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OLYMPICS**

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DIRECTORS,**

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AND STAFF**

**WISH YOU AND
YOUR FAMILY A
HAPPY HOLIDAY
SEASON**

AND A

**PROSPEROUS
NEW YEAR!**



Torch News

QUARTER 4, 2017

2017 GAMES HAVE ENDED

2017 DSO Games!

There were 787 total entries across all sports in this non-qualifying year. This breaks down to 553 entries from male athletes and 234 entries from female athletes.

There were 525 entries from Delaware and 262 from out-of-state.

There was 7 athletes in the 90 – 94 age group: 5 males in Cycling, Bocce, Shuffleboard, Weight Lifting and Billiards. 2 females in Wii Bowling and Bocce.

There was 1 athletes in the 95 – 99 age group: 1 female in Wii Bowling.

Cycling and Pickleball, which allows for athletes ages 30 – 49, had 11 athletes in those age groups.

For a non-qualifying year we had to cancel the following sports this year due to low participants: Women's Softball, Men's & Women's Basketball, Men's & Women's Volleyball, Tennis, Table Tennis and Basketball Shooting.

Annual Banquet

The 2017 Annual Banquet was at Modern Maturity Center on November 18, 2017. The speaker was Karyn Cortez from Vital Magazine! See pages 2, and 3 for the honorees.

DSO on Facebook

For quick updates we post to the DSO website and Facebook before emails are sent out. Like us on Facebook! Check us out on Twitter, Flickr and YouTube. All are available on the DSO website at the top right corner of the homepage!

DSO Collectables

The DSO office is now selling DSO Collectables. We have Delaware Senior Olympics T-shirts, polos, hats, tote bags, towels, water bottles and more. Feel free to stop by to see our collectables.

DSO Board

We would like to welcome two new board members to the DSO board. Phyllis Tarburton which is also our Bowling coordinator. Earle McCloe which is also our Archery coordinator.

ANNUAL BANQUET AWARD WINNERS



OUTSTANDING ATHLETE AWARD

2017

Maureen White

Maureen began her career as a senior Olympian due to the encouragement of Marion Lisehora. Marion was looking for volleyball or basketball players to compete on one of her teams. Maureen thought basketball was too rough and had never played volleyball but then heard that DSO also included swimming and that got her excited. She immediately joined the Sussex YMCA and started to work out with a goal of competing in the 2006 Delaware Senior Olympics. More than a decade later she is still competing and enjoying it.

Maureen has competed in the Delaware Senior Olympics since 2006 and is undefeated in all the breaststroke events that she has entered during that time including the 50, 100 and 200 yard events in three different age brackets 50-54, 55-59 and most recently 60-64. She holds seven of the eight possible records of these events in the three age groups. She has also competed in the Maryland, Pennsylvania and Virginia state games. She holds the 100 yard Breaststroke record for the 55-59 age bracket in Pennsylvania.

She has successfully competed in six different National Senior Game events winning 10 medals, 2 silver and 8 bronze and several ribbons for fourth through eighth place finishes. She brought home a silver Medal in the 100 yard breaststroke, and 2 bronze medals in the 50 and 200 yard breaststroke events, plus two ribbons in the 200 yard freestyle and 200 yard individual medley from the 2017 National Games in Birmingham, Alabama.

Maureen has become involved in the YMCA Strong Kids Campaign which raises money to provide opportunities for individuals of all ages in financial need to attend summer camp, participate in youth sport programs, or help an adult attend a physical health program. In 2012 the Sussex YMCA honored her with their Mary Alice DeVane Spirit Award in recognition of her significant contributions and Commitment to the Sussex Family YMCA.

In addition Maureen competes, from October through April each year, as a Maryland Master Swimmer in meets with her Chester River Aquatic Blue Crabs Team from Chestertown.

When not in the pool, Maureen finds time to compete in softball in the local Sussex County Senior League and in the Delaware Senior Olympics as a member of the Delaware Diamonds in 2006, as a member of the Alleycats, which she co-founded, 2007-2013 and with the Shore Sharks in 2014 and has won various medals.

For all her successes as a swimmer and softball player on the State and National levels Delaware Senior Olympics recognizes Maureen White with its 2017 Outstanding Athlete Award.



OUTSTANDING ATHLETE AWARD

2016

NANCY WADDELL

Nancy is a cyclist extraordinaire! She began her cycling career at the age of thirty four when she decided to change a lifestyle that included smoking and the gaining of undesirable weight to a healthier one. She began competing in DSO Events when she was old enough and was immediately successful. She competed in all the DSO cycling events including the mile, 5k and 10k time trials and also the 20 and 40K road races. She won the gold in all the races in her age group. In 2003 she entered the National Senior Games at Hampton Roads and came home with gold medals in the 5 and 10k time trials and 40k road race. She tried Time Trials Tandem biking with a partner and she and her partner made the podium in all the events they entered. She also experienced biathlons for two years, which included running, biking and then running again. She was also successful in these events. She had a gap in her competitive years until 2011 when she decided to try Mountain Biking, because there was a competition in nearby Pennsylvania. She soon realized that mountain biking trails were much more technical than the previous types of racing she had tried and there were also changes in equipment. She attended a weekend skills clinic and decided she needed a coach. She began competing in cross country 12 to 15 mile events. In 2015 she finished third. She then finished first in both 2016 and 2017. In 2015 she tried the USAC Marathon Mountain Biking Nationals, a 60 mile event in Augusta, Georgia and finished third in the women's 60-64 category. In 2016 she moved up into the women's 65-69 category and finished in first place. She returned this year to win the event again! She says she still has a lot to learn but she is already winning at the highest level.

Nancy in addition to competing g Coordinator for DSO for over 6 years.

For all her accomplishments in cycling, including time trials and road racing, tandem time trials, biathlons and now Marathon Mountain biking, Delaware Senior Olympics recognized Nancy Waddell with its 2016 Outstanding Athlete Award.

Award Nomination Information

DSO encourages all DSO members to learn the award nomination process. Please go to the DSO website (<https://delawareseniorolympics.org/>) then to Programs, then go to Award Nomination Form. You will find the nomination information on the four different awards which are:

1. Outstanding Athlete Award
2. Outstanding Volunteer Award
3. The Charlie Marten Memorial Award
4. The Ray Wrede Lifetime Achievement Award

You will also find the nomination guidelines and the nomination form. If you have any questions about the award nomination program feel free to call the DSO office at 302-736-5698 or email at admin@delawareseniorolympics



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Get the latest news and events on our website at <https://delawareseniorolympics.org/>

Follow DSO on Facebook, YouTube and Twitter!

If you wish to be removed from the DSO mailing list, please contact us at 302-736-5698 or 888-881-6128

Message from DSO President Paul Gatti

As this year comes to an end, we recognize that DSO is blessed to have so many who support us in so many ways. Our appreciation and thanks go out to you because without you, DSO would not exist.

Please remember to patronize our sponsors whenever possible. Let them know that you are a Delaware Senior Olympic program participant and appreciate what they help us do.

Congratulations to all the participants in this year's programs as you pursue the goals of fun, fitness, fellowship, and an active, healthy lifestyle. You are all winners. The Annual Games, Senior Group Challenge, and Walk Delaware programs are all available to become more actively involved and a means toward better health. Our hope is that even more will take part.

2018 is the qualifying year for the next National Games which will be held in Albuquerque, New Mexico in 2019. We are planning to have registration packages available in early May.

NSGA will be getting involved with more Wellness programs and we look forward to participating with them.

Best wishes for the Holidays and looking forward to a Happy, Healthy, and Prosperous New Year.

Paul

P.S. A special thanks to Janette Gentile (our Office Manager) who kept us straight and going during another historic year of participation.