

FINAL CHECKLIST:

COMPLETE BY: August, 25 2021

- ☐ 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 DEADLINE
- ☐ I UNDERSTAND ALL FORMS AND FEES MUST BE RECEIVED BY 08/25/21 IN ORDER TO PARTICIPATE IN ANY SENIOR OLYMPICS EVENTS.



Angela Shadden, Coordinator
Alicia Arehart, Assistant Coordinator
Peggy Houston, Volunteer Coordinator



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

Email: fpsctn@yahoo.com
Phone: (931)484-7416

A special thank you to our 2021 Tennessee Senior Olympics Sponsors!

**Gold
Sponsors**



**Silver
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September 1st- October 2nd

Entry Deadline: August 25, 2021

Presented By



**Gold
Sponsors**



**Silver
Sponsors**



We are strong....



We are legacies....



We are Senior Olympics....



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, 2022. In doubles events and in team competition, teams will compete in the division determined by the age of the youngest team member.

DISTRICT RULES & FEES

Teams may be comprised of any player regardless of district.

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 **(\$30.00)** for up to two sports categories and \$2.00 for each additional sports category.

Below are additional event-related fees and information. The **\$30** 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 25, 2021**

☆ Bowling - \$9.00 per event *(to be paid at bowling venue)*

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

⇒ 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, 2021**

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 2021 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.

Local Senior Centers: *Contact Information*

Cannon County

Cannon County Senior Center
Debra Leach
(615) 563-5304
ccsc@dpccom.net

Clay County

Clay County Multipurpose Senior Center
Sandra Wix
(931) 243-3467
clayscc@twlakes.net

Cumberland County

Fair Park Senior Center
Angela Shadden
1433 Livingston Road
Crossville, TN 38571
(931) 484-7416
fpsctn@yahoo.com

DeKalb County

DeKalb County/ Smithville Senior Center
Pam Redmon
(615) 597-7575
dekalbseniordirector@gmail.com

Alexandria Senior Center
Barbara Anders
(615) 529-2928

Fentress County

Fentress County Senior Center
Alice Kirby
(931) 879-7249
alice.kirby@fentresscountytn.gov

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
seniors@nctc.com

Overton County

Overton County Multipurpose Senior Center
Betty Parrott
(931) 823-1268
bosrctr@twinlakes.net

Pickett County

Senior Citizens of Pickett County
Emily Sells
(931) 864-7972
birdstownseniorcenter@yahoo.com

Putnam County

Putnam County Senior Citizens
Maxine Frasier
(931) 526-9318
director@cookevilleseniorcenter.org
Algood Senior Center
Brenda Dishman
(931) 537-3447
algoodseniorcenter@frontier.com
Baxter Senior Center
Barbara Lee
(931) 858-5657
baxterscc@gmail.com

Monterey Senior Center

Saundra Gilmore
(931) 839-8053
sgilmore@montereyctn.com

Smith County

Smith County Senior Citizens Center
Jan Johnson
(615) 735-0476
scscjan@gmail.com

Van Buren County

Van Buren Senior Citizens Center
Stephanie Neely
(931) 946-7151

Warren County

McMinnville / Warren Co. Senior Center
Connie Smith
(931) 473-6559
wacosrctr@bloman.net

White County

Sparta Senior Center
Brenda Roberts
(931) 836-3663
spartaseniorcenter@hotmail.com

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	2021 Dates	Entry Deadline	Contact & Number	Email Address
Chattanooga	Oct. 2021; Pickleball Feb. 2022	TBA	Kelly Price (423) 240-1508	Kelly@tnseniorolympics.com
East TN	Oct. 1-Oct.6	Sept. 10	Melissa Ward (865) 436-4990	Melissaw@gatlinburgtn.gov
First TN	TBA	August 27	Teresa Sutphin (423) 722-5120	Tsutphin@ftaad.org
Greater Nashville	Sept. 9- Sept. 25	August 27	Traci Meador (615) 200-8760	gnseniorolympics@comcast.net
Memphis	Sept. 24- Oct. 8	Sept. 17	Amanda Johnon (901)-636-4213	Amanda@tnseniorolympics.com
Northwest	Aug. 26-Nov. 5	August 9	Janie Nicholson (731) 587-4213 ext. 207	Julie.Jones@nwtd.org
South Central	Oct. 11-15	August 31	Pam Kemp (931) 762-4231	PKemp@lawrenceburgtn.gov
Southeast	TBA	TBA	Tina South (423) 745-6830	sesrolympics@hotmail.com
Southwest	Sept. 13- Sept. 24	TBA	Linda Kauffman (731) 425-8614	southjacksoncenter@cityofjackson.net
Upper Cumberland	Sept. 1- Oct.2	August 25	Angela Shadden (931) 787-8863	fpsctn@yahoo.com



Event Sites

- Bowling World
545 Neal St., Cookeville
(931) 528-5551
- Cumberland County High School
660 Stanley St., Crossville
(931) 484-6194
- Crossville Centennial Park
837 Industrial Blvd., Crossville
(931) 456-6632
- Cumberland County Community Complex
1398 Livingston Rd., Crossville
(931) 484-6431
- Fair Park Senior Center
1433 Livingston Rd., Crossville
931-484-7416
- 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

Information and exact dates for the 2022 Tennessee Senior Olympics State Finals will be posted at www.tnseniorolympics.com by the end of the year.

To be eligible for the 2022 state finals, athletes must participate in a fall 2021 district event in most sports. 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, 2022 to compete in the 2022 state finals. For example, for the 2021 districts, age will be determined as of December 31, 2022. For the 2022 state finals, age will be determined as of December 31, 2022. This is to ensure that athletes are practicing and playing in the age group that they will be placed in at the summer 2022 state finals. For example, an individual who turns 50 on April 1, 2022 will play in the 50-54 division in the fall 2021 districts although he or she is 49. Athletes must be 50 years old by December 31 of 2022 year to compete in the 2022 state finals. Open sports that do not require district qualification include archery, corn hole, cycling (5K and 20K), disc golf, the 5K and 10K road races, 5K Walk, racquetball, triple jump, pole vault, and the powerwalk. 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 2022. Details will be e-mailed to all district participants.

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

National Senior Olympics

2022 Nationals

We wish the best of luck to those of you who plan to attend the National Senior Games- the Senior Olympics for May 10-23, 2022 in Fort Lauderdale, Florida. In response to the pandemic, NSGA made many adjustments to the qualification process for the above-mentioned 2022 National Senior Games. All athletes who are eligible for the priority registration period will receive notification from the NSGA. An open registration period will also be offered.

2023 Nationals

The 2023 National Senior Games- the Senior Olympics is slated for Pittsburgh, PA. Dates to be announced. Qualification for this event will occur at the 2022 Tennessee Senior State Finals in Williamson County. **Therefore, participating in your 2021 district is vital for those sports that require qualification. See state finals article.**

For more information about Nationals, please visit 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	DATE OF BIRTH
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
STREET ADDRESS			AGE (as of 12/31/22)
<input type="text"/>			<input type="text"/>
CITY	STATE	ZIP CODE	GENDER
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
COUNTY	PHONE NUMBER (HOME)		
<input type="text"/>	<input type="text"/>		
PHONE NUMBER (MOBILE)		EMAIL ADDRESS	
<input type="text"/>		<input type="text"/>	

T-SHIRT SIZE

CHECK APPROPRIATE BOX

<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L
<input type="checkbox"/> XL	<input type="checkbox"/> XXL	<input type="checkbox"/> XXXL

Events

Note: Open events at the state level include- Archery, Cycling(5K/20K), Power Walk, 5K Race Walk, Racquetball, Road Races(5K/10K), Pole Vault, Triple Jump, Cornhole singles/doubles, Disc Golf

<input type="radio"/> BASKETBALL <input type="radio"/> FREE THROW <input type="radio"/> 3 POINT SHOT <input type="radio"/> 3 ON 3 MENS <input type="checkbox"/> WOMENS <input type="checkbox"/> TEAM NAME: _____ CAPTAIN*: _____	<input type="radio"/> GOLF
<input type="radio"/> BOWLING <input type="radio"/> SINGLES <input type="radio"/> DOUBLES PARTNERS NAME: _____ DATE OF BIRTH: ____ / ____ / ____ <input type="radio"/> MIXED DOUBLES PARTNERS NAME: _____ DATE OF BIRTH: ____ / ____ / ____	<input type="radio"/> HORSESHOES
<input type="radio"/> CORNHOLE <input type="radio"/> SINGLES <input type="radio"/> DOUBLES PARTNERS NAME: _____ DATE OF BIRTH: ____ / ____ / ____ <input type="radio"/> MIXED DOUBLES PARTNERS NAME: _____ DATE OF BIRTH: ____ / ____ / ____	<input type="radio"/> SOFTBALL THROW
<input type="radio"/> SOFTBALL THROW	<input type="radio"/> SWIMMING (indicated by meters -- maximum 6 events) <input type="radio"/> BACKSTROKE <input type="checkbox"/> 50 <input type="checkbox"/> 100 <input type="checkbox"/> 200 <input type="radio"/> BREASTSTROKE <input type="checkbox"/> 50 <input type="checkbox"/> 100 <input type="checkbox"/> 200 <input type="radio"/> BUTTERFLY <input type="checkbox"/> 50 <input type="checkbox"/> 100 <input type="radio"/> FREESTYLE <input type="checkbox"/> 50 <input type="checkbox"/> 100 <input type="checkbox"/> 200 <input type="checkbox"/> 400 <input type="radio"/> INDIV. MEDLEY (4 STROKES) <input type="checkbox"/> 100 <input type="checkbox"/> 200
<input type="radio"/> PICKLEBALL <input type="radio"/> SINGLES <input type="radio"/> DOUBLES PARTNERS NAME: _____ DATE OF BIRTH: ____ / ____ / ____ <input type="radio"/> MIXED DOUBLES PARTNERS NAME: _____ DATE OF BIRTH: ____ / ____ / ____	<input type="radio"/> TABLE TENNIS <input type="radio"/> SINGLES <input type="radio"/> DOUBLES PARTNERS NAME: _____ DATE OF BIRTH: ____ / ____ / ____ <input type="radio"/> MIXED DOUBLES PARTNERS NAME: _____ DATE OF BIRTH: ____ / ____ / ____
<input type="radio"/> SHUFFLEBOARD <input type="radio"/> SINGLES <input type="radio"/> DOUBLES (MAY BE MIXED) PARTNERS NAME: _____ DATE OF BIRTH: ____ / ____ / ____	<input type="radio"/> TENNIS <input type="radio"/> SINGLES <input type="radio"/> DOUBLES PARTNERS NAME: _____ DATE OF BIRTH: ____ / ____ / ____ <input type="radio"/> MIXED DOUBLES PARTNERS NAME: _____ DATE OF BIRTH: ____ / ____ / ____
	<input type="radio"/> TRACK EVENTS (indicated by meters) <input type="checkbox"/> 50 <input type="checkbox"/> 100 <input type="checkbox"/> 200 <input type="checkbox"/> 400 <input type="checkbox"/> 800 <input type="checkbox"/> 1500 RUN <input type="checkbox"/> 1500 RACEWALK
	<input type="radio"/> FIELD EVENTS <input type="radio"/> DISCUS <input type="radio"/> JAVELIN <input type="radio"/> SHOT PUT <input type="radio"/> HIGH JUMP <input type="radio"/> LONG JUMP <input type="radio"/> TRIPLE JUMP
	<input type="radio"/> Chair Volleyball Note: This is not a state finals event.

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?

Liability waiver

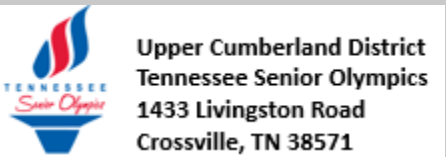
I, the undersigned, understand and expressly assume the dangers of the District Senior Olympic(s) competition(s) I have entered. I hereby agree to indemnify, save, and hold harmless [Tennessee Senior Olympics, Upper Cumberland District Tennessee Senior Olympics, BlueCross BlueShield of Tennessee, Fair 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, Cumberland County HS, 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

This form must be completed and postmarked or hand-delivered to the Fair Park Senior Center along with all fees by August 25, 2021 in order to participate.

Mail forms to:



- Please include your partner's name, DOB, 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.

Entry & Event Fees

REGISTRATION FEES \$30.00

I AM PARTICIPATING MORE THAN 2 EVENT CATEGORIES

- 2 (free events) = x \$2.00 (per event) = \$

NOTE: Each Tennis Event is considered a separate category.

I AM PARTICIPATING IN GOLF + \$26 \$

I AM ATTENDING THE BANQUET \$ 0.00

I AM BRINGING GUEST(S) x \$15 \$

of guest

DONATIONS \$

TOTAL AMOUNT ENCLOSED \$

In the addition to the above fees, if you are participating in bowling(\$9.00 per event) 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 08/25/2021

Upper Cumberland District
2021

Event Schedule

Wednesday, September 1

Golf (Heatherhurst Golf Course)

1:00 pm—Shotgun Start

Thursday, September 2

Bowling(Bowling World Cookeville)

9:00 am—Doubles

12:00 pm—Mixed Doubles

Tuesday, September 7

Tennis (FairField Glade Racquet Center)

11:30 am—Singles

1:30 pm—Doubles

Wednesday, September 8

Tennis (FairField Glade Racquet Center)

11:30 pm—Mixed Doubles

Thursday, September 9

Bowling (Plateau Bowling Lanes- Crossville)

9am—Singles

Monday, September 13

Swimming (Putnam Co. YMCA)

2:00 pm—All Events

Tuesday, September 14

Pickleball (FairField Glade Racquet Center)

9:00 am—Singles

11:30 am—Mixed Doubles

Wednesday, September 15

Pickleball (FairField Glade Racquet Center)

9:00 am—Doubles

Friday, September 17 or 24

Basketball (Stone Memorial High)

TBA—Free Throw

TBA—3 Point Shot

TBA—Men's 3 on 3

(Date & time for Basketball will be given at registration)

Saturday, September 18

Table Tennis (FairPark Senior Center Big Room)

9:00 am—Singles

10:00 am—Doubles

11:00 am—Mixed Doubles

Monday, September 20

Softball Throw (Centennial Park)

12:00 pm

Horseshoes (Centennial Park Back Arena)

2:00 pm

Tuesday, September 21

Shuffleboard (Fentress County Senior Center)

9:00 am—Singles

Wednesday, September 22

Shuffleboard (Fentress County Senior Center)

9:00 am—Doubles

Tuesday, September 28

Corn Hole (Community Complex Pavilion)

12:00—All Events

Thursday, September 30

Chair Volleyball (Community Complex)

9:00 am

Saturday, October 2

Track and Field (CCHS)

9:00 am—All Events

(Rain Date—October 3, 9:00am)

Wednesday, October 6

Recognition Luncheon

11:00 am—Cumberland Co. Community Complex