

Long Island Senior Games 2010 General Information

Event Sites:

Suffolk County Community College Health & Sports Education Complex ~ Centrally located in Brentwood on Crooked Hill Road with ideal facilities for sports, games and parking, and is the main venue for the “Games”.
House of Lords Billiards ~ Located at 612 South Oyster Bay Road in Hicksville, and will be the site for billiards.
Commack Vets Lanes ~ Located at 2183 Jericho Turnpike in Commack, and it will house bowling singles and doubles competition.
Eisenhower County Golf Course and Park ~ Located on Hempstead Turnpike, East Meadow, and it will be one of the sites for golf.
Fencing ~TBA
Robert Moses State Park ~ Located on Fire Island, and it will be the site for pitch and putt golf.
Armritraj Racquet & Health Spa ~ Located in Bay Shore, and it will be the site for the racquetball competition.
Timber Point County Golf Course ~ Located at 15 Great River Road in Great River, and it will be one of the sites for the 18 hole golf tournament and the ribbon event “closest to the pin” contest.
West Hills County Park ~ Located on Sweet Hollow Road in Huntington, and it will be the site for the orienteering competition.

Who is Qualified to Participate?

Anyone who is at least 50 years of age on or before May 26, 2010, or any team sport participant who will be 50 years of age between January 1, 2010 and December 31, 2010. There are no geographical restrictions. (You do not have to live on Long Island or in New York State to participate.)

Competitive Divisions:

Competition in most activities is divided by gender and age groups that are set up in 5 year increments (50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80–84, 85–89, 90–94, 95–99). Age brackets will be specified within each team sport when necessary.

Teams:

The word TEAM refers only to the following sports: basketball, softball, and volleyball. The age of the youngest participant on each team will determine the age bracket of the team. Individual registration will not be allowed. Only complete teams can register.

Doubles/Mixed Doubles:

Doubles refers to two persons of the same gender; mixed doubles refers to a man and a woman. The age of the younger participant will determine the age bracket in both doubles and mixed doubles.

Awards:

Medals and Ribbons are awarded to the top three place winners in each category, including ties. Participants in any age group may be combined for competition in case there are an insufficient number of players. Winners of contests taking place at Suffolk Community College can pick up their awards at the *Awards Table* at the college after the scores have been posted. Golf awards may be picked up at the *Awards Table* at SCCC starting on Saturday, June 12. Other off campus venue winners will be given their awards immediately upon conclusion of their competition.

How to Register:

ALL MEDAL COMPETITORS must complete and return an entry application postmarked no later than Saturday, MAY 29, 2010 (except golfers). Deadline for all golf entry applications is Saturday, May 15, 2010.

Send to: Mildred Wilcox
Long Island Senior Games Registration Director
52 Oleander Drive
Northport, NY 11768

Questions?
(631) 239 - 5741
milnwil@optonline.net

PLEASE NOTE: There will be no on-site registration for medal events. Those who have registered for medal events may, and are encouraged to participate in all ribbon events.

ALL RIBBON COMPETITORS: There will be on-site registration, although early registration is preferred.

Medal Events

Registration is required for all medal events.

The registration fees are listed on page 7.

Applications (except golf) must be post marked by Saturday, May 29, 2010.

All golf applications must be postmarked by Saturday, May 15, 2010.

Badminton: SCCC Gymnasium, Sunday, June 13, 3:00 PM - 5:00 PM. *Provide your own racket.*

Basketball 3 on 3: SCCC Gymnasium, Saturday, June 12, 3:00 PM - 5:00 PM.

Billiards: House of Lords Billiards, Hicksville, Thursday, June 10, 10:00 AM to completion

Bocce: SCCC Fields, Sunday, June 13, 2:00 PM

Bowling: Commack Vets Bowl, Saturday, June 12 (Singles) and Sunday, June 13 (Doubles)

Play starts at 9:00 A.M. *sharp* both days.

Cycling: 5K, 10K and 20K on the perimeter road of SCCC Sports Complex, Sunday, June 13.

5K-9:15 AM 10K-10:30 AM 20K-Noon

Fencing: TBA

Golf – 18 Hole: Eisenhower Golf Course, East Meadow, Thursday, June 3, 8:00 AM (*shot gun start*);

Timber Point County Golf Course, Great River, Thursday, May 27, 8:00 AM (*shot gun start*)

Both courses have a 7:30 AM sign in time. Play scored as low gross and low net.

Golf – Pitch & Putt: Robert Moses State Park, Fire Island, Wednesday, May 26, 8:00 AM

Horseshoes: SCCC Field, Sunday, June 13, 11:30 AM. *Equipment will be provided.*

Orienteering: West Hills County Park, Huntington, Tuesday, June 8, starting at 10:00 AM.

There will be beginner and intermediate competition. *A map and compass will be provided.*

Pickleball: SCCC Gymnasium, Sunday, June 13, 9:00 AM to completion

1500M Walk: Saturday, June 12, 10:00 AM, SCCC track

5K Run or 5K Walk: SCCC perimeter road, Sunday, June 13, 8:00 AM (5K = 3.1 miles)

Racquetball: Armritraj Racquet and Health Spa, Bay Shore, Friday, June 11, Doubles – 3:00 PM

Singles – 5:00 PM

Shuffleboard: SCCC Gymnasium, Saturday, June 12, 9:00 AM (women), 11:00 AM (men)

Softball: (Men) TBA, June 9– June 11, 9:00 AM start

(Women) TBA, Saturday, June 12, 9:00 AM start

Swimming: SCCC pool, Saturday, June 12, 2:00 PM

Table Tennis: SCCC Gymnasium, Saturday, June 12, 9:00 AM. *Bring your own paddle.*

Tennis: SCCC outdoor courts, Saturday, June 12 and Sunday, June 13, 9:00 AM to completion

You will be advised of your playing time.

Track& Field: SCCC track, Saturday, June 12 and Sunday, June 13 (*for times see schedule of events on page 5*)

Triathlon: SCCC, Saturday, June 12, 1 PM – 3:00 PM (5 minute swim; 15 minute stationary bike; 10 minute treadmill)

Empire State Senior Games

(New York State residents only)

June 8 – June 13, 2010 at SUNY Cortland (pending approval)

For further information contact: Empire Senior Games, 6105 E. Seneca Turnpike, Jamesville, N.Y. 13078-9516
Telephone (315) 492-9654 Fax (315) 492-4268 Website www.empirestategames.org

Director: John Doherty (212) 866-2794

Ribbon Events

The schedule of events is listed on page 6. If you have registered for any medal event you can, and are encouraged to participate in any and all ribbon events. Register now or sign up at the event. Winners in each age/gender group receive ribbons at the Awards Table at the close of competition.

Basketball Hot Spot: Try your luck and skill. You have 10 tries to shoot a basketball and score points from a variety of spots on the floor. The choice of which spots to use is up to you. The value of the spots is as follows: 1 point – lay-up (from anywhere), 2 points – free throw line, 3 points – behind 3 point area, and 5 points – from bases (Hot Spots). High score wins. You must retrieve your own ball.

Basketball Shootout: How many baskets can you make in 30 seconds? You have 2 tries of 30 seconds each. Volunteers keep the score, but you must retrieve your own ball.

Bocce: This is an outdoor game played with 8 large bocce balls and one small target ball, the “pallino”. The object of the game is to see how close you can roll your bocce balls to the “pallino”.

Crazy Bocce: Toss 8 floatable balls into a small kiddie pool in an effort to have them stay in any of the 4 colored floating rings. Each color ring has a different point value. The highest score wins.

Darts: Throw 3 darts into the target for 5 rounds. Score will be kept for you. You will be given practice time. High score wins. The darts and target are provided.

Football Accuracy & Distance Toss: Toss a football 3 times for accuracy and distance; highest number wins. Footballs are provided.

Frisbee Golf: Toss your Frisbee toward the first hole (a designated circle or basket on the ground.), and count how many tosses it takes to land your Frisbee in that hole. Repeat the process for 4 holes. Low total score wins. Volunteers keep score. The Frisbees are provided.

Golf “Closest to the Pin” Contest: This will take place during the 18 hole medal golf event at Timber Point Golf Course. The winner will be the golfer who drives the ball closest to the pin on a designated hole.

Miniature Golf: Try your luck and skill on a charming course at SCC. Lowest score wins. Clubs and golf balls are provided.

Mini-Putt Golf: Use your putting skill to sink the ball into 3 separate holes. Each hole will be a different distance from the starting spot. Low total score wins.

Obstacle Course: Navigate a series of obstacles while being timed. Low score wins.

Rainbow Tossing: Toss weights onto a rug with a rainbow design. Each ring on the rainbow has a numerical value. Highest score wins. Weights are provided.

Rolling Crazy Bocce: Try Rolling Crazy Bocce. Roll your ball and get it into a hole in the wooden bocce board. Each hole is worth a certain amount of points. Highest score wins.

Shuffleboard: Use a cue stick to slide a disc down the playing court toward numbered areas. Try to keep your discs in scoring areas, while knocking opponent’s discs out. High score wins.

Softball Throw: You have 3 tries to throw a softball as far as you can. The longest throw wins. Softballs are provided.

Table Tennis: There will be a one day tournament in singles and doubles. Play as long as you keep winning. Table tennis balls are provided.

Washer Toss: Try your hand at this fun game. Toss washers down a wooden platform, aiming at the holes in the platform. Each hole has a numerical value. Highest score wins. Washers are provided.

Medal Event Coordinators

For sport specific questions contact the appropriate coordinator from the list below:

SPORT	COORDINATOR	ADDRESS	TEL. NO.
Badminton	Madeline Maffetore	334 Emory Rd., Mineola 11501	(516) 746 - 3523
Basketball 3 on 3	TBA		
Billiards	Helen Belden	187-23 87 th Rd., Jamaica 11432-2425	(718) 454 - 0998
Bocce	TBA		
Bowling	Mildred Wilcox	52 Oleander Dr., Northport 11768	(631) 261 - 9114
Bridge	Carol Matthews Jim Schneider	NA	(631) 360 - 8456 (631) 421 - 9421 Ext. 12
Cycling	Gary Westerfield	340 Old Willets Path, Smithtown 11787	(631) 979 - 9603
Fencing	TBA	TBA	TBA
Timber Point Golf:	Diane Huber	NA	NA
Eisenhower	Patricia Karas	236 Old Willets Path, Smithtown 11787	(631) 724 - 7738
Golf - Pitch & Putt	TBA		
Horseshoes	Charlie Hess	47 Chicago Ave., Massapequa 11758	(516) 541 - 3199
Orienteering	John Pekarik	238 Loop Dr., Sayville 11782	(631) 567 - 5063
Pickleball	Linda Van Valkenburg	2104 Holland Ave. #5F Bronx 10462	(718) 823 - 6875
Racquetball	Nick Montalbano	225 Howells Rd., Bay Shore 11706	(631) 968 - 8668
5K Run	Gary Westerfield	340 Old Willets Path, Smithtown 11787	(631) 979 - 9603
5K Walk	Gary Westerfield	340 Old Willets Path, Smithtown 11787	(631) 979 - 9603
Shuffleboard	Mary Glaser	3563 Raven St., Levittown 11756	(516) 731 - 8841
Softball (Men)	Tom Farrell	116 Avenue C, Holbrook 11741	(631) 981 - 0152
Softball (Women)	Maryann Bubelnik	25 Magnolia Ave., Floral Park 11001	(516) 437 - 7382
Swimming	Tami DeRose	145 New York Ave., Bay Shore 11706	(631) 666 - 8835
Table Tennis	Tom Lucca	19 Newfoundland Ave., Huntington 11743	(631) 486 - 2004 (727) 866 - 2421 Sept.-April
Tennis	Sue Kubelle	64 Pine St., Sayville 11782	(631) 589 - 0332
Track & Field	Karen Jensen	43 17 th St., West Babylon 11704	(516) 330 - 4037
Mini Triathlon	Marie Corrado	50 Lowell Rd., Port Washington 11050	(516) 944 - 9834

~ IMPORTANT INFORMATION ~

Vouchers: All participating athletes will receive 2 vouchers, 1 for a tee shirt and 1 for Saturday lunch on June 12. You **must** have your vouchers **with you** to receive your tee shirt and lunch. These vouchers **will not** be reissued or replaced, nor can they be purchased at the Games. There are no exceptions to this rule, and it will be strictly enforced.

Donations: The Long Island Senior Games, Inc. is a 501-C-3 non-profit corporation dedicated to providing competition for seniors who are 50 years of age or more. *We function solely on grants, registration fees and donations, and are staffed entirely by volunteers.* If you would like to make a tax-deductible donation to the LISG, it would be greatly appreciated. Please make the check out to: *Long Island Senior Games, Inc.* A copy of the Long Island Senior Games, Inc. 990EZ federal tax form is available upon request.

2010 Long Island Senior Games Schedule

(m) men Medal Events (w) women

Starting Times	May 26 Wed.	May 27 Thurs.	June 3 Thurs.	June 8 Tues.	June 9 Wed.	June 10 Thurs.	June 11 Fri.	June 12 Sat.	June 13 Sun.
8:00 AM	Pitch & Putt Robert Moses Sign in : 7:30 AM	Golf Timber Point Sign in: 7:30 AM	Golf Eisenhower Sign in: 7:15 AM					Discus (m) Shot Put (w) Triple Jump (m) 1500 M Run Softball (w) (Eisenhower)	Long Jump (m) Javelin (w) High Jump (w) Hammer (m) 5K Run 5K Walk
9:00 AM					Softball (m) (TBA)	Softball (m) (TBA)	Softball (m) (TBA)	Bowling Singles Tennis Table Tennis Shuffleboard (w) 100 M Dash	Bowling Doubles Pickleball Tennis
9:15 AM									Cycling -5K
9:30 AM									200 M Dash High Jump (m) Javelin (m)
10:00 AM				Orienteering		Billiards		Discus (w) Shot Put (m) Triple Jump (w) 1500 M Walk	
10:30 AM								400 M Dash	Cycling -10K 800 M Run Long Jump (w)
11:00 AM								Shuffleboard (m)	
11:15 AM									Hammer (w)
11:30 AM									Horseshoes
Noon								12:00 – 1:15 LUNCH Line Dancing Raffle Drawing	Cycling - 20K
1:00 PM								Triathlon	
2:00 PM								Fencing - Sabre/Epee Swimming	Bocce
3:00 PM							Racquetball Doubles	Basketball 3+3	Badminton
4:00 PM								Fencing – Foil	
5:00 PM							Racquetball Singles		

General Rules for Competition

1. Register as early as possible. Many medal events have limited openings.
Entry Registration Forms (except for golf) must be postmarked no later than Saturday, May 29, 2010.
All Golf Registration Forms must be postmarked no later than Saturday, May 15, 2010.
2. All contests are open to men and women separately (with the exception of Mixed Doubles and Coed Events).
3. Athletes will be divided into groups within their own gender and age bracket, numbers permitting.
4. The number of entries in an event will determine the type of tournament to be played.
5. After you send in your registration, the event coordinators will set up the tournament brackets and times of play.
6. Anyone entering a doubles or mixed doubles event without a partner will be placed in a random pool and assigned a partner based on availability.
7. You must bring your own equipment for all medal events (racquets, bats, paddles, protective equipment, etc., unless otherwise noted)
8. Each sport will be conducted under the Official Senior Games Rules. If you wish to receive a copy, please write to us.
9. Arrive at your event early. If you are not present by the conclusion of the roll call by the event director, you will forfeit your competition. NO EXCEPTIONS!
10. In the event of inclement weather, we will try to move certain events indoors. **Unfortunately, some events may be cancelled. There is no rain date scheduled. Fees are non-refundable and non-transferable.**
11. Winners of contests taking place at SCC can pick up their awards at the *Awards Table* at the college. Golf awards can be picked up at the *Awards Table* starting on Saturday, June 12. All other winners will be given their awards at the off campus venues at the conclusion of their competition.

I Want to Attend. What are the Fees?

Registration Fees: (Non-refundable and non-transferable)

1. **\$35.00:** This entry fee covers any and all events. Additional activity fees must be paid, if applicable. When planning the events in which you hope to participate, be aware of possible time/day conflicts (see pages 5 & 6 for schedule).
2. **\$10.00:** A team player wishing to participate in any other activity must pay a \$10.00 fee in addition to the team fee.
3. **Senior Special:** There is a **\$15.00 entry fee for athletes aged 80-89. This entry fee covers any and all events. Anyone aged 90 or older may register for free.** Any Additional Activity Fees must still be paid by all, if applicable.

Additional Activity Fees:

1. **Billiards:** \$7.00 per person for tournament play
2. **Bowling:** \$7.50 per person, per event (Singles - \$7.50, Doubles - \$7.50)
3. **Golf:** **\$38.00 Greens Fee** at Timber Point County Golf Course (includes the golf cart fee)
\$38.00 Greens Fee at Eisenhower Golf Course (includes the golf cart fee)
4. **Pitch and Putt Golf:** \$7.00

Also included in the registration fee:

- . Tee Shirt
- . Lunch (Saturday, June 12, Noon – 1:45 PM)
- . Souvenir Program
- . Results Booklet (on our website ~ longislandseniorgames.org)
- . Potential Medals and Ribbons

FOR OFFICE USE ONLY:		
Date Postmarked: _____	Event(s): _____, _____, _____	
Date of Confirmation: _____	Gen. Fee: _____	Activity Fee(s): _____
I.D. No. _____	Donation: _____	Sr. Gen. Fee: _____
		TOTAL AMT. _____
Team Name: _____	Golf Handicap: _____	Bib No.: _____

Registration Form – Part 1

Detach this form and mail it in as soon as possible.

This form may be duplicated if desired. Remember to fill out entire form (Parts 1 & 2- pgs. 8, 9 & 10)

REGISTRATION DEADLINE: Scheduling for medal events requires entry forms to be *postmarked* no later than **May 29, 2010** or by **May 15, 2010** for golf participants. There will be **No On-Site Registration** for medal events.

Mail to:

Mildred Wilcox, LISG Director of Registration, 52 Oleander Dr., Northport, N.Y. 11768

(please print)

LAST NAME: _____ **FIRST NAME:** _____ **COUNTY:** _____

STREET: _____ **CITY:** _____ **STATE:** _____ **ZIP:** _____

HOME PHONE: () _____ **E-MAIL ADDRESS:** _____

CIRCLE: FEMALE or MALE **DATE OF BIRTH:** ___/___/___ **AGE AS OF 5/26/2010** _____

EMERGENCY CONTACT: Name: _____ Phone #: () _____
 Will this person be at the "Games"? Yes No

FEES: Registration Fees are non-refundable & non-transferable. Please include activity fees, if applicable

Senior Special: There will be NO REGISTRATION FEE for participants who are 90+ years old. There will be a \$15.00 fee for those aged 80 – 89. Activity Fees will apply to all, and must be submitted with the application.

REGISTRATION FEE:	\$35.00 -----	\$ _____
	\$15.00 (ages 80 – 89) -----	\$ _____
ADDITIONAL FEE FOR TEAM PLAYER (team player wishing to participate in other activities)	\$10.00 -----	\$ _____
<u>ADDITIONAL ACTIVITIES FEES:</u>		
Bowling (Singles, 3 games)	\$7.50 -----	\$ _____
Bowling (Doubles, 3 games)	\$7.50 -----	\$ _____
Billiards Tournament	\$7.00 -----	\$ _____
Golf Greens Fees	\$38.00 (per day inc. cart) -----	\$ _____
Pitch & Putt Golf	\$7.00 -----	\$ _____
		\$ _____
DONATION TO LISG (tax-deductible) -----		\$ _____
TOTAL (Enclose Check or Money Order) -----		\$ _____
Please make checks payable to LONG ISLAND SENIOR GAMES, INC.		

WAIVER: I certify I am physically fit and have trained for competition, and a licensed medical doctor has verified my physical condition. I consent to allow my picture, likeness, or talents to appear on any official documentation, sponsor advertisement, promotional activity, or exclusive television coverage of the Senior Games, in any manner incidental to my participation in the Senior Games, and without compensation to me. I agree to assume all responsibility for all risk, damage, or injury to me as a participant or observer. I release and discharge, for myself, my heirs, executives, and administrators of Long Island Senior Games, Inc., its employees, agents, volunteers, officials and sponsors, and all persons associated with the Senior Games from all claims, damages, rights of action present or future which may arise in connection with my participation in the Senior Games.

Signature: _____

Date: _____

TURN OVER & FILL OUT PART 2 on pages 9 & 10 ►

Registration Form – Part 2

Medal Event Selection

Medal Event participants (except for golf) are required to register by Saturday, May 29, 2010. All golfers must register by Saturday, May 15, 2010. NO EXCEPTIONS!

Directions: Select a sport(s) by filling in the square in front of the sport(s) in which you want to participate. Some sports require you to fill in additional squares to let us know what phase(s) of the sport you wish to enter.

Example: to participate in Tennis singles & doubles fill in the squares as follows: ■ Tennis ■ Singles ■ Doubles □ Mixed Doubles
Before selecting your activities check on page 5 to see when they are offered. It is not possible for you to register for more than one medal event in the same time frame. It is your responsibility to arrive at your activity on time.

TEAM SPORTS

BASKETBALL 3 ON 3

(Maximum Team Roster – 6)

SOFTBALL

(Maximum Team Roster – 15)

VOLLEYBALL

(Maximum Team Roster – 8)

BB Team Name: _____

SB Team Name: _____

VB Team Name: _____

TEAM CAPTAINS: Return the roster form listing ALL team members along with their individual registration forms. Include the **SPORT, TEAM NAME & LIST TEAM MEMBERS ALPHABETICALLY** (print name, address & date of birth of each). Put a “C” in front of the team captain’s name. The team captain will get all informational material. **Each team member must sign his/her own waiver.** The team captain must send in **team fees**, which are \$120 for a basketball team; \$300 for a softball team; \$160 for a volleyball team. Any team player that wishes to participate in any other sport must pay an additional \$10 plus an activity fee if applicable.

INDIVIDUAL SPORTS

The fee to register for one or more of the sports listed below is **\$35** or **\$15** (ages 80-89), plus any applicable additional activity fees.

BADMINTON

Singles

Doubles

Partner’s name & age (print): _____

Mixed Doubles

Partner’s name & age (print): _____

RACQUETBALL

Singles

Doubles

Partner’s name & age (print): _____

5K Run 5K Walk (*Choose only one*)

BILLIARDS (additional \$7.00 Activity Fee)

SHUFFLEBOARD

BOCCE

SWIMMING (choose 6 or less) List your best time below:
(if unknown mark NT)

BOWLING

Singles (additional \$7.50 Activity Fee)

Doubles (additional \$7.50 Activity Fee)

Partner’s name & age (print): _____

Mixed Doubles (additional \$7.50 Activity Fee)

Partner’s name & age (print): _____

50 Yd. Backstroke

100 Yd. Backstroke

200 Yd. Backstroke

50 Yd. Breaststroke

100 Yd. Breaststroke

50 Yd. Butterfly

100 Yd. Butterfly

50 Yd. Freestyle

100 Yd. Freestyle

200 Yd. Freestyle

100 Yd. Individual Medley

200 Yd. Medley

CYCLING 5K 10K 20K

FENCING Epee Foil Sabre

GOLF Callaway Handicap

GHIN Handicap? Index: _____

Choose one or both: Timber Point Eisenhower

Pitch & Putt (18 hole, par 3)

TABLE TENNIS

Singles

Doubles

Partner’s name & age (print): _____

HORSESHOES

ORIENTEERING

Beginner

Intermediate

PICKLEBALL

Doubles

Partner’s name & age (print): _____

Mixed Doubles

Partner’s name & age (print): _____

Part 2 continued on next page ►

Registration Form – Part 2 (Continued)

TENNIS

Singles

Doubles

Partner's name & age (print)

Mixed Doubles

Partner's name & age (print)

TRACK & FIELD

100 Meter Dash

200 Meter Dash

400 Meter Dash

800 Meter Run

1500 Meter Run

1500 Meter Walk

Discus

Hammer

High Jump

Javelin

Long Jump

Shot Put

Triple Jump

TRIATHLON (MINI)

IMPORTANT ANNOUNCEMENT

Sunday, June 13, 2010

The perimeter road around the college will be closed from 7:00 AM to 1:00 PM. Parking lot #3 in front of the main gymnasium will be closed as well. If you park in this lot before 7:00 AM please be advised that you will not be able to leave until 1:00 PM. Parking lots #1 and #2 will be available to you during this time.

After we receive your Entry Registration Form, and the tournament rosters have been prepared, you will receive a packet containing:

- ~ A map of the college campus
- ~ Specific sport information about the events for which you have registered
- ~ A tee shirt and food voucher

GENERAL MEETING

Wednesday, June 23, 2010 at 7:00 PM

Suffolk County Community College, Brentwood Campus

Physical Education Building Lecture Hall

(Site is tentative)

**“You don’t stop playing because you grow old,
You grow old because you stop playing.”**