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The Louisiana Senior Olympic Games Newsletter is a quarterly publication of Louisiana Senior Olympic Games. LSOG is a non-profit organization that promotes wellness and improved quality of life for people over the age of 50 through sports and physical training and active involvement. LSOG is a member of the National Senior Games Association. All rights reserved. Reproduction without permission is prohibited.

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Louisiana Senior Olympic Games

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LOUISIANA SENIOR OLYMPIC GAMES

The Field Post

Baton Rouge, Louisiana

Spring 2007

Info about the State Games

The office of Louisiana Senior Olympic Games is reintroducing two items in 2007. First is the Quarterly Newsletter, *The Field Post*, which was originally published via email, but will now be mailed to the front door of all Registered Members of LSOG. Secondly, we are printing LSOG Membership Cards for all our active athletes. So, look for us in your mailbox!

You can also learn more about LSOG via our online resource www.lsog.net. You will find information on the District Games, the National Senior Games, contact information for your local representatives and pictures of past events. Recently

posted are the 2006 State Championship Results. Now you can check out the competition and prepare yourself for this year's games!

Speaking of game time.....Louisiana Senior Olympic Games have begun at the District Level and we encourage all athletes to participate. Learn more about those events on page 3 of this newsletter.

Time to toot our own horn! The 2006 State Games Championship was a success with over 1500 athletes competing in over 30 different events. Louisiana qualified over 800 Athletes to the National Senior Games in

Louisville, KY this summer. Congratulations and good luck to all those who qualified!

We are encouraging everyone to help us increase our memberships. The goal of LSOG is to promote wellness and improved quality of life for people over the age of 50 through sports and physical training and active involvement. So if you have a friend who would like to join LSOG, please have them fill out the Membership Form on page 3 and return it to our office along with their \$10 annual membership fee.

There are only 20 weeks before the games begin! We look forward to seeing you there!

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Featured Athlete



Elsie Wilson

Elsie Wilson is not only an LSOG Member, but the #1 ranked female Badminton player in the 65-69 age group in the USA. Mrs. Wilson says, "Badminton is an exhilarating sport. I highly recommend it because the rules are easy to learn, it's good exercise and you can start at your own pace."

Badminton has a long history tracing its roots back to ancient Greece, China, and India. Modern Badminton was brought to England in the 1860's by English soldiers stationed in India. The English "fell into the swing of things" and before long had standardized the sport. Today, Badminton is the world's fastest growing racket sport. Right here at home in Louisiana, Badminton is played across the state at Senior Olympic District Games and at the State Championships in the fall.

Wilson began playing Badminton at the age of 19 while attending college. A natural at the game, she began winning international tournaments. After ten years of fierce competition, she married and moved to Corpus Christi, TX where she and her husband raised two children. Mrs. Wilson, unable to find Badminton competitions in Corpus Christi began marathon running to stay physically active. After 30 years in Texas, she and her husband moved to Baton Rouge. That was eight years ago and she has been playing Badminton ever since. She joined LSOG in 1999 and plays weekly with other LSOG members at Baton Rouge Recreation Center's Alaska Street Park.

Mrs. Wilson is back to competing in National and International Games. Every year she participates in the US Nationals

and consistently earns the #1 ranking. This past March she walked away with 2 Golds and 2 Silvers. She is also a member of *The Lady Patriots* badminton team, which also includes LSOG member Sandra Matthieu. *The Lady Patriots* were selected to represent the USA at the 1999 Osaka Japan's Annual Ladies Friendship Badminton Tournament. *The Lady Patriots* plan to attend this tournament again in the fall. Mrs. Wilson is also a competitor in the World Master's Games held every 4 years. These games allow athletes to compete in all sports and usually bring in 30,000 athletes from around the world.

Badminton is a great way to stay physically active and have fun. Elsie Wilson states that "Badminton helps with her flexibility and agility." The LSOG would love to see new Badminton participants at the State Championship Games this fall!

Trivia:
Badminton received its name from the Duke of Beaufort's estate named "Badminton".

Director's Corner



Jason Wall is the new Executive Director for the Louisiana Senior Olympic Games.

I know this is an exciting time of year for all those involved with the Senior Olympic Games. District competition is under way, and the State Games are only a few short months away. I've had the opportunity to visit several venues and meet the athletes. Let's just say, I've been very impressed with the whole experience.

My name is Jason Wall and I have recently accepted the position of Executive Director for Louisiana Senior Olympic Games. I am a native of Baton Rouge, and have

been married for thirteen years to my wonderful wife, Deanna. We have two children, Parker age seven and McKenzie age six. We love spending time together in social settings and being surrounded by friends and family. I am a graduate of Louisiana State University and former LSU Tiger baseball player. After several seasons of professional baseball, life threw me the proverbial curveball – arm injury. However, as one door closes another one opens. For the past twelve years I've had the opportunity to

run a youth sports program, serve as an Executive Host at a local casino, and raise money for non-profit agencies.

I look forward to meeting everyone involved with the games. I'm not here to re-invent the wheel, just guide LSOG with its objectives for continued development and SUCCESS! Good Luck with district qualifying, and we'll see you soon at the State Games.

Very nice to meet you,
Jason Wall



The State Games require a tremendous amount of volunteer help annually. If you or a friend wish to volunteer for Louisiana Senior Olympic Games please contact the LSOG office at (225)925-1748. Thank you!



Thank you to all our VOLUNTEERS!!

The following Volunteers helped the LSOG office stuff 3400 envelopes for the LSOG 2007 Membership Renewal Campaign.

Mildred Coleman	Louise Reynolds
Felix Sagona	Rosie Sagona
Annie Wyndham	Tommy Wyndham
Melissa Matherne	Courtney Bartholomew

The following Volunteers helped the LSOG office stuff over 1,000 envelopes, which contained the 2007 Membership Card.

Aimee Viator	Leon King	Robert Sambo
Jarrod Browley	Tim Frazier	Lavern Webb
Louanna Barry	Lamont Brock	Connie Brown
Harry Mobley	Peggy Reed	Diane Gray

Thank you to all our SPONSORS!!

Louisiana Senior Olympic Games Sponsors

District Games

Qualifying Sports for the 2007 Louisiana Senior Olympic Games:

Bowling Singles	Hammer
Dance Team	Javelin
Table Tennis	Shot Put
Horseshoes Adv.	Weight
Golf Medal Play	Discus
Shuffleboard Adv. & Doubles	

The District Games are in full swing! The office of LSOG wants to remind all participants that some events at the State Games require qualifying at the District Level. Here are dates for some of the remaining games at various Districts across the state. Please check out the LSOG website to view the full schedule.

NORTHWEST:

- May 7 - Washer Pitch
- May 9 - Dance Team

- May 11 - Bowling Mixed Doubles
- May 12 - Basketball 3 on 3 Horseshoes

- May 14 - Shuffleboard Singles
- May 15 - Shuffleboard Doubles
- May 16 - Bowling Doubles
- May 18 - Bowling Singles
- May 19 - Track & Field

GREATER BATON ROUGE:

- May 5 - Badminton
- May 9 - Shuffleboard
- May 9 thru 13 - Tennis
- May 19 - Basketball 3 on 3

- May 20 - Volleyball Women
- May 26 - Track & Field
- May 31 - Dance Team

CENTRAL:

- May 10 - Bowling
- May 15 - Pickleball
- Swimming
- May 16 - Shuffleboard
- May 19 - Cycling
- Archery
- Track & Field
- May 23 - Golf
- May 24 - Horseshoes Adv.

National Senior Games

2007 National Senior Games
Louisville, KY
June 22 - July 7, 2007

The National Senior Games are seven weeks away and as some of you probably know, the Nationals Office is hard at work preparing for this year's events. Over 12,000 athletes are slated to participate from all over the USA in 19 different sports. Louisiana will have over

160 participants representing the Bayou State. We wish them all the best of luck!
The National Senior Games are held every odd year while the qualifying takes place at the state level every even year. To qualify for the

2009 National Senior Games in San Francisco please be sure to participate at the 2008 Louisiana Senior Olympic Games. Please check out their website for further information at www.2007seniorgames.com or www.nsga.com.

2007 Louisiana Senior Olympic Games Membership Form

Please enclose this Membership Form along with your check in an envelope addressed to LSOG: PO Box 14748 Baton Rouge, LA 70898



First Name: _____ Last Name: _____

Preferred Name: _____

Date of Birth: _____

Address: _____

City: _____ Parish: _____

State: _____

Zip Code: _____

Email: _____

Phone: _____ Other: _____

Membership Fee: \$10.00

Membership Fee: \$10.00

Donation: _____

Total Enclosed: _____

Check Number: _____