

## Senior Athlete Theresa Wilkinson Carey

**Neighborhood?** Crescent Park; Palo Alto resident since 1978. Kids graduated from Paly (2003, 2007)

**Qualified Events?** Volleyball (50+); Track 100m, 200m.

**Motivation?** Diagnosed with rheumatoid arthritis at age 38, I had fallen into some bad habits. At age 48, I dropped 40 pounds and started working out with a personal trainer. I got into seniors athletics after turning 50, and have enjoyed making new friends and staying healthy. Participated in the Hunstman Senior Games in Utah for 3 years, and will continue to do so until I can't any more. I also play volleyball at the USA Volleyball National Championships with my 50+ team.

**Training?** Working out four times a week including: Interval training, weight lifting and as much volleyball as I can fit into my schedule. I have also been coaching the Stanford Men's Club Volleyball Team, and we made it all the way to the national championship match at the NCCS Tournament in April.

**Attitude?** Staying fit and healthy helps me avoid being ruined by rheumatoid arthritis. I refuse to let the disease dictate what I can and cannot do.

**How you got Started?** I loved volleyball from the day I first played, back in 7<sup>th</sup> grade at Covington School in Los Altos. Thank you, Mr. Nillson! I get a great deal of joy from coaching and passing on my love of the game.

**Why the Senior Games?** Because I can! I enjoy being with people who stay in shape and maintain their competitive natures.

