

Neuse River Senior Games



April 17—April 26, 2012

REGISTRATION PACKET

Athletic Competition
April 17—April 26, 2012

Silver Arts Exhibition
April 18—20, 2012

Registration Deadline

March 9, 2012

Late Registration Deadline

no later than 5:00 pm

March 16, 2012

Event Sites

Twin Rivers YMCA * Strike Zone Bowling Alley * Harbour Town * Creekside Park
Carolina Pines Golf Club * Grover C. Fields M.S. * New Bern High School
* West New Bern Recreation Center * Courtyards at Berne Village

Coordinating Agencies

* Craven Co. Recreation & Parks Department*

Duplin Co. Services for the Aged * Eastern Carolina Council Area Agency on Aging * Twin Rivers YMCA
Greene Co. Council on Aging * Havelock Parks & Recreation Department * Jones County Senior Services
Lenoir Co. Council on Aging * New Bern Parks & Recreation Department * Pamlico Co. Senior Services

North Carolina Senior Games



Dear Senior Games Participant:

This year, The Neuse River Senior Games will celebrate its 27th year promoting health and fitness for Seniors 55 years old and better. As your Local Coordinator, I sincerely hope that you will join us this year.

The Steering Committee has been hard at work since June 2011 planning for a larger and better event for you. Please take the time to read the enclosed information carefully. **There are changes and deadlines that are very important.** Other changes and opportunities that we are excited about are:

- A **new event (Corn Hole)** has been added at our Games and at the NC State Games.
 - An **Events Clinic** will be held April 10th. Please return the Events Clinic Form with your Registration.
 - **Visual and Heritage Arts** 1st, 2nd and 3rd place winners and **Literary** 1st and 2nd place winners will now qualify for the State Games.
 - **Performing Arts** will be held Wednesday, April 18th at West New Bern Recreation Center. Come see our talented performers as they compete for the State Games Showcase.
- 2012 is the qualifying year for the 2013 National Senior Games in Cleveland, Ohio.**

The **Celebration of Games Opening Ceremony** will be held Wednesday, April 18th, 11:30 am at West New Bern Recreation Center. **Please mark your form to indicate your attendance at the Celebration of Games Opening Ceremony and the luncheon immediately following.**

If you will be participating in or observing an outdoor event, please bring sunscreen, chairs, etc. to the event for your comfort. If you are interested in Team Softball or Basketball, please sign up and we will put you in touch with the coach.

Your Steering Committee asks that each one of you take the opportunity to be an ambassador for our Games. What a great time to invite friends to join us for fitness, fun and fellowship during the events! On behalf of the Steering committee, I extend best wishes for an enjoyable time at the 2012 Neuse River Senior Games.

For additional registration forms or questions pertaining to the Games, please call your local representative.

See you at the Games!

Johanne

Johanne Pryor, Coordinator
Neuse River Senior Games
(252) 745-5252



"A celebration of the creative expression of seniors in North Carolina", has been included as a major component of the traditional athletic competition of North Carolina Senior Games.

Silver Arts encourages the continuing effort of older adults to create, explore, and display the Visual, Heritage, Literary, and Performing Arts and to increase public awareness of their talents and activities. **Silver Arts unites the athlete and the artist in a program that recognizes the similarities of both endeavors: discipline, dedication, and pride in one's accomplishments.**

At present, Silver Arts recognizes four broad categories, each with several sub-categories. First & second place winners in the Literary subcategory will be eligible for the NC Senior Games Finals. First, second & third place winners in the Visual and Heritage sub-categories will be eligible for the NC Senior Games Finals. North Carolina Senior Games Finals awards, first, second and third place in each sub-category of these arts.

One overall winner in the Performing Arts category will also be eligible for the North Carolina Senior Games Finals and able to compete for first, second and third place awards. **The Neuse River Senior Games awards first, second, and third place in all the sub-categories.**

Guidelines

- All persons entering Silver Arts must be 55 years of age or better and registered as a Neuse River Senior Games participant.
- Entries must be original works of the artist; must be a work created after the artist is age 55 or better and have been completed within two years of the Neuse River Senior Games registration deadline.
- Complete Silver Arts information is available at www.ncseniorgames.org

Requirements for Neuse River Senior Games and the North Carolina Senior Games Finals

Visual Arts

- All art work, except sculptures, must be clearly framed and wired (no serrated hooks or strings), ready to be hung. **Art work, except sculptures, not properly wired will not be displayed.**
- Art work, except sculptures, can be no larger than 36" x 42", including matting and frame. Sculptures can be no heavier than 15 pounds, and must be able to be displayed in a 3' x 3' area.
- Master studies are accepted.
- The art piece must be an original work, not print, and the artist's name and title of entry must appear on or be attached to the entry for identification.
- The artist must send a photograph of the entry with the State Finals Entry Form and Silver Arts Information Form when entering the State Finals.

Literary Arts

- Poems can be no longer than 40 lines.
- Short stories (fiction), essays, articles, life experiences can be no longer than 8 pages double-spaced with a 1" margin on all sides. Entries must have a title page which includes the title of the work, sub-category, and artist name.
- A display quality copy of the entry and 3 additional copies, **must be** submitted with the registration form.

Performing Arts

- Performing entries are limited to 3 minutes of on-stage times.
- Performing entries may be one of the following: soloists with accompanists, small groups of 2-4 performers, or a large group of 5 or more performers.
- Performers must provide a CD or high quality cassette tape for performance with music tagged at the beginning of the tape/CD. Props are the responsibility of the performer.
- Performers wanting introductory material given prior to their performance are responsible for preparing it. Such material should be given to the Silver Arts chair for delivery to the Master of Ceremonies at the Revue Rehearsal.
- Voice presentations must be performed live (lip-synch is not permitted) and background music must be taped.
- Instructors and/or group members under age 55 will not be permitted to perform on stage with the group at local or state games

Heritage Arts

- Heritage art entries must be original work and the work of the individual and not a group effort.

Athletic Events

Please mark an X beside the appropriate event category

Tuesday, April 17, 2012

- 10:00 am - Racquetball
 12:30 pm—Warm-up (optional)
 *1:00 pm—Swimming (enter 6 events only)

Order of Events

- _____ 100 yard Individual Medley
- _____ 100 yard Breaststroke
- _____ 100 yard Freestyle
- _____ 100 yard Butterfly
- _____ 200 yard Freestyle
- _____ **25 yard Backstroke
- _____ 50 yard Butterfly
- _____ 50 yard Breaststroke
- _____ **25 yard Butterfly
- _____ 100 yard Backstroke
- _____ 200 yard Breaststroke
- _____ **25 yard Freestyle
- _____ 200 yard Individual Medley
- _____ 50 yard Backstroke
- _____ **25 yard Breaststroke
- _____ 500 yard Freestyle
- _____ 50 yard Freestyle
- _____ 200 yard Backstroke

Wednesday, April 18, 2012

- *8:30 am _____ Silverstriders Fun Walk
 *9:00 am _____ Bocce (men)
 *9:00 am _____ Horseshoes (women)
 9:00-11:00 am
 _____ Football Throw (women)
 _____ Softball Throw (women)
 9:00-11:00 am
 _____ Basketball Shooting

11:30 am _____ Opening Ceremony

- 1:00 pm— Warm-up for Horseshoes
 *1:30 pm _____ Bocce (women)
 *1:30 pm _____ Horseshoes (men)
 1:30-3:00 pm
 _____ Football Throw (men)
 _____ Softball Throw (men)

Thursday, April 19, 2012

- *9:00 am _____ Shuffleboard
 *9:00 am _____ 1 Mile Cycling
 *TBD _____ Archery
 *9:30 am _____ 5K Cycling
 9:30 am _____ Spin Casting
 *11:00 am _____ 10K Cycling
 *1:00 pm _____ Shuffleboard

• (***)*To qualify for State Finals, golfers need to meet a minimum performance score (MPS) and finish in the top 3 in their age group. MPS available from your coordinator.*

• (*) **Indicates a Tournament Event**
 You **must** report to the Event Manager at the specified times in order to avoid disqualification! Each Team Sport player must be a registered Neuse River Senior Games participant.

Friday, April 20, 2012

- 8:00 am _____ 5K Race Walk
 *8:30 am—Table Tennis (enter 2 events only)
 _____ Singles
 _____ Doubles—Partner _____
 _____ Mixed—Partner _____
 *8:30 am _____ Croquet
 9:00 am-12:00 pm
 _____ Shotput/Discus
 _____ Long Jump (S/R)
 *9:00 am _____ 5K Run
 *9:30 am _____ 100 Meter Dash
 *10:00 am _____ 800 Meter Dash
 *10:10 am _____ 200 Meter Dash
 *10:25 am _____ 1500 Meter Run
 *10:35 am _____ 400 Meter Dash
 *10:45 am _____ 1500 Meter Race Walk
12:00 pm _____ Free Hotdog Lunch
 1:30 pm _____ Badminton (enter 2 events only)
 _____ Singles
 _____ Doubles—Partner _____
 _____ Mixed—Partner _____
 1:30 pm _____ Billiards
 *1:30 pm _____ Cornhole *NEW EVENT*

Monday, April 23, 2012

- *9:00 am—Bowling (enter 2 events only—\$6.75 /event)
 _____ Singles
 _____ Doubles—Partner _____
 _____ Mixed—Partner _____

Tuesday & Wednesday, April 24-25, 2012

- Tennis—Event Manager will call you with match times.
 _____ Singles (2 events only)
 _____ Doubles—Partner _____
 _____ Mixed—Partner _____

Thursday, April 26, 2012

- ***10:00 am _____ Golf (\$25 fee)

Date & Time—TBD

- 3 on 3 Basketball
 Team Name _____
 Captain _____
 Player _____ Player _____

Date & Time—TBD

- _____ Softball Team
 _____ Team Name
 _____ Team Captain

• (**) *Indicates that this event is **NOT** a State or National Games Event.*

• “To promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended. High intensity types of activities are offered primarily for the conditioned, trained athlete.”

Neuse River Senior Games Liability Waiver

In consideration of being allowed to participate in any way in the 2012 Neuse River Senior Games (NRSRG) Athletic/Sports/Silver Arts program, and related events and activities, I the undersigned participant agree to:

- Indemnify, save and hold harmless, the Neuse River Senior Games or any of their agents or representatives for my health, safety, or any injury resulting from my participation in the games.
- Have prepared myself for the events which I have entered by practicing prior to the NRSRG. To the best of my knowledge, I have no physical restrictions which would prohibit my participation in the games. NRSRG has my permission to have a physician attend me if it is deemed necessary during my participation.
- Agree to release and hold harmless the NRSRG from any damage to/loss of my art entry. I certify that the art piece(s) I enter are my own work, were created after having reached the age of 55 and within the last two years, and are not manufactured in any sense of the word.
- I grant the NRSRG the free and unrestricted right to use my name and picture in any broadcast, telecast or other written or photographic account of the NRSRG without compensation.

“ I understand that it is my responsibility to check with my Local Senior Games Coordinator immediately following my Local Senior Games to determine if I am qualified for State Finals and to get a State Finals Entry Packet. My State Finals Entry Form must be received in the NC Senior Games office in Raleigh, NC by 5:00 pm on August 1, 2012. I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered.”

Participant Signature

Date

A participant must be a North Carolina resident for a minimum of 3 consecutive months of the year AND a resident of the six NRSRG sponsoring counties.

Participant Medical Information

The staff and volunteers of Neuse River Senior Games (NRSRG) are committed to creating a healthy and safe environment for all participants, staff and spectators. We request that every participant consult his/her doctor in regards to preparation for, and competition in, the Senior Games or any similar activity. Please inform NRSRG at the time of the any changes in your medication or health status.

- **If none of the following applies to you, write “none” in each space.**
- **Your doctor’s phone number must be listed.**

1. List any specific medical conditions or health concerns:

_____.

2. List any medications you are currently taking:

_____.

3. List any medications to which you are allergic and/or any other allergies:

_____.

Name of Personal Physician: _____ **Phone # ()** _____

Emergency Contact (must list at least one person)

() _____

Name Relationship Phone Number

() _____

Name Relationship Phone Number

General Information

Confirmation: In early April you will receive a letter confirming your events with times and places listed. If you believe the confirmation is incorrect, please call (252) 636-6606 to verify.

Rules: Rules for all events are available at www.ncseniorgames.org or by contacting the Events Director, Billy Wilkes at (252) 636-6606.

Awards: In Athletic Events, Gold, Silver, and Bronze medals will be awarded to the top three finishers in each age category, for males and females. Awards will be available to winners as soon as final results from each event are tallied. The Awards Table is located at West New Bern Recreation Center.

State Finals Entry Forms: DO NOT MAIL BEFORE MAY 31, 2012! The State Finals entry form must be received in Raleigh at the NC Senior Games Office no later than 5:00 pm on August 1, 2012.

Opening Day Luncheon: A catered lunch will be served following the Opening Ceremonies. The cost is included in the registration fee. **You must indicate your attendance on your registration form.** Lunch is provided for paid participants only. **Additional lunches must be reserved and paid for by Friday March 16 at a cost of \$6.00 each.**



Rain Dates: April 26-27, 2012
IN CASE OF RAIN, please call the following numbers
 (252)639-2912 or (252)671-1966



Registration/Check-in Information

Pick-up your registration packets at the following locations:

Swimming	Twin Rivers YMCA	Monday	April 16, 2012
Heritage, Literary, & Visual Arts	West NB Rec. Center	Tuesday	April 17, 2012
Other Events	West NB Rec. Center	Wed-Fri	April 18-20, 2012
Archery	Creekside Park	TBD	
Racquetball	Twin Rivers YMCA	Monday	April 16, 2012
Bowling	Strike Zone	Monday	April 23, 2012
Tennis	Harbour Town Racquet Club ...	Tues & Wed	April 24-25, 2012
Performing Arts	West NB Rec. Center	Wednesday	April 18, 2012
Golf	Carolina Pines Golf Club	Thursday	April 26, 2012

Athletic Events Schedule At-A-Glance

Tue., April 17	*Racquetball	10:00 am	Twin Rivers YMCA
Tue., April 17	*Swimming Events	1:00 pm	Twin Rivers YMCA
Wed., April 18	Silverstriders Fun Walk	8:30 am	West NB Recreation Center
Wed., April 18	*Bocce (men)	9:00 am	West NB Recreation Center
Wed., April 18	*Horseshoes (women)	9:00 am	West NB Recreation Center
Wed., April 18	Football Throw (women)	9am-11:00am	West NB Recreation Center
Wed., April 18	Softball Throw (women)	9am-11:00am	West NB Recreation Center
Wed., April 18	Basketball Shooting	9am-11:00 am	West NB Recreation Center
Wed., April 18	Opening Ceremonies	11:30 am	West NB Recreation Center
Wed., April 18	Luncheon	12:15 pm	West NB Recreation Center
Wed., April 18	*Bocce (women)	1:30 pm	West NB Recreation Center
Wed., April 18	*Horseshoes (men)	1:30 pm	West NB Recreation Center
Wed., April 18	Football Throw (men)	1:30-3:00 pm	West NB Recreation Center
Wed., April 18	Softball Throw (men)	1:30-3:00 pm	West NB Recreation Center
Thurs., April 19	*Shuffleboard	9:00 pm	West NB & Courtyards
Thurs., April 19	*1 mile Cycling	9:00 am	Grover C. Fields M.S.
Thurs., April 19	*Archery	9:30 am	Creekside Park
Thurs., April 19	*5K Cycling	9:30 am	Grover C. Fields M.S.
Thurs., April 19	Spin Casting	9:30 am	West NB Recreation Center
Thurs., April 19	*10K Cycling	11:00 am	Grover C. Fields M.S.
Thurs., April 19	*Shuffleboard	1:00 pm	West NB & Courtyards
Fri., April 20	*5K Race Walk	8:00 am	New Bern High School
Fri., April 20	*Table Tennis	8:30 am	West NB Recreation Center
Fri., April 20	*Croquet	8:30 am	West NB Recreation Center
Fri., April 20	Shotput/Discus	9am-12 pm	New Bern High School
Fri., April 20	Long Jump (S/R)	9am-12 pm	New Bern High School
Fri., April 20	*5K Run	9:00 am	New Bern High School
Fri., April 20	*100 Meter Dash	9:30 am	New Bern High School
Fri., April 20	*800 Meter Dash	10:00 am	New Bern High School
Fri., April 20	*200 Meter Dash	10:10 am	New Bern High School
Fri., April 20	*1500 Meter Run	10:25 am	New Bern High School
Fri., April 20	*400 Meter Dash	10:35 am	New Bern High School
Fri., April 20	*1500 Meter Race Walk	10:45 am	New Bern High School
Fri., April 20	Free Hot Dog Lunch	12:00 pm	West NB Recreation Center
Fri., April 20	Badminton	1:30 pm	West NB Recreation Center
Fri., April 20	Billiards	1:30 pm	West NB Recreation Center
Fri., April 20	*Cornhole	1:30 pm	West NB Recreation Center
Mon., April 23	*Bowling (\$6.75/ event)	9:00 am	Strike Zone Bowling Alley
Tues-Wed, April 24-25	Tennis	TBD	Harbour Town Racquet Club
Thurs., April 26	Golf (\$25)	10:00 am	Carolina Pines Golf Club
TBD	Basketball Tournament	1:00 pm	West NB Recreation Center
TBD	Softball Tournament	9:00 am	Creekside Park

(*)Shows tournament events where you must report
 to the event manager on time or be disqualified!
 (**) Indicates the event is not a state or national games event

Athletic Events-contd.

Please indicate the events you wish to enter on the registration form. You may enter all the events you wish, but if two events overlap or are scheduled at the same time, it is up to you to meet the games requirements for those events. **Tournament** events require you to report at the time listed. Tournament events are indicated with an asterisk (*). **Open** events allow you to report at any time during the time period listed. Where a time conflict exists between tournament and open events, you must report to the tournament event first and participate *prior* to moving on to the open event. **Failure to do so will cause disqualification.** Your age as of December 31, 2012 determines the category in which you will be placed for competition. Participants compete against others of their own sex and age as follows:

55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95-99 100+

ONLY RETURN THE REGISTRATION/WAIVER SECTION. KEEP THE REST FOR YOUR INFORMATION.

****PARTICIPANTS MUST BE A NORTH CAROLINA RESIDENT FOR A MINIMUM OF THREE CONSECUTIVE MONTHS OF THE YEAR.**

Silver Arts Events Schedule At-A-Glance

Tues, April 17	Check-In	Silver Arts Exhibitors	10 am—2 pm	West NB Recreation Ctr.
Wed, April 18	Exhibition	Silver Arts	9:00 am—4:00 pm	West NB Recreation Ctr.
Thur., April 19	Exhibition	Silver Arts	9:00 am—4:00 pm	West NB Recreation Ctr.
Fri., April 20	Exhibition	Silver Arts	9:00 am—11:30 am	West NB Recreation Ctr.
Fri., April 20	Check Out	Silver Arts Exhibitors	1 pm—3 pm	West NB Recreation Ctr.
Wed., April 18	Rehearsal	Performing Arts	10:30am	West NB Recreation Ctr.
Wed., April 18	Revue	Performing Arts	11:00am	West NB Recreation Ctr.

- First, second & third place winners in **Visual and Heritage Arts** will be eligible for the NC Senior Games Finals. First & second place winners in the **Literary sub-category** will be eligible for the NC Senior Games Finals. However, North Carolina Senior Games Finals awards first, second, and third place in each sub-category of these arts.
- Artists may not enter a piece of art work if the art piece, performance or literary art work has previously been entered in State Finals.
- **LITERARY ENTRIES MUST BE MAILED WITH THE ENTRY FORM.**
- Participants must complete the official registration form (with signature, inclusive of **medical information and physicians phone number**. The liability waiver must be signed and the “fees” section of the registration form must be completed.
- Registration deadline for Silver Arts is the same as for all other components of the Neuse River Senior Games.

The Neuse River Senior Games and the North Carolina Senior Games State Finals have the right to refuse or remove any or all entries that are deemed obnoxious or repulsive in character.

Mail to:

Neuse River Senior Games
406 Craven Street
New Bern, NC 28560

Neuse River Senior Games



April 17 — April 26, 2012

This program is sanctioned by the North Carolina Senior Games, Inc. NCSG Inc. is sponsored statewide by the North Carolina Division of Aging and Adult Services.