

Neuse River Senior Games



April 19—April 29, 2010

REGISTRATION PACKET

Athletic Competition
April 19—April 29, 2010

Silver Arts Exhibition
April 19—21, 2010

Registration Deadline

March 12, 2010

Late Registration Deadline

no later than 5:00 pm

March 19, 2010

Event Sites

Twin Rivers YMCA * Strike Zone Bowling Alley * Courts Plus
Lawson Creek Park * Harbour Town * River Bend Golf & Country Club
Grover C. Fields M.S.* Creekside Park * West New Bern Recreation Center
Courtyards at Berne Village * New Bern High School *

Coordinating Agencies

Coastal Community Action, Inc. * Craven Co. Recreation & Parks Department
Duplin Co. Services for the Aged * Eastern Carolina Council Area Agency on Aging * Twin Rivers YMCA
Greene Co. Council on Aging * Havelock Parks & Recreation Department * Jones County Senior Services
Lenoir Co. Council on Aging * New Bern Parks & Recreation Department * Pamlico Co. Senior Services

North Carolina Senior Games



Dear Senior Games Participant:

This year, The Neuse River Senior Games will celebrate its 25th year promoting health and fitness for Seniors 55 years old and better. As your Local Coordinator, I sincerely hope that you will join us this year.

The Steering Committee has been hard at work since June 2009 planning for a larger and better event for you. Please take the time to read the enclosed information carefully. **There are changes and deadlines that are very important.** Other changes and opportunities that we are excited about are:

- **Track and Field** events continued at the beautiful facility at New Bern High School and the **Silver Striders Fun Walk** event will be held at Lawson Creek Park.
- An **Events Clinic** will be held April 6th. Please return the Events Clinic Form (found in the Registration Packet) with your Registration.
- **Performing Arts** will be held at Trinity United Methodist Church Thursday, May 6th.
- **2010 is the qualifying year for the 2011 national Senior Games in Houston, Texas.**
- The **Celebration of Games Opening Ceremony** will be held Monday, April 19th, 11:30 am at West New Bern Recreation Center.
- The **Charlotte Bobcats** will honor Senior Games participants at their game April 2nd. For more information on this event, please use the voucher and contact information in the Registration Packet.

If you will be participating in or observing an outdoor event, please bring sunscreen, chairs, etc. to the event for your comfort. If you are interested in Team Softball, please sign up and we will put you in touch with the coach.

The Celebration of Games Opening Ceremony will be held Monday, April 19th, 11:30 am at West New Bern Recreation Center. Please remember to mark your form to indicate your attendance at the ceremony and the luncheon immediately following.

Your Steering Committee asks that each one of you take the opportunity to be an ambassador for our Games. What a great time to invite friends to join us for fitness, fun and fellowship during the events! On behalf of the Steering Committee, I extend best wishes for an enjoyable time at the 2010 Neuse River Senior Games.

For additional registration forms or questions pertaining to the Games, please call your local representative. **Please remember to mark your form to indicate your attendance at the Celebration of Games Opening Ceremony and the luncheon immediately following.**

See you at the Games!

Johanne Pryor

Johanne Pryor, Coordinator
Neuse River Senior Games
(252)745-5252



"A celebration of the creative expression of seniors in North Carolina", has been included as a major component of the traditional athletic competition of North Carolina Senior Games. Silver Arts encourages the continuing effort of older adults to

create, explore, and display the Visual, Heritage, Literary, and Performing Arts and to increase public awareness of their talents and activities.

Silver Arts unites the athlete and the artist in a program that recognizes the similarities of both endeavors: discipline, dedication, and pride in one's accomplishments.

At present, Silver Arts recognizes four broad categories, each with several sub-categories. First place winners in the Literary subcategory will be eligible for the NC Senior Games Finals. First and second place winners in the Visual and Heritage sub-categories will be eligible for the NC Senior Games Finals. North Carolina Senior Games Finals awards, first, second, and third place in each sub-category of these arts.

One overall winner in the Performing Arts category will also be eligible for the North Carolina Senior Games Finals and able to compete for first, second and third place awards. **The Neuse River Senior Games awards first, second, and third place in all the sub-categories.**

Guidelines

- All persons entering Silver Arts must be 55 years of age or better and registered as a Neuse River Senior Games participant.
- Instructors and/or group members under age 55 will not be permitted to perform on stage with the group at local or state games
- Entries must be original works of the artist; must be a work created after the artist is age 55 or better and have been completed within two years of the Neuse River Senior Games registration deadline.
- Complete Silver Arts information is available at www.ncseniorgames.org

Requirements for Neuse River Senior Games and the North Carolina Senior Games Finals

Visual Arts

- All art work, except sculptures, must be clearly framed and wired (no serrated hooks or strings), ready to be hung. Art work, except sculptures, not properly wired will not be displayed.
- Art work, except sculptures, can be no larger than 36" x 42", including matting and frame. Sculptures can be no heavier than 15 pounds, and must be able to be displayed in a 3' x 3' area.
- Master studies are accepted.
- The art piece must be an original work, not print, and the artist's name and title of entry must appear on or be attached to the entry for identification.
- The artist must send a photograph of the entry with the State Finals Entry Form and Silver Arts Information Form when entering the State Finals.

Literary Arts

- Poems can be no longer than 40 lines.
- Short stories (fiction), essays, articles, life experiences can be no longer than 8 pages double-spaced with a 1" margin on all sides. Entries must have a title page which includes the title of the work, sub-category, and artist name.
- A display quality copy of the entry and 3 additional copies, should be submitted with the registration form.

Performing Arts

- Performing entries are limited to 3 minutes of on-stage times.
- Performing entries may be one of the following: soloists with accompanists, small groups of 2-4 performers, or a large group of 5 or more performers.
- Performers must provide a high quality cassette tape for performance with music tagged at the beginning of the tape. Props are the responsibility of the performer.
- Performers wanting introductory material given prior to their performance are responsible for preparing it. Such material should be given to the Silver Arts chair for delivery to the Master of Ceremonies at the Revue Rehearsal.
- Voice presentations must be performed live (lip-synch is not permitted) and background music must be taped.

Heritage Arts

- Heritage art entries must be original work and the work of the individual and not a group effort.

Registration Information

Enclosed is the registration form for the Neuse River Senior Games scheduled April 19-April 29, 2010 (*Rain dates for events are April 22 & April 29th, 2010*). Games will be held in New Bern, with most events at the West New Bern Recreation Center, located on Pinetree Drive. The following bulleted list will give you an idea of where other events will be taking place.

- *Bowling*—Strike Zone Bowling Alley
- *Swimming*—Twin Rivers YMCA
- *Silver Striders Fun Walk*—Lawson Creek Park
- *Racquetball*—Courts Plus
- *Archery*—Creekside Park
- *Golf*—River Bend Golf & Country Club
- *Tennis*—Harbour Town Racquet Club
- *Performing Arts*—Trinity UMC
- *Cycling*—Grover C. Fields Middle School
- *Track*—New Bern High School

(Note: Registration Forms must be completed on all sides, signed on the back and accompanied with fee(s) to be accepted.)

Registration Fees

A registration fee of \$12.00 is required from all participants registering by March 12, 2010. Late registration will be accepted March 15 through March 19, 2010 with an additional fee of \$3.00 (*a total of \$15.00*). Some activities will require extra fees (*this is indicated on the registration form*), which should be submitted in addition to the registration fee. All fees must accompany the registration/waiver form for the participant to be eligible. The registration fee includes lunch following the Opening Ceremonies, a Neuse River Senior Games T-shirt, and a hotdog lunch.

A limited number of scholarships are available. A scholarship is the base \$12.00 fee. To request and be considered for a scholarship, please check the line on the first page of the Registration Form.

**No Registration will be accepted after March 19, 2010 at 5:00 pm.
ALL FEES ARE NON-REFUNDABLE**



Due to the strenuous nature of these events, it is recommended that you consult your physician prior to beginning training for the actual competition.

Only persons who are 55 years of age or better, of the six sponsoring counties, are eligible to participate in the Neuse River

Remember!

Send your registration form,
fees, signed waiver to:
Neuse River Senior Games
406 Craven Street
New Bern, NC 28560

Make checks payable to:
Neuse River Senior Games

DO NOT SEND CASH!

Athletic Events

Please mark an X beside the appropriate event category

Monday, April 19, 2010

*9:00 am _____ Shuffleboard (men)
*9:00 am _____ Horseshoes (women)
9:00-10:30 am
_____ Football Throw (women)
_____ Softball Throw (women)

11:30 am _____ Opening Ceremony

1:00 pm—Warm-up-Shuffleboard/Horseshoes
*1:30 pm _____ Shuffleboard (women)
*1:30 pm _____ Horseshoes (men)
1:30-3:00 pm
_____ Football Throw (men)
_____ Softball Throw (men)

Tuesday, April 20, 2010

*8:30 am _____ Silverstriders Fun Walk
*9:00 am _____ 1 Mile Cycling
*9:30 am _____ Archery
*9:30 am _____ 5K Cycling
9:30 am _____ Spin Casting
9:30-11:30 am
_____ Basketball Shooting
*11:00 am _____ 10K Cycling
*12:30 pm _____ Bocce
*2:00 pm _____ Racquet Ball

Wednesday, April 21, 2010

8:00 am _____ 5K Race Walk
*8:30 am—Table Tennis (enter 2 events only)
_____ Singles
_____ Doubles—Partner _____
_____ Mixed—Partner _____
*9:00 am _____ Croquet
9:00 am-12:00 pm
_____ Shotput/Discus
_____ Long Jump (S/R)
*9:00 am _____ 5K Run
*9:30 am _____ 100 Meter Dash
*10:00 am _____ 800 Meter Dash
*10:10 am _____ 200 Meter Dash
*10:25 am _____ 1500 Meter Run
*10:30 am _____ 400 Meter Dash
*10:45 am _____ 1500 Meter Race walk
12:00 pm _____ Free Hotdog Lunch
1:30 pm _____ Badminton (enter 2 events only)
_____ Singles
_____ Doubles—Partner _____
_____ Mixed—Partner _____
1:30 pm _____ Billiards

- *To qualify for State Finals, golfers need to meet a minimum performance score (MPS) and finish in the top 3 in their age group. MPS available from your coordinator.*
- *A participant must be a North Carolina resident for a minimum of 3 consecutive months of the year.*

Friday, April 23, 2010

8:00 am—Warm-up (optional)
*9:00 am—Swimming (enter 5 events only)

Order of Events

_____ 100 yard Individual Medley
_____ 100 yard Breaststroke
_____ 100 yard Freestyle
_____ 100 yard Butterfly
_____ 200 yard Freestyle
_____ **25 yard Backstroke
_____ 50 yard Butterfly
_____ 50 yard Breaststroke
_____ **25 yard Butterfly
_____ 100 yard Backstroke
_____ 200 yard Breaststroke
_____ **25 yard Freestyle
_____ 200 yard Individual Medley
_____ 50 yard Backstroke
_____ **25 yard Breaststroke
_____ 500 yard Freestyle
_____ 50 yard Freestyle
_____ 200 yard Backstroke

*1:00 pm— 3 on 3 Basketball

Team Name _____
Captain _____
Player _____ Player _____
Player _____

Monday, April 26, 2010

*9:00 am—Bowling (enter 2 events only—\$6.75 /event)
_____ Singles
_____ Doubles—Partner _____
_____ Mixed—Partner _____

Tuesday & Wednesday, April 27-28, 2010

Tennis—Event Manager will call you with match times.
_____ Singles (2 events only)
_____ Doubles—Partner _____
_____ Mixed—Partner _____

Thursday, April 29, 2010

**9:00 am _____ Golf (\$25 fee)

Date & Time—TBD

_____ Softball Team
_____ Team Name
_____ Team Captain

- **(*) Indicates a Tournament Event**
You **must** report to the Event Manager at the specified times in order to avoid disqualification! Each Team Sport player must be a registered Neuse River Senior Games participant.
- **(**)** *Indicates that this event is NOT a State or National Games Event.*
- “To promote total health and physical fitness, events of longer duration and lower intensity are strongly recommended. High intensity types of activities are offered primarily for the condition, trained athlete.”

General Information

Senior Games. The six counties are Craven, Duplin, Greene, Jones, Lenoir, and Pamlico. You must be 55 by December 31, 2010.


Confirmation: After April 9, 2010, you will receive a letter confirming your events with times and places listed. If you believe the confirmation is incorrect, please call (252) 636-6606 to verify. This letter will also include information on where to pick up registration packets and hospitality room hours.

Rules: Rules for all events are available at www.ncseniorgames.org or by contacting the Events Director, Billy Wilkes at (252) 636-6606.


Awards: In Athletic Events, Gold, Silver, and Bronze medals will be awarded to the top three finishers in each age category, for males and females. Awards will be available to winners as soon as final results from each event are tallied. The Awards Table is located at West New Bern Recreation Center.

State Finals Entry Forms: DO NOT MAIL BEFORE MAY 31, 2010! The State Finals entry form must be received in Raleigh at the NC Senior Games Office no later than 5:00 pm on August 1, 2010.

Opening Day Luncheon: A catered lunch will be served following the Opening Ceremonies. The cost is included in the registration fee. **You must indicate your attendance on your registration form.** Lunch is provided for paid participants only. **Additional lunches must be reserved and paid for by Monday April 12, 2010 at a cost of \$6.00 each.**



Rain Dates: April 19 & April 29, 2010
 IN CASE OF RAIN, please call the following numbers:
 (252)224-5736 for golf days or (252)639-2912 for all other days



Registration/Check-in Information

Pick-up your registration packets at the following locations:

Heritage, Literary, & Visual Arts	West NB Rec. Center.....	Friday	April 16, 2010
Other Events.....	West NB Rec. Center.....	Mon-Wed	April 19-21, 2010
Archery.....	Creekside Park	Tuesday	April 20, 2010
Racquetball.....	Courts Plus	Tuesday	April 20, 2010
Golfing.....	River Bend Golf Club	Thursday	April 22, 2010
Swimming.....	Twin Rivers YMCA	Friday	April 23, 2010
Bowling.....	Strike Zone	Monday	April 26, 2010
Tennis	Harbour Town Racquet Club...	Tues & Wed	April 27-28, 2010
Performing Arts.....	Trinity U M C	Thursday	May 06, 2010

Athletic Events Schedule At-A-Glance

Mon., April 19	*Shuffleboard (men)	9:00am	West NB Recreation Center
Mon., April 19	*Horseshoes (women)	9:00am	West NB Recreation Center
Mon., April 19	Football Throw (women)	9am-10:30pm	West NB Recreation Center
Mon., April 19	Softball Throw (women)	9am-10:30pm	West NB Recreation Center
Mon., April 19	Opening Ceremonies	11:30 am	West NB Recreation Center
Mon., April 19	Luncheon	12:15 pm	West NB Recreation Center
Mon., April 19	*Shuffleboard (women)	1:30pm	West NB Recreation Center
Mon., April 19	*Horseshoes (men)	1:30pm	West NB Recreation Center
Mon., April 19	Football Throw (men)	1:30-3:00pm	West NB Recreation Center
Mon., April 19	Softball Throw (men)	1:30-3:00pm	West NB Recreation Center
Tues., April 20	*Silverstriders Fun Walk	8:30am	Lawson Creek Park
Tues., April 20	*1 mile Cycling	9:00am	Grover C. Fields M.S.
Tues., April 20	*Archery	9:30am	Creekside Park
Tues., April 20	Basketball Shooting	9:30-11:30am	West NB Recreation Center
Tues., April 20	*5K Cycling	9:30am	Grover C. Fields M.S.
Tues., April 20	Spin Casting	9:30am	West NB Recreation Center
Tues., April 20	*10K Cycling	11:00am	Grover C. Fields M.S.
Tues., April 20	*Bocce	12:30pm	West NB Recreation Center
Tues., April 20	*Racquetball	2:00pm	Courts Plus
Wed., April 21	5K Race Walk	8:00am	New Bern High School
Wed., April 21	*Table Tennis	8:30am	West NB Recreation Center
Wed., April 21	*Croquet	9:00am	West NB Recreation Center
Wed., April 21	Shotput/Discus	9am-12pm	New Bern High School
Wed., April 21	Long Jump (S/R)	9am-12pm	New Bern High School
Wed., April 21	*5K Run	9:00am	New Bern High School
Wed., April 21	*100 Meter Dash	9:30am	New Bern High School
Wed., April 21	*800 Meter Dash	10:00am	New Bern High School
Wed., April 21	*200 Meter Dash	10:10am	New Bern High School
Wed., April 21	*1500 Meter Run	10:25am	New Bern High School
Wed., April 21	*400 Meter Dash	10:35am	New Bern High School
Wed., April 21	*1500 Meter Race Walk	10:45am	New Bern High School
Wed., April 21	Free Hot Dog Lunch	12:00pm	West NB Recreation Center
Wed., April 21	Badminton	1:30 pm	West NB Recreation Center
Wed., April 21	Billiards	1:30 pm	West NB Recreation Center
Fri., April 23	*All Swimming Events	9:00am	Twin Rivers YMCA
Fri., April 23	*3 on 3 Basketball	1:00pm	West NB Recreation Center
Mon., April 26	*Bowling (\$6.75/ event)	9:00am	Strike Zone Bowling Alley
Tues-Wed, April 27-28	Tennis	8:00am	Harbour Town Racquet Club
Thurs., April 29th	Golf (\$25)**	9:00am	River Bend Golf Club
TBD	Softball	9:00 am	Creekside Park

*(*Shows tournament events where you must report to the event manager on time or be disqualified!*

*(**) Indicates the event is not a state or national games event*

Athletic Events-contd.

Please indicate the events you wish to enter on the registration form. You may enter all the events you wish, but if two events overlap or are scheduled at the same time, it is up to you to meet the games requirements for those events. **Tournament** events require you to report at the time listed. Tournament events are indicated with an asterisk (*). **Open** events allow you to report at any time during the time period listed. Where a time conflict exists between tournament and open events, you must report to the tournament event first and participate *prior* to moving on to the open event. **Failure to do so will cause disqualification.** Your age as of December 31, 2010 determines the category in which you will be placed for competition. Participants compete against others of their own sex and age as follows:

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

ONLY RETURN THE REGISTRATION/WAIVER SECTION. KEEP THE REST FOR YOUR INFORMATION.

****PARTICIPANTS MUST BE A NORTH CAROLINA RESIDENT FOR A MINIMUM OF THREE CONSECUTIVE MONTHS OF THE YEAR.**

Fri., April 16 Check-In Silver Arts Exhibitors 10 am—2 pm West NB Recreation Center

Silver Arts Events Schedule At-A-Glance

Mon., April 19	Exhibition	Silver Arts	9:00 am—4:00 pm	West NB Recreation Ctr.
Tues., April 20	Exhibition	Silver Arts	9:00 am—4:00 pm	West NB Recreation Ctr.
Wed., April 21	Exhibition	Silver Arts	9:00 am—11:30 am	West NB Recreation Ctr.
Wed., April 21	Check Out	Silver Arts Exhibitors	1 pm—3 pm	West NB Recreation Ctr.
Thur., May 06	Rehearsal	Performing Arts	5:45pm	Trinity U M C
Thur., May 06	Revue	Performing Arts	7:00pm	Trinity U M C

- First and second place winners in **Visual and Heritage Arts** will be eligible for the NC Senior Games Finals. Only first place winners in the **Literary sub-category** will be eligible for the NC Senior Games Finals. North Carolina Senior Games Finals awards, first, second, and third place in each sub-category of these arts.
- Artists may not enter a piece of art work if the art piece, performance or literary art work has previously been entered in State Finals.
- Participants must complete the official registration form (with signature, inclusive of **medical information and physicians phone number**). LITERARY ENTRIES MUST BE MAILED WITH THE ENTRY FORM.
- The liability waiver must be signed and the “fees” section of the registration form must be completed.
- Registration deadline for Silver Arts is the same as for all other components of the Neuse River Senior Games.
- *A participant must be a North Carolina resident for a minimum of 3 consecutive months of the year.*

The Neuse River Senior Games and the North Carolina Senior Games State Finals have the right to refuse or remove any or all entries that are deemed obnoxious or repulsive in character.

Mail to:

Neuse River Senior Games
406 Craven Street
New Bern, NC 28560

Neuse River Senior Games



April 19 — April 29, 2010

This program is sanctioned by the North Carolina Senior Games, Inc. NCSG Inc. is sponsored statewide by the North Carolina Division of Aging and Adult Services.