



www.tseniorolympics.com

Chattanooga District Senior Olympics

2011 Entry Information

General Information

The Tennessee Senior Olympics is a sports competition for athletes age 50 and older of all skill levels. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives; promote physical fitness and the pursuit of lifetime leisure activities; and provide opportunities for fun, recreation and fellowship.

District Information

The Tennessee Senior Olympics hosts ten district events across the state of Tennessee. Athletes are encouraged to participate in their home district (determined by county of residence). If unable to do so, one may choose from any district. Teams and individuals may participate in as many districts as desired. Registration and payment is required for each district.

Rule Change for Out of District Team Members:

On a trial basis for 2011 the following rule change has been implemented by our board of directors. Three grand divisions will be set up. These include West (the districts of Memphis, Northwest, and Southwest), Middle (the districts of Greater Nashville, South Central, and Upper Cumberland) and East (the districts of Chattanooga, Southeast, East, and First). Teams must be comprised of players from their division with one wild card allowed from any area. For example, a team from Greater Nashville may pick up any players from South Central and/or Upper Cumberland and also one player from East or West.

Teams 75+ will not have restrictions. Teams may be comprised of any player regardless of district.

For further information on these rule changes, please visit www.tnseniorolympics.com or call (615) 902-9261.

Age Categories

The Tennessee Senior Olympics age categories are as follows:

50-54	55-59	60-64	65-69	70-74
75-79	80-84	85-89	90-94	95+

Participants will qualify for age divisions according to their age as of December 31, 2011.

In doubles events and in team competition, teams will compete in the division determined by the age of the youngest team member.

Health

The Tennessee Senior Olympics strongly recommends that each participant consult his/her doctor in regards to practice, preparation, and competition in these events or any similar physical activity.

Registration

Participants may enter an unlimited number of events. However, one may not register for events that will overlap in time.

After the close of the registration period, athletes will receive a confirmation letter with event details. Please make sure all the information is correct on your confirmation letter. For questions or corrections, please contact the Chattanooga district coordinator. Contact information is included in this form.

Rules and Equipment

All events will be conducted in accordance with the 2011 Tennessee Senior Olympics Official Rules Manual. A copy of the rules for each event will be available at each event site. The complete rules manual is also available on www.tnseniorolympics.com.

Equipment for each event will be provided unless stated in the rules of each event. Participants are advised to consult the Official Rules Manual concerning equipment for their specific event(s).

Check-in for Events

Unless notified by mail, e-mail or phone, check-in for events will be prior to the starting time listed on the schedule of events. If an athlete is not present at game time (even exhibition), he or she will be scratched even if participating at another Senior Olympics event. Game Time is Forfeit Time.



General Information

The following counties are included in the Chattanooga District: Grundy, Hamilton, Marion and Sequatchie. Alabama and Georgia residents who live within 30 miles of Hamilton or Marion counties may also compete in the Chattanooga District Games.

Olympic Torch Relay

Downtown Chattanooga - beginning at Alexian Brothers Senior Neighbors and ending at First Tennessee Pavilion.

Opening Ceremonies

Opening Ceremonies will be held at 12:00 p.m., Monday, May 2, 2011 at the First Tennessee Pavilion, 1826 Carter Street in downtown Chattanooga.

T-shirts may be picked up at the close of opening ceremonies at the First Tennessee Pavilion. They may also be picked up at Alexian Brothers Senior Neighbors Center (ABSN) (two-story building on the corner of 10th & Houston Streets) on Tuesday, May 3-Friday, May 6.

T-shirt pick-up hours are:

May 2	After Opening Ceremony	Tennessee Pavilion
May 3	8:30 a.m. - 4:30 p.m.	ABSN
May 4	8:30 a.m. - 4:30 p.m.	ABSN
May 5	8:30 a.m. - 4:30 p.m.	ABSN
May 6	8:30 a.m. - 4:30 p.m.	ABSN

Fees

All participants are required to pay a one-time entry fee. Below are additional event-related fees. All fees must be submitted with the registration form and be postmarked by April 1, 2011.

Early Bird Entry Fee	\$25.00 (postmarked by March 15)
Final Deadline Entry Fee	\$30.00 (postmarked by April 1)
Bowling	\$6.75 per event
Golf	\$25.00 – includes greens fees and cart

ABSOLUTELY NO LATE REGISTRATION!

District Contact Information

Coordinator: Ginny Stone
Phone: (423) 755-6114
E-mail: gstone@alexianbrothers.net
Address: Chattanooga District
Tennessee Senior Olympics
250 E. 10th Street
Chattanooga, TN 37402

Awards

Medals will be presented for first, second, and third place finalists in each age/gender category. The awards will be presented at the conclusion of each event.

Event Sites

Senior Neighbors, an Alexian Brothers ministry
Address: 10th & Newby Street/Phone: (423) 755-6100

Brainerd Recreation Complex
Address: 1010 N. Moore Road / Phone: (423) 425-3600

Brown Acres Golf Course
Address: 406 Brown Road / Phone: (423) 757-PAR4

Champions Tennis Club
Address: 1096 Lupton Drive / Phone: (423) 870-3112

Chattanooga Fitness Center/Warner Park
Address: 1254 East Third Street / Phone: (423) 697-1320

East Chattanooga Recreation Center
Address: 2409 Dodson Avenue / Phone: (423) 697-1281

Eastgate Senior Activity Center
Address: 5600 Brainerd Road / Phone: (423) 855-9444

Enterprise South Nature Park
Address: 8015 Volkswagen Drive / Phone: (423) 893-3502

First Tennessee Pavilion
Address: 1801 Carter Street

Holiday Bowl, Brainerd
Address: 5518 Brainerd Road / Phone: (423) 899-2695

McCallie School
Address: 500 Dodds Avenue / Phone: (423) 492-5539

South Chattanooga Recreation Center
Address: 1151 West 40th Street / Phone: (423) 425-3550

The Summit Complex
Address: 8646 Apison Pike

UTC - Maclellan Gym
Address: 600 Vine Street / Phone: (423) 425-4064

Wyatt Recreation Center
Address: 408 Colville Street / Phone: (423) 757-5443

YMCA - Downtown
Address: 301 West 6th Street / Phone: (423) 265-8834

Event Schedule

Monday, May 2

Olympic Torch Relay	
11:00 a.m.	Downtown Chattanooga
Opening Ceremony	
12:00 p.m.	First Tennessee Pavilion
Pickleball, singles	Wyatt Recreation Center
3:00 p.m.	

Tuesday, May 3

Pickleball, doubles and mixed doubles	Wyatt Recreation Center
10:00 a.m.	
*Ballroom Dancing	
7:00 p.m.	Alexian Brothers Senior Neighbors (10th and Houston streets downtown)

Wednesday, May 4

Bowling (singles)	
9:00 a.m.	Holiday Bowl - Brainerd Road
Swimming	
9:30 a.m.	McCallie School
Basketball Free Throw	
2:15 p.m.	UTC - Maclellan Gym
Volleyball (men & women)	
3:30 p.m.	UTC - Maclellan Gym

Thursday, May 5

100M Run	
8:00 a.m.	McCallie School
200M Run	
8:20 a.m.	McCallie School
Tennis, singles	
8:30 a.m.	Champions Club
400M Run	
8:40 a.m.	McCallie School
800M Run	
9:00 a.m.	McCallie School
Bowling, doubles	
9:00 a.m.	Holiday Bowl - Brainerd Road
1500M Run	
9:20 a.m.	McCallie School
1 Mile Power Walk	
9:40 a.m.	McCallie School
Field Events	
10:00 a.m.	McCallie School
Horseshoes	
1:30 p.m.	East Chattanooga Recreation Center
Table Tennis, singles and doubles, mixed doubles	
3:30 p.m.	Eastgate Senior Activity Center

Thursday, May 5 continued

Softball Throw	
6:00 p.m.	The Summit Complex
Softball	
6:45 p.m.	The Summit Complex

Friday, May 6

5K Run	
7:30 a.m.	TBA
Golf	
8:00 a.m.	Brown Acres Golf Course
Cycling - 5K	
8:30 a.m.	TBA
Cycling - 20K	
9:15 a.m.	TBA
Tennis, doubles	
8:30 a.m.	Champions Tennis Club
Bowling, mixed doubles	
9:00 a.m.	Holiday Bowl - Brainerd Road
Shuffleboard, singles and doubles	
10:00 a.m.	Brainerd Recreation Complex
Badminton, singles	
10:00 a.m.	Wyatt Recreation Center
Badminton, doubles	
12:00 p.m.	Wyatt Recreation Center
Badminton, mixed doubles	
1:00 p.m.	Wyatt Recreation Center
3-on-3 Basketball	
3:00 p.m.	South Chattanooga Recreation Center

Saturday, May 7

Tennis, mixed doubles	
8:30 a.m.	Champions Tennis Club
*Weightlifting	
9:00 a.m.	Chattanooga Fitness Center/ Warner Park
Racquetball	
10:00 a.m.	YMCA - Downtown

Listed Start Times are Event Times!

Inclement Weather

The Tennessee Senior Olympics Chattanooga District reserves the right to cancel or postpone events in case of inclement weather or extenuating circumstances. Athletes will be advised of any schedule changes as soon as possible. For further information, please call your district coordinator.

*Indicates an Exhibition Sport that is not offered at the State Finals

Health Information

Do you have specific health conditions or problems that would need to be known in case you need emergency treatment?

- No
- Yes _____

Family Doctor _____
Phone () _____

Emergency Contact _____
Relation _____
Phone () _____

Recruitment

Are you a first-time Senior Olympics athlete?

- No
- Yes, but I wasn't recruited by a returning athlete.
I became aware of the Senior Olympics by:
 Radio TV Billboard Newspaper
 Alexian Brothers Publication Other _____
- Yes, and I was recruited by a returning athlete and his/her name is _____

Scholarship Assistance

A limited number of scholarships may be available. For more information, please contact Ginny Stone at (423) 755-6114.

Liability Waiver

I, the undersigned, understand and expressly assume the dangers of the District Senior Olympics competition(s) I have entered. I hereby agree to indemnify, save and hold harmless Tennessee Senior Olympics, Chattanooga District Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, Alexian Brothers Senior Neighbors of Chattanooga, Inc., Chattanooga Parks and Recreation, University of Tennessee at Chattanooga, McCallie School, Holiday Bowl, Brown Acres Golf Course, City of Chattanooga and any other sponsoring agencies, venues or their respective agents, representatives, successors or assignees for my health, safety, loss of property or injury resulting from my participation in the Chattanooga District Tennessee Senior Olympics and planned special events. To the best of my knowledge, I have no physical restrictions which would prohibit my competing in the event(s) I have selected. Senior Olympics has my permission to have emergency medical personnel attend me during my participation in the Senior Olympics if it is deemed necessary.

I, the undersigned, grant Senior Olympics and its sponsors the right to use any still or motion pictures taken of me during the 2011 Chattanooga District Senior Olympics without remuneration.

Signature _____ Date _____

This form must be completed and postmarked by April 1, 2011 in order to participate. Forms may be mailed to: Chattanooga District Tennessee Senior Olympics, 250 E. 10th Street, Chattanooga, TN 37402

Please include your team and/or partner's name and age when registering for doubles and team events. Partners must also submit a registration form. You may not enter an event after the deadline.

Please note: Team Captains should submit their entire team's entry forms as well as a roster at one time to be officially entered.

Entry and Event Fees

- Early Bird Registration (3/15) \$25.00 \$ _____
- Final Deadline Registration (4/1) \$30.00 \$ _____
- I am participating in golf + \$25.00 \$ _____
- I am participating in a bowling event
_____ x \$6.75 = \$ _____
number of events entered
- I would like an additional T-shirt
_____ x \$10.00 = \$ _____
number of additional shirts ordered
- Donation to Senior Olympics \$ _____
- Donation to Scholarship Assistance \$ _____
- TOTAL AMOUNT ENCLOSED \$ _____

**Make checks payable to
"ABSNS - Tennessee Senior Olympics."**

Mail all forms and fees to:

Chattanooga District
Tennessee Senior Olympics
250 E. 10th Street
Chattanooga, TN 37402

Senior Olympics State Finals

July 22-28, 2011/Williamson County

IT IS NECESSARY TO REGISTER FOR THE STATE FINALS. Participating in a district event does not automatically register an athlete for participation in the state finals.

- The early bird deadline to register: May 21, 2011
 - The final deadline to register: June 4, 2011
- (The First Tennessee District may use the early bird rate due to the fact that their district games start after May 21, 2011.)

Any athlete who PARTICIPATES on the district level may advance to state finals in the exact sport/event in which he/she participated.

Open sports that do not require qualification include archery, cycling, the 5K and 10K road races, racquetball, and the power and fitness walk. Sports not offered at your home district are also considered open.

It is necessary to register and pay for the state finals. Registration and participation in a district does not automatically register one for the state finals. Entry forms may be downloaded from the site and mailed in for registration. If a computer is not available, athletes may call and request that a form be mailed.

National Senior Games Information

The National Senior Games are scheduled for June 16-30, 2011 in Houston, Texas.

For further information, rules and minimum performance standards, please visit www.nationalseniorgames.org.

2012 will be the qualifying year for the 2013 National Games. The 2013 event has been awarded to Cleveland, Ohio.

Rule Highlights

- 1) As mentioned on the general information page, athletes are encouraged to participate in their home district (determined by county of residence). If unable to do so, one may choose from any district.
- 2) **Teams and individuals may participate in as many districts as desired. Registration and payment is required for each district.**
- 3) If an athlete is the only individual in his or her respective age group, he or she must play an exhibition match to qualify for the state finals and before medals will be awarded.
- 4) Athletes must pre-register for each sport. Events may not be entered at the last minute and on site. Sports must be checked on entry forms.
- 5) Athletes must participate in each specific event to qualify for the state finals. For example, swimming the 50 freestyle does not qualify an athlete for the 100 freestyle. Each event requires participation.

- 6) Doubles partners who participate at the district for the state finals should plan to play together. If one of the partners cannot attend, another qualified athlete in the same competition may be chosen. Changes must be submitted no later than one month prior to the state finals.
- 7) An individual who misrepresents his or her age or address will be banned from the Tennessee Senior Olympics at all levels and for all events for three years. In addition, if the individual was a member of a team, that team will be disqualified. A team captain is required to verify all ages and addresses of team members. Team captains will be responsible for turning in rosters and entry forms for team members.
- 8) Athletes will be required to check-in to events 10 minutes prior to their scheduled match. Game time is forfeit time will be upheld.
- 9) There are limits to the number of out-of-district players who can play on basketball, volleyball, and softball teams. Please consult our rule book for these specific rules.
- 10) Athletes are allowed to play on one team per team sport.

The Tennessee Senior Olympics rule book may be viewed online at www.tseniorolympics.com. Please check this for a complete listing of all rules.

A Word to Those of You Who Are New

Many times we are asked what the competition is like at the Senior Olympics. The beautiful thing about the Senior Olympics is that it offers a healthy competition for individuals of all skill levels. A beginner will have the chance to reawaken or try new skills and set a baseline in terms of fitness. A seasoned athlete can sharpen skills and strive to best prior personal performances. What is unique about the Senior Olympics is the warmth and acceptance that you will discover among all competitors, staff, and volunteers. You will often find that a national level athlete will cross a finish line and then turn and cheer as every athlete finishes. Our mission in providing this program is to give you a goal so that you will train year long and stay fit and healthy. Please join us in 2011!

Presented by:



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Supporting Sponsors:



District	Dates	Entry Deadline	Contact Name	Phone Number	E-mail Address
Chattanooga	May 2-7	April 1	Ginny Stone	(423) 755-6114	gstone@alexianbrothers.net
East TN	April 15-20	March 25	Susan Backus	(865) 453-5441	sbackus@sevierville.org
First TN	May 23-27	May 6	Teresa Sutphin	(423) 722-5120	tsutphin@ftaad.org
Greater Nashville	May 9-14	April 20	Angela Nutt	(931) 381-2019	gnseniorolympics@gmail.com
Memphis	April 12-26	March 15	Lori Fageol	(901) 383-9101	lori.fageol@memphistn.gov
Northwest	April 25-May 12	April 5	Jean Mills	(731) 885-1246	jeana.mills@nwtd.org
South Central	April 11-15	April 1	Beth Campbell	(931) 762-4231	bcampbell@lawrenceburgtn.gov
Southeast	April 28-May 7	April 7	Holly Currier	(423) 745-6830	mcmnnsenior@comcast.net
Southwest	April 26-May 6	April 7	Linda Kauffman	(731) 425-8614	southjacksoncenter@cityofjackson.net
Upper Cumberland	May 2-13	April 16	Peggy Houston	(931) 484-7416	fpsctn@yahoo.com

Go to www.tnseniorolympics.com for complete list of counties and more information.

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Alexian Brothers Senior Neighbors
 250 E. 10th Street
 Chattanooga, TN 37402