

2015 LOUISIANA SENIOR OLYMPIC GAMES

Individual Entry Form

www.lsog1.net
PLEASE CHECK WEBSITE FOR UPDATES AND
START TIMES FOR YOUR AGE GROUP

August 8 - November 14, 2015

2015 Entry Deadline:

EACH EVENT HAS ITS OWN DEADLINE...PLEASE CHECK YOUR EVENT

Mission: LSOG is a sports organization that promotes physical fitness and quality life for people age 50 and over.

We plan, promote and conduct a statewide program which includes competitions held at the local and district level, an annual State event and participation in the biennial National Games.

Life Begins at 50 !!!



<u>2015 TEAM ROSTER</u> COACH/CAPTAIN MUST SUBMIT THE TEAM ENTRY. EACH TEAM MEMBER MUST SUBMIT HIS/HER INDIVIDUAL ENTRY FORM WITH FEES IN ORDER TO PARTICIPATE ON THE TEAM.

Note: The age is determined by the youngest team member, see age group on page 3. Home Phone Captain's Name: Cell Phone Captains E-mail address TEAM NAME: [] Basketball 3 on 3 Male [] Female 10 Player Team [] Softball [] Volleyball 6 Player Team Male Female [] Team Dance 8-15 Per Team] Advanced Recreational Line Dance **Team Roster** Player Name: D.O.B. Cell No: Age: Home No: Address: City: Zip: State: 2 Player Name: D.O.B. Home No: Cell No: Age: City: Zip: Address: State: 3 Player Name: D.O.B. Home No: Cell No: Age: Address: City: Zip: State: Player Name: D.O.B. Home No: Cell No: 4 Age: Zip: Address: City: State: 5 Player Name: Age: D.O.B. Home No: Cell No: Address: City: Zip: State: D.O.B. Cell No: 6 Player Name: Age: Home No: Address: City: Zip: State: Player Name: D.O.B. Home No: Cell No: Age: City: State: Address: Zip: 8 Player Name: Age: D.O.B. Home No: Cell No: Address: City: Zip: State: Player Name: D.O.B. Cell No: 9 Home No: Age: City: Address: Zip: State: 10 Player Name: Age: D.O.B. Home No: Cell No: Address: City: Zip: State: 11 Player Name: D.O.B. Home No: Cell No: Age: Address: City: Zip: State: 12 Player Name: D.O.B. Home No: Cell No: Age: Address: City: Zip: State:

LOUISIANA SENIOR OLYMPIC GAMES

2015 Games Coordinators:

Angela Jouett, 337-656-0839 ajouett@cppj.net DC Sills 318-308-2624 dcsills@lsog1.net

LSOG Website | lsog1.net | GENERAL ENTRY INFORMATION

The 2015 Louisiana Senior Olympic Games are hosted by Southwest District Senior Olympic Games

DATES:

Saturday, August 8 – Saturday, November 14, 2015

REGISTRATION: Return the attached entry form, fee payment, and signed liability waiver by your entry deadline.

FEES:

Entry Fee (for three (3) sports)*	\$ 35.00
Each additional sport	\$ 5.00

*Official t-shirt included.

ADDITIONAL fees are **REQUIRED** if you sign up for the following sports:

Golf	\$	39.00
Bowling (per event)	\$	7.00
Tennis	\$	5.00
Miniature Golf	\$	4.00
Athlete Banquet Ticket	\$	2.00
Additional banquet guests: Each	\$	5.00
5-K Run & Race Walk	\$	15.00
10-K Run	\$	20.00

ELIGIBILITY: Any person 50 years or older as of December 31, 2014 is eligible to participate. Athletes 40 and over may sign up for Track & Field events.

AGE GROUPS: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+. Age groups are determined by age as of December 31, 2015. Age divisions for doubles/teams determined by youngest partner/member.

YOU ARE TO SHOW UP AT YOUR EVENT UNLESS NOTIFIED BY GAME ORGANIZERS.

PLEASE CHECK THE WEBSITE FOR ANY CHANGES AND START TIMES FOR YOUR AGE GROUP www.lsog1.net **EVENT SELECTION:** It is the responsibility of the participants to carefully select their events, considering possible overlap. Event start times will be strictly enforced. Absentees will be scratched.

CANCELLATIONS/ POSTPONEMENTS: Game officials reserve the right to cancel or postpone events due to inclement weather, unusual circumstances or insufficient

entries. All changes in the scheduled events will be posted to http://www.lsog1.net

ENTRY DEADLINE: Check your individual event.
No refunds given after event deadline posted...
NO EXCEPTIONS!!!

AWARDS: Medals will be presented to first through third place individual winners in-state, and actual order for out-of-state participants.

TEAMS AND DOUBLES: Each member must submit an individual signed application, release, and entry fee. **Team captains** must submit a team roster for the team to be eligible for team competition.

PARTNER FIND

Are you looking for a partner in a sport that is doubles or four to a team? In most cases, the venue coordinator will make every effort to find you a partner. You may contact the coordinator before the event (all coordinators and their phone numbers are listed in this packet); however, this is not necessary. Every effort will be made to place you with someone.

GUESTS: Family and friends are welcome and encouraged to attend all competitive events free of charge.

EVENT ADDRESS AND PHONE NUMBER INFORMATION

PLEASE CHECK THE WEBSITE FOR ANY CHANGES AND START TIMES FOR YOUR AGE GROUP

www.lsog1.net

Alligator Stomp Fun Run

West Bank Bridge Park, 13825 River Road Luling 70070

Christus Athletic Club

4429 Nelson Road. Lake Charles 70605

Coquille Park

13505 Highway 1085 Covington 70438

Enos Durbone Recreation

7903 Lake Street Lake Charles 70607

Forrest Community Park

13900 S. Harrell Ferry Rd. Baton Rouge 70816

Frosty Factory

4688 Common Street Lake Charles 70607

Graywood Golf Course

6150 Graywood Pkwy Lake Charles, LA 70607

LA Wildlife and Fisheries

4142 N. Flannery Rd. Baton Rouge 70814

Lake Charles Civic Center Exhibition Hall

900 Lake Shore Dr. Lake Charles 70601

Lake Charles (L.C.) Ward 3 Recreation

3200 Power Center Parkway Lake Charles 70607 Little Farm's Playground

10301 South Park Street River Ridge 70123

McNeese State University

4205 Ryan St Lake Charles 70607

Middendorf's Manchac Run

30160 US Hwy 51 Akers 70421

Petro Bowl

630 Petro Bowl Drive Lake Charles 70607

Putt Putt Golf World

620 Petro Golf Drive Lake Charles 70607

Rapides Parish Sheriff's Office Firing Range

150 Sheriff's Range Rd. Alexandria 71301

Sulphur Parks and Recreation

933 West Parish Road Sulphur 70663

Sweet Lake United Methodist

5180 LA-397 Bell City 70630

Welsh Parks and Recreation

122 W. Grove Street Welsh 70591

For more information about the event venues, please contact the Event Coordinator for your event.

PLEASE CHECK THE WEBSITE FOR ANY CHANGES AND START TIMES FOR YOUR AGE GROUP www.lsog1.net

YOU ARE TO SHOW UP AT YOUR EVENT UNLESS NOTIFIED BY GAME ORGANIZERS
YOU WILL NOT RECEIVE CONFIRMATION

INDIVIDUAL ENTRY/ PARTICIPANT WAIVER FORM RETURN THIS FORM, AFTER COMPLETING AND INCLUDE ALL FEES

Mail to: Louisiana Senior Olympic Games, 209 E Shamrock, Pineville, LA 71360

Last Name: _			First Name:		MI
Address: City:					
State:	Zip	: Parish:	Home Phon		Cell Phone:
Email:					
[] Male	[] Female	Age as of 12/31/15	Date of Bir	th:	1 1
		PARTICIPANT	`WAIVER SIG	N BELO)W
1. The risk and death, does exist; 2. I KNOW NEGLIGEN 3. I willing significant bring such 4. I, for m Louisiana sponsors, a RESPECT involvemen OTHERWIS INDEMNIF participatio I, the uduring the art, advertis I HAVE RETERMS, U	of injury from and while par and, VINGLY AND NCE OF THE by agree to concern in my to the attention yself and on Senior Olympadvertisers, and TO ANY AND HOLE on in these proundersigned plays and the sement, exhibited the properties of the full of the sement, exhibited the participant of th	the activities involved in ticular rules, equipment, FREELY ASSUME ALL RELEASEES, or others, mply with the stated and readiness for participation of the nearest official in behalf of my/or heirs, and, if applicable, owners ID ALL INJURY, DISABLIC INTERPOLATION OF THE ARISIN PARTICIPANT, GRANT THE LASE OF LIABILITY INTERPOLATION OF THAT I HAVE GIVEN INTERPOLATION OF THE INTERPOLATIO	and personal discipline may reasonal discipline may reasonal assume full responsibility and assume full responsibility and assume full responsibility and condition and/or in the program itse mmediately; and, ssigns, personal representative fficials, agents and/or employed and lessors of the premises upon the premises of the premises	ncluding the educe this rised unknown, for my partices for partices, other passed to condimage to pell NEGLIGE and all liabilities, to the full y medium the AGREEME	ipation. If I observe any unusual ove myself from participation and of kin, HEREBY RELEASE the articipants, sponsoring agencies, uct the event ("Releasees"), with rson or property incident to my ENCE OF THE RELEASEES OR es incident to my involvement or
NAME:	 ΓURE:				DATE:
FMFRG	ENCY CON	NTACT:		PHONE:	

2015 ENTRY FEE SCHEDULE

RETURN THIS PAGE with CHECK or MONEY ORDER with fees to:

Louisiana Senior Olympic Games, 209 E Shamrock, Pineville, LA 71360 Entry fees must be sent with this form to be eligible.

Entry Fee (allows participation in up to 3 Sports):	\$35.00	\$	35.00
\$5.00 for each additional sport:	x \$5.00	\$	
Sports Requiring an Additional Fee over the Entry Fee:			
Golf Fee:	\$ 39.00	\$	
Bowling Fee: (Singles, Doubles or Mixed Doubles) each	\$ 7.00	\$	
Tennis Fee: (Balls Provided)	\$ 5.00	\$	
Miniature Golf	\$ 4.00		
*5-K Run / Race Walk (SEE *Note below) 80+ call Bill Elrod for discount	\$ 15.00	\$	
10-K Run	\$ 20.00	\$	
<u>I WILL ATTEND THE BANQUET</u> : [] YES [] NO	\$ 2.00	\$	
(Participants must check in at the door)			
I will bring guest(s) @ \$5.00 each		\$	
To Help Support the LSOG 2015 games, I have enclosed a donation of		\$	
(All donations are tax deductible)			
TOTAL AMOUNT ENCLOSED		\$	
Make Checks Payable to: L.S.O.G			
Check T-shirt size preference []S []M []L []XL []3X	L		
YOU ARE TO SHOW UP AT YOUR EVENT UNLESS NOTIFIED BY GAN	ME ORGANI	ZERS	5

*ALLIGATOR FESTIVAL 5K Run/Race Walk:

LSOG will enter you in the NORSI Event. Get both shirts on the day of the race.

Mail Entry Form and Fees to: LSOG

209 E Shamrock Pineville, LA 71360

(Include pages 5, 6, 7, and 8. Team Captain turns in page 2.)

2015 INDIVIDUAL EVENTS (Return this page with your entry)

[] 5K Run [] 5K Race Walk GATOR STOMP	SWIMMING [] Women [] Men
ALLIGATOR FEST RUN by NORSI,	Events listed in order as they will occur on day of the event.
	Women precede men. Check up to 6 events. (Only 5 for USMS times)
[] 10K Run MIDDENDORF/MANCHAC RUN	USMS# Event Seed Time
	[] 100y Butterfly
NOTE: If you Register for these events through LSOG	[] 50y Freestyle
you will receive both the NORSI race T-Shirt and the	[] 100y Breaststroke
LSOG T-Shirt with entrance to LSOG Banquet which	
•	[] 200y Backstroke
includes food and entertainment. More info page 11	[] 200y Freestyle
[] A DOMEDN	[] 50y Butterfly
[] ARCHERY [] Barebow [] Compound Barebow [] Recurve Barebow	[] 50y Breaststroke [] 200y Individual Medley
[] Compound Fingers [] Compound Release	[] 200y individual Mediey
[] Compound Pingers [] Compound Release	[] 100y Backstoke
[]BADMINTON []Singles	[] 100y Individual Medley
[] Doubles [] Mixed Doubles	[] 50y Backstroke
[] Doubles [] Mixed Doubles	[] 200y Breaststroke
[]BASKETBALL	[] 500y Freestyle
[]3 ON 3	[] Soby Pressyle
[]30113	TRACK & FIELD EVENTS
[]BILLIARDS	Track Events Field Events
[] BILLIANDS	[] 50m Dash [] Long Jump
[]BOWLING []Singles	[] 100m Sprint [] High Jump
[] Mixed Doubles (Partner)	[] 800m Race Walk [] Discus
[] Doubles (Partner)	[] 800m Run [] Javelin
	[] 200m Run [] Shot Put
[] CYCLING [] 5K	[] 1500m Race Walk [] Hammer Throw
	[] 400m Run [] Pole Vault
[] DANCE (Team)	[] 1500m Run [] Triple Jump
,	
[] GOLF Individual Stroke Play	[] TABLE TENNIS (Ping Pong) [] Singles
	[] Doubles (Partner)
[] HORSESHOES	[] Mixed (Partner)
[] MINIATURE GOLF	[] TENNIS [] Singles
	[] Doubles (Partner)
[] PICKLEBALL [] Singles	[] Mixed (Partner)
[] Doubles (Partner)	
[] Mixed (Partner)	[] THROWS
	[] Football Accuracy [] Softball Accuracy
[]RAQUETBALL [] Singles	[] Frisbee Accuracy [] Softball Distance
[] Doubles (Partner)	[] Basketball Free Throw
[] Mixed (Partner)	
	[] WASHER PITCH
[] SHOOTING	
[] Pistol [] Rifle	[] WEIGHTLIFTING
	[]Bench Press []Dead Lift []Arm Curl []Clean & Jerk
[] SHUFFLEBOARD [] Singles	
[] Doubles (Partner)	

EACH COACH OR CAPTAIN MUST SUBMIT THE TEAM ROSTER FORM ON PAGE 2 BY THE EVENT REGISTRATION DEADLINE TO PARTICIPATE. INDIVIDUAL PLAYERS COMPLETE THIS FORM TO INDICATE THE TEAM YOU ARE PLAYING WITH.

ROSTERS MUST BE SUBMITTED WITH THE CAPTAIN/COACH'S ENTRY FORM

Basketball 3 on 3 M or F	Age Group
Team Name	
Captain's Name	
Softball M or F	Age Group
Team Name	
Captain's Name	
Volleyball M or F	Age Group
Team Name	
Captain's Name	
Team DanceAdvancedRecreationa Team Name	dLine Dance Age Group determined by team average
Captain's Name	
*Golf – foursome Player 1:	DI A
PHONE ()	PHONE ()
Player 3:	Player 4:
PHONE ()	PHONE ()
*You will be placed in a foursome if you r	need one

Event Check-in Start Date / Site Registration D	Deadline	Registration Deadlin	Date / Site	Start	Check-in	Event
TBA	5	11/2/2015	11/14/2015		Racewalk	10K Run &
SK Run	950	985-785-0950		TBA	TBA	
SK Run	Deadline	Registration Deadlin	Date / Site	Start	Check-in	Event
10:30			9/26/2015			5K Run
Archery	950	985-785-0950		11:00	10:30	
Archery		Registration Deadlin	Date / Site	Start	Check-in	Event
Second Start Date Site Registration D			9/19/2015			Archery
Athletes Banquet	2620	225-270-2620		9:30	9:00	
Lake Charles Civic Center Exhibition Hall	Deadline	Registration Deadlin	Date / Site	Start	Check-in	Event
Event Check-in Start Date / Site Registration D			10/16/2015		nguet	Athletes Ban
Badminton 10/31/2015 10/19/201 Forrest Community Park Mike Maddox 225-328-81 Event Check-in Start Date / Site Registration D Billards 9:00 9:30 Devin Steward 337-656-08 Event Check-in Start Date / Site Registration D Bowling Doubles 10/2/2015 9/20/2015 Petro Bowl 337-562-08 Event Check-in Start Date / Site Registration D Bowling Mix Doubles 10/3/2015 9/21/2015 Petro Bowl 12:30 1:00 Betty Bergeron 337-562-08				6:00 PM		
1:30 2:00 Mike Maddox 225-328-81	Deadline	Registration Deadlin	Date / Site	Start	Check-in	Event
1:30 2:00 Mike Maddox 225-328-81	15	10/19/2015	10/31/2015			Badminton
Solution Start S	3128	225-328-8128		2:00	1:30	
Billards 9/17/2015 9/5/2015 Frosty Factory Devin Steward 337-656-08 Event Check-in Start Date / Site Registration D Bowling Doubles 10/2/2015 9/20/2015 Petro Bowl Betty Bergeron 337-562-08 Event Check-in Start Date / Site Registration D Bowling Mix Doubles 10/3/2015 9/21/2015 Petro Bowl 12:30 1:00 Betty Bergeron 337-562-08	Deadline	Registration Deadlin	Date / Site	Start	Check-in	Event
9:00 9:30 Devin Steward 337-656-08 Event Check-in Start Date / Site Registration D Bowling Doubles 10/2/2015 9/20/2015 Petro Bowl 12:30 1:00 Betty Bergeron 337-562-08 Event Check-in Start Date / Site Registration D Bowling Mix Doubles 10/3/2015 9/21/2015 Petro Bowl 12:30 1:00 Betty Bergeron 337-562-08			9/17/2015			Billards
Bowling Doubles 10/2/2015 9/20/2015 Petro Bowl 12:30 1:00 Betty Bergeron 337-562-08 Event Check-in Start Date / Site Registration D Bowling Mix Doubles 10/3/2015 9/21/2015 Petro Bowl 12:30 1:00 Betty Bergeron 337-562-08	0834	337-656-0834		9:30	9:00	
Bowling Doubles 10/2/2015 9/20/2015 Petro Bowl 12:30 1:00 Betty Bergeron 337-562-08 Event Check-in Start Date / Site Registration D Bowling Mix Doubles 10/3/2015 9/21/2015 Petro Bowl 12:30 1:00 Betty Bergeron 337-562-08	Deadline	Registration Deadlin	Date / Site	Start	Check-in	Event
Petro Bowl		9/20/2015				Bowling Dou
Bowling Mix Doubles 10/3/2015 9/21/2015 Petro Bowl 12:30 1:00 Betty Bergeron 337-562-08	0890	337-562-0890		1:00		
Bowling Mix Doubles 10/3/2015 9/21/2015 Petro Bowl 12:30 1:00 Betty Bergeron 337-562-08	Deadline	Registration Deadlin	Date / Site	Start	Check-in	Event
Petro Bowl 12:30 1:00 Betty Bergeron 337-562-08						
Event Check-in Start Date / Site Registration D		337-562-0890	Petro Bowl	1:00		S
8	Deadline	Registration Deadlin	Date / Site	Start	Check-in	Event
Bowling Singles 10/1/2015 9/19/2015					igles	Bowling Sing
Petro Bowl	0890	337-562-0890		1:00		

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Event	Check-in	Start	Date / Site	Registration Deadline
Racquetball			9/2/2015	8/21/2015
			Sulphur Parks and Recreation	
	9:00	9:30	Beth Risk	337-502-5214
Event	Check-in	Start	Date / Site	Registration Deadline
Shooting			9/10/2015	8/29/2015
			RPSO Firing Range	
	8:00	8:30	DC Sills	318-487-1561
Event	Check-in	Start	Date / Site	Registration Deadline
Shuffleboard	l Doubles		10/16/2015	10/4/2015
			L.C. Ward 3 Recreation	
	8:30	9:00	Butch Ryan	337-309-0858
Event	Check-in	Start	Date / Site	Registration Deadline
Shuffleboard	l Singles		10/15/2015	10/3/2015
			L.C. Ward 3 Recreation	
	8:30	9:00	Butch Ryan	337-309-0858
Event	Check-in	Start	Date / Site	Registration Deadline
Softball			9/3/2015	8/22/2015
	9:00	9:30	Enos Durbone Recreation Beth Risk	337-502-5214
Event	Check-in	Start	Date / Site	Registration Deadline
Swimming			9/1/2015	8/20/2015
S	9:00	9:30	Sulphur Parks and Recreation Beth Risk	on 337-502-5214
Event	Check-in	Start	Date / Site	Registration Deadline
Table Tennis	S		10/9/2015	9/27/2015
			L.C. Ward 3 Recreation	
	8:30	9:00	Nancy Curtis	337-656-0834
Event	Check-in	Start	Date / Site	Registration Deadline
Tennis RES	SCHEDULED		11/8/2015	10/25/2015
	7:30	8:00	New Orleans City Park Bill Pryor	
Event	Check-in	Start	Date / Site	Registration Deadline
Throws			10/13/2015	10/1/2015
	8:30	9:00	Enos Durbone Recreation Devin Steward	337-656-0834

Event	Check-in	Start	Date / Site	Registration Deadline
Track and	l Field		10/17/2015	10/5/2015
			McNeese State University	
	8:00	8:30	Dr. Michael Turner	mcturnermd@mac.com
Event	Check-in	Start	Date / Site	Registration Deadline
Washerpi	tch		10/12/2015	9/30/2015
			Enos Durbone Recreation	
	8:30	9:00	Devin Steward	337-656-0834
Event	Check-in	Start	Date / Site	Registration Deadline
Weightlift	ing		10/10/2015	9/28/2015
	-		Christus Athletic Club	
	10:30	11:00	Devin Steward	337-656-0834
Event	Check-in	Start	Date / Site	Registration Deadline
Women's	Basketball		9/26/2015	9/14/2015
			Little Farm's Playground	
	8:00	8:30	Anne Hassenboehler	504-828-9766
Event	Check-in	Start	Date / Site	Registration Deadline
Women's	Volleyball		9/12/2015	8/31/2015
			Coquille Park	
	8:00	8:30	Janey Perez	985-892-9829

CELEBRATION OF ATHLETES BANQUET
THURSDAY, OCTOBER 16, 2015
LAKE CHARLES CIVIC CENTER EXHIBITION HALL
6:00 PM

PLEASE CHECK THE WEBSITE FOR ANY CHANGES AND START TIMES FOR YOUR AGE GROUP

www.lsog1.net





RSCC 209 E Shamrock Pineville, LA 71360

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2015 LOUISIANA SENIOR OLYMPIC GAMES LAKE CHARLES, LA August 8—November 14, 2015

HOSTED BY SOUTHWEST DISTRICT SENIOR OLYMPIC GAMES CALCASIEU PARISH POLICE JURY

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