

## MELVIN L. WILLIAMS — A STRONG “A-TEAM” COMPETITOR

Mention the National Veterans Golden Age Games, and Melvin Williams is all ears. Born in Norfolk, Va., Williams served the U.S. Army Infantry Airborne for ten years during the 1960s and early 70s, sustaining a leg injury during his last of three tours in Vietnam.



Despite that, he has been involved in sports his entire life and continues to welcome a rousing competition. Now living in Hampton, Va., Williams worked at the Hampton VA Medical Center for 18 years before his retirement. At 66, he still volunteers three days a week in the centralized check-in area of the hospital and also finds time to participate in a Meals on Wheels program administered through a local church. He is also an active member of the Disabled American Veterans, the American Legion and the Veterans of Foreign Wars.

When Williams began to participate in the Games, he became a member of the Hampton “A-Team,” a group of tenacious local athletes who take the Games very seriously. Now, he encourages others to go after their own medals. Williams excels at horseshoes, and has taken home two gold and one silver medal over the last few years. He also competes in shuffleboard and billiards.

Melvin Williams enjoys meeting new people, greeting old acquaintances and helping out with the events. He is grateful to still be able to enjoy good health and be able to participate. “I compete against veterans who are very competitive,” he said. “They train year round. When I see those whose disabilities top my own, I recognize how lucky I am to be able to compete.” At the Games, Williams will be cheering for others when he’s not competing himself. “Train hard,” Williams advises. “Just remember – every year there is a new competitor waiting to take out your glory!”