



# Cabarrus County Senior Games

# Entry Packet

April 6 - May 16, 2015

See Schedule of Events in Rules & Information Book

**Early Bird Deadline (save \$5) - March 11, 5 pm • Final Entry Deadline - March 27, 2 pm**

## What's Inside?

*~Required for all participants*

Age Categories.....	2
Eligibility Information.....	2
Entry Forms~.....	3 - 4
Fees for the Games.....	2
Personal Info Form & Waiver~.....	5
SilverArts Group Entry Form.....	8
SilverArts Information Form.....	7
State Finals Qualifying Information.....	2
Team Roster Form.....	6

**Don't forget to pick up a copy of the 2015 CSG Rules & Information Book!**

For more information, contact:  
**CABARRUS COUNTY SENIOR GAMES**  
 Susan Donaldson, Local Coordinator  
 Cabarrus County Active Living & Parks  
 Post Office Box 707  
 Concord, North Carolina 28026-0707  
 Phone 704-920-3484  
 Email [jsdonaldson@cabarruscounty.us](mailto:jsdonaldson@cabarruscounty.us)



...for the Artist & Athlete in YOU...

# General Information

## ELIGIBILITY

- To participate in Cabarrus County Senior Games, you must:
- be 50 years of age or older on or by December 31, 2015
  - be a resident of Cabarrus County or participate in programs of the Cabarrus County Senior Centers an average of 3 times per month **OR**
  - live in a county where an event is not offered **AND**
  - be able to show proof of NC residency (minimum of 3 consecutive months of the year)
  - show a photo ID card at each event

## ENTRY PROCEDURES

1. Review all information in the **CSG Event Rules and Information Book**
2. Complete Entry Forms (pages 3-4) and complete and sign the Personal Information Form (page 5) - **required for ALL participants**
3. Complete and sign the SilverArts Information Form if you are entering SilverArts
4. Complete and sign the SilverArts Group Entry Form if you are a soloist/group leader in Cheerleading/Performing Arts
5. Complete the Team Roster Form if you are captain of a softball or basketball 3-on-3 team
6. Submit forms, payment and other required items (literary arts entry, music, etc.) by published deadline to:  
Cabarrus County Senior Games  
331 Corban Avenue, SE  
Post Office Box 707  
Concord, NC 28026-0707

## AGE CATEGORIES

A participant's age on December 31, 2015 determines the category in which they will compete. Men & women compete in separate categories in the following 5-year increments:

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

In team/doubles competition, age categories are determined by the age of the youngest team member. Competition in the SilverArts and bridge will be without regard to age or gender.

## DATES/TIMES/ADDRESSES OF EVENTS

See 2015 CSG Event Rules & Information Book

## FEES FOR THE GAMES

- FULL ENTRY fee \$15 (\$20 after 3/11)
- Bridge ONLY entry fee \$8 (\$13 after 3/11)
- SilverArts Showcases ONLY entry fee \$8 (\$13 after 3/11)
- EVENT fees (5K Run, Golf, Bowling, Luncheons)  
Opening Ceremonies/Events Day luncheons: \$3 each
- GUEST fees:  
Opening Ceremonies/Events Day luncheons: \$3 each  
Cheerleader Showcase/SilverArts Follies \$5 adult/\$3 child  
Closing Ceremonies Dinner/Dance \$15 (limit 1)

Your FULL ENTRY fee includes:

- participation in athletic and/or arts events,
  - admission to Pre-Games Clinics/Socials, SilverArts Showcase & Reception, Opening Ceremonies, Closing Ceremonies Dinner Dance, Cheerleader Showcase/SilverArts Follies and Ice Cream Social
  - participant t-shirt
  - basic entry fee for Senior Games State Finals (if funding is available for those who qualify, register, and return entry form to Cabarrus Senior Games by 5 pm June 10)
- The SilverArts Showcase and Bridge ONLY entry fees include:
- participation in SilverArts Showcase or Bridge ONLY

## STATE FINALS QUALIFYING INFORMATION

**Athletics:** Gold, Silver and Bronze medalists in sanctioned events, in each age category, male and female, qualify to compete at North Carolina Senior Games State Finals. (Exception: In addition to winning a medal, golfers must also meet minimum performance scores (MPS) to qualify for the State Finals Golf Tournament. See Rules & Information Book.)

**SilverArts:** Qualifiers in each sub-category are:

Literary Arts	Gold & Silver Medalists
Heritage & Visual Arts	Gold, Silver & Bronze Medalists (if different artists)
Cheerleader Showcase	"Best of Show"
Performing Arts	"Best of Show"

**Tournament Events:** Qualifiers limited to 3 tournament events at State Finals.

**SilverStriders Fun Walk:** Successful completion of this event will qualify participants for NCSG State Finals Fun Walk.

**2015 CSG  
Gold Sponsor**

**Humana**

*Cabarrus Senior Games is coordinated by Cabarrus County Active Living & Parks and the Parks & Recreation Departments of Harrisburg, Concord and Kannapolis.*

*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.*

• In accordance with ADA regulations, anyone  
• in need of reasonable accommodations to  
• participate in any program should call the  
• ADA liaison at 704-920-3484 at least two  
• weeks prior to the program.



# Cabarrus County Senior Games Entry Form

**BEFORE** you submit the Entry Form, make sure you:

1. Complete required forms, including signature and date as indicated, partner names for doubles events, etc.
2. Check ALL the EVENTS in which you want to participate; no registration changes after Final Entry Deadline
3. Include any required documents, etc. with entry (literary arts entry, recorded performing arts/cheerleading music, etc.)
4. Submit ALL forms and attachments with payment by 2 pm on March 27, 2015 (Save \$5 - submit by March 11, 5 pm)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ NC Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_ Gender (check one)  Male  Female

Date of Birth \_\_\_\_\_ Age (as of 12/31/2015) \_\_\_\_\_

T-shirt Size (check one)  Men's  Women's (circle only one) S M L XL XXL

### ENTRY, EVENT & OTHER FEES:

Entry Fees:  FULL Entry Fee: \$ 15.00 (\$20.00 after March 11) = \_\_\_\_\_

**I will participate in &/or attend: these events are included with Full Entry Fee IF requested here**

Cheerleader Showcase/SilverArts Follies: April 30 - Concord Middle School (check here to reserve a seat)

Closing Ceremonies/Dinner/Dance: May 16 - Concord Senior Center (request your ticket to attend)

Bridge ONLY Entry Fee: \$ 8.00 (\$13 after March 11) = \_\_\_\_\_

SilverArts Showcases ONLY Entry Fee: \$ 8.00 (\$13 after March 11) = \_\_\_\_\_

Event Fees:  Opening Ceremonies Lunch: \$ 3.00 x \_\_\_\_\_ (# of tickets) = \_\_\_\_\_

Events Day at Myers Park Lunch: \$ 3.00 x \_\_\_\_\_ (# of tickets) = \_\_\_\_\_

Bowling \$ 3.00 x \_\_\_\_\_ (# of events) = \_\_\_\_\_

Golf (green fees, cart & meal included) \$ 48.00 = \_\_\_\_\_

5K Run \$ 12.00 = \_\_\_\_\_

Closing Ceremonies Guest (limit 1) \$ 15.00 = \_\_\_\_\_

Follies Guest Ticket (adult) \$ 5.00 x \_\_\_\_\_ (# of tickets) = \_\_\_\_\_

Follies Guest Ticket (child 12 & under) \$ 3.00 x \_\_\_\_\_ (# of tickets) = \_\_\_\_\_

Other Fees:  Extra T-Shirt (size \_\_\_\_\_) \$ 12.00 x \_\_\_\_\_ (# of shirts) = \_\_\_\_\_

Zip Hoodie Sweatshirt (size \_\_\_\_\_) \$ 29.00 x \_\_\_\_\_ (#) 2XL/3XL: add \$2 = \_\_\_\_\_

Pullover Sweatshirt (size \_\_\_\_\_) \$ 24.00 x \_\_\_\_\_ (#) 2XL/3XL: add \$2 = \_\_\_\_\_

Donation: Want to support Cabarrus County Senior Games? Specify your donation here = \_\_\_\_\_

**TOTAL** = \_\_\_\_\_

Make checks payable to Cabarrus County Senior Games

Mail to PO Box 707, Concord, NC 28026-0707; Do NOT mail cash

(\$25 service fee assessed for returned checks); MasterCard and VISA accepted

**Refund requests must be received in writing by April 1.**

### Official Use Only

Amount paid: \_\_\_\_\_

Receipt #: \_\_\_\_\_

Staff Initials: \_\_\_\_\_

# Individual Entry Form

Cabarrus Senior Games 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. 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 conditioned, trained athlete. Doubles = same gender; Mixed Doubles = both genders.

**Prior to selecting your events, please review the CSG Event Rules & Information Book, including the comprehensive schedule.**

**Mark each event with an "X". Complete ALL pages. --- \* Events NOT offered at NCSG State Finals.**

Name \_\_\_\_\_

## INDIVIDUAL SPORTS

- Archery Conventional - Recurve Bare Bow
- Archery Conventional - Recurve with Site
- Archery Conventional - Recurve with Site & Release Aid
- Archery Compound - Bare Bow
- Archery Compound - with Site
- Archery Compound - with Site & Release Aid
- Basketball Shooting
- Bowling - Singles (\$3.00)
- Bowling - Doubles (\$3.00)  
(Partner \_\_\_\_\_)
- Bowling - Mixed Doubles (\$3.00)  
(Partner \_\_\_\_\_)
- Cycling - 1 mile
- Cycling - 5K
- Cycling - 10K
- Football Throw
- Softball Throw
- Spin Casting

## Swimming (Limit 6 Events)

- 50 yard Backstroke
- 50 yard Breaststroke
- 50 yard Butterfly
- 50 yard Freestyle
- 100 yard Backstroke
- 100 yard Breaststroke
- 100 yard Butterfly
- 100 yard Freestyle
- 200 yard Backstroke
- 200 yard Breaststroke
- 200 yard Butterfly
- 200 yard Freestyle
- 500 yard Freestyle
- 100 yard Individual Medley
- 200 yard Individual Medley

## Track Events

- SilverStriders Fun Walk
- 1500 meter Race Walk
- 100 meter Dash
- 200 meter Dash
- 400 meter Dash
- 800 meter Run
- 1500 meter Run
- 5K Race Walk
- 5K Run (must also complete road race Entry Form) (\$12)

## Field Events

- Discus
- Shot Put
- Running Long Jump
- Standing Long Jump

## TEAM EVENTS (Attach completed Team Roster Form)

- Basketball 3-on-3 (attach roster; 9 players maximum)
- Softball (attach roster; 20 players maximum)

## TOURNAMENT EVENTS

- Badminton - Singles
- Badminton - Doubles (Partner \_\_\_\_\_)
- Badminton - Mixed Doubles (Partner \_\_\_\_\_)
- Billiards
- Bocce - Singles
- \*Bocce - Doubles (Partner \_\_\_\_\_)
- \*Bocce - Mixed Doubles (Partner \_\_\_\_\_)
- \*Bridge Pairs: ACBL (Partner \_\_\_\_\_)
- \*Bridge Pairs: Non-ACBL (Partner \_\_\_\_\_)
- Cornhole - Singles
- \*Cornhole - Doubles (Partner \_\_\_\_\_)
- \*Cornhole - Mixed Doubles (Partner \_\_\_\_\_)
- Croquet
- \*Disc Golf
- Golf (Average \_\_\_\_\_) (\$48.00)
- Horseshoes
- \*Miniature Golf
- Pickleball - Singles
- Pickleball - Doubles (Partner \_\_\_\_\_)
- Pickleball - Mixed Doubles (Partner \_\_\_\_\_)
- Racquetball
- Shuffleboard - Singles
- \*Shuffleboard - Doubles (Partner \_\_\_\_\_)
- \*Shuffleboard - Mixed Doubles (Partner \_\_\_\_\_)
- Table Tennis - Singles
- Table Tennis - Doubles (Partner \_\_\_\_\_)
- Table Tennis - Mixed Doubles (Partner \_\_\_\_\_)
- Tennis - Singles
- Tennis - Doubles (Partner \_\_\_\_\_)
- Tennis - Mixed Doubles (Partner \_\_\_\_\_)

## SILVERARTS (Attach completed SilverArts Form(s))

- Cheerleader Showcase
- Heritage Arts
- Literary Arts (include entry(ies) with SilverArts Info Form)
- Performing Arts
- Visual Arts

# Personal Information Form

Name \_\_\_\_\_

Emergency Contact's Name \_\_\_\_\_ Phone(s) \_\_\_\_\_

Emergency Contact's Name \_\_\_\_\_ Phone(s) \_\_\_\_\_

**Please provide this information to help us. It will be kept confidential. Thank you!**

- My ethnicity:  American Indian or Alaska Native       Black or African American       Asian  
 Native Hawaiian/Other Pacific Islander       White       Hispanic       Unknown/Refused
- Yes, my annual household income is less than \$11,670 (1 person in household)  
 Yes, my annual household income is less than \$15,730 (2 persons in household)  
 No response

### HEALTH INFORMATION (Optional)

This information may be shared with medical providers for your care during the Games.

Names of Medications:

Your Medical Condition:

Your Allergies:

_____	_____	_____
_____	_____	_____
_____	_____	_____

**Yes, enroll me in the Cabarrus County Senior Centers online registration (MySeniorCenter) & issue my card (free)**

### WAIVER (Required)

In consideration of being allowed to participate in any of the Cabarrus County Senior Games athletics/sports program, and related events and activities, I, the undersigned, agree that prior to participating, I will inspect the facilities and equipment to be used, and if I believe anything is unsafe, I will advise my coach or supervisor of such condition(s) and refuse to participate. I acknowledge and fully understand that I will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from my own actions, inactions or negligence, but the actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to us or not reasonably foreseeable at this time and I assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death. I release, waive, discharge and covenant not to sue Cabarrus County, its affiliated clubs, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsors, advertisers, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability to myself, my heirs and next of kin for any and all claims, demands, losses, or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise.

I agree to give Cabarrus County Senior Games the right to use any photographs or video taken of me, or quote made by me in order to promote the Cabarrus County Senior Games program.

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 if I do not have internet access. My State Finals registration with payment and all required items must be received in the NC Senior Games office in Raleigh by 5 p.m. on August 1<sup>st</sup>! I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered.

**I have read the above waiver and release, understand that I have given up substantial rights by signing it, and sign it voluntarily. Furthermore, all information is correct to the best of my knowledge and I will follow the mission of Cabarrus and North Carolina Senior Games and their rules.**

Signature (required to participate) \_\_\_\_\_

Date \_\_\_\_\_



# SilverArts Information Form

Please read ALL SilverArts information & rules found in the 2015 Cabarrus County Senior Games Rule Book before completing this form. SilverArtists/Group Leaders must complete this page and return with Entry Form by the entry deadline. **Only entries listed below will be accepted - no substitutions. Sub-categories must be selected for each entry by the Artist. All information for each entry must be completed.** Copy & complete additional pages as needed.

Name \_\_\_\_\_

**VISUAL ARTS:** Include all information below. [See Visual Arts rules/guidelines in the CSG Rules & Information Book.](#)

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

**LITERARY ARTS:** Include all information below. [See Literary Arts rules/guidelines in the CSG Rules & Information Book.](#)

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

**HERITAGE ARTS:** Include all information below. [See Heritage Arts rules/guidelines in the CSG Rules & Information Book.](#)

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

Title \_\_\_\_\_ Sub-category \_\_\_\_\_ Date completed \_\_\_\_\_

## **PERFORMING ARTS / CHEERLEADERS:**

EACH member of a group must complete an Entry Form and pay the entry fee. **All SilverArts performers** must complete the information below. **Group Leaders/soloists** must complete the Group Entry Form on the back of this form. [See Performing Arts/Cheerleader Guidelines in CSG Rules & Information Book.](#)

NAME of act #1 \_\_\_\_\_ Music Title \_\_\_\_\_

Group Leader \_\_\_\_\_ Phone #(s) \_\_\_\_\_

Sub-category \_\_\_\_\_ # in Group \_\_\_\_\_

NAME of act #2 \_\_\_\_\_ Music Title \_\_\_\_\_

Group Leader \_\_\_\_\_ Phone #(s) \_\_\_\_\_

Sub-category \_\_\_\_\_ # in Group \_\_\_\_\_

NAME of act #3 \_\_\_\_\_ Music Title \_\_\_\_\_

Group Leader \_\_\_\_\_ Phone #(s) \_\_\_\_\_

Sub-category \_\_\_\_\_ # in Group \_\_\_\_\_

**IMPORTANT: Music for each act must be submitted with entry form on CD or flash drive. Literary Arts entries MUST be included with this Entry Form by 2 pm on March 27.**

Signature \_\_\_\_\_

Date \_\_\_\_\_

# SilverArts Group Entry Form

ALL SOLO Performer/Group Leader/Head Cheerleader must complete this form and submit by the published deadline. Only group members listed below who also complete the Entry and Personal Information Forms with payment by the published deadline will be eligible to compete with the act listed below. **Sub-category must be selected for each entry by the Artist/Group Leader. All information for each entry must be completed.** Copy & complete additional pages as needed. [See Performing Arts/Cheerleader Guidelines in CSG Rules & Information Book.](#)

**Group/Act Name:** \_\_\_\_\_

Solo Performer/Group Leader/Head Cheerleader Name: \_\_\_\_\_

Contact Information: Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Mailing address & Zip: \_\_\_\_\_

Title of Music (if applicable): \_\_\_\_\_

**Subcategory (select one):**     Cheerleading     Comedy/Drama     Dance     Instrumental  
    Line Dance     Vocal

**Size Category (select one):**     Solo     Small Group     Medium Group     Large Group

**Does this act include any stunts (lifts, cartwheels, tumbling, etc.)?:**     Yes     No

If yes, describe in detail. \_\_\_\_\_

**ROSTER:** EACH member of a group must complete required forms and submit with payment fee by the published deadline.

Name: \_\_\_\_\_ Name: \_\_\_\_\_

## INTRODUCTION:

Include below a brief (3-4 sentences) introduction for the emcee to use -- include interesting facts about members, awards received, places performed, # of years in existence, etc. Try to provide information NOT used for previous performances.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**IMPORTANT:** Music for each act must be submitted with entry form on CD or flash drive. All acts are subject to review by staff. Mandatory Group Leader's meeting on March 30, 2pm at Concord Senior Center.

Signature of Soloist/Group Leader/Head Cheerleader \_\_\_\_\_ Date \_\_\_\_\_