



## *New Mexico Senior Olympics, Inc.*

P.O. Box 2690 • Roswell, NM 88202-2690  
1-888-623-NMSO (6676) • (575) 623-5777 • Fax: (575) 622-9244  
E-mail: [nmso@nmseniorolympics.org](mailto:nmso@nmseniorolympics.org) • [www.nmseniorolympics.org](http://www.nmseniorolympics.org)

### **PRESS RELEASE**

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Contact: Cecelia Acosta, Director [cacosta@nmseniorolympics.org](mailto:cacosta@nmseniorolympics.org) 575.642.6048

### **Senior Olympics offers TRACK and FIELD Sport Clinic in Albuquerque**

New Mexico Senior Olympics, Inc. (NMSO) will conduct a **FREE** Senior 50+ TRACK and FIELD Sport Clinic Training on **March 11, 2023 in Albuquerque, NM** to help seniors condition and train for the various upcoming local, state, and national senior games. The clinic is open to all Seniors 50+, regardless of where you reside, and all skill levels are welcome. The clinic will be held in accordance with the current state and local public health safety guidelines. Sport clinic will allow participants a chance to engage in Track and Field events after the long pandemic and to begin training for the annual New Mexico Senior Olympics Ernesto Ramos State Summer Games to be held in Las Cruces, NM on June 7-11<sup>th</sup>, 2023

The one-day clinic will train on Sprints, Mid-distance Running, Estimated Run/Walk, Discus, Javelin, Shot Put and Long Jump. Held at Sandia Prep High School, 532 Osuna Rd, NE, Albuquerque. There is no registration fee to attend however, we do ask you to RSVP with the NMSO Office in Roswell at 1-888-623-6676 or on our website with the short registration form at [www.nmseniorolympics.org](http://www.nmseniorolympics.org). Limited to the first one hundred (100) participants that check-in onsite.

A certified team of instructors will be on hand to work with seniors, led by Albuquerque's NM Track Club. Clinic will include a mini competition at the conclusion of the training provided numbers are conducive. NMSO recognizes hesitation on the part of some to gather in groups, however COVID-19 safety guidelines for athletes and clinicians will be followed. Participation in the SWIM Clinic is voluntary, and it is expected that participants honor the Senior Games athlete's pledge of sportsman-like conduct in safe play and follow appropriate precautions. Attendees will practice physical distancing and are encouraged to follow healthy hygiene practices. For Clinic program details visit our website at [www.nmseniorolympics.org](http://www.nmseniorolympics.org).

**Cecelia L. Acosta, Executive Director**

*"You don't stop playing because you grow old, you grow old because you stop playing."*