



NATIONAL VETERANS GOLDEN AGE GAMES

National Competitor Profile

Melvin Williams Arrives as a Strong “A-Team” Competitor

Mention the National Veterans Golden Age Games and Melvin Williams is all ears! He eats, sleeps and drinks the Games, according to him. “It’s been one of the best things in my life,” Williams said.

Williams, a 68 year-old, combat-wounded Navy veteran, worked at the VA Medical Center in Hampton, Va., for 18 years prior to his retirement. An active member of the Disabled American Veterans, American Legion and Veterans of Foreign Wars, Williams continues a pattern of life that began with his military career – supporting his comrades. He now volunteers three days a 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.

When he’s not volunteering in the community, Williams likes to work on his competitive events for the Games, which this year will be horseshoes, croquet and bowling. Williams has participated in the Golden Age Games for the past six years. He quickly became a member of the Hampton “A-Team” – a group of tenacious local athletes who take the Games seriously. Despite the competitive nature of the Games, many of the more than 600 veterans who participate say that winning isn’t everything. Camaraderie and sportsmanship are equally important to these veterans. “We share our military experiences as well as our personal experiences with our friends old and new,” said Williams.

Williams particularly excels at the game of horseshoes, and has taken home two Gold medals and one Silver medal over the last few years. He also competes in shuffleboard and nine ball. When he’s not competing at the Games, 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,” he adds with a smile.



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