



Pender

Senior Games

April 19-May 12, 2010

Registration Deadline: April 12, 2010

Hosted by:

Pender Adult Services

www.penderadultservices.com

Coordinating Agencies:

Pender County Parks & Recreation

Pender County Schools

Second Wind Fitness Center

Olde Point Country Club

Ten Pin Alley

Sponsor:

Fitness Fusion

2010 PENDER GAMES OFFICIAL ENTRY FORM

AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in the 2010 Pender Senior Games (PSG) athletics/sports program and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist.
2. I am in good physical condition to participate in the activities checked on the following pages of this entry form and that I assume all risks attendant upon my participation in these events.
3. I waive and release any and all rights, liabilities and claims against PSG, its coordinating agencies, owners and leasers of premises used to conduct the event, sponsors, any person(s) connected with the event, for any accident or injury I may sustain while participating, as well as claims, demands, losses or damages against property and economic losses.
4. I give permission for free and unrestricted use of my name and picture in broadcasts, telecasts, or other written account of the event.
5. I give my permission for a physician to attend to me if it is deemed necessary during my participation in the 2009 PSG.
6. I meet the eligibility requirements as stated in the general information section.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT. (THIS WAIVER MUST BE SIGNED AND DATED IN ORDER TO PARTICIPATE!)

Printed Name

Signature

Date

I understand that it is my responsibility to check with my Local Senior Games Coordinator immediately following my Local Senior Games to determine if I qualified for State Finals and to get a State Finals Entry Packet. My State Finals Entry Form must be received in the NCSG office in Raleigh by 5:00pm on August 1st! I understand this is strictly enforced in fairness to all.

PLEASE SIGN _____

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

HEALTH INFORMATION

****REQUIRED FOR ALL PARTICIPANTS**

PSG is committed to creating a healthy and safe environment for all participants, staff and spectators. We request that every participant consult his/her doctor in regard to preparation for and competition in Senior Games or any similar activity. Please inform PSG at the time of the Games of any changes in your medications or health status. Each question must be answered completely. **This information will be kept confidential, only medical staff will access it should the need arise. Print Clearly!**

1. Do you: Have trouble hearing? ___ Wear a hearing aid? ___ Wear glasses? ___ Contacts? _____

2. List names of medications you are currently taking: _____

3. List any specific medical conditions that you have: _____

4. List any allergies that you have (medicines, food, etc.): _____

Name of Personal Physician _____ Office Phone _____

Emergency Contact Person (required) _____

Relationship to you: _____ Phone(____) _____ Will he/she be at the games? _____

Preferred Hospital: _____

OFFICIAL SPORTS EVENTS

Please check all activities that you would like to participate in.

Bowling:

Singles
 Doubles: Partner***/Age*
_____/_____
 Mixed Doubles: Partner***/Age*
_____/_____

Swimming Events: Limit of 5 swimming events:

<input type="checkbox"/> 50 yd Backstroke	<input type="checkbox"/> 200 yd Backstroke
<input type="checkbox"/> 50 yd Breaststroke	<input type="checkbox"/> 200 yd Breaststroke
<input type="checkbox"/> 50 yd Butterfly	<input type="checkbox"/> 200 yd Butterfly
<input type="checkbox"/> 50 yd Freestyle	<input type="checkbox"/> 200 yd Freestyle
<input type="checkbox"/> 100 yd Backstroke	<input type="checkbox"/> 100 yd Individual Medley
<input type="checkbox"/> 100 yd Breaststroke	<input type="checkbox"/> 200 yd Individual Medley
<input type="checkbox"/> 100 yd Butterfly	<input type="checkbox"/> 500 yd Freestyle
<input type="checkbox"/> 100 yd Freestyle	

Cycling:

1 Mile
 5 K

Golf*****

Badminton:

Doubles _____
Partner***/Age*
 Mixed Doubles

Partner***/Age*

Track & Field Events:

Discus
 Shot Put
 Running Long Jump
 Standing Long Jump
 100 M Dash
 200 M Dash
 Silver Striders Fun Walk
(1 mile non-competitive to be held at 9:30
Friday at Fitness Fusion)

Table Tennis:

Singles
 Doubles: Partner***/Age*
_____/_____
 Mixed Doubles: Partner***/Age*
_____/_____

Other Outdoor Events:

Basketball Shooting
 Football Throw
 Softball Throw
 Spincasting

Tennis:

Singles
 Doubles: Partner***/Age*
_____/_____
 Mixed Doubles: Partner***/Age*
_____/_____

**Non-sanctioned Events:

Chair Volleyball
 Bridge
 Triathlon (BodyPump, 1 Mile Fun Walk and CardioBlast)
 Spelling Bee

Bocce:

Singles

Horseshoes:

Singles

Croquet:

Singles

*AGE AS OF December 31st 2010

**EVENT NOT OFFERED AT STATE GAMES

***YOU ARE RESPONSIBLE FOR GETTING YOUR OWN PARTNER

****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.

SILVERARTS

HERITAGE ARTS - SUB CATEGORIES

***Basket Weaving, Crocheting, Knitting, Needlework, Pottery (thrown & hand built), Quilting, Tatting & Needlelace, Toile/Decorative Painting, Woodcarving, Woodworking**

Artist may enter two (2) items per sub-category.

1. Title of Entry: _____ Sub-Category: _____

2. Title of Entry: _____ Sub-Category: _____

3. Title of Entry: _____ Sub-Category: _____

4. Title of Entry: _____ Sub-Category: _____

5. Title of Entry: _____ Sub-Category: _____

Display requirements: All framed work, except sculptures and free standing mixed media, must be securely wired (no serrated hangers), ready to hang and must not exceed 36" x 42" in size including frame and mat. Maximum weight for entries is 50 pounds. All set/groupings are limited to a maximum of 3 pieces per group. Entry must fit into a 3' x 3' x 5' space.

If entry is a "Set", give title and number of pieces: _____

Circle preferred method of display: Tabletop Hanging Easel Free Standing
(Please provide easel if needed & available)

VISUAL ARTS - SUB CATEGORIES

***Acrylics, Drawing, Mixed Media, Oil, Pastels, Photography, Sculpture, & Watercolor**

Artist may enter two (2) items per sub-category.

1. Title of Entry: _____ Sub-Category: _____

2. Title of Entry: _____ Sub-Category: _____

3. Title of Entry: _____ Sub-Category: _____

4. Title of Entry: _____ Sub-Category: _____

5. Title of Entry: _____ Sub-Category: _____

Display requirements: All entries, except sculptures and free standing mixed media, must be securely wired (no serrated hangers), ready to hand and must not exceed 36" x 42" in size including frame and mat. Maximum weight for entries is 50 pounds. All groupings are limited to a maximum of 3 pieces per group. Groupings must comply with size and weight specifications.

(Please provide easel if available)

For All Visual & Heritage Arts Entries: Artist's name, the title of the entry and sub-category must appear on, or be attached to the entry.

LITERARY ARTS - SUB CATEGORIES

***Essays, Life Experiences (autobiographical), Poems, Short Stories**

Artist may enter two (2) items per sub-category.

- 1. Title of Entry: _____ Sub-Category: _____
- 2. Title of Entry: _____ Sub-Category: _____
- 3. Title of Entry: _____ Sub-Category: _____
- 4. Title of Entry: _____ Sub-Category: _____
- 5. Title of Entry: _____ Sub-Category: _____

For judging purposes, all entries must be *typed and double-spaced*, and the artist's name should appear *only on the title page*.

PERFORMING ARTS - SUB CATEGORIES

***Comedy/Drama, Dance, Line Dance, Instrumental, Vocal, Cheerleaders**

Artist may enter two (2) items per sub-category.

NAME OF GROUP/ACT: _____

Check Type of Act: Comedy/drama Dance Line Dance Instrumental Vocal
 Cheerleading

Act: Solo Group How many group members?

Length of Act: _____ minutes (3 minutes maximum)

Equipment Requests: Microphone(s) Chair Cassette Player Piano

Cassette tapes and special props are the responsibility of the act/group. If using a cassette tape, a high quality copy of the tape, cued to correct music arrangement, must be submitted with the Official Entry Form.

List names and ages (as of 12/31/10) of all the performers (group members and/or accompanists). All performers and accompanists must be over the age of 55 and must register as SilverArts participants.

Give a brief statement to be used as an introduction for your act/group at the performance.

The Performing Arts will be held Wednesday May 12, 2010 @ 1:00 p.m. during the Awards Reception at Heritage Place, 901 S. Walker Street, Burgaw.

SPECIFIC CATEGORY REQUIREMENTS FOR SILVERARTS

- All persons entering SilverArts must be 55 years of age or better as of December 31st, a N.C. resident for a minimum of 3 consecutive months of the calendar year, and must qualify through a Local Senior Games SilverArts program for State Finals.
- Art entry/entries incorrectly categorized by the artist, or not in compliance with NCSG Guidelines and Requirements, will not be considered in the judging process.

A. Heritage Arts

- Entries must be the work of the individual and not a group.
- Heritage Art entries must be an original work. Patterns may be used, but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- Latch hook rugs and pieces from ceramic molds will not be accepted.
- All framed work must be securely wired, ready to be hung (no serrated hooks or string). Two-dimensional work not properly framed and wired will not be displayed.
- Framed works can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- All entries, except framed work, must be able to be displayed in an area 3'(W) x 3'(L) x 5'(Height).
- Groupings (sets) shall have no more than 3 separate pieces per set. All objects within each piece of the set must be contained within or attached to one of the 3 pieces of the set.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photo of entry with *State Finals Entry Form* and *SilverArts Information Form*. Photos cannot be returned.
- Artists, or their representatives, must be able to deliver and pick-up the entry at/during the designated times.
- The heritage arts piece entered at State Finals must be the same piece that won at the Local Games.
- An artist may only submit **one (1) entry per sub-category at State Finals**

B. Literary Arts

- All entries must be typed, double-spaced, on 8-1/2 x 11 paper and have a minimum of 1" margins. A minimum font size is 10-point type.
- Poems can be no longer than 40 lines.
- Short stories, essays, and life experiences can be no longer than 8 pages.
- All entries must have a title page, which includes title of work, sub-category, and name of artist.
- Artist's name should not appear on the content pages.
- A **display-quality copy** of the winning Literary Arts entries, and three (3) additional photocopies, should be submitted to NCSG by the artist with their official *State Finals Entry Form* and *SilverArts Information Form*. No framed or matted entries will be accepted.
- The original and all copies will be retained by NCSG, Inc.
- The literary arts piece entered at State Finals must be the same piece that won at the Local Games.

C. Performing Arts

- An artist may only have **one (1) entry per size of act in each sub-category at State Finals**.
- Performing entries are limited to three (3) minutes of onstage time. Exceeding the time limit will result in automatic Disqualification. Timing begins with the first note of music or the first movement visible to the audience and ends with the exit of the last performer from the stage or final movement of the act.

- Performing entries may be one of the following: (a) soloists, (b) small groups (2 - 4 performers), or (c) large groups (5 or more performers). Accompanist(s) will be counted to determine size of act. No one under age 55 will be permitted on stage and an accompanist *must* be a registered participant.
- All performers for all acts must enter stage right and exit stage left or begin and end on the stage. See the SilverArts Manual for a stage diagram.
- If recorded music is used, the artist/group leader must provide to NCSG by August 1st (with *State Finals Entry Form* and *SilverArts Information Form*) a high-quality compact disc or cassette tape for their performance. No recorded instruction is permitted. Artists should pick up their music after the performance...it will not be mailed/returned. Their music/song should be the only music on the tape/CD.
- At State Finals, NCSG can provide the following items: Microphone(s), Piano, Compact Disc and Cassette Player. The act is responsible for all other props/equipment (including music stands, chairs, etc.) and must get NCSG advance approval for use at Show.
- Voice presentations must be a *live* performance by the artist. Background music can be taped. Lip-synch is not permitted as a performing art.
- The Group Leader, who must be a participant, must complete the *SilverArts Information Form* for the group and submit it with their *State Finals Entry Form*, and each member of the group must submit their own personal *State Finals Entry Form* by the August 1st deadline.
- The performance at State Finals must be the same performance that won at the Local Games; i.e. same song, dance, music, etc.
- No live animals are allowed, except for service animals.

D. Visual Arts

- All artwork, except sculpture, must be framed, securely wired, and ready to be hung (no serrated hooks or string). Artwork, except sculpture, not properly wired will not be displayed.
- Artwork, except sculpture, can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- Sculpture groupings (sets) may have no more than 3 pieces per grouping (set).
- Mixed media may be a freestanding piece.
- Freestanding entries must be able to be displayed in an area 3'(W) x 3'(L) x 5'(Height).
- Artists, or their representatives, must be able to deliver and pick-up the entry at/during the designated times.
- If on-site assembly is required, details must be specified on the Information Form for NCSG prior approval.
- The art piece must be an original work, not a print.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photograph of entry with *State Finals Entry Form* and *SilverArts Information Form*. Photos cannot be returned.
- The visual arts piece entered at State Finals must be the same piece that won at the Local Games.
- An artist may only submit **one (1) entry per sub-category at State Finals**.

