

2017

TENNESSEE SENIOR OLYMPICS

GREATER NASHVILLE DISTRICT



Presented by:



of Tennessee

Sept. 19 - 30th, 2017

Early Bird Deadline - August 26, 2017 (Save \$10) Final Deadline - September 2, 2017

NEW- Online Registration Available

Click link on: www.tnseniorolympics.com/greater-nashville-district

The Tennessee Senior Olympics is a sports competition for athletes ages 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.

GENERAL INFORMATION

DISTRICT INFORMATION

The Tennessee Senior Olympics hosts ten district events across the state of Tennessee. It is necessary to participate in a district event to advance to the state finals. This does not apply to “open” sports offered at the state finals. 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 are required for each district.

For further information about all district dates and deadlines please visit www.tnseniorolympics.com or call (615) 200-8760.

AGE CATEGORIES

The Tennessee Senior Olympics age categories are as follows:

50-54	55-59	60-64	65-69	70-74	100-104
75-79	80-84	85-89	90-94	95-99	

Participants will qualify for age divisions according to their age as of **December 31, 2018**. (see page 7 for explanation of qualifying system)

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

REGISTRATION

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

Upon receipt of registration, athletes will receive a confirmation letter and newsletter via e-mail with event details. **Please make sure all the information is correct on your confirmation letter.** For questions or corrections, please contact the appropriate district coordinator. Contact information is included in this form.

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.

OUR WEBSITE

For those who may be new to the Senior Olympics, please visit our website at www.tnseniorolympics.com. A web page has been designed for each district, including information such as counties in the district, rules, entry forms, team rosters, and other information. The website is also a great source for additional details about the state finals and the Tennessee Senior Olympics. We encourage you to Join our Mailing List to stay informed.

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 participants are eligible to advance to State Finals.

INCLEMENT WEATHER

The Tennessee Senior Olympics reserves the right to cancel or postpone events in case of inclement weather or extenuating circumstances. Any schedule changes will be placed on the district answering machine. In the event of bad weather, it is your responsibility to call and check for changes. Please call (615) 200-8760 to check for information and updates to the schedule.

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. 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 in the rules of each event. Participants are advised to consult the Official Rules Manual concerning equipment for their specific event(s).

You **MUST** participate at the District Games to attend the State Finals in June 2018. This will be a qualifying year for the National Games.

CHECK-IN FOR EVENTS

Unless notified by mail or phone, check-in for events will be at 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.

The following counties are included in the Greater Nashville District: Cheatham, Davidson, Dickson, Houston, Humphreys, Montgomery, Robertson, Rutherford, Stewart, Sumner, Trousdale, Williamson and Wilson.

EVENT SCHEDULE

LEGEND: AP-Academy Park | FEC-Franklin Entertainment Center | FRC-Franklin Recreation Complex | ISC-Indoor Sports Complex | BHS-Brentwood High School | TRGC - Two Rivers Golf Course

Time: Location Event

TUESDAY, SEPTEMBER 19, 2017

8:00 a.m. TRGC Golf (Shotgun Start)

MONDAY, SEPTEMBER 25, 2017

9:00 a.m. FEC Bowling, Singles 70+
12:00 p.m. FEC Bowling, Singles 50-69

TUESDAY, SEPTEMBER 26, 2017

8:30 a.m. FRC Pickleball, Singles
9:00 a.m. FEC Bowling, Mixed Doubles
9:00 a.m. ISC Swimming Events
12:00 p.m. FEC Bowling, Doubles
12:00 p.m. FRC Pickleball, Mixed Doubles

WEDNESDAY, SEPTEMBER 27, 2017

8:30 a.m. FRC Pickleball, Doubles
9:00 a.m. FRC Horseshoes

Time: Location Event

THURSDAY, SEPTEMBER 28, 2017

9:00 a.m. FRC Basketball Free Throw
10:00 a.m. FRC Basketball 3-Point Shot
10:30 a.m. AP Table Tennis, Singles, Doubles & Mixed Doubles
11:00 a.m. FRC Basketball Hot Shot
1:00 p.m. FRC 3 on 3 Basketball
1:30 p.m. ISC Tennis

FRIDAY, SEPTEMBER 29, 2017

9:00 a.m. FRC Badminton, Singles, Doubles & Mixed Doubles
9:00 a.m. AP Shuffleboard, Singles & Doubles
1:00 p.m. ISC Tennis

SATURDAY, SEPTEMBER 30, 2017

9:00 a.m. BHS Track Events
1:00 p.m. BHS Long Jump and High Jump
Order of events will be included in the newsletter.

Note: Discus, Javelin, and Shot Put will NOT be offered. The Brentwood High School throwing facility is undergoing renovation. These events will be "open" at the state finals although we encourage athletes to attend another district for practice and competition.

Archery, Cycling (5K/20K), Power Walk, Racquetball, Racewalk (5K), Road Races (5K/10K), Pole Vault, Triple Jump discus, shot put, and javelin and any sport NOT offered at your district are open events at the Tennessee Senior Olympics State Finals. Local events may not be held.

Presented by:



District Sponsors



Event Sponsors

Franklin Entertainment Center
Two Rivers Golf Course
Brentwood High School



A WORD TO THOSE OF YOU WHO ARE NEW

Many times we are asked what the competition is like at the Senior Olympics. Sometimes we hear apprehension in the voice of a newcomer or that a newcomer may not “feel ready”. 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 2017!

EVENT SITES

ACADEMY PARK

120 Everbright Street, Franklin, TN 37064

BRENTWOOD HIGH SCHOOL

5304 Murray Lane, Brentwood, TN 37027

FRANKLIN ENTERTAINMENT CENTER

1200 Lakeview Drive, Franklin, TN 37067
(615) 790-2695

FRANKLIN RECREATION COMPLEX

1120 Hillsboro Road, Franklin, TN 37064
(615) 790-5719

TWO RIVERS GOLF COURSE

2235 Two Rivers Parkway
Nashville, TN 37214
(615) 889-2675

WILLIAMSON COUNTY INDOOR SPORTS COMPLEX

920 Heritage Way, Brentwood, TN, 37027
(615) 370-3471

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 by the end of the year.

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, 5K Racewalk, racquetball, triple jump, pole vault 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 in March 2018. Details will be e-mailed to all district participants.

Visit www.tnseniorolympics.com for more information about the state finals.

NATIONALS

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

For more information please visit www.nsga.com.

You **MUST** participate at the district to attend the State Finals in June 2018. Additional information may be found on our website, www.tnseniorolympics.com

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

IMPORTANT NOTICE - WE NEED AN EMAIL ADDRESS

Please note that all confirmation receipts and other information will be e-mailed.

Please provide an e-mail address for yourself or the e-mail address of a son, daughter, or grandchild who is able to pass the information to you.

E-mail Address

[Empty grid for E-mail Address]

Confirmations will be e-mailed. Please write clearly and in CAPS.

ENTRY FORM

General Information (please print)

Last Name

[Last Name input box]

First Name

[First Name input box]

Initial

[Initial input box]

Street Address (Include Apartment Number)

[Street Address input box]

City

[City input box]

State

[State input box]

Zip Code

[Zip Code input box]

County

[County input box]

Date of Birth

[Date of Birth input box]

month day year

Age

[Age input box]

Male

[Male input box]

Female

[Female input box]

as of 12/31/2018

T-Shirt Size (fill in appropriate box)

S

M

L

XL

XXL

XXXL

Home Phone Number

[Home Phone Number input box]

Cell Phone Number

[Cell Phone Number input box]

Events – Note: Open events at the State level include: 5K and 10K Runs, 5K Racewalk, Archery, Cycling, Racquetball Triple Jump, Pole Vault and the Power Walk

- Badminton (singles)
- Badminton (doubles)
Partner's Name _____ DOB ____
- Badminton (mixed doubles)
Partner's Name _____ DOB ____
- Basketball Free Throw
- Basketball 3 point
- Basketball Hot Shot
- Basketball (3 on 3) _____
- Men's Women's
- Team Name _____ Captain _____
- Bowling (singles)
- Bowling (doubles)
Partner's Name _____ DOB ____
- Bowling (mixed doubles)
Partner's Name _____ DOB ____
- Field Events (indicate each event)
 Long Jump Softball Throw High Jump
- Golf
- Horseshoes
- Pickleball (singles)
- Pickleball (doubles)
Partner's Name _____ DOB ____
- Pickleball (mixed doubles)
Partner's Name _____ DOB ____

- Shuffleboard (singles)
- Shuffleboard (doubles-may be mixed)
Partner's Name _____ DOB ____
- Swimming (indicate each event - select only 6 events)
Backstroke 50Y 100Y 200Y
Breaststroke 50Y 100Y 200Y
Butterfly 50Y 100Y
Freestyle 50Y 100Y 200Y 500Y
Indiv. Medley (4 strokes) 100Y 200Y
- Table Tennis (singles)
- Table Tennis (doubles)
Partner's Name _____ DOB ____
- Table Tennis (mixed doubles)
Partner's Name _____ DOB ____
- Tennis (singles) (select only 2 Tennis events)
- Tennis (doubles)
Partner's Name _____ DOB ____
- Tennis (mixed doubles)
Partner's Name _____ DOB ____
- Track Events (indicate each event)
 50M 100M 200M 400M 800M
 1500M 1500 Racewalk

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

Go to www.tnseniorolympics.com for a complete list of counties and to download entry forms.

Emergency Contact Info

Emergency Contact _____

Relation _____

Phone () _____

Media Release

- Tennessee Senior Olympics has my permission to release my contact information, including name, address, phone number and email address to the media.

Volunteer

Are you interested in volunteering for an event?

- Yes, and I would prefer to volunteer for:

- No

Entry and Event Fees

- Early Bird Deadline Registration Fee \$ 30.00
(postmarked by August 26, 2017)

OR

- Final Deadline Registration Fee \$ 40.00
(postmarked by September 2, 2017)

- Email Address Discount - I provided \$ -5.00
an email address on the previous page

ALL FEES are NON-REFUNDABLE after September 1st. **Refunds prior to this date will be charged a \$10 processing fee and must be in writing.**

- I am participating in golf + \$35.00 \$.00
(includes cart & lunch)

- I am participating in a bowling event
_____ x \$6.50 = \$.00
number of events entered

- Donation \$.00

TOTAL AMOUNT ENCLOSED \$.00

Make checks payable to

“Greater Nashville District Tennessee Senior Olympics”

Mail all forms and fees to:

Greater Nashville District Tennessee Senior Olympics • P.O. Box 681, Mt. Juliet, TN 37121

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, Greater Nashville District Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, Brentwood High School, Williamson County Parks and Recreation Department, Williamson County Indoor Sports Complex, Williamson County Recreational Center, Franklin Entertainment Center, Academy Park, Two Rivers Golf Course, 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 Greater Nashville 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 2017 District Senior Olympics without remuneration.

Print Name _____

Signature _____ Date _____

This form must be completed and postmarked by August 26, 2017 for Early Bird Fee or September 2, 2017 for Final Entry Fee in order to participate. Forms may be mailed to: Greater Nashville District Tennessee Senior Olympics, P.O. Box 681, Mt. Juliet, TN 37121.

Please include your team and/or partner's name when registering for doubles and team events.

Partners must also submit a registration form. You may not enter an event after the deadline.



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. Teams and individuals may participate in as many districts as desired. Registration and payment required for each district.
- 2) If an athlete is the only individual in his or his respective age group, he or she must play an exhibition match to qualify for the state finals and before medals will be awarded.
- 3) 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.
- 4) Individual Sports - Athletes must qualify 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.
- 5) Doubles Sports - Doubles partners who qualify 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. Athletes who participate in ONE event (i.e. singles, mixed, or doubles) within badminton, bowling, pickleball, table tennis, tennis, and shuffleboard may sign up for all three events (except tennis - two events) if interested at the State Finals.
- 6) Athletes will be required to check-in to events 10 minutes prior to their scheduled match. Game time is forfeit time will be upheld.
- 7) Team Composition Rule - On a continued trail 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 in effect.
- 8) Athletes are allowed to play on one team per team sport in districts that offer team events.

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



Greater Nashville District
 Tennessee Senior Olympics
 P.O. Box 681
 Mt. Juliet, TN 37121

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

**Dates are subject to change without notice, please check www.ten seniorolympics.com for updates or call the district coordinator for more information. Go to www.ten seniorolympics.com for a complete list of counties and to download entry forms.

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Event Sponsors

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