

GEORGIA GOLDEN OLYMPICS NEWSLETTER

Georgia Golden Olympics Newsletter (Georgia Golden Games, Inc)

March 2013

2013 Georgia Golden Olympics

The 2013 Georgia Golden Olympics is scheduled for September 18-21, 2013 in Warner Robins, GA. The event will be hosted by the Warner Robins Recreation Department, under the direction of Mr. James Dodson.

The 2013 event will offer two additional sports. Ballroom dancing makes a return to the schedule for this year and the newest sport is Pickleball. We have had numerous requests for both events and are happy to report each will be offered.

Our other events continue, including, but not limited to, tennis, swimming, track and field, golf, horseshoes, bowling, table tennis, racquet ball, cycling and many fun events such as frisbee throw, football throw and others.

The registration materials will be available by May 1 and registration deadline is August 1 with late registration until August 15. If you are interested in competing or volunteering for the event, additional info will be available on the Golden Olympics website: www.georgiagoldenolympics.org. You may also email goldenolympics.ga@gmail.com.

Please join us for the 2013 games to meet new friends, catch up with old ones and enjoy the fun and competition.



Randall Neff competing in the 2012 Georgia Golden Olympics Swimming

"The Georgia Golden Olympics is the highlight of a year of continuing competition in healthy athletic events. This is a time when finishing is more important than being first. Performance may win the race; but it is participation and perseverance that makes us all winners. The best thing about the Georgia Golden Olympics is new friends made, old friendships renewed and most of all the respect shown for participants and for volunteers in all events.

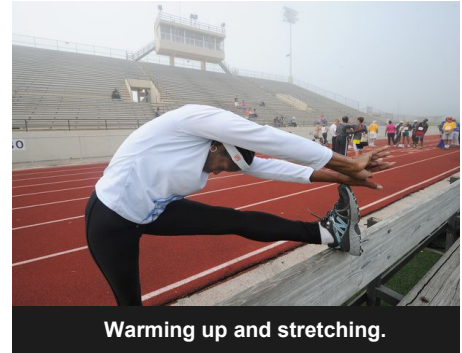
- Bud Frankenthaler, Jesup, GA

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Archery Competition-2012 Georgia Golden Olympics



Warming up and stretching.

Warming Up

A warm up is the act of preparing for an athletic event or workout by exercising or practicing for a short time beforehand. Warming up helps reduce your risk of injury and the aches and pains that come with exercise. The physiological reason to warm up is to assist your circulatory system in pumping oxygen-rich blood to your working muscles. The idea is to increase circulation throughout the body in a gradual manner. A proper warm up safely prepares the body for the increased demands of exercise. Cold muscles do not absorb shock or impact as well, and are more susceptible to injury. During a warm up, any injury or illness you have can often be recognized, and further injury prevented. Other benefits of a proper warm up include:

- Increased movement of blood through your tissues, making the muscles more pliable.
- Increased delivery of oxygen and nutrients to your muscles. This prevents you from getting out of breath early or too easily.
- Improved coordination and reaction times
- Prepares your muscles for stretching
- Primes your nerve-to-muscle pathways to be ready for exercise
- Prepares your heart for an increase in activity, preventing a rapid increase in blood pressure

2013 National Senior Games- Cleveland, Ohio

The 2013 National Senior Games are scheduled for July 19-August 1, 2013. The deadline for registration is May 1, 2013.

Over 500 athletes qualified at the 2012 Georgia Golden Olympics for the 2013 National Games in Cleveland. Everyone who qualified should have received a notice from the National office with information regarding qualification and information on how to register for the games. If you think you qualified and have not received this notice from the national office, please email the Georgia Golden Olympics: goldenolympics.ga@gmail.com.

The Cleveland Organizing Committee is working very hard to provide an exciting and quality event for the anticipated 13,000 athletes from around the country. First class venues will host the events. In addition to the torch lighting on July 19 and the Celebration of Athletes on July 26, special events are planned for every day of the games. You may download the event schedule and find more information at nsga.com.

REMEMBER: Qualified athletes must REGISTER BY MAY 1, 2013 for the National Senior Games in Cleveland, OH.

Make a contribution...

The Georgia Golden Olympics is funded by registration fees and contributions from friends, groups, organizations and others interested in the health and wellness of adults in Georgia. Without these funds, the Golden Olympics would not be possible. If you would like to make a tax deductible contribution to the organization, please submit to the Georgia Golden Olympics, PO Box 958, Winder, GA 30680. If you have questions concerning making a contribution, you may call 770-867-3603. If you know of an organization interested in contributing, please call the above number and relay the information. Thank you for your help in making the Georgia Golden Olympics possible.

2013 Georgia Golden Olympics Registration

Registration forms for the 2013 Georgia Golden Olympics will be available by May 1, 2013. Forms will be mailed and emailed to previous competitors and will be posted on the GGO website. From the website, print the form and mail it to the address listed.

The Golden Olympics is working diligently to offer online registration. If we have success, the link to online registration will be posted on the website.

Join us in September for the games and bring your friends and family as competitors or cheerleaders.

If you would like to volunteer for the Georgia Golden Olympics, you will find the volunteer form on the website as well. The games could not be a reality if not for volunteers, so come volunteer, have a great time and meet some wonderful, active, fun athletes.

GGO website:
www.georgiagoldenolympics.org

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PO Box 958
Winder, GA 30680

Phone: 770-867-3603

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goldenolympics.ga@gmail.com



Pickleball equipment

What is Pickleball?

Pickleball is a [racquet sport](#) which combines elements of [badminton](#), [tennis](#), and [table tennis](#). The sport is played on a court with the same dimensions as a doubles badminton court. The net is similar to a tennis net, but is mounted two inches lower. The game is played with a hard paddle and a polymer smaller version of a [wiffle ball](#).

Although pickleball appears to be very similar to tennis, there are key differences that make pickleball more accessible to a wider range of players, particularly children and seniors. Chief among these differences is the speed of the pickleball ball which typically moves at one-third of the average speed of a [tennis ball](#). Equally important, however, is the size of the court which is just under one-third of the total area of a [tennis court](#). This smaller area combined with the slower moving ball makes pickleball much easier to play than tennis.

Originally invented as a backyard pastime, pickleball is now an organized sport represented by national and international governing bodies. Since its inception in 1965, pickleball has spread across the [United States](#) and into [Canada](#). It is now beginning to spread around the world. The United States Pickleball Association estimates there are more than 100,000 active pickleball players in that country alone.

The Georgia Golden Olympics is adding pickleball to the list of sports this year. If you are a pickleball player or want to become one...now is the time.

Join us in September for Pickleball!!

6 in 10 Adults Now get Physical Activity by Walking.

Less than half of adults are getting enough physical activity to benefit their health. One way to get that activity is by walking, which is the most popular form of physical activity in the U.S. Because walking is possible for most people and does not require special skills or facilities, it is a way for many people to be more physically active.

Physical activity helps control weight and has benefits beyond weight control. Physical activity, such as walking, can help improve everyone's health, even if you don't lose weight. People who are physically active live longer and are at lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers.



How much physical activity do adults and children need?

- Adults need at least 2 ½ hours (150 minutes) a week of physical activity at a moderate effort. This effort is similar to a fast-paced walk.
- Children should get 1 hour a day, every day.

Women and older adults are less likely than men and younger adults to get as much physical activity as is recommended.

Here are some ways of improving spaces and increasing places for walking to help more people become physically active.

You can support more frequent walking in your community by:

- Starting a walking group with friends and neighbors.
- Help others walk more safely by driving the speed limit, yielding to people who walk.
- Following safe walking practices such as using crosswalks when crossing streets.
- Participate in local planning efforts to help identify where walking paths or sidewalks should be located.
- Working with schools to encourage walking to school.

You and your neighbors can work with local leaders to:

- Consider walking when creating long-range community plans.
- Consider designing local streets and roadways that are safe for people who walk and other road users.
- Create opportunities to let community members use school tracks or gyms after school hours.
- Maintain existing sidewalks and walking paths.
- Promote walking paths with signs that are easy to read and route maps.

Your employer may:

- Create and support walking programs for employees.
- Identify walking paths around or near the work place, and promote them with signs and route maps.
- Provide places at work to shower or change clothes, when possible.

(CDC) Centers for Disease Control and Prevention

Contact Us

For more information:

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PO Box 958
Winder, GA 30680
770-867-3603
Fax: 770-867-3640

Visit us on the web at:
georgiagoldenolympics.org

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See you in September!