



Hosted by the
San Diego Senior Games

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AARP® | Medicare Supplement Plans
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Insurance Company

REGISTRATION BOOK – Online Registration at SDSeniorGames.org



25+ competitive sports for
men and women age 50+

SAN DIEGO SENIOR GAMES

PO BOX 600007 • SAN DIEGO, CA • 92160
(858) 292-5812

info@SDSeniorGames.org
www.facebook.com/SanDiegoSeniorGames

September 9 - 30, 2017

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AARP® | Medicare Supplement Plans
insured by **UnitedHealthcare Insurance Company**

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Insured by UnitedHealthcare Insurance Company, Horsham, PA (UnitedHealthcare Insurance Company of New York, Islandia, NY for New York residents). Policy form No. GRP 79171 GPS-1 (G-36000-4). In some states plans may be available to persons under age 65 who are eligible for Medicare by reason of disability or End-Stage Renal Disease.

Not connected with or endorsed by the U.S. Government or the federal Medicare program.

This is a solicitation of insurance. A licensed insurance agent/producer may contact you.

CALL A LICENSED INSURANCE AGENT/PRODUCER AT THE TOLL-FREE NUMBER SHOWN IN THIS ADVERTISEMENT TO RECEIVE COMPLETE INFORMATION (INCLUDING OUTLINES OF COVERAGE) SHOWING BENEFITS, COSTS, ELIGIBILITY REQUIREMENTS, EXCLUSIONS AND LIMITATIONS.

You must be an AARP member to enroll in an AARP Medicare Supplement Plan.

I threw away the rulebook a long time ago.

front porch

We each have our own unique story. And we're ready to embrace new adventures. Wherever you're coming from, whatever you'd like to explore next, there's a Front Porch community to call home. A place where you can be exactly who you are.

Front Porch retirement communities.



Carlsbad By The Sea
Carlsbad, CA
800-255-1556
carlsbadbythesea.org

Fredericka Manor
Chula Vista, CA
800-310-4696
frederickamanor.org

Casa de Mañana
La Jolla, CA
800-959-7010
casademanana.org

Wesley Palms
San Diego, CA
858-274-4110
wesleypalms.org

Meet the neighbors. Find your future Front Porch retirement community.



All communities are licensed in California





Park & Recreation Department, Senior Citizen Services

**Congratulations to all senior athletes!
You are all winners and we are proud
to support Senior Games!**

Everyone is welcome to join in on the fun...

- Balboa Park Senior Lounge
- Volunteer Opportunities
- Senior Talent Show
- Storytelling Group
- Poetry Party
- Walking Group
- Mah Jongg
- Actor's Workshop
- Dances
- Craft Sale
- Art Contest
- Deaf Seniors Club
- Senior Field Trips
- Photography

Social Services

Daily Social Calls

Free Legal Assistance

Health Insurance Counseling & Advocacy

To receive our quarterly newsletter, The Scroll, Call (619) 236-6905

Additional Information:

Frank Cardenas

Supervising Recreation Specialist

202 C Street, MS 1A * San Diego, CA 92101

(619) 236-6910 * FCardenas@sandiego.gov

www.sandiego.gov

30th Annual San Diego Senior Games - 2017



GAME HEADQUARTERS

SDSGA

P.O. BOX 600007

San Diego, CA 92160

1-858-292-5812

facebook.com/SanDiegoSeniorGames

WELCOME

Welcome to the 30th Annual San Diego Senior Games!

We are proud of our tradition as one of the largest and longest running senior games in California and the nation. But more importantly, we are most proud of continuing to provide opportunities for men and women over the age of 50 to compete, socialize and live healthy lives.

By embracing the physical, mental, and emotional challenges of competition, you've continued to raise the bar on healthy living in San Diego – and succeed with flying colors!

From playing new sports, to pull ups and penalty kicks, you've inspired us all to keep going for gold, no matter our age. Thanks to your participation, you've become a role model helping to pave the way to a healthier lifestyle for generations to come!

We give huge thanks to our sponsors, grantees and donors for their financial contribution and to our Commissioners and volunteers for their tireless work in making these Games a success.

As the Board of Directors we welcome all athletes, volunteers, donors and sponsors to become the fabric of this fabulous community for the next 30 years!

NEW SPORT?

As we enter a new era, we want to continue to provide our seniors the sports they enjoy. If we do not have a sport that you play, please let us know and we'll look into making it happen!

HELP US HELP YOU!

Upon turning 50, many seniors turn a new chapter in their lives by trying new things or taking up a sport they once knew. One common request we get is finding senior friendly leagues, gatherings and classes where a particular sport can be taught. If you belong to such sport organization, please let us know. We support all leagues, organizations and events!

MISSION STATEMENT

The San Diego Senior Games Association (SDSGA) is a California non-profit corporation committed to encouraging adults, age 50 and over, to carry on vigorous lives by developing and maintaining adequate personal physical fitness through regular participation in recreational activities, sports, physical fitness activities and educational programs.

SENIOR GAMES LOGO CHANGE

You will notice that we have a brand new logo for the San Diego Senior Games. We used the word Olympics for 28 years because we were grandfathered in to use it in 1987. Most other Senior Games across country have quit using the word Olympics because that word is copyrighted. We look forward to using our new logo now and in the future.

GOALS

- To increase the awareness that senior athletes are living examples of healthy living. **Senior Games makes a positive impact on all ages!**
- To exemplify that a vibrant life can begin anew at over 50. **You are never too old to start playing!**
- To continue to grow our community of athletes, sponsors and volunteers. **Without support, we can't exist!**
- To provide relevant and current educational topics supporting a healthy lifestyle. **Join our Healthy Luncheons!**

SDSGA Board of Directors

Jill Spitzer

Anne Rosser

Jim ter Veen

Tita Gray

James Pauley

Suzie Korth

Rick Morrissey

DIRECTOR Kirsten Cummings

INFORMATION

HOW TO REGISTER

ONLINE – Go to SDSeniorGames.org Beginning June 1, 2017 register online. You can register a team or yourself for individual sports. You may make payment with a credit card or send a check. You will receive a confirmation letter to the email address given.

MAIL IN – Complete the registration form in this booklet, with check made out to SDSGA and mail to:

SDSGA attn: Registration
P.O. BOX 600007
San Diego, CA 92160

You can also visit our website at: SDSeniorGames.org to download and print the registration forms.

You can also call us at: 1-858-292-5812 to request a registration form.

Payment must be made by check, money order, cashier's check, OR credit card. SDSGA cannot be responsible for lost or misdirected mail. **If you don't receive a confirmation letter in a timely manner, please call the office.**



REGISTRATION AND FEES

There are two types of fees: Registration Fee and Event Fee. The Registration Fee for each participant covers the administrative costs of the games including permits, venue costs, phone, insurance, medals, printing, CSGA dues, and t-shirts. Event Fees for specific activities and competitions cover the actual cost of that particular sport including additional venue costs, deposits, equipment, and officials. A team registration fee will either be a team fee or individual payments. This will be decided by the Commissioner of that team sport. Teams will still be registered by the captain or manager, then each member of a team will be sent an email to register individually, sign their waiver, and pay their registration fee unless it is a team fee, which will be paid by the captain at the time of registration of the team.

REGISTERING FOR MULTIPLE SPORTS

Once you are registered, you may play in as many sports as you wish, considering the schedule of the sports. When you do register for multiple sports, please check the schedules of those sports and only register if there is no scheduling conflict. You must show up on time to compete, as no event will be held for any athlete. You must complete an event to qualify for an award and this includes team tournaments. **Medals will not be given early and will not be mailed.**

REFUND POLICY

All refund and cancellation requests for Emergency Event changes must be made three weeks before competition of that sport event and is subject to a \$10.00 processing fee.

All requests must be in writing and submitted to the SDSGA office. SDSGA reserves the right to deny any refund request or may make exceptions to deadline based on special circumstances. To request an exception to the deadline, (extenuating circumstances) athlete must submit a Refund Request with a reason for request in writing within one week after competition of that sport event. Applicable refunds will be issued following the Games.

It is the responsibility of the athlete to ensure that SDSGA has received individual requests.

No refunds will be given due to event conflicts for multi-sport entrants.

AGE FOR COMPETITION

Participants will register according to their age as of December 31, 2017. Age categories for both men and women are 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95+ and 100+. Age categories for doubles and teams will be determined by the youngest player as of December 31, 2017. **Swimming age is determined by day of event.**

Some sports will offer lower aged divisions with the ages of 40-44 and 45-49. See Schedule of Events...



PARTNERS

A partner should be indicated on the registration form by full name birthdate, and age. During online registration a partner can be selected from a list of "needing a partner". The Commissioner will assign a partner if one is requested as long as there are players on the "needing a partner" list of the same age group.

You may only participate with one doubles and one mixed doubles partner per event.

The age of the youngest partner will determine the age category. All partner changes must be made one week before competition so partners are set and partner changes are not allowed on site.



TEAM REGISTRATION

Team Manager or Captain will register a team online by entering the team name and Manager information. If teams pay by team fee, then the manager will pay at this time also. A TEAM ID # will be sent via email back to the team manager. The manager will send this TEAM ID # to all team members needed for their team.

Each team member who receives the email from their manager go to the registration system to correct any information, sign a waiver, and pay the registration fee, if team fee hasn't been paid.

For the team managers which need to mail in their registration, all team members must be included on the roster with each member's full name, birthday, email, and t-shirt size. Please include complete registration and waiver forms for each player as well as payment.

AWARDS

Gold, Silver, and Bronze medals will be awarded in most events, for each gender, for each age division. Medals will be given at the end of events or after the final competition. Medals will not be mailed unless it is the fault of SDSGA.

Participation medals may be awarded in some sports.

EQUIPMENT

Participants are required to provide their own equipment for the events entered (except as specified under the sport description). Please be sure to mark your personal items and do not leave valuables unattended. SDSGA is not responsible for the loss or damage of any athlete's personal equipment.



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UNIFORMS

All athletes must wear the appropriate athletic-type clothing and shoes for the sport(s) in which they are competing. Team sports require like color and style numbered uniforms. Equipment, clothing, or shoes that are inappropriate or in violation of the sports rules will be cause for disqualification. The SDSGA Sport Commissioners have been authorized to make this determination. If you have any questions, please contact the Commissioner.

SPORTSMANSHIP/CONDUCT

Unsportsmanlike or disorderly conduct on the part of competitors or coaches will be grounds for immediate removal and disqualification from competition without any refund of fees paid. Sports Commissioners and/or SDSGA staff reserve the right to disqualify any competitor for these grounds.

MEDICAL ASSISTANCE

SDSGA will make an attempt to have qualified athletic trainers and/or medical personnel on site. If you must be transported by ambulance, it will be at your expense.

INSURANCE

The SDSGA has a General Liability Insurance Policy for the Games. It is expressly understood that this insurance does not cover property loss, damage to the participant, or medical costs if an accident or injury occurs during the normal routine of competition or during travel to and from the competition. **Each participant is responsible for his or her own medical insurance.** Prior to competition, each athlete MUST SIGN a waiver, or the athlete will not be eligible to participate.

EVENT CANCELLATION

In the event of inclement weather or unusual, extenuating circumstances, Games Officials, or SDSGA Board of Directors or Games Commissioner reserve the right to cancel or reschedule events. During the Games, call your Commissioner or Games information at (858) 292-5812 or check the website if the weather looks uncertain. There will be no refunds for events cancelled due to weather, war, or an act of God. The SDSGA also reserves the right to cancel any event due to insufficient entries and also reserves the right to combine age divisions. Cancellations due to insufficient entries will be given refunds.

OPENING CEREMONIES

Sponsors and Athletes will be allowed to attend the Opening Ceremonies, but there is a limit of 120 spots available. This Celebration of the Athlete will be held at Fredericka Manor in Chula Vista on September 9, 2017 from 6:00pm – 8:00pm. RSVP is required by calling 858 292-5812 or email info@SDSeniorGames.org

SCHOLARSHIP PROGRAM

The San Diego Senior Games Association and our sponsor and partner, Front Porch, encourages participation in the San Diego Senior Games. If you are a participant in the Wounded Warriors Program or if you or a member of your family would like to participate in the Senior Games and are in need of fee assistance in order to register, please contact the Commissioner of your sport or contact us at (858) 292-5812. You may also email karenb@sdseniorgames.org.



Carlsbad By The Sea
Casa de Mañana
Fredericka Manor
Wesley Palms

2017 Schedule of Events

Sport	Age	Events	On-Site Reg	Date / Time	Commissioner	Location
Archery	40+	See reg form	no	TBA, Sunday 9am - 4pm	Lee Taylor (619) 886-3245 archery@sdseniorgames.org	TBA
Basketball (Men)	50	Team Play Free Throws Hot Shots	no	September 23, Saturday 9am - 4pm	Jerry Sullivan (619) 743-3357 basketball_men@sdseniorgames.org	Balboa Park Municipal Gym 2111 Pan American Plaza San Diego, CA 92191
Basketball (Women)	40	Team Play Free Throws Hot Shots	no	September 16-17, Sat-Sun 9am - 4pm	Di Meredith & Sheri Vandeventer (760) 533-4107 basketball_women@sdseniorgames.org	Corky's Gymnasium 210 Pico Ave San Marcos, CA
Billiards	40	8-ball 9-ball	yes	September 9-10, Sat-Sun 9:30am - 6pm Sat - 8-Ball Sun - 9-Ball	William Woodcock (760) 712-9397 billiards@sdseniorgames.org	On Cue Billiards 8303 Parkway Drive La Mesa, CA 91942
Bocce Ball	40	Singles Doubles Team	yes	September 23, Saturday 9am - 3pm	Scott and Steve Fialko (619) 572-5299 bocce_ball@sdseniorgames.org	Elk's Lodge 901 Elk's Lane Chula Vista, CA 91910
Bowling Scratch & Handicap	50	Singles Doubles Mixed dbls	no	September 23-24 Sat-Sun Sat 9:30 singles 12:30 dbls Sun 9:30 mixed doubles	TBA (858) 292-5812 bowling@sdseniorgames.org	Kearny Mesa Bowl 7585 Clairemont Mesa Blvd San Diego, CA 92111
Fitness	40	See reg form	yes	TBA 7:00am - checkin & warmup 8:00am - start competition	Tommy Peters (619) 517-0367 fitness@sdseniorgames.org	Redefine U 6321 Del Cerro Blvd. San Diego, CA 92120
Golf	40	See reg form	yes	September 30, Saturday 12pm - check-in 1pm - Shotgun Start	TBA (858) 292-5812 golf@sdseniorgames.org	East Lake Country Club 2375 Clubhouse Drive Chula Vista, CA 91915
Handball	50	Singles Doubles	yes	TBA	TBA (858) 292-5812 handball@sdseniorgames.org	TBD
Horseshoes	40	Singles Doubles	yes	September 9, Saturday 9am - 2pm	Jay Bishop (858) 292-5812 horseshoes@sdseniorgames.org	Escondido Senior Center 210 East Park Avenue Escondido, CA 91025

2017 Schedule of Events

Sport	Min. Age	Events	On-Site Reg	Date / Time	Commissioner	Location
Lawn Games	40	Cornhole Ladder Golf Washers	yes	September 9, Saturday 9am - 2pm	Jay Bishop (858) 292-5812 lawngames@sdseniorgames.org	Escondido Senior Center 210 East Park Avenue Escondido, CA 91025
Paddleball	45	Singles Doubles	yes	September 24, Sunday 9am - 2pm	Len Sonnenberg (858) 457-5252 ext #14 paddleball@sdseniorgames.org	Email Us at paddleball@sdseniorgames.org
Pickleball	50	Singles Doubles Mixed Dbls	no	September 15-17, Fri-Sun 8am - 6pm ----- Fri: MS&WD Sat: WS&MD --- Sun: MD	Jenae Alms (760) 231-7415 pickleball@sdseniorgames.org	Melba Bishop Park 5306 North River Road Oceanside, CA 92057
Race Walk	50	5K 10K	no	September 9-10, Sat-Sun 9/9 - 8am - 5K event 9/10 - 8am - 10K event	Gary MacDonald (619) 561-4235, (619) 850-9427 racewalk@sdseniorgames.org	Lake Miramar 10710 Scripps Lake Drive San Diego, CA 92121
Racquetball	45	Singles Doubles	yes	TBD, Sat-Sun 9am - 4pm	Len Sonnenberg (858) 457-5252 ext #14 racquetball@sdseniorgames.org	UCSD - RIMAC Center 9730 Hopkins Drive La Jolla, CA 92093
Road Race Run	50	5K 10K	no	September 9-10, Sat-Sun 9/9 - 7:30am - 5K event 9/10 - 7:30am - 10K event	Gary MacDonald (619) 561-4235, (619) 850-9427 roadrace@sdseniorgames.org	Lake Miramar 10710 Scripps Lake Drive San Diego, CA 92121
Shuffleboard Escondido	40	Singles Doubles	yes	September 9, Saturday 9am - 2pm	Jim Travers (760) 743-1362 shuffleboard_escondido@sdseniorgames.org	Escondido Senior Center 210 East Park Avenue Escondido, CA 91025
Soccer (Women)	50	Teams 50+ Teams 60+	no	September 9-10, Sat-Sun ONLY 50+, 60+, and 65+ 8am - 4pm	Nona Marsh (619) 709-4778 soccer_women@sdseniorgames.org	Hourglass Park - Mira Mesa 10301 Black Mountain Rd San Diego, CA 92126
Softball (Men)	50	Team Play	no	TBD	Nathaniel Hines, Jr. (760) 855-9713 softball_men@sdseniorgames.org	TBD
Softball (Women)	50	Team Play	no	September 16-17, Sat-Sun 8am-6pm	Mary Knapik (858) 761-7786 softball_women@sdseniorgames.org	Hourglass Park - Mira Mesa 10301 Black Mountain Rd San Diego, CA 92126

2017 Schedule of Events

Sport	Min. Age	Events	On-Site Reg	Date / Time	Commissioner	Location
Swimming	50	See reg form	no	September 24, Sunday 9am - warmup 10am - start events	Kenton Jones (858) 243-3960 swimming@sdseniorgames.org	Coggan Family Aquatic 800 Nautilus Street La Jolla CA 92037
Table Tennis	45	Novice Singles Doubles	no	September 17, Sunday 9am - 5pm	Borko Dragojlovic (619) 562-9904 tabletennis@sdseniorgames.org	Balboa Park Activity Center 2145 Park Blvd San Diego, CA 92101
Tennis non-sanctioned	50	Singles Doubles mixed dbls	no	September 12-14, Tues-Thurs 12pm - 3pm	Barbara Gregario (619) 239-8408 tennis@sdseniorgames.org	Balboa Tennis Club 2221 Morley Field Dr San Diego, CA 92104
Track & Field	50	See reg form	no	September 17, Sunday 9am - 5pm	Gary MacDonald (619) 561-4235, (619) 850-9427 trackandfield@sdseniorgames.org	San Diego Mesa College 7250 Mesa College Drive San Diego, CA 92111
Volleyball (Men)	50	Team Play	no	September 17, Sunday 8am-5pm	TBA (858) 292-5812 volleyball_men@sdseniorgames.org	Balboa Park Activity Center 2145 Park Blvd San Diego, CA 92101
Volleyball (Women)	45	Team Play	no	September 16, Saturday 9am - 4pm	Patsy Cortez-Karimi (619) 871-0186 volleyball_women@sdseniorgames.org	Balboa Park Activity Center 2145 Park Blvd San Diego, CA 92101

2017 Individual Registration Form

FOR OFFICE USE ONLY

Date Rec'd _____

Check No. _____

Check Amt. _____

COMPLETE ALL INFORMATION (PLEASE PRINT CLEARLY) & PLEASE SIGN WAIVER

FIRST NAME: _____ LAST NAME: _____ MI: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE: (____) _____ CELL: (____) _____

BIRTH DATE (mm/dd/yyyy): _____ AGE as of 12/31/17: _____

EMAIL ADDRESS: _____ GENDER (M/F): _____

(SDSGA does **not** sell participant email addresses and only distributes to sponsors)

<p>Make checks payable to: SDSGA</p> <p>Mail Entry Form, Waiver & Check for Fees to: SDSGA attn: Registration PO BOX 600007 San Diego CA 92160</p> <hr/> <p>QUESTIONS Contact the sport's commissioner shown on the Schedule of Events page or call 858-292-5812</p>	<p>Please Circle T-shirt Size</p> <p>Small X-Large</p> <p>Medium XX-Large</p> <p>Large XXX-Large</p> <p>Opt Out</p>	<table border="1"> <tr> <td>Registration Fee</td> <td style="text-align: right;">\$45</td> </tr> <tr> <td>Total Event Fees <i>(Fees listed beside sport)</i></td> <td></td> </tr> <tr> <td>Number of Events Entered _____</td> <td></td> </tr> <tr> <td>Senior Sport Partner - Donation \$25 <i>(This will be put expenses only toward your sport)</i></td> <td></td> </tr> <tr> <td>Other Donation to SDSGA Deductible IRS 501(c)(3) Thank You!</td> <td></td> </tr> <tr> <td>TOTAL</td> <td></td> </tr> </table>	Registration Fee	\$45	Total Event Fees <i>(Fees listed beside sport)</i>		Number of Events Entered _____		Senior Sport Partner - Donation \$25 <i>(This will be put expenses only toward your sport)</i>		Other Donation to SDSGA Deductible IRS 501(c)(3) Thank You!		TOTAL	
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	Senior Sport Partner - Donation \$25 <i>(This will be put expenses only toward your sport)</i>													
Other Donation to SDSGA Deductible IRS 501(c)(3) Thank You!														
TOTAL														
<p><input type="radio"/> Returning Athlete?</p> <p><input type="radio"/> NEW Athlete?</p>														
<p>How did you hear about us?</p> <p>_____</p>														
<p>THANK YOU FOR YOUR PARTICIPATION</p>														

***** WAIVER & CODE OF CONDUCT must be signed and mailed with registration.**
By registering, you agree to the conditions on the waiver on the next page. Please don't forget to sign.

EMERGENCY CONTACT INFORMATION

Print Name: _____

Relationship: _____ Phone: () _____

Waiver & Code of Conduct Form

*****Required*****

PARTICIPANT LIABILITY WAIVER and ACCEPTANCE OF CODE OF CONDUCT

Photo & Film Waiver: I hereby grant full permission to the organizers, their agents, employees, and representatives to use my name, voice, and/or picture or film in any broadcast, telecast, advertising, youtube video, facebook, promotion or other use in relation to the San Diego Senior Games Association (SDSGA) and the California Senior Games Assn (CSGA) and the National Senior Games Assn (NSGA). **By signing this waiver, I have read and agree to all terms set forth herein.**

LIABILITY WAIVER: In consideration of being allowed to participate in any way in the San Diego Senior Games Association (SDSGA) program, related events and activities, the undersigned acknowledges, appreciates and agrees that: (1) The risk of injury from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury to me does exist; and, (2) I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and, (3) I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, (4) I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE THE SDSGA, its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law. I have read this release of liability and assumption of risk agreement, fully understand its terms, that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement. **By signing this waiver, I have read and agree to all terms of this RELEASE OF LIABILITY.**

CODE OF CONDUCT: All participants and teams competing in the SDSGA program are expected to act in a sportsmanlike manner consistent with the spirit of fair play and conduct themselves responsibly, as outlined below:

1. All participants shall treat other participants, volunteers and officials with dignity and respect.
2. All participants shall abide by the rules of their sport, and shall avoid conduct that demeans, harasses, or threatens any person.
3. All participants shall promote honesty and integrity in their statements and actions.
4. All participants shall respect the property of others, whether personal or public.
5. All participants agree that they will not bring alcohol or pets to any SDSGA program or event. If a service animal is required, the participant will provide paperwork to an SDSGA official or designate certifying the animal's status as a service animal.

The Director of SDSGA, or their designate, shall have the complete authority to enforce this Code of Conduct. Any participant or team found to have violated any provision of this Code of Conduct shall be subject to reprimand, suspension or expulsion from the event or games. **By signing this waiver, the undersigned has received, read and understood the Code of Conduct and accepts, adopts and agrees to be bound by the same.**

PRINT NAME: _____

SIGNATURE: _____ **DATE:** _____

I, _____ Name of Parent or Guardian, agree to accompany or have another adult accompany the minor child at all times while they are involved in any activity on the premises, and acknowledge that I am fully and totally responsible for the above child at all times while he/she is participating in any activity held by the SDSGA.

Signature of Parent or Legal Guardian _____

2017 San Diego Senior Games Registration

Please register for events that are not held at the same time. The Games Management cannot guarantee you will be able to compete in all events. Please (X) mark the event(s) you wish to enter. (Refer to Schedule of Competition for dates, time and locations.) If there are Events Fees, they are listed beside the Sport.

Athletes Name – Please Print

TEAM SPORTS

- Men's Basketball (*min. age 50*) (\$175)
- Women's Basketball (*min. age 40*) (\$225)
- Men's Softball (*min. age 50*) (\$375)
- Women's Softball (*min. age 50*) (\$375)
- Women's Soccer (50+ & 60+ \$500)(65+\$400)
- Men's Volleyball (*min. age 50*) (\$175)
- Women's Volleyball (*min. age 45*) (\$175)

INDIVIDUAL SPORTS

ARCHERY (*minimum age 40*)

- Recurve Sighted (\$5)
- Barebow Recurve (\$5)
- Traditional Recurve (\$5)
- Traditional Longbow (\$5)
- Barebow (\$5)

BILLIARDS (*minimum age 40*)

- 8-Ball Singles (\$5)
- 9-Ball Singles (\$5)

BOCCE BALL (*minimum age 40*)

- Singles
- Doubles _____
Partner's Name
- Team _____
Team Player #2 - Name
_____ Team Player #3 - Name
_____ Team Player #4 - Name

BOWLING Scratch and Handicap

(*minimum age 50*)

- Singles (\$10)
- Doubles(\$10) _____
Partner's Name
- Mixed Doubles(\$10) _____
Partner's Name

FITNESS (*minimum age 40*)

- Pull Ups (Men) / TRX(Women)
- Push Ups
- Dead Lifts
- Sled Push
- Bench Squats
- Alternating Step Ups
- Row Machine

GOLF (*minimum age 40*)

- Eastlake Country Club - 18 Holes
(Greens Fee \$45)

HORSESHOES (*minimum age 40*)

- Singles
- Doubles _____
Partner's Name

LAWN GAMES (*Minimum Age 40*)

- Cornhole (Bean Bag Toss)
- Ladder Golf (Bolo Golf)
- Huachas (Washers)

PADDLEBALL (*minimum age 45*)

- Singles (\$5)
- Doubles (\$5) _____
Partner's Name

PICKLEBALL (minimum age 50)

~~~~~ See Pickleball Entry Form ~~~~~  
Mail to address on Pickleball Reg. Form

**RACE WALK** (minimum age 50)

- 5K - walk
- 10K – walk

**RACQUETBALL** (minimum age 45)

- Singles (\$5)
- Doubles (\$5) \_\_\_\_\_  
Partner's Name

**ROAD RACE RUN** (minimum age 50)

- 5K – run
- 10K – run

**SHUFFLEBOARD - ESCONDIDO**  
(minimum age 40)

- Singles
- Doubles \_\_\_\_\_  
Partner's Name

**SWIMMING** (minimum age 50)

~~~~~ See Swimming Entry Form ~~~~~

TABLE TENNIS (minimum age 45)

- Novice Singles (First tournament ever)
- Singles – 1000+ Rated
- Doubles _____
Partner's Name
- Mixed Doubles _____
Partner's Name

TENNIS-Non-Sanctioned (minimum age 50)

- Novice Singles (\$5)
- Singles (\$5)
- Doubles (\$5) _____
Partner's Name
- Mixed Doubles (\$5) _____
Partner's Name



TRACK and FIELD (minimum age 50)

TRACK EVENTS:

- 50m Dash (\$3)
- 100m Dash (\$3)
- 200m Dash (\$3)
- 400m Dash (\$3)
- 800m Run (\$3)
- 1500m Run (\$3)
- 3000m Run (\$3)
- 1500m Race Walk (\$3)
- 80m/100m High Hurdles (\$3)
- 300m/400m Intermediate Hurdles (\$3)
- Grandparent/Grandchild Relay (free)

FIELD EVENTS:

- High Jump (\$3)
- Pole Vault (\$3)
- Long Jump (\$3)
- Triple Jump (\$3)
- Discus Throw (\$3)
- Javelin Throw (\$3)
- Shot Put (\$3)
- Hammer Throw (\$3)

2017 Team Registration Form

FOR OFFICE USE ONLY

Date Rec'd _____

Check No. _____

Check Amt. _____

COMPLETE ALL INFORMATION (PLEASE PRINT CLEARLY) & PLEASE SIGN WAIVER

CAPTAINS MUST COMPLETE ONE TEAM REGISTRATION FORM AND ROSTER PER TEAM.

List all players, non-players, and captains/coaches on the roster along with other information.

Name of Team: _____

CAPTAIN or PERSON REGISTERING TEAM: *(Don't forget to put yourself on the roster)*

FIRST NAME: _____ LAST NAME: _____ MI: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE: (____) _____ CELL: (____) _____

BIRTH DATE (mm/dd/yyyy): _____ AGE as of 12/31/17: _____

EMAIL ADDRESS: _____ GENDER (M/F): _____

(SDSGA does **not** sell participant email addresses and only distributes to sponsors)

CO-CAPTAIN (if applicable): *(Don't forget to put this person on the roster)*

FIRST NAME: _____ LAST NAME: _____ MI: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE: (____) _____ CELL: (____) _____

BIRTH DATE (mm/dd/yyyy): _____ AGE as of 12/31/17: _____

EMAIL ADDRESS: _____ GENDER (M/F): _____

(SDSGA does **not** sell participant email addresses and only distributes to sponsors)

REGISTRATION DEADLINE IS 3 WEEKS PRIOR TO TOURNAMENT.

Each player ***MUST*** register Individually. Once the Captain registers the team (some sports pay team fees at this time) an email with a TEAM ID will be sent to the registering Captain. Captain should send TEAM ID to players which will be on the roster. Players will sign in to the Registration System and enter TEAM ID where they will complete their registration.

2017 San Diego Senior Games Team Tournament Roster

AGE: 40+ 45+ 50+ 55+

PRINT **ALL** PLAYERS on the ROSTER and INFORMATION LEGIBLY and FILL OUT ALL DETAILS

60+ 65+ 70+ 75+

Team Name: _____

80+ 85+

SPORT and minimum age:

Men's Basketball (min. 50) Men's Softball (min. 50) Men's Volleyball (min. 50)

Women's Basketball (min. 40) Women's Softball (min. 50) Women's Volleyball (min. 45) Women's Soccer (min.50)

Player Status: C = Captain CC = Co-Captain P = Player NP = Non Player

| | Player's Name (first and last) | Date of Birth | Email (needed for player registration) | T-Shirt Size | Player Status |
|----|--------------------------------|---------------|--|--------------|---------------|
| 1 | Team Captain | | | | C |
| 2 | Co-Captain (if applicable) | | | | CC |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |
| 9 | | | | | |
| 10 | Basketball Maximum | | | | |
| 11 | | | | | |
| 12 | | | | | |
| 13 | | | | | |
| 14 | | | | | |
| 15 | Volleyball Maximum | | | | |
| 16 | | | | | |
| 17 | | | | | |
| 18 | | | | | |
| 19 | | | | | |
| 20 | Softball and Soccer Maximum | | | | |
| 21 | Coach Non-Player | | | | |
| 22 | Extra Team Non-Player | | | | |



30th Annual San Diego Senior Games 2017
Bill Earley Memorial Short Course Yards Swim Meet
Coggan Family Aquatic Complex - La Jolla, CA
September 24, 2017 - Recognition #447-R001



Meet Information

Recognition: Recognized by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS). Recognition Number #447-R001.

Date/Time: Sunday, September 24, 2017. 9:00 am Warm-Up; 10:00 am Start

Location: Coggan Family Aquatic Complex, 800 Nautilus Street, La Jolla, CA 92037

Pool: Outdoor, 25 yard course, with 10 lanes (6 competition, 1 buffer, 3 warm-up/warm-down), 8' wide & 7' deep. The length of the competition course without a bulkhead is in compliance & on file with USMS in accordance with USMS Rule Book articles 105.1.7 and 107.2.1.

Entry & Deadlines: \$45 Online & Mail Entry closes at 4:00 pm on Sunday, September 17, 2017. Late or Deck Entries will NOT be accepted. There will be NO refunds. Entry Fee includes T-Shirt and All Games Access.

Web Entry: www.SDSeniorGames.org

Program & Results: Psych Sheets and Estimated Timeline will be e-mailed the evening before racing. Results will be validated and posted on www.SIMasterSwim.org. USMS member times will be uploaded to www.USMS.org.

Host: San Diego Senior Games Association (www.SDSeniorGames.org)

Contact: SDSGA Office: (858) 292-5812; Meet Director: Kenton Jones, (858) 243-3960, kerujo@aol.com

Swimmer Information

| | | | |
|-----------------|-------------------------------------|-------------------------------------|-------|
| Name: | _____ | Birthdate: | _____ |
| Gender: | Male [] Female [] | Age (on 09/24/2017): | _____ |
| E-Mail: | _____ | USMS (or Foreign Masters) #: | _____ |
| Phone: | () - | Masters Club: | _____ |
| Address: | _____ | | |
| | City, State & Zip: _____ | | |

Schedule of Events

| Events: | Event | Entry Time | Event | Entry Time |
|--|--------------------------|------------|---------------------------|------------|
| Entry times are required in order to place you in the proper heat and lane | #1 500 Freestyle | : . | #9 100 Individual Medley | : . |
| | #2 50 Breaststroke | : . | #10 100 Butterfly | : . |
| | #3 200 Backstroke | : . | #11 50 Freestyle | : . |
| | #4 200 Individual Medley | : . | #12 100 Breaststroke | : . |
| | #5 50 Butterfly | : . | #13 100 Backstroke | : . |
| | #6 100 Freestyle | : . | #14 200 Butterfly | : . |
| | #7 200 Breaststroke | : . | #15 200 Freestyle | : . |
| | #8 50 Backstroke | : . | #16 400 Individual Medley | : . |

Enter up to 6 individual events; provide accurate times; do not omit a time; do not provide "no time."

Additional Information

T-Shirt: A T-Shirt is included; please indicate your size or "No Thanks" **Size:** _____

Meet is Open to the Public: This meet is open to the public. A United States Masters Swimming registration is not required. Masters swimmers providing a USMS number & USMS card copy will have times submitted for USMS National Top Ten. USMS members must list their Masters Club Affiliation; leave blank if a non-member.

Event Order: Events will be swum in the order listed above.

Awards: Gold, silver, and bronze medals will be awarded by gender age group for each event.

Entry By Mail: Mail (1) this completed form, (2) the below signed liability waiver, and a (3) check or money order payable to "SDSGA" to: SDSGA, Attn: Registration, P.O. Box 600007, San Diego, CA 92160. Please do not send cash. Additional donations are welcome and deductible; SDSGA is an IRS 501(c)(3).

30th Annual San Diego Senior Games 2017 Bill Earley Memorial Short Course Yards Swim Meet

Coggan Family Aquatic Complex - La Jolla, CA

September 24, 2017 - Recognition #447-R001

Release Of Liability

PHOTO & FILM WAIVER: I hereby grant full permission to the organizers, their agents, employees, and representatives to use my name, voice, and/or picture or film in any broadcast, telecast, advertising, youtube video, facebook, promotion or other use in relation to the San Diego Senior Games Association (SDSGA) and the California Senior Games Assn (CSGA) and the National Senior Games Assn (NSGA). **By signing this waiver, I have read and agree to all terms set forth herein.**

LIABILITY WAIVER: In consideration of being allowed to participate in any way in the San Diego Senior Games Association (SDSGA) program, related events and activities, the undersigned acknowledges, appreciates and agrees that: (1) The risk of injury from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury to me does exist; and, (2) I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and, (3) I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, (4) I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE THE SDSGA, its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law. I have read this release of liability and assumption of risk agreement, fully understand its terms, that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement. **By signing this waiver, I have read and agree to all terms of this RELEASE OF LIABILITY.**

CODE OF CONDUCT: All participants and teams competing in the SDSGA program are expected to act in a sportsmanlike manner consistent with the spirit of fair play and conduct themselves responsibly, as outlined below:

1. All participants shall treat other participants, volunteers and officials with dignity and respect. 2. All participants shall abide by the rules of their sport, and shall avoid conduct that demeans, harasses, or threatens any person. 3. All participants shall promote honesty and integrity in their statements and actions. 4. All participants shall respect the property of others, whether personal or public. 5. All participants agree that they will not bring alcohol or pets to any SDSGA program or event. If a service animal is required, the participant will provide paperwork to an SDSGA official or designate certifying the animal's status as a service animal. The Director of SDSGA, or their designate, shall have the complete authority to enforce this Code of Conduct. Any participant or team found to have violated any provision of this Code of Conduct shall be subject to reprimand, suspension or expulsion from the event or games. **By signing this waiver, the undersigned has received, read and understood the Code of Conduct and accepts, adopts and agrees to be bound by the same.**

_____ **Print Full Name**

_____ **Signature**

_____ **Date**

30th Annual San Diego Senior Games 2017 Bill Earley Memorial Short Course Yards Swim Meet

Coggan Family Aquatic Complex - La Jolla, CA

September 24, 2017 - Recognition #447-R001

- Recognition:** Recognized by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS). Recognition Number #447-R001.
- Date/Time:** Sunday, September 24, 2017. 9:00 am Warm-Up; 10:00 am Start
- Location:** Coggan Family Aquatic Complex, 800 Nautilus Street, La Jolla, CA 92037
- Pool:** Outdoor, 25 yard course, with 10 lanes (6 competition, 1 buffer, 3 warm-up/warm-down), 8' wide & $\geq 7'$ deep. The length of the competition course without a bulkhead is in compliance & on file with USMS in accordance with USMS Rule Book articles 105.1.7 and 107.2.1.
- Entry & Deadlines:** \$45 Online & Mail Entry closes at 4:00 pm on Sunday, September 17, 2017. Late or Deck Entries will NOT be accepted. There will be NO refunds. Entry Fee includes T-Shirt and All Games Access.
- Web Entry:** www.SDSeniorGames.org
- Program & Results:** Psych Sheets and Estimated Timeline will be e-mailed the evening before racing. Results will be validated and posted on www.SIMasterSwim.org. USMS member times will be uploaded to www.USMS.org.
- Eligibility:** Open to swimmers age 50 or over as of 9/24/2017. USMS membership is NOT required. This is a USMS recognized meet. Times will be submitted to USMS Top Ten if a USMS number is included and a USMS card copy is attached to the entry form.
- Rules:** USMS rules govern the meet. Officials are certified. Failure to act in a sportsmanlike or safe manner or to cooperate with the officials can result in disqualification from the meet. A rule book will be available.
- Warm-Up & Warm-Down:** NO DIVING is permitted into the pool during the pre-meet warm-up except into a designated "one-way" dive-only lane. Enter all other lanes feet first in a safe manner. During the meet, diving is NEVER permitted into the warm-up & warm-down lanes.
- Events:** Swimmers may enter up to 6 individual events. Provide accurate short course yards times or estimates; do not omit an entry time or enter "no time". Entry times are required in order to place you in the proper heat
- Age Groups:** Swimmer competition age is age as of 9/24/2017 (date of meet). Individual age groups are 50-54, 55-59, 60-64, 65-69, 70-74, ... in five year increments.
- Relays:** No relays.
- Awards & Notes:** Gold, silver, and bronze medals will be awarded for each 5-year gender age group in each event. Violation of stroke, turn, start, and swim suit rules will result in disqualification. Remember, volunteers are running the meet; your cooperation is appreciated.
- Seeding & Check-In:** Events are seeded by entry times, slow to fast, regardless of age or gender. Check-in is not required. All events are pre-seeded.
- Timing:** Electronic Timing - Colorado Timing System 5.0, electronic scoreboard, and two timers per lane. Volunteers (and clubs and participants if needed) will assist with backup stopwatch/button timing during
- Directions:** From the north, take I-5, exit west onto La Jolla Village Drive; turn left at Torrey Pines Rd; continue for 3.2 miles; turn left at Girard, turn right onto Pearl, turn left onto Fay Ave; drive about .5 mile.
From the south, take I-5, exit at Grand/Garnet Ave; turn left at Garnet, turn right onto Soledad Mtn Road; turn left onto La Jolla Scenic Drive South, turn right onto Nautilus St.; turn right on Fay Ave.
- Parking:** The pool and parking are at the northwest corner of Fay and Nautilus adjacent to, and east of, La Jolla
- SI Meeting:** An SI LMSC meeting will take place during or following the meet.
- Contact:** SDSGA Office: (858) 292-5812; Meet Director: Kenton Jones, (858) 243-3960, kerujo@aol.com



San Diego Senior Games
PICKLEBALL TOURNAMENT
September 15-17, 2017

Melba Bishop Recreation Center
5306 North River Road
Oceanside, Ca 92057

Friday 9/15: Men's Singles, Women's Doubles by age (50 and over)
Saturday 9/16: Women's Singles, Men's Doubles by age (50 and over)
Sunday 9/17: Mixed Doubles by age (50 and over)

Entry fee is a \$45 + \$5 per event* and includes a free T-shirt. Deadline is September 1, 2017. Play format is double elimination. Large age brackets may be split into two smaller brackets by skill level. Events may be merged depending on number of players entered. Medals will be awarded for each age group. The yellow **Dura Fast 40 ball** will be used.

*For payments received after September 1, 2017, a late fee of \$10 may be assessed.

Entry form available at the sd seniorgames.org or electronic registration at pickleballtournaments.com . **No PayPal accepted.**

For more information, call/text Jenae Alms (949) 378-5073 email: pkblwinners@gmail.com



GEICO

front porch



REGISTRATION FORM

San Diego Senior Games Pickleball Tournament

September 15-17, 2017

Melba Bishop Rec Center, 5306 River Rd. Oceanside, CA 92057

Schedule: Fri. Sept 15- Men's Singles & Women's Dbls; Sat. Sept 16- Women's Singles & Men's Dbls; Sun. Sept 17 – Mixed Dbls

Entry Fee: \$45 + \$5 per event (\$50 entry fee after Aug. 25th). Entrants DO NOT need to be USAPA members to participate.

Entry Deadline: September 1 Note: Payments must be received by Sept 1 or a late fee of \$10 may be assessed.

Registration includes a free T-shirt. Contact Information: Jenae Alms (949) 378-5073 or pklblwinners@gmail.com

Format of Play: Double elimination. Some events may be merged. Larger age brackets may be split by skill level. Yellow Dura Fast 40 ball will be used.

Gender (M or F): _____ Please circle desired (men's) T-shirt size: S M L XL XXL

Name: _____
Last First middle initial

Address: _____
City State Zip

Phone #: _____ Cell Phone #: _____ Birth Date: _____

Email Address: _____ Skill Level _____

Emergency Contact: _____ Phone #: _____

Total money enclosed with your entry: \$ _____ Payable to **SDSGA** (see mail to address below)

Mail payment and form to: Jenae Alms, 5558 Nanday Court, Oceanside, CA 92057-1914

I APPLY FOR ENTRY IN THE FOLLOWING EVENTS (PLEASE CHECK and CIRCLE)

- Senior Singles 50+ 55+ 60+ 65+ 70+ 75+ 80+
- Senior Mixed 50+ 55+ 60+ 65+ 70+ 75+ 80+
- Senior Doubles 50+ 55+ 60+ 65+ 70+ 75+ 80+

Partner's Name Partner's Phone Partner's Birth Date Partner's Email

Doubles: _____

Mixed: _____

RELEASE, PERMISSION, AND INDEMNITY AGREEMENT

Release. In consideration of being permitted to participate in any way in the San Diego Senior Games ("the Tournament"), I, for myself, my heirs or assigns, hereby release, waive, discharge and covenant not to sue the San Diego Senior Games as well as: Jenae Alms, Tournament Director, MBPBA board members, all volunteers, Melba Bishop staff, the City of Oceanside, their officers, employees and agents from liability from any and all claims resulting in personal injuries, accidents or illnesses (including death) and property loss arising from, but not limited to, participation in the Tournament.

Assumption of Risk. Participation in the Tournament carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary but include 1) minor injuries such as bruises, sprains and dehydration, 2) major injuries such as eye injuries, joint or back injuries, heat stroke, heart attacks, and concussions, and 3) catastrophic injuries such as paralysis and death. I have read the previous paragraphs and I know, understand and appreciate these and other risks that are inherent in playing pickleball. I assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless. I also agree to indemnify and hold the SDSGA and all named above harmless from any and all claims, actions, suits, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in the Tournament.

Use Permission. I also give the SDSGA and its agents and designees permission to use or distribute, without limitation or obligation, my image, name, voice, and words for any purpose connected with the Tournament, including promotional, marketing, training, informational, and archival uses.

Signature of Participant

Print Name of Participant

Date

VOLUNTEER APPLICATION SAN DIEGO SENIOR GAMES



Date: _____

Thank you for your interest in volunteering with the San Diego Senior Games. In an effort to see how your ability, interest, and talents might be put to best use, please complete the following information and return this form to our office. There is a great need for volunteers and your help will be most appreciated by all. We are looking forward to seeing you this year.

Please PRINT clearly:

First Name: _____ Last Name: _____ MI: _____

Address: _____ APT#: _____

City: _____ State: _____ Zip: _____

Home Phone #: _____ Cell Phone: _____ Birthdate: _____

Email: _____ Gender: Male Female

Agency Group/Club: _____ T-Shirt Size: _____

Interest: (PLEASE CHECK ALL THAT APPLY)

- | | | |
|--|--|--|
| <input type="checkbox"/> Participate in games | <input type="checkbox"/> Marketing | <input type="checkbox"/> Sponsor an Event |
| <input type="checkbox"/> Help organize an Event | <input type="checkbox"/> Computer Work/Skills | <input type="checkbox"/> Donate a Prize |
| <input type="checkbox"/> Medical Volunteer | <input type="checkbox"/> Help with Luncheons | <input type="checkbox"/> Be A Board Member |
| <input type="checkbox"/> Photo/Video Work | <input type="checkbox"/> Clerical/Phone Skills | <input type="checkbox"/> General Office Work |
| <input type="checkbox"/> Help with Certain Sport _____ | | |

Other Areas of Interest / Suggestions:

How did you hear about us?

Contact: Office 858-292-5812 Email: info@SDSeniorGames.org Website: SDSeniorGames.org

SDSGA - attn: volunteer
PO BOX 600007
San Diego CA 92160

COME JOIN THE FUN AT THE Intergenerational Games!

At the Intergenerational Games, active older adults (age 50+) are teamed up with elementary school-age students for a half-day of educational and physical activities.

The mission of the Games is to increase mutual understanding and respect between generations and to promote healthy, active, life-long behaviors.

Active older adults serve as role models for youth and help to dispel stereotypes about the abilities of older adults.

Intergenerational
Games occur at
sites across
San Diego County!



If you'd like to participate, please contact **Pam Plimpton**:
pam.plimpton@sdcounty.ca.gov or 858.495.5769



2017 California Senior Games Calendar

The 2019 National Senior Games will be in Albuquerque, New Mexico. To qualify, you must compete in a California Qualifying event. The Californian sites are not yet determined.

For more information, please visit: CaliforniaSeniorGames.org

February 9-12, 2017

Palm Desert Senior Games
Contact: Brenda Nutcher
Phone: 760.541.4184
Contact: Brenda Nutcher
Email: BNutcher@DRD.us.com

May 6-28, 2017

Bay Area Senior Games
Contact: Anne Warner Cribbs,
Director Email:
info@bayareaseiniorgames.org
Phone: 650.323.9400
www.bayareaseiniorgames.org

June 2-18, 2017

Sonoma Wine Country Games
Contact: Leigh Galten
Email: lgalten@councilonaging.com
Phone: 707.525.0143 x121
Council on Aging
30 Kawana Springs Rd.
Santa Rosa, CA 95404
www.winecountrygames.com

June 4-26, 2017

Pasadena Senior Games
Contact: Nancy Adams
Email:
NancyA@pasadenaseniiorcenter.org
Phone: 626.685.6702
www.pasadenaseniiorcenter.org

September 9-30, 2017

San Diego Senior Olympics
Contact: Kirsten Cummings, Executive
Director, Phone: 858.292.5812 Email:
info@sdseniorgames.org
www.sdseniorgames.org

September 29 - October 6, 2017

Inland Empire Games
Contact: Lakeisha Jackson
Email: Jackson_La@sbcity.org Phone:

March 16-19 & March 24-26, 2017

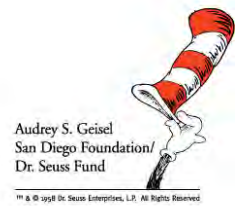
2017 Visalia Senior Games Dates
Website: VisaliaSeniorGames.com
Email: Recreation@Visalia.City
Contact: Visalia Parks and Recreation
Department,
www.liveandplayvisalia.com,
(559)713-4365



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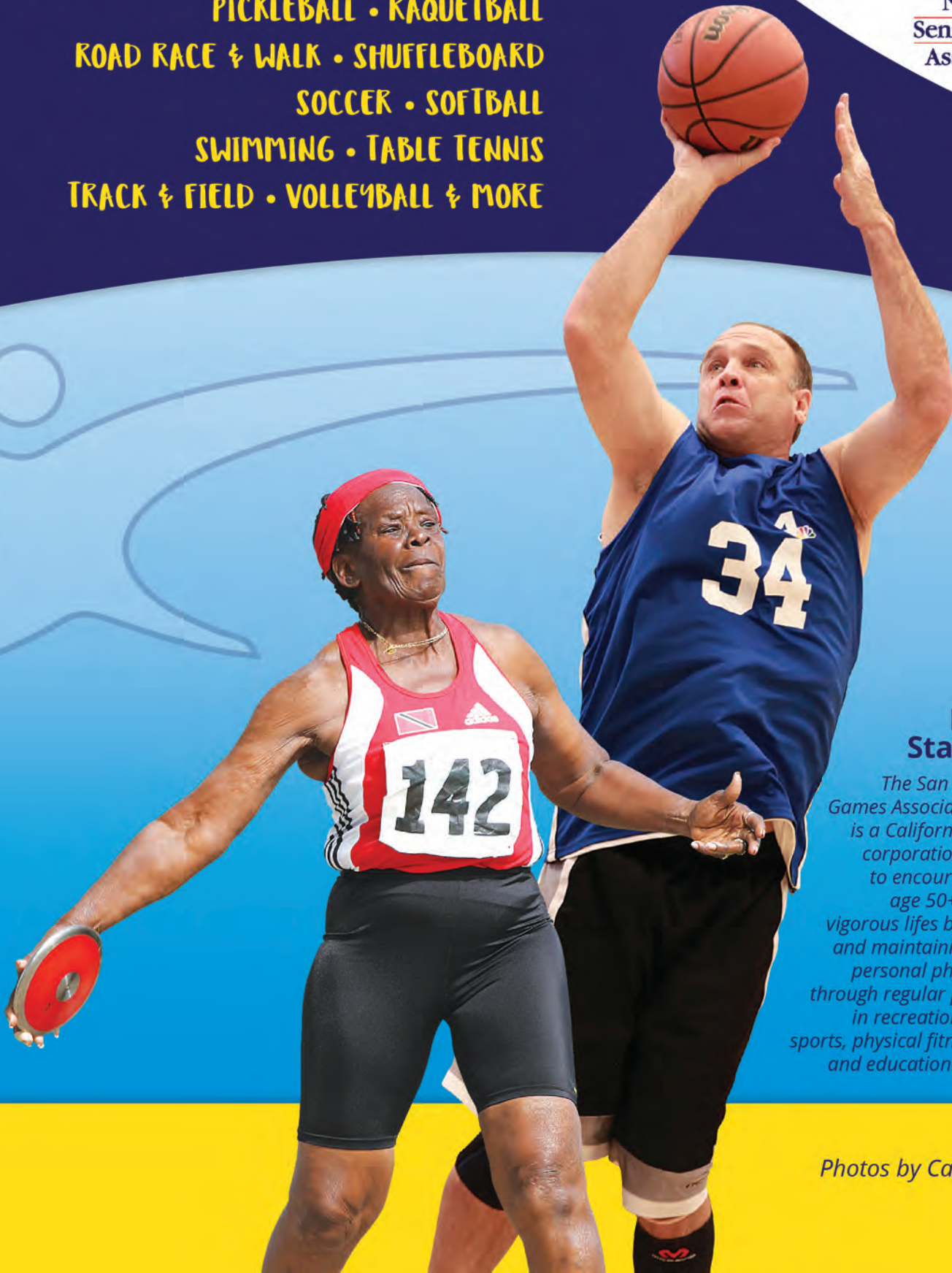


For more information go to
SDSeniorGames.org

**BASKETBALL • BOWLING • GOLF
HANDBALL • HORSESHOES • PADDLEBALL
PICKLEBALL • RAQUETBALL
ROAD RACE & WALK • SHUFFLEBOARD
SOCCER • SOFTBALL
SWIMMING • TABLE TENNIS
TRACK & FIELD • VOLLEYBALL & MORE**



**National
Senior Games
Association**



Mission Statement

The San Diego Senior Games Association (SDSGA) is a California non-profit corporation committed to encouraging adults, age 50+, to carry on vigorous lives by developing and maintaining adequate personal physical fitness through regular participation in recreational activities, sports, physical fitness activities and educational programs.

Photos by Cathy Wilson