



Maintaining Motivation in the Off-Season: Tips from Pro Athletes

As the 2024 New Hampshire Senior Games draw to a close, many athletes are transitioning into the off-season, a time that can be just as important as the competition season. Staying motivated during this period can be challenging, but it is crucial for maintaining fitness, honing skills, and preparing for future competitions. We reached out to professional and senior athletes for their best advice on how to keep motivation high during the off-season, especially with the 2025 National Senior Games right around the corner.

Tips from the Pros: Staying Focused in the Off-Season

1. Set New Goals Pro athletes emphasize the importance of setting short-term and long-term goals during the off-season. "Even if your next competition is months away, setting weekly goals can keep you engaged," says one local track and field athlete. "It could be improving your strength, perfecting a technique, or even focusing on flexibility. Small, incremental goals keep you motivated."

This mindset is key as athletes prepare for the 2025 National Senior Games, which will be held in Des Moines, Iowa, from **July 24 thru August 4, 2025**. With over 26 competitions, including pickleball, basketball, and swimming, athletes can stay focused on specific targets for the upcoming year.

2. Try Something New Several athletes suggested adding variety to your routine during the off-season. "Cross-training keeps things fresh," says a professional swimmer who competes at both national and international levels. "I take up activities like yoga or hiking to stay active while giving my mind and body a break from my usual routine."

Adding new activities can not only refresh your mindset but also improve overall performance. If you're training for events like pickleball or beach volleyball at the 2025 Senior Games, activities like strength training or flexibility work can complement your sport and help avoid burnout.

3. Maintain a Training Routine Even in the off-season, maintaining a consistent workout schedule is key. "The off-season isn't a time to stop entirely—it's about finding balance," says one senior athlete who has competed in five National Senior Games. "I keep a lighter but consistent schedule. It keeps me physically ready and makes it easier to ramp up when the season starts."

Consistency is crucial for athletes hoping to qualify for the **2025 National Senior Games**, where qualification must be done at state senior games.

Preparing for the 2025 National Senior Games

The 2025 National Senior Games in Des Moines will feature 26 different sports, including track and field, swimming, and pickleball, with registration opening this fall. Athletes must be at least 50 years old to qualify and will need to have either qualified in state games or have met the minimum qualifying standard for a few sports that have it, or if it's an open sport then no qualification is needed.

Key Dates to Remember:

- **Online registration for all sports except pickleball begins on Tuesday, October 29, 2024, at 1:00 PM ET.**
- **Pickleball registration opens on Thursday, January 30, 2025.**

The off-season is the perfect time to build the foundation for your performance at these games. Whether you're a seasoned competitor or eyeing your first National Senior Games, maintaining motivation and preparing now can set you up for success in Des Moines.

Looking Ahead

The National Senior Games promote more than just competition—they emphasize active aging and physical fitness for adults 50 and over. With the biennial event on the horizon, use this off-season to invest in yourself. Whether it's setting new goals, trying a different training routine, or keeping a consistent schedule, the path to success starts now.

For more information on the 2025 National Senior Games and how to qualify, visit [NSGA.com](https://www.nsga.com) or follow [@SeniorGames1](https://www.instagram.com/SeniorGames1) on social media.

As we wrap up another fantastic year of sporting events, we'd like to extend our heartfelt thanks to all the **2024 New Hampshire Senior Games athletes, volunteers, and supporters**. Congratulations to all medal winners! We look forward to seeing you in Des Moines in 2025—let's make it an unforgettable year!

About the New Hampshire Senior Games

The mission of the Granite State Senior Games, Inc. (GSSG) is to promote, organize and effectively develop physical challenges, as they relate to the New Hampshire senior athlete and the 50+ population of the state of New Hampshire, undertake related activities benefiting the well-being of adults as appropriate and focusing on the development of active and healthy lifestyles. Our mission is accomplished by

encouraging fitness and by providing athletic competition in a variety of sports, clinics and creative pursuits.

Founded in 1987, Granite State Senior Games, Inc. is a not-for-profit 501(c)(3) and New Hampshire Registered Public Charity all-volunteer sports and fitness organization governed by a Board of Directors. The Granite State Senior Games, Inc (GSSG) sporting events are known as the New Hampshire Senior Games (NHSG). We are New Hampshire's premier multi-sport event for the 50+ population. GSSG is the only New Hampshire organization in the state to be sanctioned by the National Senior Games Association (NSGA) to qualify senior athletes for participation in the National Senior Games held in odd-numbered years. To learn more, please visit nhseniorgames.org.



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