



# LOUISIANA SENIOR OLYMPIC GAMES

## THE FIELD POST

### MISPRINTS FOUND IN 2008 REGISTRATION BOOKLET:

1. **SHUFFLEBOARD:** Located at LSU Field House, not LSU Rec Center
2. **TABLE TENNIS** on Saturday, September 20
3. **BADMINTON & RACQUETBALL** on Sunday, October 26

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SUMMER 2008

### Volunteers Needed!



The LSOG office would like to remind everyone of the Senior Games' need for volunteers. This organization hosts over 70 different events in 26 sports and relies heavily on the generosity of volunteers to make the games a success. This year we expect over 1200 athletes will participate! Please help us spread the word to potential volunteers! If you know of a service organization that might be interested in volunteering, please contact our office. We would be happy to send them a volunteer packet. Remember no experience is required! Just people who like to have fun!



### Senior Games Update!



It's game time! On July 7 the LSOG office mailed the 2008 Registration Packet to all athletes that renewed their membership this year. We look forward to seeing all Senior Olympians at the Louisiana Games in the fall. Don't forget that if you want to compete in the National Senior Games next summer you must compete in this year's state games.

BATON ROUGE, LA

## DIRECTOR'S CORNER



Jason Wall  
Executive Director

I hope everyone had a chance to compete in his or her sport(s) of choice at the district level this spring. While making my rounds through the districts it looks we should have some exciting and eventful competitions here in Baton Rouge. I have to admit; I still get a kick out of going to Bayou River and watching the Charmin toss. What a great concept! I never knew there was another use for toilet paper.

For all the golfers, mark your calendar on August 12th. This is the date of our "Last Chance" qualifier. If for some reason you missed the cut or want to get a lay of the land before the real deal, we will be at Beaver Creek again this year.

Our membership drive was a success this year! We look forward to all of our members joining us this fall. Your qualifying informa-

tion was compiled and the registration packets hit the mail the beginning of July.

We look forward to seeing everyone in September and October. Continue to train hard! Qualify here and you know where you'll be next summer – SAN FRANCISCO.

Good luck to all!

### His Enthusiasm is Catching!

#### Paul Bowman... A Huge Asset to the St. Tammany Senior Olympic Games by Ed McCraney

The St. Tammany Senior Olympic Games have an incredibly enthusiastic person participating in the games and coordinating a sport.....Paul Bowman.

Each year in early Spring, his smiling face comes into the COAST (Council on Aging St. Tammany) Administrative office, to discuss the upcoming games. He shares great Olympic stories of athletes who have participated over the years. His enthusiasm is catching!

A big part of having a successful Senior Olympic Sport depends on having a strong coordinator. If he or

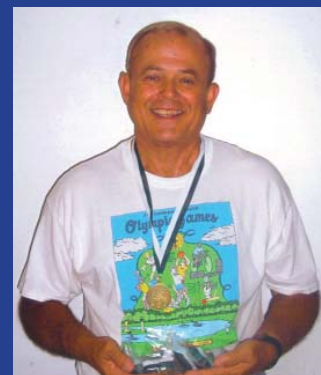
she does it right, the games are successful, organized and the seniors have fun. Everyone benefits. As a coordinator, Paul Bowman is at the top of his game.

Paul Bowman is a teacher and coach at a local Jr. high school. He knows all too well how important it is to stay healthy. At 59 years old, he is the coordinator and participant for Track and Field in the St. Tammany Senior Olympic Games. Having taken over the coordination of the Track and Field event shortly after these sports were introduced to our area, he became busy finding locations and encouraging athletes to participate.

Paul has been competing in "the games" since 1999 at both the District and State level. Paul also has found time to coach AAU Track & Field events, officiate USATF for LSU and AAU.

When the St. Tammany Senior Olympic Games needed some additional Washerpitch boards, Paul Bowman stepped up to the plate and arranged for some of his students to build what was needed for the sport. He was happy to help in his usual enthusiastic way.

What does Paul Bowman do for relaxation? When he is not



Paul Bowman

involved with Senior Games he continues to stay healthy with weight training, treadmill workout (2-3 times weekly), evening walks with his wife and cycling (twice a week).

He has been a big asset to our games and will continue to help out wherever needed.



- Blue Cross Blue Shield Of Louisiana
- Baton Rouge Area Sports Foundation
- Junior League of Baton Rouge
- People's Health
- Humana
- St. James Place

- Wal-Mart Stores
- Mayor/President's Office of Baton Rouge



## 2008 LOUISIANA SENIOR OLYMPIC GAMES SCHEDULE

	ARCHERY.....SEPTEMBER 20		RACQUETBALL.....OCTOBER 26
	BADMINTON.....OCTOBER 26		ROAD RACE.....AUG. 16 & OCT. 18
	BASKETBALL.....OCTOBER 18		SHOOTING.....OCTOBER 9
	BILLIARDS.....SEPTEMBER 16		SHUFFLEBOARD.....OCTOBER 8 - 10
	BOWLING.....OCTOBER 6 - 8		SWIMMING.....OCTOBER 19
	CYCLING.....OCTOBER 11 - 12		TABLE TENNIS.....SEPTEMBER 20
	DANCE TEAM.....OCTOBER 10		TENNIS.....OCTOBER 8 - 12
	FIELD.....OCTOBER 10 - 11		THROWS.....OCTOBER 9 - 10
	FITNESS CHALLENGE.....SEPTEMBER 7		TRACK.....OCTOBER 10 - 11
	GOLF.....OCTOBER 27 - 28		VOLLEYBALL.....NOVEMBER 2
	HORSESHOES.....OCTOBER 10 - 11		WALK-A-THON.....OCTOBER 11
	PICKLEBALL.....OCTOBER 4 - 5		WEIGHTLIFTING.....SEPTEMBER 14
	POWERLIFTING.....SEPTEMBER 28		WASHER PITCHING.....OCTOBER 9



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# Louisiana

Senior Olympic Games

Join the fun - there's something for everyone!



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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