



Torch News

QUARTER 2, 2024

Welcome Our New Sports Coordinators

Patrick Cabrey – Cycling
Chuck Connolly – Pickleball
Rina Pellegrini – Pickleball
Karen Faber – Pickleball
Joe Salvato – Men’s Softball
Hal Kenton - Shuffleboard
Jane Stoutland - Tennis
Maryann Rapposelli – Track & Field

Welcome Our New Board Member

Maryann Rapposelli

Sports Coordinators Needed

Volleyball (Men & Women)
Disc Golf
Tai Chi
Golf Scramble

If interested in Volunteering, please contact
Janette Griffin the Office Manager.

Call: 302-736-5698

Email:

admin@delawareseNIorolympics.org



2024 DSO Awards Banquet

Please Nominate today!
Nominate your partner!
Nominate a team!

DSO has updated and added some awards. See below for the categories.

Outstanding Athlete Award
Outstanding Team Award
Outstanding Legend Award
Outstanding Volunteer Award
Charlie Marten Memorial Award
Ray Wrede Lifetime Achievement Award

Here is the link below to put in your nomination today:

<https://delawareseNIorolympics.org/awards/>

Reach out to the DSO office for more information or questions:

Call: 302-736-5698

Email:

admin@delawareseNIorolympics.org

New and Open National Senior Games Sports

Athletes may register for an unlimited number of OPEN SPORTS.

Open Sports/Events are as follows:

Sports that DSO currently offer

- *Basketball Shooting Skills
- *Billiards – 8 Ball
- *Running Road Race – 1Mile
- *Weightlifting/Powerlifting
- *Cornhole
- *Powerwalk – 1500 meter
- *Pickleball (Non-Ambulatory Singles)

New Sport not offered with DSO

- **Disc Golf
- **Scramble Golf
- **Tia Chi
- **Beach Volleyball

We are looking for Sport Coordinators for these sports. Email Janette Griffin at admin@delawaresejiorolympics.org if you are interested in becoming a Volunteer Sport Coordinator.

Competition Updates for 2025 National Senior Games

The National Senior Games Association announced the addition of five sports and four events to the 2025 National Senior Games' competition lineup, as well as two sports and an event that will be offered for a final time during the 2025 Games.

The biennial multi-sport event for athletes ages 50 and above will be held in Des Moines, Iowa, in the summer of 2025.

The 2025 National Senior Games will be the final year for Racquetball, Race Walk and Hammer Throw at the national level. The NSGA has monitored these competitions for several years, and their removal beginning in 2027 is due to decreased participation, a lack of viable venues, cost considerations and other factors.

How do you register for DSO Annual Games

There is two ways to sign up: online or paper

Online

Membership / Registration Signup Instructions: Pay for Annual Membership Below

<https://delawareseNIorolympics.org/membership-signup/>

- A PayPal account in NOT necessary (Credit Cards are also Accepted).
- You'll see a registration link after completed payment.
- Complete your registration information, username, etc.
- You'll receive an email from DSO. Check your SPAM folder too.
- Yay! Login to register for any Delaware Senior Olympics events.

Paper Form

You can print the paper form out yourself at:

<https://delawareseNIorolympics.org/dso-wp/wp-content/uploads/GamesRegPacket-IndEntryForm.pdf>

Or

Call Janette at the DSO office at 302-736-5698 and she can mail you a copy.

Note: Cycling Road Race partners with Pedal away Prostate Cancer Race You must register with both the DSO and the Pedal away Prostate Cancer.

Pre-race online entry for Pedal away Prostate Cancer Race is \$55.00: Onsite registration is \$65.00.

<https://www.bikereg.com/pedal-away-prostate-cancer>

DSO 2024 ANNUAL GAMES CALENDAR BY DATE

Date	Rain Date	Sport	Address
May 3, 2024	Rain or Shine	Shuffleboard	Country House 4830 Kennett Pike Wilmington, DE
May 3, 2024	Rain or Shine	Wii Bowling & Golf	Country House, 4830 Kennett Pike, Wilmington, DE
June 29, 2024	Rain or Shine	Baseball - Canceled	Stahl Post 156 A N Dupont Hwy New Castle DE 19720
June 29, 2024	Rain or Shine	Pistol Shooting	Shooters Choice, 5105 N Dupont Hwy Dover, DE
August 03, 2024	Rain or Shine	Precision Rifle Shooting	BRPC, 10409 Rifle Range Road Bridgeville DE
August 10, 2024	August 11, 2024	Softball (Women)	Schutte Park, corner of Electric Ave. & North St., Dover, DE
August 22, 23, 24, 25, 2024	Rain or Shine	Pickleball	Kent County Parks & Rec. Center 1683 New Burton Road Dover, DE
September 10, 2024	Rain or Shine	Golf	Wild Quail Golf, 1 Clubhouse Dr Camden DE
September 14, 2024	Rain or Shine	Cycling (40K Road Race)	Eden Hill Medical Center, 200 Banning ST. Dover, DE
September 16, 2024	Rain or Shine	Table Tennis	Chinese American Center 1313 Little Baltimore Rd Hockessin DE
September 21, 2024	Rain or Shine	Running Road Races (1M & 5K)	Bellevue State Park 800 Carr Road Wilmington, DE
September 21, 2024	September 22, 2024	Softball (Men)	Schutte Park, corner of Electric Ave. & North St., Dover, DE
September 21, 22,	September 28, 29, 2024	Tennis	Sanford School 6900 Lancaster Pike, Hockessin
September 22, 2024	Rain or Shine	Bocce	Mulligan's Point, 22426 Sussex Pines RD, Georgetown DE
September 22, 2024	Rain or Shine	Track & Field	Cape Henlopen High School, 1250 Kings HWY Lewes DE
September 27, 2024	Rain or Shine	Swimming	Sussex Academy Aquatic 21150 Airport RD Georgetown DE 19947
September 28, 2024	Rain or Shine	Running Road Races (10K)	Bellevue State Park 800 Carr Road Wilmington, DE
October 05, 2024	Rain or Shine	Archery	New Castle 100 Archery, 2272 Sunset Lake Rd Newark
October 5, 2024	October 6, 2023	Washers	Brandywine Springs Park, Newport Gap Pike (Rt 41) and Faulkland Road
October 5, 2024	October 6, 2024	Cornhole	Brandywine Springs Park, Newport Gap Pike (Rt 41) and Faulkland Road
October 6, 2024	October 7, 2024	Horseshoes	Brecknock County Park, 80 Old Camden Road Camden, DE
October 8, 9, 10	Rain or Shine	Bowling	Eagle Lanes (Dover Air Force Base) 420 Tuskegee St, Dover AFB, DE 19902
October 13, 2024	Rain or Shine	Billiards	Modern Maturity Center, 1121 Forrest Ave, Dover DE
October 19, 2024	Rain or Shine	Basketball (Men & Women)	PAL GYM 7259 Lancaster Pike Hockessin, DE 19707
October 19, 2024	Rain or Shine	Basketball Shooting	PAL GYM 7259 Lancaster Pike Hockessin, DE 19707
October 20, 2023	Rain or Shine	Weightlifting	CrossFit Slower Lower 34752 Delaware Ave Frankford DE 19945
October 30, 2024	Rain or Shine	Badminton	Mid-County Sr. Center, 1 Regiment Road, Wilmington, DE
TBD	TBD	Cycling (Time Trials)	



Delaware Senior Olympics

121 Forrest Avenue, Dover, DE 19904

Phone : 302-736-5698

Email : admin@delawareseniorolympics.org

www.delawareseniorolympics.org



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

Follow DSO on Facebook, YouTube, Twitter, and Pinterest!

Message from the Office Manager Janette Griffin

I started working for Delaware Senior Olympics in 2016 as the Office Manager.

Working with the DSO Board & Sport Coordinators has always been very enjoyable for me, like working with friends. So last year in August when I was diagnosed with breast cancer, I knew DSO would work with me if I had to work from home or different hours around surgeries and treatments. But what I did not know was my work friends turned into family with 100% support and love. From the first day I told the board and the sport coordinators they had my back. I have met several women at treatment that were not receiving the support from their employer, which makes recovery harder. I wanted to take this time to share with everyone how outstanding this company is and how Blessed I am to work for DSO.

Also to say Thank You to the DSO Board & Sport Coordinators for all your support, love, prayers, and friendship I have received. Thank you to all the athletes for being understanding and being patient if I did not call or reply right away. I am cancer free now and starting to feel like myself again. I truly do not know if I would have recovered so fast if it was not for the DSO support.

Message from DSO President Paul Gatti

Delaware Senior Olympics (DSO) is a volunteer, not for profit organization, and the only Delaware organization that offers programs and activities for seniors that are focused on healthy aging and quality of life. These include Walk Delaware, Senior Group Challenge, and organized athletics highlighted by our Annual Games. We operate almost exclusively with volunteers and our office is located in the Modern Maturity Center in Dover.

In 2023 we had 201 Delaware participants in the National Senior Games in Pittsburgh PA. The qualifying games for the 2025 National Senior Games in Des Moines, Iowa will be held in 2024.

We are always in need for additional help and welcome volunteers to help fulfill our mission.

We also have some wonderful sponsors, who help to support us financially. We ask you to also show your support for them.

You are invited to join with us in our pursuit of FUN, FITNESS, FELLOWSHIP and an ACTIVE, HEALTHY LIFESTYLE. We look forward to seeing you soon.

Paul