



**The largest sporting event in history
exclusively for dwarf athletes**

Close to 800 registrations processed to date;
Athlete count expected to top 400.

Final chance to register!

You must be [registered](#) by April 30* to: (1) compete, (2) stay and/or eat at Athlete Village, (3) attend WDG receptions, (4) participate in recreation events, (5) ride shuttle buses.

*\$50 late registration fee applies

Get Serious!

Just three months before athletes make the trip to Michigan State, it's time to focus on individual and team preparations.

While 'train till near death' may sound like a good idea, WDG Director of Sports Medicine Dr. Mathew Saffarian suggests a much safer and more balanced approach. See his special message to athletes below.



Be on International Television!

Dragonfly Film and Television Productions, an award winning television production company in London, UK is sending a producer to the World Dwarf Games and is interest in speaking with you. They have an industry-leading reputation in documentaries and delivering extremely sensitive programmes with huge popular appeal (<http://www.dragonfly.tv/>)

Some of our clients



At current, Dragonfly Films is making a global documentary television series for National Geographic, celebrating the most outstanding achievements of those in the little people community. Each episode will follow the daily lives of individuals and groups of dwarfs from around the world and we are

looking for people with a range of interesting and inspiring jobs, hobbies and inspiring stories for this celebratory series. They are also really interested in speaking to any athletes who are attending the World Dwarf Games.

If you are interested in learning more and participating in this documentary please get in touch with Sophie Prew direct on 0044 203 4871220 or sophie.prew@dragonfly.tv . They're looking to start filming in May so if you are interested please get in touch as soon as possible. The team is more than happy to answer any questions and please rest a sure a conversation at this stage does not commit you to taking things further.

Take the bus!



Under the watchful eye of Athlete Village Director Marge Carlisle (that's her in the bus window), athletes and supporters celebrated the addition of the [Dean Transportation Team](#) to the World Games. Honorary Games Director Kellie Dean, President of Dean Transportation, has agreed to provide all the shuttle services for the Games, and serve as title sponsor for WDG Basketball!

What's your strategy?

You registered and made your initial events selection. Now have until May 15 to finalize your selections. Here's a few strategies:

- You're at the Games a whole week; are you sure you only want to enter a few events?
- Could your country use you on a team sport like Boccia or as a reserve player for Volleyball?
- Are there other events you might like to try that won't distract from your main sports, but will keep you active and involved?

There's no additional cost for adding [sport events](#). Log in to your

account online to make changes until April 30. After that, change requests should be emailed to Linda Peterson at daaa@flash.net - just do it by May 15!

And don't forget Tuesday August 6th recreation events: flag football, tennis clinic, and [bass fishing tournament](#). Here our Eblast editor practices holding a bass close to the camera so it looks bigger than it really is. What are you practicing?



Blast from the past!



August, 1985: "Dwarf athletes across America participate in the Les Autres division of the CP/LA Games at Michigan State University; the first olympic style competition ever with exclusive events for athletes with dwarfism. Michigan State is considered one of the most physically accessible campuses in the United States, and the state of Michigan is a leader in promoting civil rights for people with disabilities. The Dwarf Athletic Association of America is born; the seed for the International Dwarf Athletic Federation is planted."

Three decades later, Michigan State University remains in the forefront of inclusive education. The State of Michigan continues to encourage visitors from around the world with 'Say Yes, Michigan!' We couldn't think of a better place to host the largest sporting event in history exclusively for dwarf athletes! See you in August!

A special message to athletes from Dr. Mat

My name is Mathew Saffarian and I am a Resident Physician in the Physical Medicine and Rehabilitation program at Michigan State University. I am fortunate to have been selected to serve

as the Director of Sports Medicine for the upcoming World Dwarf Games. I have a passion for Sports Medicine, and I am eager to bring my knowledge and enthusiasm to the Games.

The Michigan State University Health Team's primary concern is the health and well-being of the athletes and their families attending the Games this August. Although the Games are still three months away, athlete preparation begins now. In addition to carefully following the sport-specific training program developed by their coaching staffs, elite athletes understand that performance depends on: (1) consuming proper nutrition and adequate hydration; (2) engaging in flexibility and stretching exercises; and (3) balancing workouts to avoid overtraining.

1. NUTRITION AND HYDRATION:

A well-balanced diet is essential for athletes preparing for elite level competition. Exercise and training often requires increased calorie consumption. Athletes need to ensure that they adequately replace their body's vitamins, carbohydrates, fat, and protein storages. Additionally, staying hydrated is important in decreasing the incidence of muscle cramping and fatigue. Colorado State University has developed an athlete nutrition guide, which is available at:

www.ext.colostate.edu/pubs/foodnut/09362.html.

2. FLEXIBILITY AND STRETCHING:

Stretching, along with a warm-up, can help reduce the incidence of injury and improve performance. There are both dynamic and static stretching programs. Static stretches include lengthening a specific muscle group and holding that position for 20-60 seconds. For example: bending down and touching your toes to stretch your hamstrings. Static stretches alone are not enough to prevent injuries. Dynamic flexibility involves stretching your muscles using the power of the muscle itself through a range of motion. For example: stretching of the hamstrings by kicking the leg upward with the knee straight and locked in extension. Runner's World has developed a simple dynamic stretching guide for runners, which is available at: <http://www.runnersworld.com/stretching/dynamic-routine>

3. **OVERTRAINING SYNDROME:**

Athletes often live by the mantra, "the harder I work, the more benefit I will gain." In reality, however, training too hard can lead to diminishing returns. Dedicated athletes often fall victim to Overtraining Syndrome. The most common signs are fatigue and a decrease in performance. The solution is simple: rest. By decreasing the intensity of their training program and re-evaluating their nutritional intake, athletes can actually improve their performance. The National Institute of Health offers more information regarding Overtraining Syndrome at the following website: www.ncbi.nlm.nih.gov/pmc/articles/PMC1317287/?page=1

If you follow these guidelines, you can ensure that you will compete at the top of your game this August! Best wishes for continued success in your training!

Sponsors, Partners, and Donors - Thank You!

There is still a ways to go to reach our fundraising goal, but do take a minute to see the [fine organizations and individuals](#) who have felt strongly enough to invest in the 2013 world Dwarf Games - and there's still room if you want to see your name or organization on the list!

Be Part Of History

[**Donate to support the World Dwarf Games**](#)

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Let everyone know where you will be this August
August 3 - 10, 2013
Michigan State University
East Lansing, MI, USA

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