

## BECOME A SPONSOR

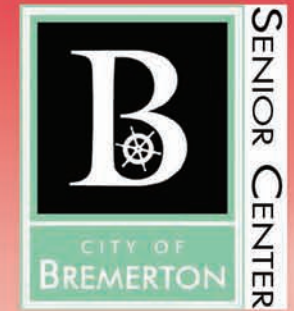
Health, fitness, and personal recognition are key components for maintaining independent lifestyles. The 2012 Bremerton West Sound Senior Games are one avenue towards this goal. The games are open to men and women 50 years and over, and is a prelude competition to the Washington State Senior Games.

A wide variety of events is scheduled for the 2012 games. The primary goal of the committee is to offer a quality experience for all senior athletes. Your sponsorship keeps registration fees low and allows unlimited participation. Registration includes entry into all events, T-shirt (one per athlete), registration packet, and banquet dinner.

Everyone wins: the sponsors, the participants and our community! Please give serious consideration to our funding request today.



# Bremerton's WEST SOUND SENIOR GAMES

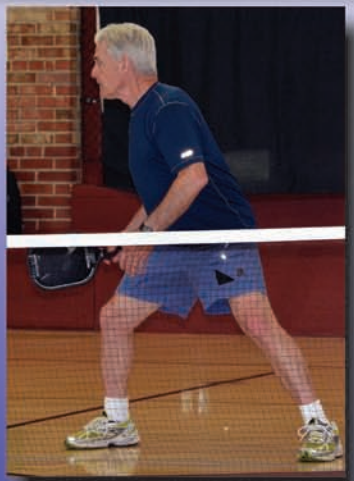


Island · Forest Ridge · Bremerton  
HEALTH AND REHABILITATION CENTERS

MARtha & MARY Rehab

## An Athletic Event for Ages 50 and up July 11-14, 2012

**8-Ball ~ 5k Run/Walk**  
**Badminton ~ Basketball**  
**Bowling ~ Cycling Time Trials**  
**Disc Golf ~ Horseshoes**  
**Pickleball ~ Ping Pong**  
**Racquetball ~ Swimming**  
**Tennis ~ Track & Field**



### 2012 SPONSORSHIP BENEFITS

Benefits	Sponsorship Level			
	Gold Medal \$3,000 & up	Silver Medal \$1,000	Bronze Medal \$500	Track & Field Booth \$200
Company Name in Program	●	○	●	●
Flier/Coupon in Registration Packet	●	○	●	●
BWSSG Event T-Shirt	●	○	●	●
Promotional Publicity	●	○		
Banner Displayed at Awards Banquet	●			
Logo on BWSSG Event T-Shirt	●			

Event sponsorship and donation of services are also welcome. Please contact Monica Sorensen (206) 406-9301 for more information.

Thanks to the following organizations for coordinating the 2012 Bremerton's West Sound Senior Games

- Bremerton Parks & Recreation
- Bremerton Senior Center
- Bremerton Tennis and Athletic Club
- Island Health and Rehab
- Kitsap Country Parks & Recreation
- Martha and Mary Rehab
- Race Directions
- YMCA



Bremerton Senior Center  
1140 Nipsic Ave  
Bremerton, WA 98310

PRSRT STD  
U.S. POSTAGE  
PAID  
Bremerton, WA  
Permit # 209

### Register for only \$32\*!

Registration fee covers your participation in any or all events. Events are held at various locations throughout Kitsap County. Call the Bremerton Senior Center at 360.473.5357 for more info.

(\*Registrations received after June 15th are \$42)

# Welcome to the Senior Games!

We are pleased to celebrate the 9th annual Bremerton's West Sound Senior Games with all athletes ages 50 and better! This year's games will be conducted throughout Bremerton & Kitsap County at various venues.

Bremerton's West Sound Senior Games is not only a fitness program but also an athletic adventure that initiates a healthy life-style for women and men. This is accomplished through peer competition and a recognition of achievement. Sporting activities enhance both physical and mental well-being, as well as an increased sense of belonging and the fostering of friendships, for many years to come.

We encourage all men and women age 50 and better to make exercise and fun a regular part of your lifestyle. Our hope is that this annual event will not only stay with you for just a week, but will leave you with a lifetime of memories! We love to see your effort and your smiles. You are an inspiration to all ages! And with that... "LET THE GAMES BEGIN!"

## Saturday Celebration Dinner

Join us as we celebrate our athletes, their families, our volunteers and sponsors with a dinner hosted by Bremerton Parks & Recreation on Saturday, July 14th, 6:00 PM at the Kitsap Way Baymont Inn & Suites. A ticket for this special event is included in your \$32.00 registration fee. If you need additional tickets, please purchase them by July 1st for just \$13.00 per person (be sure to check the appropriate box on your registration form).

# Join Us for the Weekend

Bring the whole family and enjoy the many things that Bremerton and Kitsap County have to offer. **We are proud to announce that the Baymont Inn & Suites is our host hotel this year. Special rates can be obtained by calling them directly at (360) 377-7666, mention the senior games for the promotional rate.** The Bremerton Chamber of Commerce is also a great resource regarding local sights, call (360) 479-3579 or go to [www.visitkitsap.com](http://www.visitkitsap.com) or log onto the city's web site at [www.ci.bremerton.wa.us](http://www.ci.bremerton.wa.us).

## Washington State Senior Games

The 2012 Washington State Senior Games will be held late July in the cities of Olympia, Lacey and Tumwater. For more information about the Washington State Senior Games, call (360) 413-0148 or go to the following web site: [www.pugetsoundgames.com](http://www.pugetsoundgames.com).

### VOLUNTEERS

We need you to help with the 2012 Senior Games! Many of these events could not be possible without volunteers. Are you able to spare a few hours assisting with one or two events? Since each event relies on volunteers differently, contact that commissioner directly and let him/her know of your availability. Or if you are not sure who needs help, contact the Senior Games office and we will let you know where you are most needed!

### THANK YOU 2012 SPONSORS



5K	Off Road Run/Walk	
Badminton	Singles / Mixed Doubles	
Bowling	Singles	
	Doubles / Mixed Doubles	
Cycling-12k Time Trials	Mens / Womens	
Disc Golf	Novice Mens / Womens	
	Experienced Mens/Womens	
Free Throw/Hot Shot	(please circle both or one)	
Horseshoes	Mens/Womens	
Pool 8-Ball	Singles	
Pickleball	Singles	
	Doubles / Mixed Doubles	
Ping Pong	Singles - Mens/Womens	
Racquetball	Singles	
	Mixed Doubles	
Swimming	Back Stroke	25yds
		50yds
		100yds
		200yds
	Breast Stroke	25yds
		50yds
		100yds
		200yds
	Butterfly Stroke	25yds
		50yds
		100yds
	Freestyle	25yds
		50yds
		100yds
		200yds
	Ind. Medley	100yds
		200yds
Tennis	Singles	
	Doubles / Mixed Doubles	
Track and Field	Track Events	50m
		100m
		200m
		400m
		800m
	Field Events	1500m
		Discus
		Shotput
		Hi-Jump
		Long Jump
	Javelin	

Checks payable to SUMS!!

Please complete, sign and return with payment to:  
BWSSG, c/o Bremerton Senior Center,  
1140 Nipsic Ave, Bremerton, WA 98310

### Official Individual Entry Form

#### Personal Information

**Age by Dec. 31, 2012**  
 Name (First) (Last) Birthdate (mo/day/yr) & Age  
 Address This event is for athletes ages 50+.  
 City, State, Zip  
 Gender  Male  Female  
 Contact Phone ( )  
 Email Address

#### Emergency Contact

Emergency Contact Name  
 Emergency Contact Phone ( )

#### Doubles

Doubles Partner's Name/Event  
 Mixed Dbls Partner's Name/Event

#### Misc. Information

Participant T-shirt Size:(circle one)  
 Men's Shirt Sizes: S M L XLG XX-LG XXX-LG  
 Ladie' Shirt Sizes: (fits snug/shorter sleeves) S M L XLG XX-LG XXX-LG  
 Where did you hear about Bremerton's West Sound Senior Games?

#### Lodging Info

Do you require overnight accomodations? If so, please contact our host hotel, the Baymont Inn & Suites on Kitsap Way at 360-377-7666 for a promotional rate, just mention the Senior Games.

The \$32.00 entry fee allows unlimited event entry and includes:  
 \*BWSSG T-shirt \*Banquet Ticket \*Registration Goody Bag

Additional Guest Banquet tickets may be purchased for \$13 pp. Please fill in the proper amount for guest tickets below. Dinner is provided by a local caterer and will be delicious!!

#### REGISTRATION FEE CALCULATION

Registration Fee (\$32.00)x \_\_\_\_\_ = \$ \_\_\_\_\_ (Received prior to June 15th)  
 Registration Fee (\$42.00)x \_\_\_\_\_ = \$ \_\_\_\_\_ (Received after June 15th)  
 Add'l Guest Banquet Ticket(s): \_\_\_\_\_ x \$13.00 ea. = \_\_\_\_\_

**TOTAL AMOUNT DUE = \$ \_\_\_\_\_**

Checks payable to SUMS!!

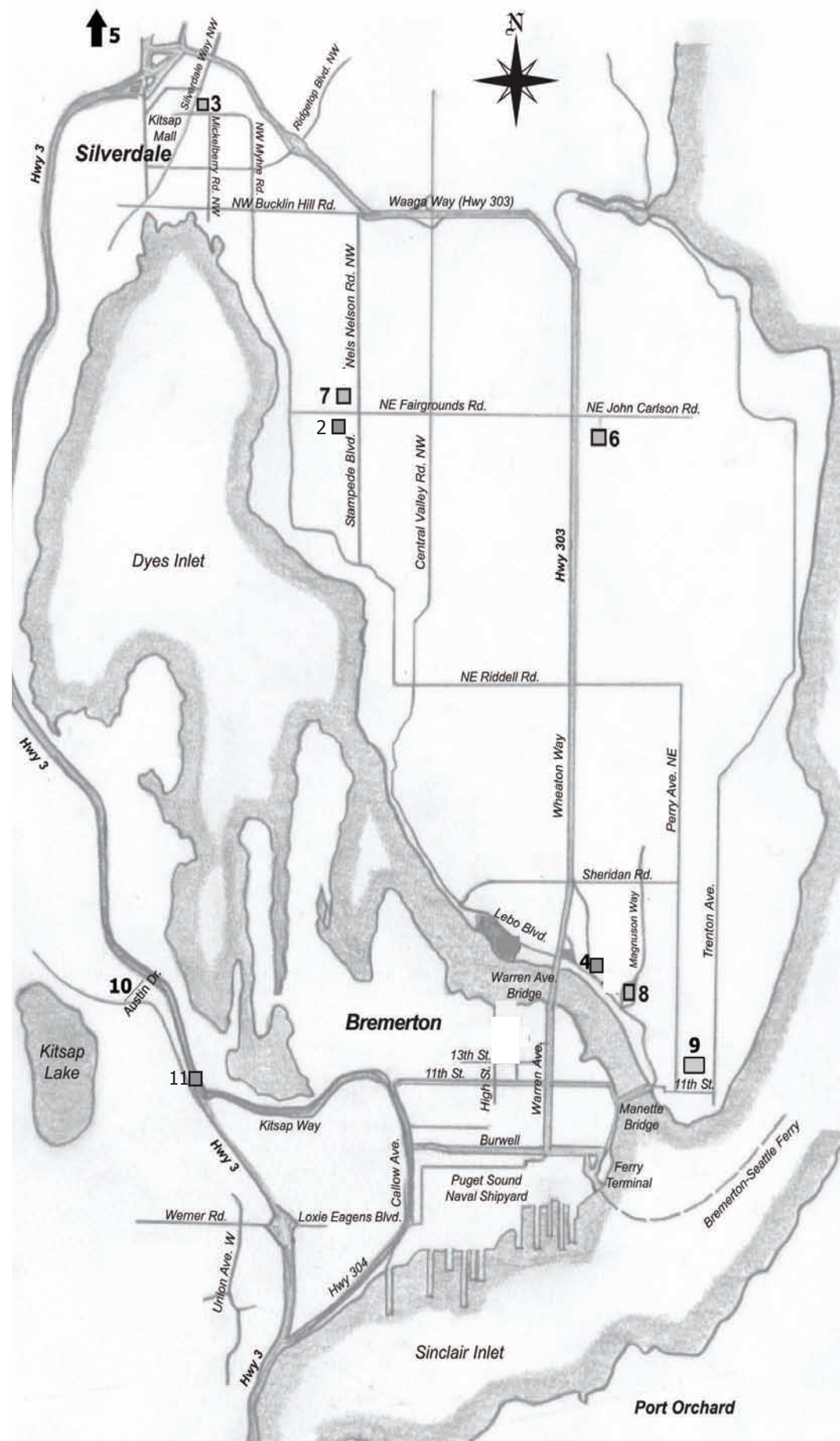
**Waiver - All Athletes Must Sign and Date This To Be Eligible For Participation**

I fully realize and understand there are certain inherent risks to which I will be exposed because of the nature and level of the sports activity for which I have registered. I understand and agree that Bremerton's West Sound Senior Games, its agents and officials, assume no responsibility for injuries or illness I may sustain as a result of my physical condition or my participation in any Bremerton's West Sound Senior Games event. I understand it is my responsibility to provide my own accident and health coverage and that Bremerton's West Sound Senior Games, its agents and officials, do not provide any accident or health insurance for its participants or volunteers. I also give permission for the Bremerton's West Sound Senior Games to use or distribute, without limitation or obligation, any record of the event which may include my voice or image. I hereby waive and release, for myself, and agree to hold harmless the Bremerton's West Sound Senior Games in the execution of this event, and its agents and officials, volunteers, and successors from any and all claims, including the cost of defense which may be made for damages and/or injury to property or persons occasioned by any cause arising as a result of or in connection with my participation in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Event Venue Map

2. **Track & Field**  
Silverdale Stadium @  
Olympic High School
3. **Bowling**  
All Star Lanes  
10710 Silverdale Way  
NW, Silverdale
4. **Basketball, Free Throw,  
Pickleball and Ping Pong**  
Sheridan Park  
Community Center  
680 Lebo Blvd.,  
Bremerton
5. **Cycling -12k**  
Kitsap Memorial  
State Park  
202 NE Park St  
Poulsbo
6. **Racquetball/Tennis**  
Bremerton Tennis and  
Athletic Club  
1909 NW John Carlson  
Rd, Bremerton
7. **5K Off Road Run/  
Walk and Horseshoes**  
Kitsap Co. Fairgrounds  
Near the Barns and  
Gordon Field  
1200 NW Fairgrounds  
Rd., Bremerton
8. **Swimming**  
Glenn Jarstad Aquatic Center/  
YMCA, 2270 Schley Blvd.  
Bremerton
9. **Registration and  
Pool (8-ball)**  
Bremerton Senior Center  
1140 Nipsic Ave., Bremerton
10. **NAD Disc Golf Park**  
6002 Kitsap Way,  
Bremerton
11. **Banquet**  
Baymont Inn and Suites,  
5640 Kitsap Way, Bremerton



## GENERAL INFORMATION

**How to Enter** - To enter, an Official Entry Form must be completed. There is an entry form in the center of this packet. Registration materials are also available on-line at [www.ci.bremerton.wa.us](http://www.ci.bremerton.wa.us). If you are registering for a team sport, please include the team roster as part of your Official Entry Form. Completed forms and payment may be mailed to or dropped off at the Senior Games headquarters: Bremerton Senior Center, 1140 Nipsic Ave, Bremerton, WA 98310.

**Registration Fee - \$32 for registrations received prior to the June 15th, 2012 deadline.** Official Entry Forms received after the date of June 15th, will be assessed a \$10 fee. (Postmarks are accepted.) The non-refundable registration fee covers all competitive events. In addition to 1st, 2nd and 3rd place medals, all participants will receive a Bremerton West Sound Senior Games T-shirt, a participation packet and one ticket to the Saturday Celebration Banquet. Bremerton's West Sound Senior Games is entirely supported by corporate sponsorships and entry fees.

**Why do we need your registration 3 weeks before the games begin?** Many of our senior games items, especially medals, athlete t-shirts, registration packet contents and more, need to be ordered at least 21 days in advance. This deadline ensures that we will have the most accurate count of athletes participating in the games as possible. This also ensures that we are able to keep the registration fees down to a minimum by not over-ordering items that will not be used year to year.

**On-Site Registration** - On-site registration **may** be available and late fees will be assessed for the 5K Off-Road Run/Walk, Bowling, Swimming, and Track & Field. Late registrations are accepted at the discretion of each event commissioner.

**Confirmation Information** - Exact start times may not be available until the week of July 1st. Please see the schedule of events for approximate times. Event commissioners will contact participants to notify them of any schedule changes/updates.

**Cancellations** - Officials reserve the right to cancel or reschedule any event due to insufficient registration, inclement weather, or other unforeseeable circumstances. Refunds will be at the discretion of the event chairman.

**How Many Sports/Events May I Enter** - You may enter as many sports or events as you desire. Your registration fee covers all the events listed throughout this packet.

**Who Can Enter** - **Any person age 50 years or older as of December 31, 2012** may participate in Bremerton's West Sound Senior Games. Athletes will compete in their age bracket. Age brackets are based on the athlete's age as of December 31, 2012. For individual events there will be five-year age groups for men and women as follows; 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90+. For doubles, mixed doubles and team competitions, age brackets include 50-54, 55-59, 60-64, 65-69, and 70+. The youngest participant's age determines the team age bracket.

**Awards** - Customized awards of gold, silver and bronze will be given to the first, second and third place finisher. Awards are given Olympic style giving attention and honor to the winning athlete.

**Check-In** - Registration packets can be picked up at the Bremerton Senior Center from July 2nd - July 6th from 8 AM to 3 PM. Once the games begin, your packet will be available at your first scheduled event. (Center will be closed July 4th.)

**Event Locations** - All events and activities will be held throughout Kitsap County. (Map is on page 6.)

**Transportation** - Participants must provide their own transportation to and from all events and venues.

**Uniforms/Equipment** - All athletes must wear the athletic attire usual and customary for the sport(s) in which they are competing and are responsible for their own equipment for all events. See the event notes in this registration book for details or contact the appropriate event commissioner.

**Insurance** - Bremerton's West Sound Senior Games does not carry medical insurance to cover injuries which occur during the games. It is expected that all participants carry their own medical insurance for any and all medical injuries that might occur. All participants must sign the waiver on the entry form.



**Additional banquet tickets available for \$13.**

**Come and support your fellow athletes while enjoying a delicious dinner.**

## BADMINTON

**Information:** Wednesday, July 11, 9:00 AM, Sheridan Park Comm. Center, 680 Lebo Blvd., Bremerton

**Divisions:** Ages 50-70 and 70+

**Notes:** Bring your own racquet if you have one, otherwise, equipment will be provided. Contact commissioner for event rules.

**Commissioner:** Jay Williams, (360)373-8810, mdues@donobi.net



## BOWLING

**Information:** Wednesday, July 11- Friday, July 13, 1:00-4:00 PM All Star Lanes, 10710 Silverdale Way

**Divisions:** Singles, Doubles and Mixed Doubles

**Notes:** USBC sanctioned. Handicap is 100% of 200. Highest book average for 2010-2011 season will be used. All USBC rules will apply. Wednesday-Thursday will be doubles and mixed doubles. Friday will be Singles. You will only be able to change doubles partners once.

**Commissioner:** Gary Eaton, (360)830-4013, blindref37@wavecable.com Carol Courreges, (360)692-0421, purplgramy@aol.com



## FREE THROW/HOT SHOT

**Information:** Wednesday, July 11, 6:00 PM Sheridan Park Comm. Center, 680 Lebo Blvd., Bremerton

**Notes:** Free throw and Hot Shot contests are open to EVERYONE! Test your basketball shooting skills from the free throw line and various spots on the court.

**Commissioner:** Scott Evans, (360)473-5427, scott.evans@ci.bremerton.wa.us

## HORSESHOES

**Information:** Thursday, July 12, 9:00 AM Kitsap County Fairgrounds, 1200 NW Fairgrounds Rd., Bremerton

**Divisions:** Mens, womens. Winners determined within age levels.

**Notes:** Games will be 30 shoe count-all. Women and 70+ men will pitch from 30'. Bring your own horseshoes, limited equipment will be available. (Practice Noon-2pm on Wed, July 11 at Evergreen Park.)

**Commissioner:** Art Sperber, (360)692-9315, csperber1@gmail.com



## TENNIS

**Information:** Thur, July 12-Fri, July 13, various times Bremerton Tennis and Athletic Club, 1909 NW John Carlson Rd., Bremerton



**Divisions:** Singles, Men's/Women's/Mixed Doubles

**Notes:** Matches will be based on age brackets, not skill level. Matches will be best of three sets. Regular scoring with a 12-point tie break at six all, no add. Deadline is one week prior to start of games.

**Commissioner:** TBA

## PICKLEBALL

**Information:** Friday, July 13, 9:00 AM Sheridan Park Comm. Center, 680 Lebo Blvd., Bremerton

**Divisions:** Singles, Doubles and Mixed Doubles

**Notes:** Tournament format will depend on number of participants.

**Commissioner:** TBA



## POOL (8-BALL)

**Information:** Friday, July 13, 10:00 AM Bremerton Sr Center, 1140 Nipsic Ave., Bremerton

**Divisions:** Singles

**Notes:** Guarantee of at least two games. Matches will be based on age brackets rather than skill level. **BCA 8 ball rules apply.**

**Commissioner:** Larry Taylor, (360)373-6671, yrralt@comcast.net



## 5K OFF-ROAD RUN/WALK

**Information:** Friday, July 13, 6:30 PM Kitsap County Fairgrounds, 1200 NW Fairgrounds Rd., Bremerton

**Notes:** USTAF rules apply. Cross country course with grass, trails and some compact gravel and pavement. Moderately challenging with slight upgrades and downgrades.

**Commissioner:** Greg Chapman, (360)692-9414, chapmansrd@yahoo.com



## SWIMMING

**Information:** Friday, July 13, 5:00-8:00 PM Glenn Jarstad Aquatic Center/YMCA, 2270 Schley Blvd., Bremerton



**Events (in yards):**

Back Stroke	25	50	100	200	
Breast Stroke	25	50	100	200	
Butterfly	25	50	100		
Freestyle	25	50	100	200	500
Individual Medley			100	200	

**Commissioner:** Chriss Kuykendall, (360)990-5199, swimbwssg@gmail.com

## RACQUETBALL

**Information:** Saturday, July 14, 10:00 AM Bremerton Tennis and Athletic Club, 1909 NW John Carlson Rd., Bremerton



**Divisions:** Singles & Mixed Doubles

**Notes:** Matches will be based on age brackets. Protective eyewear is required. American Amateur Racquetball Association (AARA) rules will apply.

**Commissioner:** Ken Hall, (360)692-2900, kenhall@qwestoffice.net

## TRACK & FIELD

**Information:** Saturday, July 14, 10:00 AM, Olympic High School Stadium, 7070 Stampede Blvd., Bremerton

**Events:** Track - 50m, 100m, 200m, 400m, 800m, 1500m Field - Discus, Shotput, High/Long Jump and Javelin

**Notes:** Track - Up to 1/4" spikes are allowed and must be provided by the athlete. Blocks are allowed. USTAF (NSG) rules will apply. **Must provide your own Javelin and a current USTAF card.**

**Commissioner:** Greg Chapman, (360)692-9414, chapmansrd@yahoo.com



## PING PONG

**Information:** Saturday, July 14 at 10:00 AM, Sheridan Park Comm. Center, 680 Lebo Blvd, Bremerton

**Divisions:** Mens and Womens Singles

**Notes:** Tournament depends on the number of participants. Matches will be best of five games. Players should wear dark solid colored shirts and provide their own paddle(s). USATT rules will apply. Balls will be provided.

**Commissioner:** Ken Quitugua, (360)692-4472, kendoq@gmail.com



## DISC GOLF

**Information:** Saturday, July 14, 1:00 PM Upper NAD Park, 6002 Kitsap Way, Bremerton

**Divisions:** Novice and Experienced

**Notes: 1-2pm:** Sign-up/Rules/Techniques prior to tournament. Time for practice and instruction. **2-4pm:** 18-hole tournament and medal ceremony.

**Commissioner:** Cathy Cohoon (360)692-2937, cathy.cphoon@gmail.com



## CYCLING - 12K TIME TRIAL

**Information:** Saturday, July 14 at 1:30 PM, Big Valley Road, Poulsbo

**Divisions:** Men & Women-12k

**Notes:** There is no room for parking on Big Valley. Please park at Kitsap Memorial Park. (Currently, the State Parks require either a discovery pass or a \$10 use fee. Alternative parking is being sought, consultant your athlete packet prior to attending the event for updated parking info.) The start line is about 2 miles up Big Valley Road from Kitsap Memorial Park. Restrooms are available at the park. Be careful crossing the highway. Please provide your own equipment, helmets are required.

**Commissioner:** Alan Snow, awsnow@comcast.net

