



29 YEARS "OLD" AND STILL KICKIN'

2008 CONNECTICUT SENIOR Winter Games

2008 marks the 15th year of the Connecticut Senior Winter Games. The Connecticut Sports Management Group, Inc., is very excited to, once again, offer the Winter Games on Tuesday, February 26th at Ski Sundown in New Hartford, CT. The Winter Games will include the following events: Downhill, Slalom, Cross Country, and Snow Shoe Race.

The competition is available for anyone turning 50 years old in the 2008 calendar year. Competitors will participate in five year age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 & 90+. In the Olympic tradition, awards will be presented for 1st through 3rd place in each age division.

In an effort to increase participation and, therefore, the competitive integrity of the Connecticut Senior Games, we are offering the "Bring a Buddy" Program for the 2008 Winter Games. The "Bring a Buddy" Program, if successful, will not only achieve the aforementioned goal, but also make the Games more affordable for athletes who take advantage of this new offering. "Bring a Buddy": First person pays full price, Buddy pays half price! Please see the enclosed flyer for further details on the program.

Please log on to www.seniorgamesct.org for more information and to download the entry forms.



Connecticut Senior Games athletes at the Track & Field competition at Trinity College



The Madison Tigers Slow Pitch Softball Team at the Pratt & Whitney Aircraft Club in East Hartford.

2008 CONNECTICUT SENIOR SUMMER GAMES

The City of Hartford and Trinity College, home of the Connecticut Senior Games, once again, will be the site for the 29th summer competition.

The senior athlete social will kick-off this year's event on Friday, May 30th at Trinity College. All participants and family members are invited to join us for a complementary cook out with entertainment, prizes and more. The Games will run from May 30th through June 1st.

Individual events for this year's games include: Archery, Badminton, Bowling, Cycling, Racquetball, Shooting, Swimming, Track & Field, Table Tennis, and Tennis. Team sports include: 3-on-3 Basketball, Slow Pitch Softball, and Volleyball.

Pre-registration is required for ALL events at this year's 2008 Senior Summer Games. Please visit us at www.seniorgamesct.org for further information on the Senior Games.

2008 SENIOR ATHLETE OF THE YEAR ~ EDNA URBANSKI A LIFETIME DEDICATED TO EDUCATION AND ATHLETICS.

For 15 years Edna has participated in the Connecticut Senior Games, competing in multiple sports including: 3-on-3 Basketball, Badminton, and Golf. Edna has won more medals than we can count and has been a tremendous advocate for the "Games" and senior athletic activities in the state. Edna was one of the founding members of Connecticut's "first" Senior Women's Basketball teams made up of 60 and 70 year olds competing in the 60-64 age division in the local and National Senior Games.



2008 Connecticut Senior Games Athlete of the Year Edna Urbanski.

Edna's life has focused around her family, education and athletics. Edna's determination to continue learning and achievements in education mirror her commitment to athletics. She attended Arnold College of Health & Physical Education at the University of Bridgeport where she graduated with a Bachelor of Science degree in 1946. She returned to her alma mater and received her Master of Science degree in 1967. Her love for learning never stopped. In 1975 Edna completed her sixth year in Administration and Supervision from Southern Connecticut State University. In 1988, she received a certificate in Gerontology from Gateway Community College.

Her teaching career at North Haven High School began in 1965. Edna taught Physical Education for 40 years in Hartford, New Haven, Wallingford and North Haven. Over the years, Edna could be found choreographing musicals, starting a co-ed gymnastics team, badminton club and dance club. She also coached the girls' tennis team, swim club and junior high girls' basketball team. In her spare time she would volunteer as a Red Cross swim instructor and trainer.

As well as participating, Edna has mentored and taught women in Basketball, Badminton and Golf. She is an exceptional example of what participation in sports has on the quality of life for seniors.

Edna's Achievements & Participation

- 1992 - 2007 Connecticut Senior Games
- 1993 National Senior Games - Seattle, Washington
- 1995 National Senior Games - Tucson, Arizona
- 1997 National Senior Games - San Antonio, Texas
- 1999 National Senior Games - Baton Rouge, Louisiana
- 2001 National Senior Games - Orlando, Florida
- 2003 National Senior Games - Hampton Roads, Virginia
- 2005 National Senior Games - Pittsburgh, Pennsylvania
- 2007 National Senior Games - Louisville, Kentucky

2007 SENIOR COORDINATORS OF THE YEAR: HARRY & LINDA COLLINS

Basketball always played a role in the life of Linda Collins but it wasn't until Linda got her husband involved with a co-ed instructional league in Boston when they were in their 40's, that Harry took a serious interest in the game. Soon after, senior basketball started at the Massachusetts Senior Games in 1999. Linda played and Harry coached.



2007 Connecticut Senior Games Coordinators of the Year.

In 2000, the Connecticut Women's Basketball team took an interest in Linda's abilities and began to recruit her as an out of state player. The commitment level of the Connecticut team and living close to the Connecticut-Massachusetts border in Charlton, MA persuaded them, and the player and coach duo joined up. Shortly after, Linda was elected team captain and Harry ran practices for as many players that came on Wednesday night. The only thing that stops practice is UConn Women's home games because many of the members are avid fans and season ticket holders.

When asked if the husband/wife/coach/player dynamic can be an awkward one, Linda and Harry admit that sometimes it is. While Linda admires Harry's coaching ability, she's not so keen on another function he performs. "He's a lousy referee in practices," she says, laughing. "That's the only time I argue with him." But like any good player, Linda knows that the coach's call stands. Harry is energized by the passion and desire to play, demonstrated by the women he coaches. Harry keeps his skills honed and rules current as a member of the Massachusetts Basketball Coach's Association.

In 2002, the Connecticut Sports Management Group took over the Connecticut Senior Games and quickly realized Harry and Linda were the right people to help coordinate the women's 3-on-3 Basketball. Besides recruiting players and running practices, Harry & Linda have helped the Connecticut Senior Games bring in teams from all over the east coast to participate in our tournament. Teams have traveled from as far away Virginia to come to Connecticut to play against some great competition.

After several years of practice, recruiting players and forming multiple teams, Linda's team the Connecticut Sisters, won Silver Medals in their age group at the 2003 National Senior Games, held in Hampton Roads, Virginia. They repeated as Silver Medal Winners at the 2005 National Senior Games in Pittsburgh. In 2007 Connecticut was represented by four women's basketball teams in three age groups at the Nationals. 2007 also brought an invitation from the WNBA. A committee, which Linda was part of, was formed to develop a plan with the Connecticut Sun to promote Senior Women's Basketball. The resulting exhibition games were so successful, they have been invited back next year.

When asked if they will be throwing in the towel anytime soon, Linda and Harry are quick to reject the notion. "I don't see stopping, we just keep on going as we are having fun," says Linda. It is a pleasure to recognize and honor Linda and Harry for their dedication to the game of basketball and to the Connecticut Senior Games.



Young Associates 3-on-3 Basketball Team at Trinity College