

April 20-May 8, 2020

REGISTRATION PACKET

Athletic Competition April 20–May 8, 2020 Silver Arts Exhibition April 22-24, 2020

Registration Deadline

no later than 5:00 p.m.

March 13, 2020

Event Sites

Twin Rivers YMCA * Taberna Country Club Emerald Golf Club * Carteret County Speedway * New Bern High School West New Bern Recreation Center * Courtyards at Berne Village Elks Lodge

Coordinating Agencies

* 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 406 Craven Street New Bern, NC 28560



Phone: (252) 636-6606 Fax: (252) 636-6685

Dear Senior Games Participant:

In 2020, Neuse River Senior Games & SilverArts (NRSG) is celebrating its **35th** year promoting health, fun, fitness and friendship for Seniors **50** years old and better. As your Local Coordinator, I hope that you will join us this year.

The Steering Committee has been at work since June 2019 planning this 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:

- There is no longer late registration. Registration ends on Friday, March 13th.
- **Pickleball continues to grow in participation.** Pickleball will be held this year on Monday and Tuesday at West New Bern Recreation Center.
- Badminton and Bowling are no longer offered at our local games. For information on how to participate in these events at other local games, please contact our office.
- Tennis will be held at the Taberna Country Club.
- Shuffleboard will be held at the Courtyards or West New Bern Recreation Center. Those interested in Team Softball or Basketball, please call 252-636-6606 for information.
- **Performing Arts** will be held the morning of **Wednesday**, April 22nd at West New Bern Recreation Center. Come see our talented performers (or compete yourself!) for the opportunity to represent NRSG at the State Games Showcase in Raleigh.
- Cycling will now be held in Carteret County at the Carteret County Speedway.

The Celebration of Games Opening Ceremony will be held at 11:30AM on Wednesday, April 22nd at West New Bern Recreation Center. Please mark your form to indicate your attendance at the Celebration of Games Opening Ceremony and the luncheon immediately following.

If you will be participating in or observing an outdoor event, please bring sunscreen, chairs, etc. to the event for your comfort. Your Steering Committee asks that each of you be an ambassador for our Games. What a great time to invite friends to join us for fitness, fun and fellowship during the events!

For additional registration forms or questions pertaining to the Games, please call your local County representative or visit our web-site: **cravencounty.recdesk.com** and select Senior Games.

On behalf of the Steering committee, I extend best wishes for an enjoyable time at the 2020 Neuse River Senior Games. See you at the Games!

<u>A</u>ndrew

Andrew Kendall, Coordinator Neuse River Senior Games (252) 636-6606

Craven • Duplin • Greene • Jones • Lenoir • Pamlico

Registration Information

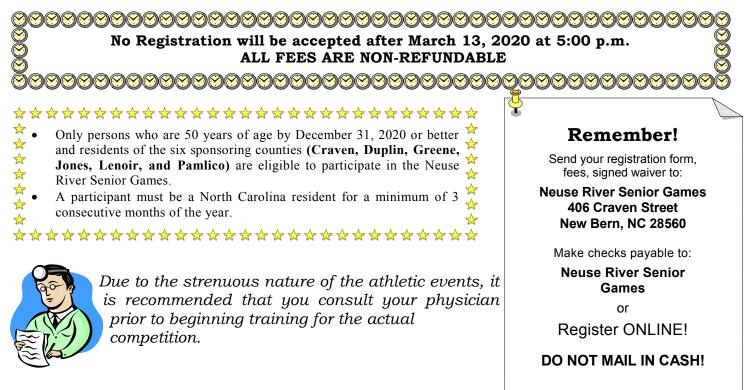
Enclosed is the registration form for the Neuse River Senior Games. All of the Games will be held in New Bern, with many events at the West New Bern Recreation Center. The following bulleted list will give you an idea of where other events will be taking place.

- Swimming—Twin Rivers YMCA 100 YMCA Lane New Bern, NC 28560
- Racquetball—Twin Rivers YMCA
- Pickleball—West New Bern Recreation Center 1225 Pinetree Dr., New Bern, NC 28562
- Golf—Emerald Golf Club 5000 Clubhouse Dr., New Bern, NC 28562
- Tennis—Taberna Country Club 401 Taberna Way New Bern, NC 28562
- Cycling—Carteret County Speedway 501 Whitehouse Fork Rd., Swansboro, NC 28584
- Track & Field—New Bern High School 4200 Academic Dr., New Bern, NC 28562
- Shuffleboard- Courtyards 2701 Amhurst Blvd., New Bern, NC 28562
- Billiards—Elks Lodge 1175 Pinetree Dr., New Bern, NC 28562

Registration Fees

A registration fee of \$12.00 is required from all participants registering by <u>March 13, 2020</u>. 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 Registration Fee Waivers are available. A waiver is the base \$12.00 fee. To request and be considered for a waiver, please check the line on the first page of the Registration Form.



General Information

Participants must complete the official registration form (with signature, inclusive of medical information and physicians phone number. The liability waiver must be signed and the "fees" section of the registration form must be completed.

Confirmation: In early April, 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.

Rules: Rules for all events are available at www.ncseniorgames.org or by contacting Craven County Recreation & Parks, 252-636-6606.

Athletic 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 and distributed from the offices at West New Bern Recreation Center. The awards table will opening during designated hours during the games.

Silver Arts Awards: First, second & third place winners in **Visual and Heritage Arts** will be eligible for the NC Senior Games Finals. First & second place winners in the **Literary sub-category** will be eligible for the NC Senior Games Finals. However, North Carolina Senior Games Finals awards first, second, and third place in each sub-category of these arts.

State Finals Entry Forms: <u>DO NOT MAIL BEFORE MAY 31, 2020</u>! The State Finals entry form must be received in Raleigh at the NC Senior Games Office no later than 11:59 p.m. on August 1, 2020.

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 Friday, March 13 at a cost of <u>\$7.00</u> each.**

Athletic Events

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, 2020 determines the category in which you will be placed for competition. Participants compete against others of their own sex and age as follows:

50-54 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.



IN CASE OF RAIN, please call the following numbers: (252) 670-8885 or (252) 639-2912



35TH ANNUAL NEUSE RIVER SENIOR GAMES

2020 OFFICIAL REGISTRATION FORM SILVER ARTS AND ATHLETICS

APRIL 20-MAY 8, 2020

Please Print All Information Clearly

Name:	Middle Initial	Last	Firs	t-Time Participa	nt? If yes,
Mailing Address:		City	State	County	Zip
Home Telephone: <u>(</u>) —	Email A	Address:		
Birth Date:		Gender: M	F Age as o	f December 31,	2020
T-Shirt Size: (circle	one) Small	Medium Larg	ge X-Large	XX-Large	XXX Large
Optional Information <u>Ethnicity</u> African American				White	Other
Income Income Annual household income is less than \$11,770 (1 person in household). Yes No Annual household income is less than \$15,930 (2 people in household). Yes No Financial assistance consideration requested? Yes No No					
<u>Housing</u> Are you currently living	g in a senior living com	munity? Yes	No If yes, p)hone #	
A participa	ant must be a North Ca	rolina resident for a 1	minimum of 3 conse	cutive months of t	he year.

Before mailing your registration form, be sure to complete the following :

• I will attend opening Ceremony Luncheon _____

I will attend the Free Hotdog Lunch _____

- Registration Form
- Liability Waiver/Medical Info.-PLEASE SIGN!
- To volunteer, please call (252) 636-6606

FEE SCHEDULE	PAYMENTS
• Registration Fee: \$12 (includes t-shirt & lunch)	Registration Fee \$
• Golf Fees (with cart): \$25	Golf Fee \$
• <u>Extra</u> T-Shirt: \$8—what size/how many:	Extra T-Shirt Fee
• <u>Extra Lunch: \$7—how many:</u>	Extra Lunch Fee
	Total Enclosed \$

Make checks payable to: Neuse River Senior Games, 406 Craven Street, New Bern, NC 28560

Athletic Events

Please mark an X beside the appropriate event category

Monday, April 20, 2020

*9:00 am-Pickleball (West NB Rec Center) Mixed Doubles—Partner

*Individual start times will be announced the week before

Tuesday, April 21, 2020

* 9:00 am-Pickleball (West NB Rec Center) Singles Doubles—Partner
*Individual start times will be announced the week before
9:00 am _____ Mile Cycling
9:30 am _____ 5K Cycling

10:15 am____10K Cycling

Wednesday, April 22, 2020

 8:30 am
 Silverstriders Fun Walk

 *9:00 am
 Bocce (men)

 *9:00 am
 Horseshoes (women)

11:30 am____Opening Ceremony (Lunch)

*1:30 pm____Bocce (women)
*1:30 pm____Horseshoes (men)
2:00 pm-4:00 pm ____Basketball Shooting

Thursday, April 23, 2020

*TBA ____Shuffleboard (Your start time and location will be sent to you separately for shuffleboard) 12:30 pm-3:00 pm ____Football Throw Softball Throw

Friday, April	24, 2020
	_5K Race Walk
	Tennis (enter 2 events only)
	Singles
	Doubles—Partner
	Mixed—Partner
8:30 am	Croquet
9:00 am-11:30 a	amShotput
	Discus
	Standing Long Jump
	Running Long Jump
9:00 am	_5K Run
9:30 am	_50 Meter Dash
9:45 am	100 Meter Dash
10:00 am	800 Meter Dash
10:10 am	_200 Meter Dash
10:25 am	1500 Meter Run
10:35 am	_400 Meter Dash
10:45 am	1500 Meter Race Walk
12:00 pm	Free Hotdog Lunch
*1:00 pm	
*1:00 pm	Cornhole

Wednesday, April 29 (TABERNA)

*Tennis (Event Manager will call you with match times)

- _____Singles (enter 2 events only)
 - ____Doubles—Partner_____ Mixed—Partner_____

Tuesday, May 5th *9:00 am-Swimming

0 am-Swimming (enter 6 events only)
**25 yard Backstroke
**25 yard Butterfly
**25 yard Freestyle
**25 yard Breaststroke
50 yard Backstroke
50 yard Butterfly
50 yard Freestyle
50 yard Breaststroke
100 yard Backstroke
100 yard Butterfly
100 yard Freestyle
100 yard Breaststroke
100 yard Individual Medley
200 yard Backstroke
200 yard Butterfly
200 yard Freestyle
200 yard Breaststroke
200 yard Individual Medley
400 yard Individual Medley
500 yard Freestyle

Wednesday, May 6th, 2020

***12:00 pm____Golf (\$25 fee)

Date & Time—TBD	Racquetball
Date & Time—TBD	3 on 3 Basketball
Date & Time—TBD	Softball Team

• (**) Indicates that this event is <u>NOT</u> a State or National Games

• (***)To qualify for State Finals, golfers need to meet a minimum performance score (MPS) <u>and</u> finish in the top 3 in their age group. MPS available from your coordinator.

• (*) 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.

[&]quot;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."

Silver Arts Events

Please mark an X beside the appropriate event category

Only ONE entry is allowed in each sub category. Grouped sets (Visual & Heritage categories) may have NO MORE THAN three items in that set. Visual Arts (Category) Title (required) Sub-category Oil Acrylic Watercolor Drawing Photography (Indicate Film or Digital) Sculpture Pastels Mixed Media Heritage Arts (Category) Title/Design/Pattern/Medium (required) Sub-category Quilting (Hand Stitch) Quilting (Machine) Weaving **Tatting & Needle Lace Crocheting Knitting Needlework **Hooked Rugs **Basket Weaving** Pottery (thrown/hand built) Jewelry **Tole Painting** Stained Glass **China Painting Woodcarving Woodturning Wood Working Literary Arts (Category) Sub-category Title (required) (mail original and 3 copies with form) Poem Short Story (fiction) Essay Life Experience **Performing Arts** (Category) Title/# in Group/ Group Leader and Phone # Sub-category Dance Vocal Instrumental Comedy/Drama Line Dance

All persons entering Silver Arts must be at least 50 years of age and registered as a Neuse River Senior Games participant. Instructors and/or group members under age 50 will not be permitted to perform on stage with the group at the local or state Senior Games. (**) Indicates the event is not a state or national games event

Neuse River Senior Games Liability Waiver

In consideration of being allowed to participate in any way in the 2020 Neuse River Senior Games **(NRSG)** Athletic/Sports/Silver Arts program, and related events and activities, I the undersigned participant agree to:

- Indemnify, save and hold harmless, the Neuse River Senior Games or any of their agents or representatives for my health, safety, or any injury resulting from my participation in the games.
- Have prepared myself for the events which I have entered by practicing prior to the NRSG. To the best of my knowledge, I have no physical restrictions which would prohibit my participation in the games. NRSG has my permission to have a physician attend me if it is deemed necessary during my participation.
- Agree to release and hold harmless the NRSG from any damage to/loss of my art entry. I certify that the art piece(s) I enter are my own work, were created after having reached the age of 50 and within the last two years, and are not manufactured in any sense of the word.
- I grant the NRSG the free and unrestricted right to use my name and picture in any broadcast, telecast or other written or photographic account of the NRSG without compensation.

" 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 am qualified for State Finals and to get a State Finals Entry Packet. My State Finals Entry Form must be received in the NC Senior Games office in Raleigh, NC by 11:59 p.m. on August 1, 2020. I understand that this deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered."

Participant Signature

Date

A participant must be a North Carolina resident for a minimum of 3 consecutive months of the year AND a resident of the six NRSG sponsoring counties.

Participant Medical Information

The staff and volunteers of Neuse River Senior Games (NRSG) are committed to creating a healthy and safe environment for all participants, staff and spectators. We request that every participant consult his/her doctor in regards to preparation for, and competition in, the Senior Games or any similar activity. Please inform NRSG at the time of any change(s) in your medication or health status.

• If none of the following applies to you, write "none" in each space.

- Your doctor's phone number must be listed.
- 1. List any specific medical conditions or health concerns:

2. List any medications you are currently taking:

3. List any medications to which you are allergic and/or any other allergies:

Name of Personal Physician: Emergency Contact (must list at least one person)		Phone # ()	
Name	Relationship	() Phone Number	
Name	Relationship	() Phone Number	



"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 and second place winners in the Literary subcategory will be eligible for the NC Senior Games Finals. First, second and third 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 50 years of age or better and registered as a Neuse River Senior Games participant.
- Entries must be original works of the artist; must be a work created after the artist is age 50 or better and have been completed within two years of the Neuse River Senior Games registration deadline.

• Complete Silver Arts information is available at <u>www.ncseniorgames.org</u>

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 framed & 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 (not autobiographical), 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, <u>must be</u> submitted with the registration form.

Performing Arts

- Performing entries are limited to 3 minutes of on-stage time.
- 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 CD or high quality cassette tape for performance with music tagged at the beginning of the tape/CD. 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 <u>must</u> be taped.
- Instructors and/or group members under age 50 will not be permitted to perform on stage with the group at local or state games.

Heritage Arts

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

Athletic Events Schedule At-A-Glance

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alk 10:45 am New Bern High School
12:00 pm West NB Recreation Center
1:00 pm West NB Rec./Elks Lodge
1:00 pm West NB Recreation Center
9:00 am Taberna Country Club
9:00 am Twin Rivers YMCA
TBA Twin Rivers YMCA
12:00 pm Emerald Golf Club
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on time or be disqualified!

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

Registration/Check-in Information

Pick-up your registration packets at the following locations:

Heritage, Literary, & Visual Arts	West NB Rec. Center	Tuesday	April 21, 2020
Performing Arts	West NB Rec. Center	Wednesday	April 22, 2020
All other events	West NB Rec. Center	Mon-Fri	April 20-24, 2020
Bowling	Not Being Offered this year. Cal	l for other G	ames options
Tennis	Taberna Country Club	Wednesday	April 29th, 2020
Golf	Emerald Golf Club	Tuesday	April 28th, 2020
Swimming & Racquetball	Twin Rivers YMCA	ТВА	ТВА
Basketball Tournament	ТВД	ТВD	TBD
Softball Tournament			TBD

Silver Arts Events Schedule At-A-Glance

Tues., April 21	Check-In	Silver Arts Exhibi	tors 10 am—1 pm	West NB Recreation Ctr.
Wed., April 22	Exhibition	Silver Arts	9:00 am—4:00 pm	West NB Recreation Ctr.
Wed., April 22	Rehearsal	Performing Arts	TBD	West NB Recreation Ctr.
Wed., April 22	Revue	Performing Arts	TBD	West NB Recreation Ctr.
Thur., April 23	Exhibition	Silver Arts	9:00 am—4:00 pm	West NB Recreation Ctr.
Fri., April 24	Exhibition	Silver Arts	9:00 am—10:30 am	West NB Recreation Ctr.
Fri., April 24 Check Out Silver Arts Exhibitors 11 am—12:30 pm West NB Recreation Ctr.				

SILVER ARTS GENERAL INFORMATION

• 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.

• LITERARY ENTRIES MUST BE MAILED WITH THE ENTRY FORM.

- Registration deadline for Silver Arts is the same as for all other components of the Neuse River Senior Games.
- Silver Artists may enter a maximum of one item in each Sub-category, for example: an artist may enter in each Sub-category for Heritage Arts.
- "Grouped sets" in Visual and Heritage Arts may have <u>no more than 3 members.</u> An example of a "grouped set" would be China Painting: plate, cup, saucer OR Jewelry: necklace, earrings.

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.

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.



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

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