

2018



TENNESSEE
Senior Olympics



*Upper
Cumberland
District*



September 8th – September 20th, 2018

Presented By



of Tennessee

Gold

Sponsors



Silver

Sponsors



ENTRY DEADLINE: August 24th, 2018

The Upper Cumberland District Tennessee Senior Olympics is a sports competition for athletes 50 and older that combines a wide range of competitive activities. The objective of this special event is to recognize people who have achieved and maintained good health throughout their lives, to promote physical fitness and the pursuit of lifetime leisure activities, and to provide opportunities for fun, recreation and fellowship.

Registration 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, 2019. In doubles events and in team competition, teams will compete in the division determined by the age of the youngest team member. **For more information read State Finals.**

DISTRICT RULES & FEES

Team Composition Rule - 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. 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 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 and information. The \$25.00 entry fee includes all events in a given category, singles, doubles, and mixed doubles, and all the events in swimming and track. The fee also includes medals, one t-shirt, and admission to the awards luncheon. There is a \$15.00 fee to the awards luncheon, for every guest that is a non-participant. Unless otherwise noted, all fees must be submitted with the registration form and be postmarked by August 24, 2018.

☆ Bowling - \$8.50 per event (*to be paid at bowling venue*)

☆ Golf - \$26.00 - includes cart fee, luncheon before event, prizes (*to be paid with entry fee*)

☆ Pickleball - \$1.00 per day (*to be paid at Cane Creek venue*)

⇒ 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 24, 2018.

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

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

Please make checks payable to:

"Fair Park Senior Center"

STATE RULES & EQUIPMENT

All events will be conducted in accordance with the 2018 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 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 practicing, preparing, and competing in these sports events or any similar physical activity.

Health Information

Do you have specific health conditions or contraindications that would need to be disclosed in the case of a medical emergency?

YES NO IF YES, PLEASE EXPLAIN. _____

PRIMARY CARE PHYSICIAN: _____

PHONE NUMBER: (____) _____ - _____

EMERGENCY CONTACT: _____

RELATION: _____

PHONE NUMBER: (____) _____ - _____

Recruitment

Are you a first time Senior Olympics athlete?

YES – I was NOT recruited by a returning athlete
 YES – I was recruited by a returning athlete
 NAME: _____
 NO

Volunteer

Are you interested in volunteering for an event?

YES NO IF YES, WHICH EVENT? _____

I, the undersigned, understand and expressly assume the dangers of the District Senior Olympic(s) 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, Fair Park Senior Center, Upper Cumberland Development District/ Area Agency on Aging and Disability, Plateau Bowling Lanes, Cookeville Bowling World, Fairfield Glade and facilities, Putnam County Family YMCA, Stone Memorial High School, Fentress County Senior Citizens Center, Heatherhurst Golf Course, Crossville Centennial Park, Cane Creek Sportsplex, 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 or contraindications 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 & Event Fees

<input type="checkbox"/>	REGISTRATION FEES	\$25.00
<input type="checkbox"/>	I AM PARTICIPATING MORE THAN 2 EVENT CATEGORIES	
	_____ - 2 (free events) = _____ x \$2.00 (per event) = \$ _____	
	<i>NOTE: Each Tennis Event is considered a separate category.</i>	
<input type="checkbox"/>	I AM PARTICIPATING IN GOLF	+ \$26 \$ _____
<input type="checkbox"/>	I AM ATTENDING THE BANQUET	\$ 0.00
<input type="checkbox"/>	I AM BRINGING GUEST(S) _____ x \$15	\$ _____
	<small># of guest</small>	
<input type="checkbox"/>	DONATIONS	\$ _____
TOTAL AMOUNT ENCLOSED		\$ _____

In addition to the above fees, if you are participating in bowling (\$8.50 per event) or pickleball (\$1.00 per day), those fees are to be paid at the event venue where you will be participating, on the day of the event.

MAKE CHECKS PAYABLE TO:

Fair Park Senior Center

MAIL ALL FORMS & FEES TO:

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

*** NO REFUNDS AFTER 08/24/2018**

This form must be completed and postmarked or hand-delivered to the Fair Park Senior Center along with all fees by August 24, 2018 in order to participate.

Mail Forms To: Upper Cumberland District Tennessee Senior Olympics
 1433 Livingston Road, Crossville, TN 38571

- Please include your partner's name/age 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.

Upper Cumberland District 2018

Event Schedule

Saturday, September 8

Track and Field [Stone Memorial High School]

9:00 am - All Events

Rain Date - September 15

Monday, September 10

Pickleball [Cane Creek Sportsplex]

9:00 am - Singles

11:30 am - Mixed Doubles

Bowling [Bowling World]

9:00 am - Doubles

12:00 pm - Mixed Doubles

Tuesday, September 11

Table Tennis [Fairfield Glade Multipurpose Center]

9:00 am - Singles

10:00 am - Doubles

11:00 am - Mixed Doubles

Billiards [Fair Park Senior Center]

9:00 am - All Events

*additional dates to be determined once registration has closed

Wednesday, September 12

Golf [Heatherhurst Golf Course]

12:00 pm - Shotgun Start

Rain Date - September 20

Swimming [Putnam Co. Family YMCA]

2:00 pm - All Events

Thursday, September 13

Softball Throw [Crossville Centennial Park]

12:00 pm

Horseshoes [Crossville Centennial Park]

2:00 pm

Friday, September 14

Basketball [Stone Memorial High School]

9:00 am - Free Throw

10:00 am - 3 point shot

12:00 pm - Men's 3 on 3

Monday, September 17

Pickleball [Cane Creek Sportsplex]

9:00 am - Doubles

Bowling [Plateau Bowling Lanes]

9:00 am - Singles

Tuesday, September 18

Shuffleboard [Fentress Co. Senior Center]

9:00 am - Singles

Wednesday, September 19

Tennis [Fairfield Glade Tennis Center]

11:30 am - Singles

3:30 pm - Mixed Doubles

Shuffleboard [Fentress Co. Senior Center]

9:00 am - Doubles

Corn Hole [Cumberland Co. Community Complex]

12:00 pm - All Events

Thursday, September 20

Tennis [Fairfield Glade Tennis Center]

11:30 - Doubles

Monday, October 8

Recognition Luncheon

11:00 am – [Cumberland Co. Community Complex]

Recognition Luncheon Sponsored By

Cumberland
MEDICAL CENTER
Covenant
HEALTH.



Event Sites

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

Cane Creek Sportsplex
2200 West Jackson St., Cookeville
(931) 520-5224

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

Cumberland County Community Complex
1398 Livingston Rd., Crossville
(931) 484-6431

Fairfield Glade Multipurpose Center
455 Lakeview Drive, Crossville
(931) 484-3728

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

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

Putnam Co. Family YMCA
235 Raider Drive, Cookeville
(931) 528-1133

State & National Information

Important Information! Please Read!

TENNESSEE STATE SENIOR OLYMPICS

The Tennessee Senior Olympics State Finals are scheduled for June 2019 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 2019 state finals, athletes must participate in a fall 2018 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 2019 to compete in the 2019 state finals.

For example, for the 2018 districts, age will be determined as of December 31, 2019. For the 2019 state finals, age will be determined as of December 31, 2019. This is to ensure that athletes are practicing and playing in the age group that they will be placed in at the summer 2019 state finals. For example, an individual who turns 50 on April 1, 2019 will play in the 50-54 division in the fall 2018 districts although he or she is 49. Athletes must be 50 years old by December 31 of 2019 year to compete in the 2019 state finals.

Open sports that do not require district qualification include archery, cycling (5K & 20K), road races (5K & 10K), 5K walk, racquetball, triple jump, pole vault, disc golf, powerwalk, and cornhole doubles. 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.

For doubles players, athletes who participated in ONE event at the district (i.e. singles, mixed, or doubles) within any doubles sport may register for all three events if interested.

Registration for the state finals will open in early March 2019. Details will be e-mailed to all district participants. Visit www.tnseniorolympics.com for more information about state finals.

NATIONAL SENIOR OLYMPICS

The next National Senior Games are scheduled for June 14-28, 2019 in Albuquerque, NM. Qualification for this event occurred at our recent 2018 state finals in Williamson County.

We realize that our 2019 state finals will overlap the Nationals next summer. Unfortunately, late June, during the high school dead period is the only time that we can secure the many venues needed across Williamson County. We wish those going to New Mexico the best of luck and we look forward to seeing those of you planning to stay in Tennessee next summer.

If you qualified, you should receive information directly from the National office by January 2019. For more information please visit www.nsga.com.

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
(931) 243-3467

Cumberland County

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

DeKalb County

DeKalb County/ Smithville Senior Center
Pam Redmon
(615) 597-7575

Alexandria Senior Center
Barbara Anders
(615) 529-2928

Fentress County

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

Jackson County

Fairview Senior Center
Geraldine Rhoten
(931) 268-0837

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

Macon County

Lafayette/Macon County Senior Center
Brenda Fulson
(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
Brenda 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

Dates are subject to change without notice, please check www.tnseniorolympics.com for updates, and for a complete list of counties and entry forms.

District	2018 Dates	Entry Deadline	Contact Name	Phone Number	Email Address
Chattanooga	October 12 – 31 <i>Pickleball</i> : February 22-24	September 15 <i>Pickleball</i> : February 1	Kelly Price	(423) 240-1508	kellyelaineprice@hotmail.com
East TN	September 28 – October 3	Early: August 31 Final: September 7	Melissa Ward	(865) 436-4990	melissaw@gatlinburgtg.gov
First TN	September 5 – 27 <i>Golf</i> : September 5	August 24	Teresa Sutphin	(423) 722-5120	tsutphin@ftaad.org
Greater Nashville	September 24 – 29 <i>Golf</i> : September 18 <i>Track & field</i> : September 29	Early: August 24 Final: August 31	Traci Meador	(615) 200-8760	gnseniorolympics@comcast.net
Memphis	September 14 – 28	Early: August 17 Final: August 24	Lori Fageol	(901) 383-9101	lori.fageol@memphistn.gov
Northwest	August 27 – October 26	August 17	Julie Jones	(731) 587-4213	Julie.Jones@nwtdd.org
South Central	October 22 – 26 <i>Tennis</i> : September 10 – 11 <i>Pickleball</i> : September 11 – 12	August 31	Pam Kemp	(931) 762-4231	pkemp@lawrencburgtn.gov
Southeast	September 18 – October 1	August 17	Melody Moses	(423) 745-6830	sesolympics@hotmail.com
Southwest	September 10 – 21	August 24	Linda Kauffman	(731) 425-8614	southjacksoncenter@cityofjackson.net
Upper Cumberland	September 8 – 20	August 24	Angela Shadden	(931) 484-7416	fpctn@yahoo.com

FINAL CHECKLIST:

COMPLETE BY: AUGUST 24, 2018

- OFFICIAL ENTRY FORM AND EVENT REGISTRATION FORM
 - HEALTH INFORMATION FORM AND LIABILITY WAIVER
 - INCLUDE CHECK/MONEY ORDER FOR THE TOTAL AMOUNT PAYABLE TO: FAIR PARK SENIOR CENTER
- I UNDERSTAND I MAY NOT ENTER ANY EVENT AFTER THE DEADLINE
 - I UNDERSTAND ALL FORMS AND FEES MUST BE RECEIVED BY 08/24/18



Gold Sponsors

Eye Centers of TN	City of Crossville
Life Care Center of Crossville	United Fund
Cumberland Medical Center & Covenant Health	Cumberland Co.

Silver Sponsors

Upper Cumberland Area Agency On Aging & Disability	Fairfield Glade Community Club
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Angela Shadden, Coordinator
Jesse Campbell, Assistant Coordinator
Peggy Houston, Volunteer Coordinator
Charline Picard, Volunteer Coordinator
Billy Loggins, TN Senior Olympics Board Member

e-mail: fpsctn@yahoo.com
phone: 931-484-7416



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