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Baton Rouge, LA 70898

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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

The Field Post

Baton Rouge, Louisiana

Spring 2008

Info about the State Games

It's a new year, which means the LSOG office is hard at work preparing for the 2008 State Championship. Contracts are being negotiated with LSU, sponsorships are being sought, and membership forms have been processed. The Games will be here before you know it!

In January, the LSOG office received some stellar news! The National Senior Games Association (NSGA) offered every state the opportunity to use their newly designed online database. This means every athlete who wishes to participate at this year's state games will have the option to register online!! The NSGA says Louisiana will be able to access the new online form in April and explained

that a link will be located on the LSOG website. This new super savvy online registration form/database will allow an athlete to log in and register, pay online, and if need be; cancel out of an event. It's very easy to use. Just fill out the form and the computer does the rest. For example, if you select Bowling Singles the form will only let you continue if you have qualified in Bowling Singles at your District. Or, if you have not paid your 2008 Membership Fee, the form will add on the \$30 entry fee that is charged to non-members. This new system will also allow you to change partners without having to call the LSOG office. Plus you will receive a confirmation email that the LSOG

received your updated information. We are looking forward to accessing this new "Rolls Royce" of databases. (Our current database is more along the lines of a Chevrolet Geo!) This new online/registration form/database will handle our athlete's data more efficiently and athletes should see a drop in the amount of entry corrections performed at the LA state games.

If you're like a lot of people out there who think "to reboot a computer" means to actually kick it! Don't worry! The LSOG office will continue to mail out the registration packet in June and accept entry forms in the mail. Whether you register online or via standard mail, the LSOG office is here to assist (cont. on page 3)

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Featured Athlete by Adele Mart



Foster Doty

Foster Doty has been an inspiration to numerous individuals throughout his life and instrumental in recruiting athletes for the Southwest Louisiana District Senior Games and the LSOG.

Mr. Doty was awarded the National Vail Award for his heroic measures in saving the life of a drowning child and the Mayor of Lake Charles gave Mr. Doty a key to the City in 1971 and

designated August 25 as Foster Doty Day.

He founded the Lake Area Runners Club and is a member of the McNeese Cowboy Athletic Club. He is also an athlete in the Senior Olympics at the District, State, and National level, and presently serves as President of the Board of the SW District Games.

In high school, Mr. Doty lettered in boxing, track, softball, basketball, and acrobats. He won the title of state champion boxer in '46 and while attending the Officers Infantry School was appointed the Student Company Commander and Physical Training Officer. Between 1947 and 1950, Foster Doty won the 39th infantry division's 50m back stroke and heavy weight boxing championship.

In 1980, at the age of 52, Foster found himself 46 pounds overweight, and on the verge of a

stroke. To get in shape he began running. Twelve years later, at the age of 64, he was running 42 to 48 miles a week and weighed in at a trim 168 pounds.

Foster began competing in the Southwest District Senior Games and the Louisiana Senior Olympic Games in 1988. From '89 through '03, he went on to participate in the 5k and 10k at the National Senior Games where he ranked as one of the top eight (8) performers. He trained Monday, Wednesday, and Friday mornings at the McNeese track. A group of five met, rain or shine. "If you're not there for 7:30 am, you can catch up with us," was their motto. It is no surprise that Mr. Doty consistently broke records for his age group and has won 235 Gold Medals, 72 Silver Medals, and 17 Bronze Medals!

In 1995, he was chosen as Olympian of the Year for the SW District Games. He carried the "Community

Hero" torch in the 1996 Olympic Torch Relay that preceded the summer games in Atlanta and in 2003 he was inducted into the LSOG Hall of Fame.

Foster's advice to seniors contemplating an exercise program is good medical advice: "first, talk to your doctor about training habits and remember to eat smart and take it easy. If you go too fast, you'll get discouraged and want to quit." He explains that, "the senior games are a great way to meet people. Plus, being active makes you feel better, you won't require as much sleep, and you're not subject to all the little illnesses that people our age suffer." Finally he adds, "Don't over train; stay within your limitations and be patient. Running is a great way to stay in shape. I encourage anyone to go out there and jog around the neighborhood instead of sitting inside."

Director's Corner



Jason Wall, Executive Director

Hey Guys,

It's that time of year! Dust off the rackets, and take out your training shoes. The District Games are upon us. As you all know, this is a very important year for the District and State Games. We are qualifying for Nationals in San Francisco ('09). Good luck to you all.

You should have received your membership renewal forms in the mail. If you have not, please give us a call so we can get you registered. If you have

friends or neighbors interested in participating, let them know about the benefits of becoming a Senior Olympian. Our goal is to increase the participation numbers and send as many athletes as we can to San Francisco.

Two other points of interest around the State office are: (1) the beginning of a new fundraising project. The LSOG has been approved to take part in video bingo. It's a great, fun, and an easy way to raise funds for the districts, as well as, the state. (2) A new computer system is being

installed bringing us into the 21st century; no more delays, no more down time.

Things are improving around here, and the quality of our product will be recognized by all. Good Luck at the districts!!

See you soon,

Jason Wall
Executive Director



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!



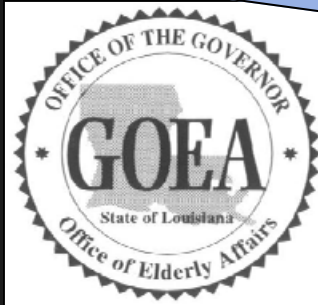
If you want to compete in these events at the state games be sure to qualify at your district games!
Exemptions:
*Gold Medalist 2007
*80+ age groups

Qualifying Sports for the 2008 Louisiana Senior Olympic Games:		
Hammer	Shuffleboard	Horseshoes Advanced
Javelin	Advanced & Doubles	Bowling Singles
Shot Put	Dance Team	Table Tennis
Weight	Golf Medal Play	

LSOG will host a Last Chance Golf Tournament August 12, 2008 for athletes who do not qualify at district.

Louisiana Senior Olympic Games Sponsors

- Blue Cross Blue Shield of Louisiana
- Junior League of Baton Rouge
- People's Health
- Humana
- Wal-Mart Stores
- St. James Place
- Baton Rouge Area Sports Foundation
- Mayor/President's Office of Baton Rouge



Thank you to all our SPONSORS!!

Info about the State Games (cont.)

you in the registration process.

In other news-

You should receive a confirmation postcard in the mail no later than mid-April if you sent in your 2008 Membership Form. If you have not joined and wish to do so, please fill out the Membership Form below. Feel free to make copies and pass them out to your friends!

The existing LSOG website will receive a face-lift by mid-April. Look for new pictures, updated information, and a new Rules Book.

The LSOG is redesigning the Registration

Packet/Entry Form this year. The new design layout will be a catalogue format with easy to flip pages containing the entry form, schedule, game rules, directions, info on how to register online, and more! Look for it to arrive in your mailbox in mid-June.

Spring has come to Louisiana and Districts are hosting their yearly games. These games offer an opportunity to participate in the Senior Olympics in your local community as well as qualify for the State Championship. If you would like to participate at the District Level be sure to check out our website to find dates and contact information.

Some districts continue their games through April and May. So, don't wait call today!

Don't forget 2008 is the qualifying year for the 2009 National Senior Games!

Have a great year!!

Lori Faris
Office Manager

Louisiana District Games

2008 District Games Schedule

- Acadiana — April
- Northeast — April
- Northwest — April & May
- Baton Rouge — April & May
- St. Tammany — April & May

Louisiana State Games

2008 TENTATIVE State Games Schedule

September:	October:	Big Week at LSU
7 Fitness Challenge	11-12 Cycling	October 8-12
14 Olympic Lifts	18 Basketball	Shuffleboard
20 Table Tennis & Archery	19 Swimming	Tennis
28 Powerlifts	27-28 Golf	Accuracy Throws
	26 Badminton/Racquetball	Dance Team
October:	November:	Track & Field
4-5 Pickleball	2 Volleyball	Walkathon
6-8 Bowling		Shooting
		Billiards

National Senior Games

2009 National Senior Games

- San Francisco Bay Area, CA
- August 1-15, 2009
- www.nsga.com

2008 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: _____