

Watauga County Parks & Recreation Gears up for High Country Senior Games

Written by Adam Hicks
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The Watauga County Parks and Recreation Department is registering residents for the High Country Senior Games.

According to the recreation department's program assistant, Amy Parsons, usually around 200 residents of Avery, Mitchell, Watauga, and Yancey counties compete every year in the High Country Senior Games.

Parsons said there are over 50 athletic and art events and anyone 55 years old or better is encouraged to attend.

Some of the athletic competitions include track and field, golf, tennis, shuffleboard, swimming, race walking and others. The High Country Senior Games also features arts-related events including crocheting, quilting, painting, drawing, vocal performances and more.

Residents who qualify at the High Country games will have the opportunity to compete in the North Carolina Senior Games State Finals in Raleigh. Participants in the state finals could also qualify to compete in the National Senior Olympics.

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The games will be held from May 16 until June 6, and interested residents can contact Watauga County Parks and Recreation Director Stephen Poulos at (828) 264-9511 to register. Registration costs \$10 per person before May 14 and \$12 per person after.