



2017 National Senior Games
presented by Humana

Birmingham, Alabama
June 2-15, 2017

For more information
225-706-5101
SeniorGames@NSGA.com

www.NSGA.com



2017 National Senior Games

Must be 50 years of age or older by December 31, 2016.
Qualify through a NSGA sanctioned State Senior Games in 2016.

Sports Include:

- | | |
|---------------------------|-----------------------------|
| Archery | Racquetball |
| Badminton | Road Race |
| Basketball | Shuffleboard |
| Bowling | Non-Ambulatory Shuffleboard |
| Non-Ambulatory Bowling | Softball |
| Cycling | Swimming |
| Golf | Table Tennis |
| Horseshoes | Tennis |
| Non-Ambulatory Horseshoes | Track & Field |
| Pickleball | Triathlon |
| Race Walk | Volleyball |



Humana.



2016 Alabama Senior Olympics

Event Dates
April 13 - May 4

Sponsored by:



Trussville Parks and Recreation Department
Hoover Parks and Recreation Department
Homewood Parks and Recreation Department
UAB Recreation Center
Governor's Commission on Physical Fitness & Sports

For additional information contact:

Gov. Commission on Physical Fitness at 334-242-4496
or Dee Nance at nanced@ci.hoover.al.us or 205-444-7765

If another person you know would be interested in this information, please pass it along.

SPORTS AND EVENTS INFORMATION

Rules

All events will be conducted in accordance with the 2016 NSGA Official Rules. These will be mailed upon receipt of entry form and fees if requested.

Scheduling Conflicts

It is your responsibility to avoid scheduling conflicts. When scheduling conflicts do arise for you, you must choose which event you will enter.

Equipment

Participants are required to provide their own equipment for all sports except Shuffleboard, Field Events, Basketball, Volleyball, and Throwing Events.

Golf

36 Hole/Scratch-No Handicap. Soft spikes are required on course. Competition will be held May 2-3 at the Woodward Golf Club starting at 7:30 a.m.

Archery

“900” American Round. Archers may only compete in one division (i.e., Compound Fingers with sights, Compound Release, Recurve, Bare Bow Recurve-no sights and Bare Bow compound-no sights). Participants must provide their own bows and arrows. Event will be held at Crossroads School in Hoover, April 28, 2016 starting at 9:00 a.m.

Basketball

Double Elimination or Round Robin. Participants must provide their own jerseys and practice balls. Team captains must send in a separate team roster and a \$40.00 team registration fee. Also, each team player has to pay a \$45.00 entry fee. Competition will be held at the Trussville Civic Center Saturday, April 30, 2016. Starting time is 9:00 a.m. Friday, April 29 will be used if needed, starting at 6:00 p.m. at the Trussville Civic Center.

Softball

Double Elimination or Round Robin. Participants must provide their own jerseys and equipment. Balls-MSP47. Team captains must send a separate team roster and a \$40.00 team registration fee. Also, each team player has to pay a \$45.00 entry fee. Softball teams will qualify by participating in the National Senior Softball Tournament, held in Birmingham in August 2016 or by competing in any open states softball competition.

Volleyball

Team must provide jerseys and practice balls. Team captains must send in a separate team roster and a \$40.00 team registration fee. Also, each team player has to pay a \$45.00 entry fee. Competition will be held at the Homewood Parks & Recreation Department starting at 9:00 a.m. on Wednesday, May 4, 2016.

Swimming

Swimming will be held at the Hoover Recreation Center, Hoover, AL. Swimmers may enter a maximum of six events. Competition will be held Thursday, April 28 starting at 9:30 A.M. Competition will also be held April 29 starting at 9:30 A.M. if needed.

5K/10K Nat-Ulumni Scholarship Run

Competition will be held in Birmingham, AL. Pre-Registration starts at 4:00 p.m. on Friday, May 6, 2016. Road race will start at 6:00 p.m. on Friday, May 6, 2016. Competitors can register online at www.runsignup.com or by contacting Sarah Saltzmann at (205) 934-3555.

5K Road Race

Competition will be held at First United Methodist Church, 2416 West Cloverdale Park, Montgomery, AL on Saturday, May 14, 2016. Pre-Registration will be held on site and starts at 6:30 a.m. Competition starts at 8:00 a.m.

5K/10 Road Race

Competition will be held at Big Spring Park in Huntsville, AL on Monday, May 30, 2016. 10K Road Race will start at 7:00 a.m. 5K Road Race will start at 9:00 a.m. No Race Day Registration. For registration help, contact Dink & Suzanne Taylor at (256) 650-7063 before 7:00 p.m. or by going online at www.huntsvilletrackclub.org.

Alabama Sports Festival, Inc. (June 24,25 & 26, 2016, Dothan AL) - Master's State Games (October 10-14, 2016 Trussville AL)

National Competition

Alabama teams participating in Basketball/Softball/Volleyball will have preference over out-of-state teams to qualify to go to nationals. Age divisions for all singles competition for the Nationals will be determined by the athlete's age as of December 31, 2016, and age divisions for doubles and team sports will be by the age of the youngest team member as of December 31, 2016.

Alabama Senior Olympics INFORMATION

The 2016 Alabama Senior Olympic Committee would like to extend an invitation to all men and women, 50 years and over to participate in the 2016 State Games. This is a qualifying event for the 2017 National Senior Games to be held in Birmingham, Alabama. Alabama is an open state.

PURPOSE

The purpose of the games is to provide the opportunity to participate in a social, competitive, recreational and athletic event to: create awareness of the abilities and capabilities of older adults; help maintain and improve health and wellness; and to promote an interest in lifetime sports, recreation and physical activity.

AGE/CATEGORY

- Determined by participants age as of December 31, 2016
- All events will be held in 5 year age brackets (50-54, 55-59, 60-64, 64-69, 70-74, 75-79, 80-84, 85-89, 90+)
- Team sports will be held in the following age categories: 50+, 55+, 60+, 65+, 70+, 75+. Three on three basketball will have an 80+ age division.
- Age division for team sports, doubles and mixed doubles is determined by the youngest partner on December 31, 2016

REGISTRATION FEES

- Registration fee on or before April 1, 2016 is \$45.00
- Registration fee after April 1, 2016 is \$55.00
- Bowling, golf and team sports have additional fees and will be listed on registration form
- FEES ARE NON REFUNDABLE FOR ANY REASON AFTER APRIL 12, 2016
- Checks should be made payable to and mailed with signed registration to:

Alabama Senior Olympics
560 South McDonough St. Ste.B
Montgomery, Al 36130

Information available at
www.physicalfitness.alabama.gov/Sports.aspx

REGISTRATION

- The enclosed registration form must be completed and mailed with proper fees and age verification by April 1, 2016.
- Late registration will be accepted until April 12 with an additional fee. No registration will be accepted after this date.
- The liability waiver on the registration form must be signed and dated by the applicant.
- Incomplete registration will be returned but may be resubmitted within five days of notification.

PROOF OF AGE

- Proof of age is required
- Acceptable proof of age includes a copy of an ID such as driver's license, birth certificate, passport or military record.
- **Registration without acceptable proof of age will be returned and will delay the registration process.**

PARTICIPATION

- Participation entitles individual to t-shirts, and medals for 1st, 2nd, or 3rd place winners. Shirts are given to registered participating athletes only.

COMBINED/CANCELLED EVENTS

- Games officials reserve the right to combine age groups or cancel events with insufficient numbers registered.

Forfeit Time

- Athletes may forfeit the right to participate if not present at an event 15 minutes prior to start for role call.

Event Additional Notes

- Swimmers may enter a maximum of 6 events including bonus events
- Athletes may compete with only one partner per event
- Athletes MUST provide their own partner and each athlete must register
- Track shoes or running shoes only maybe used for track and field events. NO other sports cleats (i.e. baseball) may be worn.
- TEAM Managers/Captains should submit a roster and team registration form along with the team fee where applicable.
- Each player must register individually and list manager name, phone number and team name on form.
- Athletes must check at least 30 minutes prior to warm up for event.

Alabama Senior Olympics, Inc.
Official Registration Form

Registration
Deadline
April 1, 2016

Name: _____ Date of Birth: _____
Street Address _____ Phone/Cell _____
City _____ State _____ Zip _____
Emergency Contact : _____ Phone #: _____
Physician Name: _____ Phone # _____
Sex: Male / Female Age: _____ (as of 12/31/16)

Email address: _____

(please print clearly)

Please *circle* T-shirt size: Small Medium Large X large 2X large 3X

Participation Fees: Please check all that apply

Individual Registration Fee on or before April 1 \$45.00 _____
Individual Registration Fee after April 1 \$55.00 _____
Bowling Fee (per person per entry) \$10.00 _____
Golf Fee (includes cart and green fees for 36 holes)..... \$80.00 _____
Team Registration Fees per team \$40.00 _____
Total Amount Enclosed (make checks payable to: Alabama Senior Olympics, Inc.) _____

Funds are non-refundable after April 12, 2016

CHECK LIST HAVE YOU

- Completed registration forms?
- Included age certification?
- Signed the Release of Liability ?
- Included the Emergency contact?
- Made fees payable to Alabama Senior Olympics , Inc.

Mail completed forms and check to:
Alabama Senior Olympics, Inc.
560 South McDonough Street. Ste. B
Montgomery, AL 36130

For additional information contact:
Gov. Commission on Physical Fitness at 334-242-4496
or Dee Nance at nanced@ci.hoover.al.us or 205-444-7765

Alabama Senior Olympics
Liability Waiver

The 2016 Alabama Senior Olympics Committee would like to extend an invitation to all men and women, 50 years and over to participate in the 2016 Games.

IT IS STRONGLY URDGED THAT INDIVIDUAL PARTICIPATE ONLY IN THOSE EVENTS FOR WHICH THEY ARE IN GOOD PHYSICAL CONDITION TO TAKE PART. IT IS STRONGLY RECOMMENDED THAT PARTICIPANTS CONSULT THEIR DOCTORS REGARDING PRACTICE, PREPARATION AND COMPETITION IN THE ALABAMA SENIOR OLYMPICS.

I, the undersigned participant, hereby release, acquit, discharge, indemnify and hold harmless Alabama Senior Olympics and all other sponsors or any other organizations to be added as sponsors and hereinafter sometimes referred to as sponsor, their agents, employees, representatives, volunteers, officers, directors and assigns from any and all actions or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of any injury, physical or mental, arising out of my participation in the Alabama Senior Olympics.

I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation in the Alabama Senior Olympics.

I warrant and represent that I am in good physical health and condition, and I am physically able to compete in the events I have selected. I know of no physical restrictions whatsoever which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult a physician prior to my preparation in regard to my participation in the Alabama Senior Olympics. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized pre-existing disorders which I may have, thereby resulting in serious or life threatening physical harm to me.

The above named sponsors have my permission to have a physician treat me if needed during my participation in the events of the Alabama Senior Olympics.

I grant the Alabama Senior Olympics and sponsors the right to use my name and any pictures taken of me during the 2016 Alabama Senior Olympics without any remuneration.

Signature _____ Date of Birth _____

Printed Name _____ Date _____

The Alabama Senior Olympics is a locally sanctioned site of the National Senior Games Association (NSGA).

The Senior Olympics is in no way affiliated or associated with either the United States Olympics Committee or the International Olympic Committee and such event is not held under their auspices. Entry fees will be used to defray, in part, the costs associated with this event.

The Senior Olympics is coordinated by Alabama Senior Olympics, Inc. and The Governor's Commission on Physical Fitness.

Alabama Senior Olympics
Housing Information Continued

Bessemer Hotels (Near Golf Course)

Comfort Inn Bessemer 205-428-3999

5051 Academy Ln Bessemer, Al 35022

Fairfield Inn & Suites 205-277-1700

4980 Academy Ct. Bessemer, Al 35022

Holiday Inn Express Hotel & Suites 205-424-2600

5001 Academy Dr. Bessemer, Al 35022

Country Inn & Suites 205-481-0007

4985 Academy Ct. Bessemer, Al 35022

Best Western Plus Hotel & Suites 205-481-1950

5041 Academy Ln Bessemer, Al 35022

**Alabama Senior Olympics
Housing information**

Trussville Hotels(Near Trussville Civic Center)

Comfort Inn & Suites 205-661-3636
4740 Norrell Dr. Trussville, Al 35173

Holiday Inn Express 205-655-2700
5911 Valley Rd Trussville, Al 35173

Quality Inn Trussville 205-661-9323
4730 Norrell Dr. Trussville, Al 35173

Hampton Inn Trussville 205-655-9777
1940 Edwards Lake Rd, Bham 35235

Hoover Hotels(near swimming, archery, bowling)

Hyatt Regency The Wynfrey Hotel 205-7051234
1000 Riverchase Galleria Hoover, Al 35244

Hampton Inn & Suites 205-380-3300
4520 Galleria Blvd Hoover Al 35244

1000 Riverchase Galleria Hoover, Al 35244

Courtyard by Marriott 205-988-5000
1824 Montgomery Hwy S. Hoover, Al 35244

Holiday Inn Hoover 205-682-2901
2901 John Hawkins Pkwy Hoover, Al 35244

Hyatt Place Hoover 205-988-8444
2980 John Hawkins Pkwy Hoover, Al 35244

Embassy Suites Hoover 205-985-9994
2960 John Hawkins Pkwy Hoover, Al 35244

Microtel Inn & Suites 205-444-3033
500 Jackson Dr Hoover, Al 35244

**Alabama Senior Olympics
EVENT REGISTRATION**

Name _____ Age _____ (as of 12/31/16)

Avoid conflicts. Check time schedule on form and DO NOT choose events in the same time slot.

Applications will be returned if time conflicts appear. Events will not be delayed due to scheduling conflicts. All athletes must be at event 15 minutes prior to starting time for roll call.

Circle events you wish to enter

Archery (pick one)

* Bare Bow Compound * Bare Bow Recurve
* Compound Finger Shooter * Recurve
* Compound Release

Badminton

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

Basketball 3 on 3

Team Name _____
Manager Name _____
Manager Phone _____
Team Age: 50+ 55+ 60+ 65+ 70+ 75+ 80+

Bowling

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

Cycling check <http://physicalfitness.alabama.gov/Sports.aspx>

*5K Time Trials * 10K Time Trials

*20K Road Race *40K Road Race

Field Events for track

* Discus * Hammer Throw * High Jump * Javelin
* Long Jump * Pole Vault * Shot Put * Triple Jump

Golf

* 36 Holes (18 per day)

Horseshoes * Singles

Pickle Ball

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

Race Walk

* 1500 M *5000M

will be held in conjunction with track/field

Racquetball

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

Road Race

* 5K Run 10K Run

Bham May 6
Montgomery May 14 (5K only)
Hunstville May 30

Shuffleboard

*Singles *Doubles
Doubles Partner: _____ Age _____

Softball

Team Name _____
Manager Name _____
Manager Phone _____
Team Age: 50+ 55+ 60+ 65+ 70+ 75+ 80+

Swimming

50 Y Breast Back Freestyle Butterfly
100 Y Breast Back Freestyle Butterfly
200Y Breast Back Freestyle Butterfly
500Y Freestyle
100Y IM 200Y IM 400Y IM

Table Tennis

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

Tennis

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

Track

* 50M Run * 100M Run * 200M Run
* 800M Run * 400M Run * 1500M Run

Volleyball

Team Name _____
Manager Name _____
Manager Phone _____
Team Age: 50+ 55+ 60+ 65+ 70+ 75+ 80+

Check time schedule
DO NOT choose events in the same time slots.
ONLY (6) swimming events may be chosen
Each team member or partner must register

Alabama Senior Olympics 2016 Schedule of Events

Wednesday April 13, 2016

10:30 AM start	Track & Field Events	ALL	Trussville Husky Stadium
10:30AM start	Race Walk	ALL	Trussville Husky Stadium

Tuesday April 26, 2016

9:00 AM	Racquetball	Singles	UAB Recreation Center
2:00 PM	Racquetball	Doubles	UAB Recreation Center
4:00 PM	Racquetball	Mixed Dbls	UAB Recreation Center

Wednesday April 27, 2016

9:00 AM	Badminton	Singles	Male - ALL	Trussville Civic Center
	Horseshoes		Female - ALL	Trussville Masonic Park
	Bowling	Singles	ALL	Oak Mountain Lanes
10:30 AM	Badminton	Singles	Female - ALL	Trussville Civic Center
	Horseshoes		Male - ALL	Trussville Masonic Park
1:00 PM	Badminton	Doubles	ALL	Trussville Civic Center
	Bowling	Mixed Doubles	ALL	Oak Mountain Lanes

Thursday April 28, 2016

9:00 AM	Archery		ALL	Hoover Crossroads School
9:00 AM	Badminton	Mixed Doubles		Trussville Civic Center
	Bowling	Doubles	ALL	Oak Mountain Lanes
9:30 AM	Swimming		ALL	Hoover Rec Center

Friday April 29 2016

9:30 AM	Swimming (if needed)			Hoover Rec Center
6pm	Basketball	3 on 3 (if needed)		Trussville Civic Center

Saturday, April 30 2016

9am	Basketball	3 on 3		Trussville Civic Center
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Monday May 2, 2016

7:30 AM	Golf		ALL	Woodward Golf Club
9:00 AM	Pickle ball	Singles	ALL	Trussville Civic Center
	Table Tennis	Singles	Female	Trussville Civic Center
1:00PM	Table Tennis	Singles	Male	Trussville Civic Center
3:00PM	Pickle ball	Mixed Doubles	ALL	Trussville Civic Center
3:30PM	Table Tennis	Mixed Doubles		Trussville Civic Center

Tuesday May 3, 2016

7:30 AM	Golf		ALL	Woodward Golf Club
9:00 AM	Pickle ball	Doubles	Female - ALL	Trussville Civic Center
	Tennis	Singles	All	Trussville Racquet Club
9:30 AM	Table Tennis	Doubles	Female	Trussville Civic Center
	Volleyball	Team	ALL	Homewood Rec Center
11:00 AM	Pickle ball	Doubles	Male - ALL	Trussville Civic Center
	Table Tennis	Doubles	Male	Trussville Civic Center
2:00 PM	Shuffleboard	Singles	ALL	Trussville Civic Center
	Tennis	Doubles	ALL	Trussville Racquet Club

Wednesday May 4, 2016

9:00 AM	Shuffleboard	Doubles	ALL	Trussville Civic Center
	Tennis	Mixed Doubles	ALL	Trussville Racquet Club
	Volleyball	Team	ALL	Homewood Rec Center

Softball - Teams will qualify by participating in the Nat'l Senior Softball Tourn. held in Bham, Al Aug 2016

Triathlon - Mullet Man Triathlon - April 16 www.mulletmantriathlon.com
 Mtn. Lakes Triathlon - May 21 www.team-magic.com/events/60
 Buster Britton - June 11 www.imathlete.com
 Capitol of Dreams - July 16 www.team-magic.com

Alabama Senior Olympics Event Locations

The 2016 Alabama Senior Olympic Committee would like to extend an invitation to all men and women , 50 years and over to participate in the 2016 state games. This is a qualifying event for the 2017 National Senior Games to be held in Birmingham, Alabama. Alabama is an open state.

Campus Recreation Center (University of Alabama Birmingham)

1501 University Blvd., Bham, Al 35233
205-934-8224

Homewood Recreation Center

1632 Oxmoor Road, Homewood, Al 35209
205-332-6700

Hoover Crossroads School

2826 Columbiana Road, Hoover, Al 35216

Hoover Recreation Center

600 Municipal Drive, Hoover, Al 35216
205-444-7751

Oak Mountain Lanes www.oakmountainlanes.com

300 Bowling Lane, Pelham, Al 35214
205-403-7466

Trussville Civic Center www.trussvilleparks.org

5381 Trussville-Clay Road, Trussville, Al 35173
205-655-2503

Trussville High School/Husky Stadium

5381 Trussville-Clay Road, Trussville, Al 35173

Trussville Masonic Park

50 Park Place, Trussville, Al 35173

Trussville Racquet Club

4601 Riverbend Road, Trussville, Al 35173

Woodward Golf Club

2141 Wheel Drive
Bessemer, Al 35020
205-428-0307