

GO USA



Archery – Gold Medalist



Lap Swim – Silver Medalist



Running/Walking –
Bronze Medalist



Rowing – Gold Medalist



2024 Olympic long jump gold medalist Tara Davis-Woodhall and her husband 2020 Paralympic silver and bronze medalist Hunter Woodhall

GO FRISCO LAKES



EXTRA! Summer Olympics 2024 Edition

exos

BROUGHT TO YOU BY YOUR FITNESS TEAM







































America tops the medal count at the Paris Summer Olympic Games

With 592 athletes (278 men and 314 women) in 34 sports, American athletes arrived in Paris with the mission of bringing back the hardware. When it was said and done, they accomplished just that.

With 40 gold medals, 44 silver medals and 42 bronze medals, U.S.A. ended the games with more medals than any other country with a total of 126 medals. China was a distant second with a total of 91 medals. There was an estimated total of 10,500 athletes representing 206 different countries. The Olympic Games ran from July 26, 2024 - August 11, 2024



Check out the Top 10 countries in the Medal Count Table.

Order	NOCs					
1	 United States of America	40	44	42	126	
2	 People's Republic of China	40	27	24	91	
3	 Japan	20	12	13	45	
4	 Australia	18	19	16	53	
5	 France	16	26	22	64	
6	 Netherlands	15	7	12	34	
7	 Great Britain	14	22	29	65	
8	 Republic of Korea	13	9	10	32	
9	 Italy	12	13	15	40	
10	 Germany	12	13	8	33	
11	 New Zealand	10	7	3	20	
12	 Canada	9	7	11	27	
13	 Uzbekistan	8	2	3	13	
14	 Hungary	6	7	6	19	
15	 Spain	5	4	9	18	

Frisco Lakes goes for Gold with its First Summer Olympics.



Over the course of four days, a total of 16 events were organized with the successful objective of providing the Frisco Lakes community enriching and enjoyable fitness opportunities that catered to both physical and mental wellness. Although initial participation levels were moderate, the atmosphere evolved positively, culminating in Fitness Director Malin Taylor being pleased by the escalating enthusiasm among participants, who eagerly engaged with the leader board and strived to surpass one another. Malin expressed her delight, stating "Witnessing the enthusiasm and camaraderie during the fitness activities was truly rewarding, and I look forward to the possibility of hosting similar events in the future."

Archery Medal Winners

Ray Cage	180
Shirley Robert	100
Shelley Gammage	80



Biking (W) Medal Winners

Shirely Robert	24.10
Shelley Gammage	25.01
Debbie Hallimond	26.51



Basketball Medal Winners

Shirley Robert	18
Kirk Robert	16
Ray Cage	13



Rowing (W) Medal Winners

Shelly Gammage	19.58
Debbie Hallimond	22.09

Billiards Medal Winners

Buddy Sherbet	1.47
Marc Scher	1.53
Stephen Bennett	3.22



Click [HERE](#) to see how
Buddy Sherbet won
his Gold Medal

On YouTube
Team Frisco Lakes Fitness channel

Quarters Medal Winners

Ray Cage	9
Shelley Gammage	4

Flick Football Medal Winners

Shelley Gammage	8
Ray Cage	7

Running (W) Medal Winners

Shirley Robert	13.01
Shelly Gammage	17.19
Debbie Hallimond	17.19



Speed Swimming (W) Medal Winners

Shirley Roberts	1.56
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Simon Game Medal Winners

Colleen Amaro	2.7
Shirley Roberts	2.6
Shelly Gammon	2.5

Speed Swimming (M) Medal Winners

Rick Potvin	1.10
Gary Beck	1.58
Dennis Hogan	2.08

Swimming Laps (M) Medal Winners

Angel Amaro	720
Rick Potvin	176

Swimming Laps (W) Medal Winners

Linda Brown	50
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Some residences' comments:

- *This was fun. I am glad I did it.*
- *I haven't been to the gym since Covid. Didn't know you guys were doing things like this. I have to start coming more often.*
- *Do something like this every year.*

Scan to get all
participants'
scores



SCAN ME

The Paralympics Games 2024



August 28 - September 8

Pursue Excellence



Lead Courageously



Serve Others



Foster Belonging

This year's Paralympics Games promise to be the “most spectacular paralympic Games in history ... it's time for 12 days of top class sport event that will change how you think of a person with a disability.”

Andrew Parson, President of the International Paralympics Committee (IPC)

<https://www.paralympic.org/paris-2024>

<https://www.teamusa.com/>

Backstage Pass to the ParaSports





















Unlock the secrets behind the sports lined up for the Paris 2024 Paralympics! 🎥🏅



<https://olympics.com/en/paris-2024/paralympic-sport-explainers>



THE PARALYMPICS SCHEDULE

 Para Archery			●	●	🏅	🏅	🏅	🏅	🏅	🏅			
 Para Athletics					🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅
 Para Badminton			●	●	●	🏅	🏅						
 Para Canoe											●	🏅	🏅
 Para Cycling Road									🏅	🏅	🏅	🏅	
 Para Cycling Track				🏅	🏅	🏅	🏅						
 Para Equestrian								🏅	🏅		🏅	🏅	
 Para Judo										🏅	🏅	🏅	
 Para Powerlifting									🏅	🏅	🏅	🏅	🏅
 Para Rowing				●	●	🏅							
 Para Swimming			🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	
 Para Table Tennis			🏅	🏅	🏅	🏅	●	🏅	🏅	🏅	🏅	🏅	
 Para Taekwondo			🏅	🏅	🏅								
 Para Triathlon							🏅	🏅					
 Shooting Para Sport				🏅	🏅	🏅	🏅	🏅	🏅	🏅			
 Sitting Volleyball			●	●	●	●	●	●	●	●	🏅	🏅	
 Wheelchair Basketball			●	●	●	●	●	●	●	●	●	🏅	🏅
 Wheelchair Fencing								🏅	🏅	🏅	🏅	🏅	
 Wheelchair Rugby			●	●	●	●	🏅						
 Wheelchair Tennis				●	●	●	●	●	🏅	🏅	🏅	🏅	

🏅 Medal Event

● Regular Event