

### There is Volleyball Life After 50!

Well what a trip we had! Eight of us 50+ gals headed off to St. George, Utah, on October 6, 2010, for the Huntsman World Senior Games, and our team, **Newfoundland Labrador Island Girls**, were one of the young ones. Shirley Mercer told us about these games; she heard about them from her Ontario softball friend, Nancy Alway, and it only took one night in Shirley's hot tub to convince us to go!



(Left to Right-Back Row: Shirley Mercer, Carol Hipditch, Sharon Quinton, Kathy Knight, Jane Connors)  
(Left to Right-Front Row: Mary Byrne, Margo Hanlon, Nancy Alway)

There were 27 different sports from Archery to Walking Tours, with over 9,000 participants. We competed in the 50+ Volleyball Division and we won the Bronze Medal in our Tier. Our division had teams from Alberta, California, Missouri, Colorado, Utah, and Bolivia. The oldest age group for women's volleyball was 73+ and for the men's volleyball, 76+. It was awesome walking around the Dixie Centre seeing all these volleyball players of various ages. There was a special award handed out at the Sports Banquet for a 91-year old female volleyball player!

The Huntsman World Senior Games started in 1987 and were founded by Daisy and John H. Morgan, Jr., (also President of the Games). They began with their vision of an international sports event for men and women ages 50 and up. Both agreed that the Golden Years in life were better when good health and physical fitness became a way of life and not an occasional hobby. The Huntsman family are the main sponsor of this annual event and welcome the added economic boost to their city of St. George.

St. George is a beautiful city, with a population of 80,000 and is located 120 miles north of Las Vegas, Nevada, and 300 miles south of Salt Lake City. While we were there, the average daytime temperature was between 80 and 85 degrees. St. George's trademark is its geology as it is surrounded by mountains and red sandstone bluffs that make up the northern part of the city, with two peaks covered in lava rock in the city's center. The southern part of the city has a breathtaking view of the Mojave Desert.

Tourism is very high on their list and it was evident as we were treated very well by the locals and by the business owners. We even had free shuttle service to all of our games and to our tourist and shopping excursions!



The Huntsman World Senior Games have full-time employees that work year round, and they are joined by more than 2,000 volunteers to host these athletic events over a two-week period every year in October. The main focus is a celebration of all events and inscribed on all medals: "To Foster Worldwide Peace, Health & Friendship." No matter where we went, people asked us how we were doing with our games, and they always finished with, "Fun! Don't forget the Fun!", and indeed it was a lot of fun.

In closing, we would like to thank our sponsors for helping us make this trip all the way from Newfoundland to Utah:

**Newfoundland Labrador Provincial Government**  
**Newfoundland Labrador Volleyball Association**  
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**Topsail Road Chiropractic Clinic**

Links:

<http://www.seniorgames.net/>

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