around the greater Akron area. Many thanks to the local sponsors of the event: SummaCare Health Plan, First Energy Foundation and The Robert O. and Annamae Orr Family Foundation. Many thanks also to the Board of Tri-County Senior Olympics who hosted the games and the numerous volunteers who helped at each event. Great job! Good luck to all the athletes who competed- you are winners just for taking part!

2005-2006 State Senior Olympics

The next round of state Senior Olympics will be hosted by Youngstown in 2005-2006. The 2006 games will qualify athletes for the 2007 games in Louisville, Kentucky.

Rule Changes for National Competition

There have been some changes to the rules that the National Senior Games Association will be using for the 2005 Summer Games in Pittsburgh. The ones that affect teams have proven a little confusing so far, so let's try and clarify them.

To be eligible to compete in the state games competition in 2004, an individual must be 50 by December 31, **2004**. That applies to everyone, whether athletes in individual sports or on teams. The 2004 state games will qualify athletes to participate in the 2005 National Senior Games in Pittsburgh.

The age bracket for **team** competition at the 2005 Summer National Senior Games in Pittsburgh will be determined by the age of the **YOUNGEST** team member on **December 31, 2005**. That applies only to basketball, softball and volleyball. This change was made to bring those sports in line with current National Governing Board practices (i.e. National Collegiate Athletic Association - basketball, Amateur Softball Association - softball, and USA Volleyball). For all other events, the participant's age on the first day of the games

(June 3, 2005) will determine the bracket in which they will compete.

Team roster rules have also been adjusted. The maximum number of players a team can add to its roster has been revised to: Basketball-3, Volleyball-4 and Softball-5. Previously the maximum was three for all team sports.

For all sports, the awards have been expanded to include 1st through 8th place in each age category. Previously, only 1st through 4th places were awarded.

For specific information about rules changes to other sports, check out the 2005 Summer National Senior Games Official Sports Rules at the NSGA web site, www.nsga.com.

Pittsburgh 2005

2004 is the qualifying year for the National Senior Games to be held in Pittsburgh in 2005. The Pittsburgh Local Organizing Committee is already well on their way to hosting an excellent competition, with event venues centered around the University of Pittsburgh and Duquesne University. The Pittsburgh Local Organizing Committee (PLOC) has developed a web site to provide updated information at www.2005seniorgames.org. The site includes information about the city of Pittsburgh, up-to-date competition schedules for each event and much more. The qualification standards and rules for all of the national sports are available from the National Senior Games Association web site at www.nsga.com.

Ohio Senior
Olympics is
a proud member
of the



Ohio Senior Olympics
c/o District XI Area Agency on Aging, Inc.
25 East Boardman Street
Youngstown, Ohio 44503

OSO on the web

Ohio Senior Olympics has a presence on the world wide web at 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.



Other web sites to note

Ohio Department of Aging
www.goldenbuckeye.com

National Senior Games Association
www.nsga.com

2005 National Senior Games (Pittsburgh)
www.2005seniorgames.org

Healthy Ohioans
www.healthyohioans.org

National Institute on Health- Senior Health
nihseniorhealth.gov

President's Challenge Physical Fitness Awards
www.presidentschallenge.org

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