



32nd NVGAG Event Reminders

- The NVGAG Pre-registration on August 3 is 4pm-8pm at the Albuquerque Convention Center (Hall 3) and it only includes STOP 1 – Drop events; STOP 2 - Packet Pickup. Athletes who preregister will still need to attend the Health and Wellness EXPO on August 4, to complete the other registration stops in order to check in and compete in their events.
- Registration check-in will be held Saturday August 4, 2018 8:00 – 2:00 pm. If you have events scheduled for Saturday you must check-in prior to 1 hour check in time.
- Please visit the National Veterans Golden Age Games Website at: <https://www.blogs.va.gov/nvspse/national-veterans-golden-age-games/>) or you can also visit the 2018 NVGAG Event Website at <http://goldenagegames.fusesport.com/>. Both NVGAG websites have important information about the NVGAG, things to do in Albuquerque, NVGAG event rules, sports information, etc.
- In order to accommodate all athletes that have signed up and ensure adequate playing time all events **WILL** start on time. All athletes **MUST** arrive one hour prior to the start of their event. If you do not report during the 1 hour check in time arrive after the start of the event, you will be disqualified and forfeit your participation in that event.
- The athlete pre-event survey is open: <https://www.surveymonkey.com/r/2018NVGAGPre> . We encourage all athletes to take the survey as the feedback provides valuable information for NVGAG future events. The survey will close on August 1, 2018 at 12am.
- The NVGAG Sports Clinics will be on August 3, 2018 4pm-8pm in the Albuquerque Convention Center for the following sports: basketball (Hall 1), badminton (Hall 2), boccia (Hall 1), horseshoes (Hall 2), pickleball (Hall 1), nineball (Rms 110-115), shuffleboard (Hall 4), and table tennis (Hall 2). If you are able, this will be a great opportunity for you to practice, ask questions to the National Officials, and warm up before the NVGAG competition begins.
- All Athletes must be familiar with the rules and regulations, including safety regulations for the sport you have registered to compete in. If during the competition the official deems you do not have the sport competencies for your event, you will be disqualified and forfeit your participation in the event.

- If you need to drop an event, please email the National Mail Group at VHANationalVeteransGoldenAgeGamesNationalStaff@va.gov . We have reach our **full maximum entrants** for all of the NVGAG sporting events. No athletes can be added to any of the events, not even to a waiting list. There is no onsite registration.
- All bracketed events (badminton, boccia, horseshoes, nineball, pickleball, table tennis, and shuffleboard) are single elimination tournaments.
- As listed in our Rulebook, the NVGAG has a NO smoking policy at ALL sport event venues this includes electronic cigarettes.
- All athletes should ensure they pick up their medals if won at their event. Medals **WILL NOT** be mailed out to athletes.
- If your emergency contact has changed please log back into your NVGAG registration and update that information.
- Weather in Albuquerque – Please be aware that low humidity and abundant sunshine mean visitors need to stay hydrated by drinking plenty of water. Visitors should also use sunblock with a high SPF for skin protection. UV rays are stronger at higher altitudes; Albuquerque's elevation is over 5,000 feet. We hope your experience in Albuquerque is nothing short of ideal. Odds are that you will enjoy clear, sunny days and perfect weather.

PRACTICAL IMPLICATIONS FOR ATHLETES

Diet - A high carbohydrate, low salt diet allows for better adaptation and less risk of "mountain sickness". Some people experience significant decline in appetite and the resulting loss of muscle mass may hinder performance. *Iron* is used to make hemoglobin and the demand for making more red blood cells may require iron supplementation -- especially in women and vegetarians. Megadoses of vitamins are not helpful and are potentially dangerous.

Fluids - Because mountain air is cool and dry you can lose a lot of water so be sure to maintain adequate hydration.

Alcohol - It is best to avoid alcohol consumption during the acclimatization period since it appears to increase the risk of "mountain sickness".

WORKOUT INTENSITY - This will necessarily be lower until adaptation can occur. Pushing your workouts too hard may increase your risk of overtraining or injury. Additionally some people just do not adapt as well as others. There is not one workout program that is appropriate for everyone -- just like at sea level. It is best to keep a log in which you rate fatigue during workout and at

rest, morning resting heart rate, weight, and mood. Correlate this with the intensity of your workouts and this will help mold a flexible routine that is right for you.

- The NVGAG mobile app is making access to the [2018 National Veterans Golden Age Games](#) in Albuquerque easier than ever! The app for smart phones is available at most app stores online, and features information on the event schedule, sporting event rules, interactive venue maps, [volunteer registration](#), transportation, host hotels, networking with other attendees and much more. You can get this **FREE** app by following these simple steps:
 1. Using your smart phone, click on this link <https://crowd.cc/s/1nssI> to download “**CrowdCompass AttendeeHub**” from the app store of your choice (ex: Google Play, iTunes, etc.).
 2. Open AttendeeHub, then type “National Veterans” in the search window.
 3. The 2018 National Veterans Golden Age Games app will appear.
 4. Download the event and create your profile.

Get the 2018 NVGAG **FREE** app today and stay informed before, during and after the “Games of Enchantment” that will happen August 3-8 in Albuquerque, New Mexico!??

Thank you and we look forward to seeing you in Albuquerque!