



Upper Cumberland District

# Tennessee

## Senior Olympics

September 9 - September 22, 2017

Entry Deadline: August 26, 2017

Presented by:



### Gold Sponsors

- Eye Centers of TN, LLC
- Life Care Centers of Crossville
- United Fund of Cumberland Co.
- Cumberland Medical Center / Covenant Health
- City of Crossville
- Cumberland County

### Silver Sponsors

- Cumberland County Bank
- Upper Cumberland Area Agency on Aging & Disability

### Bronze Sponsors

- Fairfield Glade Community Club

The Upper Cumberland District Tennessee Senior Olympics is a special event for seniors 50 and older that combines a wide range of competitive activities. 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.

# General Information

## 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, 2018. **For more information read State Finals article.**

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

## District Rules

Three grand divisions have been set up: West (districts of Memphis, Northwest, and Southwest), Middle (districts of Greater Nashville, South Central, and Upper Cumberland), and East (districts of Chattanooga, Southeast, East, and First). Team Composition Rule - On a continuous trial basis we are removing all district / region requirements for teams! In other words, your team may be composed of players from all over the state, with no limits on how many are from each region. No Team Composition Rule is in effect. If unsure which counties comprise which districts, please visit our website at [www.tnseniorolympics.com](http://www.tnseniorolympics.com).

Participants may enter an unlimited number of events. However, they may not register for events that will overlap in time. If you are unable to participate in the Upper Cumberland District Tennessee Senior Olympics, please call (615) 200-8760 or visit our website, [www.tnseniorolympics.com](http://www.tnseniorolympics.com), to find information on other districts.

All participants are required to pay a one-time entry fee of \$25.00 for up to two sports categories and \$2.00 for each additional sports category.

Below are additional event-related fees. The \$25.00 entry fee includes all events in a given category, singles, doubles, and mixed doubles, and all the different events in swimming and track. The fee also includes the medals, T-shirt, and the Awards Luncheon. There is a \$15.00 fee for each non-participant's ticket to the awards luncheon. Unless otherwise noted, all fees must be submitted with the registration form and be postmarked by **August 25, 2017**.

Bowling \$8.25 per event - to be paid at bowling venue.

Golf - \$26.00 - includes cart fee, luncheon before event, prizes  
Long Drive is a District Event only, not offered at State level.

All participants must live within 30 miles of Tennessee state line and be pre-registered to participate. Team captains are responsible for submitting team entry forms and team rosters by **August 25**.

The entry form and fees may be hand-delivered or mailed to:

Fair Park Senior Center,  
1433 Livingston Road, Crossville, TN 38571

Please make checks payable to:

**“ Fair Park Senior Center”**

## Rules and Equipment

All events will be conducted in accordance with the 2017 Tennessee Senior Olympics Official Rules Manual. A copy of the manual is provided to each District Coordinator. The complete rules manual is also available on our website, [www.tnseniorolympics.com](http://www.tnseniorolympics.com). A copy of the rules for each event will be available at each event site.

Equipment for each event will be provided by the Tennessee Senior Olympics unless stated otherwise in the rules of each event. Participants are advised to consult the Official Rules Manual concerning equipment for their specific event(s). Please make special note that shuffleboard players may use their own cue and that tennis participants are required to provide their own racquet and balls. Equipment is provided for all field events.

## Awards

Medals will be presented for first, second, and third place finalists in each age/sex category. The awards will be presented at the conclusion of each event. All District participants are eligible for the State finals.

## Health

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

## Event Schedule

### Saturday, September 9

**Track and Field** - Cumberland Co. High School

9:00 am - All Events

Rain Date - September 10

### Monday, September 11

**Pickleball** - Fairfield Glade Tennis Center

8:00 am - Singles

10:30 am - Mixed Doubles

**Bowling** - Plateau Bowling Lanes - Crossville

9:00 am - Doubles

12:00 pm - Mixed Doubles

### Tuesday, September 12

**Table Tennis** - Fairfield Glade Multipurpose Center

9:00 am - Singles

10:00 am - Doubles

11:00 am - Mixed Doubles

**Horseshoes** - Centennial Park 2:00pm

### Wednesday, September 13

**Golf** - Heatherhurst Golf Course

1:00 pm - Shotgun Start

**Swimming** - YMCA Cookeville

2:00 pm - All Events

### Thursday, September 14

**Softball** - Crossville Centennial Park

9:00 am - Softball Team

12:00 pm - Softball Throw

**Bowling** - Bowling World - Cookeville

9:00 am - Singles

### Friday, September 15

**Basketball** - Stone Memorial High School

9:00 am - Free Throw

10:00 am - 3 point shot contest

12:00 pm - Men's 3 on 3

### Monday, September 18

**Pickleball** - Fairfield Glade Tennis Center

8:00 am - Doubles

### Tuesday, September 19

**Softball** - Rain Date

**Shuffleboard** - Fentress Co. Senior Center

9:00 am - Singles

### Wednesday, September 20

**Tennis** - Fairfield Glade Tennis Center

11:30 am - Singles

3:30 pm - Mixed Doubles

**Shuffleboard** - Fentress Co. Senior Center

9:00 am - Doubles

### Thursday, September 21

**Tennis** - Fairfield Glade Tennis Center

11:30 am - Doubles

### Friday, September 22

**Women's Basketball** - Doyle Elementary

9:00 am - 3 on 3

### Monday, October 9

**Recognition Luncheon**

11:00 am - Cumberland County Community Complex



2017 Tennessee Senior Olympics Hall of Fame Inductee  
Eddie Liskovec and his wife Muffin

Recognition Luncheon Sponsored By:



## Event Sites

Bowling World  
545 Neal St., Cookeville  
(931) 528-5551

Crossville Centennial Park  
837 Industrial Blvd., Crossville  
(931)456-6632

Cumberland County High School  
660 Stanley St., Crossville  
(931)484-6194

Doyle Elementary School  
174 West Gooseneck Road, Doyle  
(931) 657-2287

Fairfield Glade Multipurpose Building  
455 Lakeview Drive, Crossville  
(931) 484-3722

Fairfield Glade Tennis Center  
3511 Wilshire Heights Drive, Crossville  
(931) 484-3758

Fentress County Senior Center  
308 South Main Street, Jamestown  
(931)879-7249

Heatherhurst Golf Course  
222 Fairfield Blvd, Crossville, TN 38558  
(931) 484-3799

Plateau Lanes  
864 Highway 70E, Crossville  
(931) 484-6419

Stone Memorial High School  
2800 Cook Road, Crossville TN  
(931) 484-5767

YMCA - Cookeville  
235 Raider Drive, Cookeville  
(931) 528-1133

## NEXT SUMMER'S STATE FINALS

### IMPORTANT INFORMATION! PLEASE READ!

The Tennessee Senior Olympics State Finals are scheduled for June 2018 in Williamson County, TN. The exact dates will be posted at [www.tnseniorolympics.com](http://www.tnseniorolympics.com) by the end of the year. This is a qualifying year for the 2019 Nationals.

**To be eligible for the 2018 state finals, athletes must participate in a fall 2017 district event.**

**District participants will participate and qualify in age divisions that match the state finals age determination. Age at the district will be determined by the athlete's age as of December 31 of the next calendar year. Athletes must be 50 years old by December 31 of 2018 year to compete in the 2018 state finals.**

Open sports that do not require district qualification include archery, cycling, the 5K and 10K road race, racquetball, and the power and fitness walk. Sports not offered at your home district are also considered open. This list is subject to change by our board of directors. **Notification of changes will be via e-mail.**

Registration for the state finals will open early March 2018. Details will be e-mailed to all district participants.

**Visit [www.tnseniorolympics.com](http://www.tnseniorolympics.com) for more information about the state finals.**

## NATIONALS

The next National Senior Games- the Senior Olympics are scheduled for 2019 in the Albuquerque, New Mexico. Qualification for this event will occur at the 2018 Tennessee Senior Olympics State Finals.

For more information please visit [www.nsga.com](http://www.nsga.com)



Both sides of this Entry Form must be completed fully to successfully register

# ENTRY FORM

## General Information (please print)

Last Name

First Name

Initial

Street Address (Include Apartment Number)

City

State

Zip Code

County

Date of Birth

month

day

year

Phone Number

Age

Male

Female

as of 12/31/2018

E-mail Address

T-Shirt Size  
(fill in appropriate box)

S

M

L

XL

XXL

XXXL

Events --(Note: Open events at the State level include: 5K and 10K Runs, Archery, Cycling, Fitness Walk, and Racquetball)

Basketball Free Throw

3 Point Shot Contest

Basketball (3-on-3)  Men's  Women's

Team Name \_\_\_\_\_

Captain\* \_\_\_\_\_

Bowling

Singles

Doubles

Partner's Name \_\_\_\_\_ DOB \_\_\_\_\_

Mixed Doubles

Partner's Name \_\_\_\_\_ DOB \_\_\_\_\_

Golf

Horseshoes

Pickleball

Singles

Doubles

Partner's Name \_\_\_\_\_ DOB \_\_\_\_\_

Mixed Doubles

Partner's Name \_\_\_\_\_ DOB \_\_\_\_\_

Shuffleboard

Singles

Doubles (may be mixed)

Partner's Name \_\_\_\_\_ DOB \_\_\_\_\_

Softball

Team Name \_\_\_\_\_

Captain\* \_\_\_\_\_

Softball Throw

Swimming (indicate each event - select only 6 events)

Backstroke  50M  100M  200M

Breaststroke  50M  100M  200M

Butterfly  50M  100M

Freestyle  50M  100M  200M

400 M

Indiv. Medley (4 strokes)  100M  200M

Table Tennis

Singles

Doubles

Partners Name \_\_\_\_\_ DOB \_\_\_\_\_

Mixed Doubles

Partners Name \_\_\_\_\_ DOB \_\_\_\_\_

Tennis

Singles

Doubles

Partners Name \_\_\_\_\_ DOB \_\_\_\_\_

Mixed Doubles

Partners Name \_\_\_\_\_ DOB \_\_\_\_\_

Track Events (indicate each event)

50M  100M  200M  400M

800M  1500M Run  1500M Racewalk

Field Events (indicate each event)

Javelin  Shot Put  Discus

High Jump  Long Jump  Triple Jump

\*Team Captains must submit team roster(s) by August 25, 2017. No exceptions!

### 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 Name and Phone \_\_\_\_\_

Relation \_\_\_\_\_

### Recruitment

Are you a first-time Senior Olympics athlete?

No

Yes, but I wasn't recruited by a returning athlete

Yes, and I was recruited by a returning athlete and his/her name is \_\_\_\_\_

### Volunteer

Are you interested in volunteering for an event?

Yes, and I would prefer to volunteer for: \_\_\_\_\_

No

### 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, Upper Cumberland District Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, Doyle Elementary School, Fair Park Senior Center, Upper Cumberland Development District / Area Agency on Aging and Disability, Plateau Lanes, Cookeville Bowling World, Fairfield Glade, Putnam County YMCA, Cumberland County High School, Stone Memorial High School, Fentress County Senior Citizens Center, Heatherhurst Golf Course, City of Crossville Recreation Park, and any other sponsoring agencies or their respective agents, representatives, successors or assignees for my health, safety, loss of property or injury resulting from my participation in the Upper Cumberland 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 to 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 District Senior Olympics without remuneration.

Signature \_\_\_\_\_ Date \_\_\_\_\_

### Entry and Event Fees

Registration Fee \$ 25.00

I am entering more than two sports categories  
\_\_\_\_\_ -2 = \_\_\_\_\_ x \$ 2.00 = \$ \_\_\_\_\_

Please note that each tennis event is considered a separate sports category

I am participating in golf + \$26.00 \$ \_\_\_\_\_

I will attend the banquet \$ 00.00

I will attend the banquet with guests  
\_\_\_\_\_ x \$15.00 = \$ \_\_\_\_\_  
( number of guests)

Donations \$ \_\_\_\_\_

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

If you are participating in bowling events, those fees are payable at the bowling lanes where you will be participating on the day of your event(s).

Make checks payable to  
**“Fair Park Senior Center”**

*Mail all forms and fees to:*

Upper Cumberland District  
Tennessee Senior Olympics  
1433 Livingston Road  
Crossville, TN 38571

**NO REFUNDS AFTER AUGUST 25 - NO EXCEPTIONS**

This form must be completed and postmarked or hand-delivered to the Fair Park Senior Center along with all fees by **August 25, 2017** in order to participate. Forms may be mailed to: Upper Cumberland District Tennessee Senior Olympics, 1433 Livingston Road, Crossville, TN 38571

**Please include your partner's name/date of birth and or team name when registering for doubles and team events.**  
All team members and partners must also submit a registration form. You may not enter an event after the deadline.

## Local Senior Centers Contact Information

### Cannon County

Cannon County Senior Center  
Debra Leach  
(615) 563-5304

### Clay County

Clay County Multipurpose Senior Center  
Sandra Wix  
Celina Community Center  
(931) 243-3467

### Cumberland County

Fair Park Senior Center  
Angela Shadden  
1433 Livingston Road  
Crossville, TN 38571  
(931) 484-7416

### DeKalb County

Smithville Senior Center  
Pam Redmon  
(615) 597-7575

Alexandria Senior Center  
Sandra Brown  
(615) 529-2928

### Fentress County

Fentress County Senior Center  
Alice Kirby  
(931) 879-7249

### Jackson County

Fairview Multipurpose Senior Citizens Center  
Geraldine Rhoten  
(931) 268-0837

Granville Multipurpose Senior Citizens Center  
Lisa Braun  
(931) 653-4647

### Macon County

Lafayette/Macon County Senior Center  
Brenda Filson  
(615) 666-3780

### Overton County

Overton County Multipurpose Senior Center  
Betty Parrott  
(931) 823-1268

### Pickett County

Senior Citizens of Pickett County  
Emily Sells  
(931) 864-7972

### Putnam County

Putnam County Senior Citizens  
Maxine Frasier  
(931) 526-9318

Algood Senior Center  
Brenda Dishman  
(931) 537-3447

Baxter Senior Center  
Barbara Lee  
(931) 858-5657

Monterey Senior Center  
Sandra Johnson  
(931)839-8053

### Smith County

Smith County Senior Citizens Center  
Jan Johnson  
(615) 735-0476

### Van Buren County

Van Buren Senior Citizens Center  
Stephanie Neely  
(931) 946-7434

### Warren County

McMinnville / Warren Co. Senior Center  
Connie Smith  
(931) 473-6559

### White County

Sparta Senior Center  
Brenda Roberts  
(931) 836-3663

District	2017 Dates	Entry Deadline	Contact Name	Phone Number	Email Address
Chattanooga	October 14-31, Pickleball February 2018	TBA	Kelly Price	(423) 240-1508	<a href="mailto:kellyelaineprice@hotmail.com">kellyelaineprice@hotmail.com</a>
East TN	October 13 -18	Earlybird: Sept 1 (save \$5); Final Deadline: Sept 15	Melissa Ward	(865) 436-4990	<a href="mailto:melissaw@gatlinburgtn.gov">melissaw@gatlinburgtn.gov</a>
First TN	September 6 - 30	August 25	Teresa Sutphin	(423) 722-5120	<a href="mailto:tsutphin@ftaaad.org">tsutphin@ftaaad.org</a>
Greater Nashville	September 25-30; Track 9/30; Golf September 19	Earlybird: August 26 (save \$10); Final Deadline: Sept 2	Traci Meador	(615) 200-8760	<a href="mailto:gnseniorolympics@comcast.net">gnseniorolympics@comcast.net</a>
Memphis	September 15-29	Earlybird: August 18; Final Deadline: August 31	Lori Fageol	(901) 383-9101	<a href="mailto:Lori.fageol@memphistn.gov">Lori.fageol@memphistn.gov</a>
Northwest	September 25-October 20	TBA	Julie Jones	(731) 587-4213	<a href="mailto:julie.jones@nwtd.org">julie.jones@nwtd.org</a>
South Central	August 21-25	Deadline: August 11	Pam Kemp	(931) 762-4231	<a href="mailto:Pkemp@lawrenceburgtn.gov">Pam Kemp pkemp@lawrenceburgtn.gov</a>
Southeast	September 19-October 2	Deadline: August 18	Tina South	(423) 744-2704	<a href="mailto:mcminnsenior@comcast.net">mcminnsenior@comcast.net</a>
Southwest	September 25 - October 10, 2017	Deadline: Sept 1 (save \$10)	Linda Kauffman	(731) 425-8614	<a href="mailto:southjacksoncenter@cityofjackson.net">southjacksoncenter@cityofjackson.net</a>
Upper Cumberland	September 9 - September 22	August 26	Angela Shadden	(931) 484-7416	<a href="mailto:fpsctn@yahoo.com">fpsctn@yahoo.com</a>

**\*\*Dates are subject to change without notice, please check [www.tseniorolympics.com](http://www.tseniorolympics.com) for updates or call the district coordinator for more information.**

Go to [www.tseniorolympics.com](http://www.tseniorolympics.com) for a complete list of counties and to download entry forms.

# Final Checklist

- I completed the Official Entry Form and the Event Registration Form.
- I completed the Health Information Form and signed the Liability Waiver.
- I completed the Entry Form in full and included a check or money order for the total amount payable to Fair Park Senior Center and will submit all forms before August 25, 2017.
- I understand I may not enter any event after the deadline.

# Contact Information

Angela Shadden, Coordinator  
Jesse Campbell, Assistant Coordinator  
Peggy Houston, Volunteer Coordinator  
Charline Picard, Volunteer Coordinator  
Billy Loggins, Board Member, TN Senior Olympics

E-Mail: [fpsctn@yahoo.com](mailto:fpsctn@yahoo.com)

Phone: (931) 484-7416

Address: Upper Cumberland District  
Tennessee Senior Olympics  
1433 Livingston Road  
Crossville, TN 38571

Presented By



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