



NATIONAL VETERANS GOLDEN AGE GAMES

Melvin Williams – A Strong “A-Team” Competitor

Mention the National Veterans Golden Age Games, and Melvin Williams is all ears! He has been involved in sports his entire life and continues to welcome a rousing competition. Born in Norfolk, Virginia, he served in the U.S. Army Infantry Airborne for ten years during the 1960s and early 1970s, sustaining a leg injury during the last of his three tours in Vietnam.

Williams worked at the VA Medical Center in Hampton, Virginia for 18 years before his retirement. At age 67, he now he volunteers three days every week in the Extended Care and Rehabilitation Center and still finds time to participate in a Meals on Wheels program administered through a local church.

An active member of the Disabled American Veterans, American Legion and Veterans of Foreign Wars, Williams has participated in the National Veterans Golden Age Games for the past five years. He quickly became a member of the Hampton “A-Team” – a group of tenacious local athletes who take the annual Games quite seriously.

At the 2006 National Veterans Golden Age Games, he won a gold medal in horseshoes, and captured a silver in the same event the year before. He blames the 2005 silver medal on a leg injury he received while training for the Games. “I had thought about not attending that year because of it. That is the only year I placed second and I vowed that it would not happen again because I am used to coming in first place!” Williams also competes in shuffleboard and 9-ball events.

“This will be my fifth Golden Age Games appearance, and every time it gets better,” Williams says. “You meet the returning competitors and there are always new challenges. You really meet some wonderful and interesting people at these events, and watching them compete is a wonderful sight.”

When he’s not competing, you most often find him cheering for others. “Train hard”, he says. “Just remember – every year you have a new competitor waiting to take out your glory!”

