



Tennessee Senior Olympics, Inc. Ambassador Program

What is a Tennessee Senior Olympics Ambassador?

- An accomplished senior athlete who participates in the Tennessee Senior Olympic competition at the local, state, and national levels.
- An intelligent and motivated individual who exemplifies the contemporary image of healthy aging.
- A healthy and active mature adult, who recognizes the value and realizes the benefits of living a healthy lifestyle.
- An articulate person who can communicate their own impressive health and fitness story, as well as, communicate the Tennessee Senior Olympics key messages.
- A conscientious senior who desires to play a key role in spreading the word statewide about the role of Senior Olympics in living a healthy lifestyle and in changing the image of aging.

Some Suggested Duties:

- Meet with your district coordinator to see how you can help promote your district.
- Be available for TV, newspaper, and radio interviews.
- Utilize local media and community contacts to increase the visibility of the Tennessee Senior Olympics.
- Be available for talks to various groups (senior centers, civic clubs, church groups...)
- Help distribute entry forms and flyers/posters.
- Enlist the aid of other seniors to help you.
- Record names and e- mail addresses for our mailing list.
- Let the staff or your coordinator know of creative ideas you might have to promote the Games.
- Please accept our thanks for all you do!