



Number 18, March 29, 2006

To: Members, Friends and Supporters of the Louisiana Senior Olympic Games (LSOG)

From: Mark Rayner – LSOG Executive Director

Southwest District Games Photos

Photos from the **Southwest District Games** events held **Friday, March 24** at the **Sulphur Recreation and Aquatics Center** in Sulphur, LA are now on our Web site. More than 200 athletes participated in the day's events at this wonderful new venue for their District Games. The Southwest District games began on **March 15** and run through **April 29**. Get more details and see the photos from Friday's event:

<http://www.lsoq.net/Southwest/index.htm>

Photos of previous LSOG events can be viewed from the main photo gallery:

<http://www.lsoq.net/PhotoGalleries.htm>

Acadiana Track and Field Venue Change

Due to a facilities conflict the **Acadiana District Games** moved its Track and Field Competition to **Northside High School** located at **301 Dunand St. in Lafayette**. From I-10 east or west take exit 104 and go south two miles. Northside track stadium is on the right. From I-49 go to I-10 go east to exit 104 and take a right. Map to Northside High School:

http://maps.yahoo.com/maps_result?addr=301+Dunand+St.&csz=Lafayette%2C+LA&country=us&new=1&name=&qty=

Greater Baton Rouge Golf Tournament

This is a reminder to everyone that the **Golf Tournament** for the **Greater Baton Rouge District Games** will be held **Monday, May 8** instead of Wednesday as listed on the entry form. The tournament will be held at **The Island Golf Club in Plaquemine, LA** on **Monday, May 8**. Check-in time is **8 a.m.** and the tournament begins at **9 a.m.**

Bayou River and Acadiana District Games Begin

Two more districts begin competition this week. **Bayou River District Games** opened competition with several events on **March 28** at **Paulina Park**. The **Acadiana District Games** gets underway beginning **March 31**. For details about these and other district games, please visit the following link:

<http://www.lsoq.net/District%20Games.htm>

Please direct all questions regarding district games to the specific games coordinators:

<http://www.lsoq.net/DistContacts.htm>

2006 State Games

Please join us in welcoming the **Tiger Cycling Foundation** as coordinators for the **2006 State Games Cycling Competition**. They are scouting out a new course and will implement several new features to the race. Cycling events are scheduled for **Sept. 23-24**. Find out details about all state games events at the link below:

<http://www.isoq.net/2006schedule.htm>

Information regarding **minimum qualifying standards** for the **2006 State Games** can be found at the following link:

<http://www.isoq.net/State%20Minimum%20Qualification%20Standards.pdf>

District Games... State Games...National Games What's the Difference?

The State Office often receives calls from people who are confused about the differences between the District Games, the State Games and the National Games. We thought this would be a good opportunity to shed some light on the differences.

District Games

All of the District Games take place across the state from February - June. Not all districts offer the same sports. For example: Some districts might offer Archery or Weightlifting while other districts don't offer those events. At the District Games you can participate and have a good time or compete to qualify for the State Games.

There are 12 sports offered in the District Games that require meeting certain qualifications in order to advance to the State Games in those sports. If you don't qualify in any of those 12 sports in the District Games, you can still participate in the State Games in 72 of the other sports/events.

The 12 State Qualifying Sports offered at the district games are 1) **Bowling Singles** (you can still play doubles and mixed doubles at the State Games without qualifying); 2) **Horseshoes - Advanced** (you can still play recreational horseshoes at the State Games without qualifying); 3 - 4) **Shuffleboard - Advanced and Doubles** (you can still play recreational shuffleboard at the State Games without qualifying); and 5 - 9) **Discus, Javelin, Shot Put, Weight and Hammer** (you can still pole vault, high jump, long jump or run in any race at the State Games without qualifying); 10) **Table Tennis Singles** (you can still play table tennis doubles or mixed doubles at the State Games without qualifying); Numbers 11 - 12 are a bit different: For **Dance Teams** you need only participate in a District Game in order to participate in the State Games. For **Golf** you must shoot a certain score based on your age group. If you qualify in one of those 12 sports your district games coordinator will forward your name to the State Office.

For more information about the District Games please visit the following links:

District Schedules: <http://www.isoq.net/District%20Games.htm>

District Coordinators: <http://www.isoq.net/DistContacts.htm>

State Games

The State Games ALWAYS take place in the early Fall, from September through October. They are held in Baton Rouge and are sometimes confused with the Greater Baton Rouge District Games that are held in April and May. The State Games offer more than 30 Sports and 84 Events. **You only have to qualify at district games in 12 of the sports mentioned**

above. The other 72 events are open to everyone who registers for the State Games. Once you get to the State Games, there are 18 sports you can qualify in to advance to the National Games. If you qualify in one of those 18 sports your name will be forwarded to the National Senior Games in November.

For more information about the State Games please visit the following links:

State Games: <http://www.lsoq.net/StateGames.htm>

Minimum Qualifying Standards:

<http://www.lsoq.net/State%20Minimum%20Qualification%20Standards.pdf>

National Games

The National Senior Games - The Senior Olympics take place every other year, in an odd year - 07, 09, 11. The qualifying State Games always take place in the even year - 06, 08, 10. Athletes can qualify at the 2006 State Games in order to advance to the 2007 National Games. Once you participate in the State Games in one of the 18 qualifying sports and meet the national standards, your name will be submitted to the National Games. They will then send you an entry form in January for the National Senior Games in Louisville, KY.

For more information about the National Senior Games – The Senior Olympics, visit the following link:

http://www.nsga.com/Merchant2/merchant.mvc?Screen=CTGY&Store_Code=NSGA&Category_Code=R

Stay Active and Healthy!

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<http://www.LSOG.net>

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