



BAY AREA SENIOR GAMES



March 2, 2011

Marsha Felton, consultant for the Bay Area Senior Games/CA Senior Games Championships, interviewed these 4 Sr. Games athletes, whose profiles, in abbreviated form, appeared in *ActiveOver50's* Winter Issue. <http://www.activeover50.com/index.html> http://www.activeover50.com/articles/winter-11/AO50_Winter_11_Senior%20Games_web.pdf

"It was a privilege and delight to interview 4 of our exemplary Senior Games athletes, whose infectious enthusiasm, competitive spirit, joy, and passion about fitness characterizes the lifestyles that the Bay Area Senior Games/CA Senior Games Championships are all about!"

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1. Daniela Barnea

Sport: Swimming

Age: 65

Occupation: Foreign Language Tutor for the Palo Alto Unified School District

Challenge: "To stay in a range of health and fitness that allows me to train daily, improve my personal times and challenge the fastest records in my age group."

Education: B.A. Graphic Design, The Bezalel Academy of Art and Design, Jerusalem, Israel

Family Status: Husband Steve. Son Jon (31), two daughters Mishkie (28) and Shelley (25)

Residence: Palo Alto

Daniela was born a fitness junkie. Growing up, if there was a way to be active she was doing it. When she turned 15, she joined the Jerusalem YMCA swimming team. The team competed throughout Israel; at this age, Daniela was more interested in camaraderie than competition.

After high school, Daniela took a break from swimming and played basketball in a women's league. It was not until years later and oceans away that she heard her true calling as a competitive athlete.

Daniela moved to California in the 1970's where she and her husband raised three children, enrolled in various sports. Their favorite was swimming. Being around the pool so often with her children inspired her to pull out her old speedo, put on her swim cap and goggles, and jump in again herself. The rest is history. She joined a masters team and made a name for herself as a star breastroker and butterflyer.

After Daniela underwent major surgery in 2005, she thought it would be very difficult to get back into competing. She surprised herself and gradually achieved better times and even a world record. At some swim meets, Daniela competes against women much younger because they are seeded according to time rather than age!

Today, Daniela trains either in the pool or at the gym every day. Her workout regime includes cross training, weight training, yoga and Pilates. In 2009, her first National Senior Games, she broke National records for 6 swim competitions. In 2010, Daniela became a FINA world record holder in the 200 butterfly and was named All American for placing 1st in over 20 events/one season, some of which were Pacific and National records for the 65-69 age group.

March 26 at Stanford, women's age 65-69, at the 2011 Bay Area Senior Games/CA Senior Games Championships, Daniela will compete in the 50 breast, 50 fly, 100 breast, 100 fly and 200 im [individual medal].

Daniela contributes her determination to her passion to stay healthy as she ages and owes her success to the motivation and support that she receives from her loving family, friends and coaches. She believes that exercise of every kind can enhance people's quality of life physically, emotionally and socially, and hopes her example will inspire others to stay active, make healthy choices and set new goals as they age. According to Daniela, if she can do it, so can you!



2. Tony 'Bones' Davis

Sport: Basketball

Age: 77

Occupation: Retired; world-traveled original Harlem Globetrotter

Challenges: To obtain Gold Medal at 2011 Houston National Senior Games and to become a West Coast jazz pianist playing with groups in clubs and to play at Davies Symphony Hall in San Francisco

Education: B.S. Physical Education & Recreation, University of Hawaii

Height: 6'10"; Shoe size: 15; Wing-span: an amazing 7 ft.

Residence: San Francisco

A quote from a popular sportscaster provides a sense of how special Tony is: "Tony 'Bones' Davis is a walking basketball encyclopedia. I first met him at an informal shoot-a-round in San Francisco. Davis, displaying all the Globetrotter-like moves in distributing the ball, just knew where to deliver it. Later he showed me newspaper clippings which documented his career. The last time I saw him, he was running Kezar Pavilion for the SF Summer League Basketball games. If only other people knew how much of an ambassador of the game he truly is..." Vern Glenn, KRON4-TV

Born in Danville, Indiana, third of eight children, his first encounter with basketball was on the streets when he was 9. "It was a God-given talent," Davis says. "It just came naturally. Nobody ever taught me basketball." He was 6-ft tall when he was enrolled in a small Catholic high school, easily the best basketball player at Schlarman High, evidenced by sellout crowds at home games. Tony was one of the few African Americans in a predominantly white school. As spectators often taunted Tony when the team played out of town, nuns and priests trained him to shrug it off and keep playing.

Tony played forward and center at University of Hawaii. He wanted a college degree before going pro. Picked by the NY Knicks in the ninth round of the NBA draft in 1960, he, like other African-American players at that time, often went to the Harlem Globetrotters. Tony also played with the Harlem Clowns and Harlem Magicians out of LA.

In the late 60's Tony competed for two years, early days for African-American players, of pro basketball in France and Luxembourg, touring Europe.

Tony has lived in San Francisco since 1974. He has ties to the ProCity League and SF Pro-Am Basketball League. You may see Tony jogging 2-miles in the sand along Ocean Beach! In 1953 in Harlem, Sugar Ray Robinson advised him to jump rope, which he did seriously when younger.

He now jumps rope 4 minutes a day, as advised by his Doctor. Medical check-ups show him in excellent physical condition and exceptional peripheral vision.

Tony still shoots left handed, right handed, underhanded, and has 100% accuracy with free throws. He started playing with Senior Games in 2004, and at the March 26 basketball competitions at Stanford at the 2011 Bay Area Senior Games/CA Senior Games Championships, Tony 'Bones' will be competing with the 3 v 3 men's team, the 'Nor Cal Sharks.'* With many of the same players like Dr. Ira Glick, they now compete — and most often win Gold -- in the mens 70+ age group at multiple Senior Olympic Games in CA and the biennial National Senior Summer Games.

Tony and his talents are available as a basketball coach!



3. Julian Dawes

Sport: Soccer

Age: 64

Occupation: Software QA Consultant in the CA Bay Area

Challenge: Each year staying fit enough to compete while growing older

Education: B. S. Math & Education, University of Leicester/Trent Park College, now part of Middlesex University

Family Status: Wife Laurie. Two sons, Jordan (42) and Jason (39). Three grandchildren, Mason (10), Mackenzie (8) and Turner (3)

Residence: Sausalito

Starting from the age of 4, Dawes has been an avid soccer enthusiast. To actually play soccer was not an option between the ages 11 and 18. His interest in the sport was piqued as a spectator of the top English league games in Nottingham and watching games on TV. Julian played numerous sports throughout his childhood in England including rugby, cricket and tennis. At age 18, he finally decided to stick with his passion: soccer.

Dawes' tournament successes have been recognized nationally at the Veterans Cup (USASA National Finals) with two over-50 Championships, three over-55 Championships, and five other Finals at over-50, over-55 and over-60 ... all this since 1998.

For the March 26 & 27 soccer competitions at the 2011 Bay Area Senior Games/CA Senior Games Championships, Dawes will be competing in the 60-64 age group. He has been a player in England, France and USA, and also a coach and organizer of local and tournament soccer teams and leagues as well. He has been a qualified soccer referee in both England and USA, although playing has always been the top priority. Dawes' competitive attitude is what drives him to keep playing and managing.

Julian's team is named 'Real Marin over-60.' They will likely have 12 players. They are part of a club named 'Real Marin.' Started in 1962 as a German club, it now has a mix of players from abroad, primarily Europe. They have players of all ages, including some over-70, who are still playing soccer; the team is not actively recruiting at this time.

Both of his sons play open-age soccer in an LA league, and two of his grandchildren regularly play soccer. His wife Laurie has her own interests, including excellent design skills and is a successful entrepreneur with an established Home Decorating and Staging business. Dawes has been married for 43 years, despite the amount of time spent in soccer activities!



4. Ira Glick, M.D.

Sport: Basketball

Age: 75

Occupation: Professor of Psychiatry at Stanford School of Medicine & Stanford University Medical Center

Challenge: To continue to hang-in-the-air and do reverse, double-pump layups.

Education: Dickinson College; N.Y. Medical College; Psychiatric Training, Mt. Zion Hospital & Hillside Hospital

Professional Positions: UCSF, Cornell University Medical College, Stanford Medical School

Family Status: Wife Juannie Eng. Daughter Rachel (44), son Jonathan (40), son Brandon (20), and Olivia (16)

Residence: San Francisco

Professor/Dr. Ira Glick plays basketball because he “loves it,” and because it helps him to stay, healthy -- mentally and physically. He began playing in his youth in New York and has never stopped, regularly playing regardless of what he is doing and where he is in the world!

On the international scene, his unique experiences include: In 1991, when Ira was playing at the Pan Am Maccabi Games in Uruguay, the Minister of Health asked him to lecture to the country’s psychiatrists.

In 2003, in India as a Fulbright scholar, Ira gave daily medical lectures through the country. He found a basketball court at a Jesuit University and was asked by their coach to teach to their point guards, which he did for three days in 100+ degree heat.

Last year, while lecturing in Casablanca, Ira sought out a basketball game. After much effort, his guide found a large gymnasium. Young Arab and African guys threw him a ball to shoot hoops on his own. After they watched him shoot, they asked him to scrimmage. Two hours later, they ended up trading jerseys. On the way out, Ira learned they were players on Morocco’s top professional basketball team.

In the U.S. Ira may be the only physician who has played basketball games against two hard-core prison teams. While at Cornell, he played with NYC’s 92nd St. Y team at Sing Sing; with the UCSF Medical Center team, Ira played at San Quentin. He made it out, "despite being out played."

For the March 26 basketball competitions at Stanford at the 2011 Bay Area Senior Games/CA Senior Games Championships, Ira will be competing, and is co-captain with Jim Newman, of the 3 v 3 men’s team that started in the 60’s, the ‘Nor Cal Sharks.’ With many of the same players like Tony “Bones” Davis they now compete — and most often win Gold -- in the mens 70+ age group at Senior Olympic Games in CA and other locations, including the biennial National Senior Games.

Ira recently played pickup with some NBA team players in the Bay Area and has consulted for the National Basketball Association, hired by NBA commissioner and his friend David Stern. He is recognized as one of the fathers of the field of “sports psychiatry,” and authored the 2010 article “Sport Psychiatry – A New Frontier In A Challenging World.”

After decades of playing basketball, Ira says: “It makes me feel good just to be out there. Like I’m making the most of the one life I have.” It’s been heard in pickup basketball games from an opposing defender when he’s on the court, “*Who’s guarding that guy?*”

