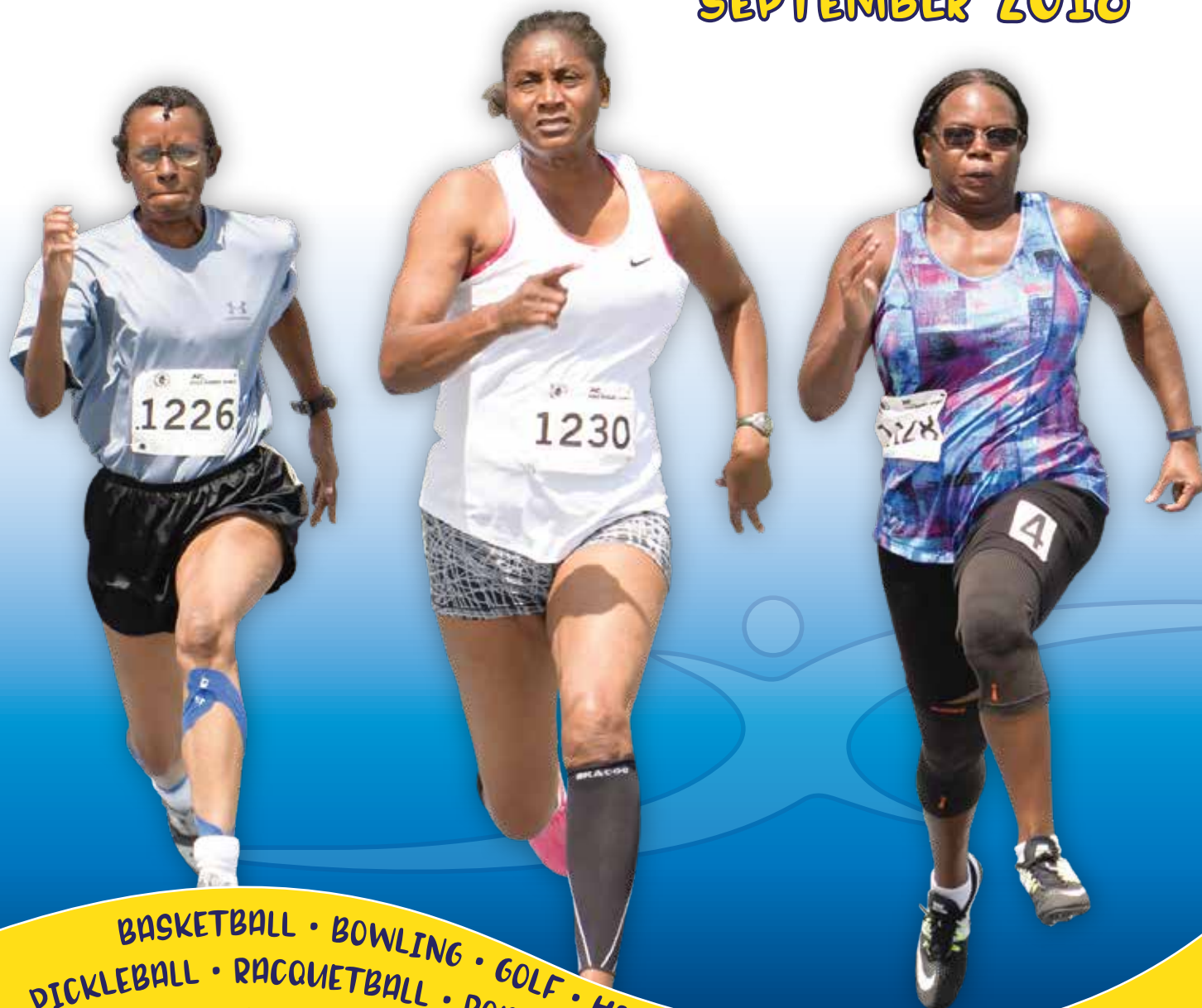


SAN DIEGO *Senior Games*

Registration Book

SEPTEMBER 2018



BASKETBALL • BOWLING • GOLF • HORSESHOES • POWER WALK
PICKLEBALL • RACQUETBALL • ROAD RACE & WALK • SHUFFLEBOARD • SOCCER
SOFTBALL • SWIMMING • TABLE TENNIS • TRACK & FIELD • VOLLEYBALL • AND MORE!

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SDSeniorGames.org

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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





Congratulations to all senior athletes!

We are proud to support

2018 Senior Games!

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

- Balboa Park Senior Lounge
- Volunteer Opportunities
- Senior Talent Show
- Technology Classes
- Poetry
- Walking Group
- Mah Jongg, Bingo
- Education & Wellness Classes
- Drama
- Dances
- Craft Sale
- Art and Photography Contest
- Movies
- Out-of-Town & Local Trips
- Book Club
- And Much More!

To receive the quarterly newsletter, the Scroll, call (619) 236-6905.

For additional information:

Marla Davis, Supervising Recreation Specialist

202 C St., MS-1A, San Diego, CA 92101

Marlad@sandiego.gov

<https://www.sandiego.gov/park-and-recreation/activities/seniorservices/>



Welcome to the 2018 San Diego Senior Games!

We're thrilled to have you joining us. This is our 31st year as one of the largest and longest running senior games in the country. We are very proud of our longstanding history and very thankful to our amazing sponsors, partners, volunteers, and inspirational participants, like YOU, for helping to make it happen!

New Registration System!

We've made some significant upgrades to this year's event, starting with our new Registration System. Powered by FuseSport, the system you'll be using to register online this year is the same system used by the *National Senior Games*, the *Masters Seniors Games*, and dozens of other leading Senior Games worldwide.

New Pricing Structure

Along with the new registration process is a more unified pricing structure that makes it easier and more cost effective to play in multiple sports.

Only \$35 per player* includes:

- One Sport/Event
- 2018 San Diego Senior Games **Collectible T-Shirt**
- **NEW! Restaurant Savings Card** - save \$\$\$ at local restaurants
- Fun and Games in Sunny San Diego!
- PLUS, Some Sports Have Additional BONUSES

HOW TO REGISTER

ONLINE – Go to SDSeniorGames.org.

You can register for any of the 20 sports in this year's Games. Online registration requires payment by credit card. If you are playing in a Team sport, make sure your team Manager/Captain has registered your team before registering. Once registered, you will receive an email confirmation.

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

SDSGA
Attn: Registration
P.O. Box 600007 San
Diego, CA 92160

You can also download and print the registration forms at: SDSeniorGames.org. Or, call our office to request a registration form be mailed to you at: 858-292-5812.

Payment may 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 SDSGA office.

Questions? Contact the SDSGA office at: info@SDSeniorGames.org or (858) 292-5812.
Or, contact the Sport Commissioner(s) listed in the Schedule of Events.

REGISTRATION AND FEES

There is a one-time Athlete/Registration fee of \$35. This fee includes one event. Additional events are only \$5 each. There are also 5 sports that have an additional "Sport Fee" to cover the higher costs associated with that sport. Everyone registers individually now, so there are no longer any team fees.

TEAM REGISTRATION

Teams must be registered by a coach or Captain/Manager. Once a team is registered, then each member will be able to register themselves onto their team.

REGISTERING FOR MULTIPLE SPORTS

You may register for as many sports/events as you'd like as long as the dates/times don't conflict. One event is included with your \$35 Player/Registration fee. Each additional sport/event is only \$5 – with the exception of Golf, Pickleball, Soccer, Swimming, and Track and Field, which each have Sport Fees.

. 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, including individual and team tournaments. Medals will be presented at the conclusion of the event and will not be mailed.

SCHEDULING

Note: It is your responsibility to make sure the sports you choose don't have time conflicts. Refunds are not provided for time conflicts due to overlapping events.

September 7, 8, 9 - Pickleball

September 8 - Power Walk, Shuffleboard,

September 8-9 - Bowling, Race Walk, Road Race Run, Women's Soccer, Women's Volleyball

September 9 - Horseshoes, Lawn Games, Men's Volleyball

September 15 - Women's Basketball Shooting, Table Tennis

September 15-16 - Women's Basketball, Women's Softball

September 16 - Track and Field

September 22 - Men's Basketball, Men's Basketball Shooting

September 22-23 - Men's Softball

September 23 - Fitness, Paddleball, Swimming

September 29 - Racquetball

September 30 – Golf

REFUNDS

Refunds for the *San Diego Senior Games* are handled as follows:

- 30+ days of event(s) – 100% refund
- 15+ days of event(s) – 50% refund
- 0+ days of event(s) – No refund

2018 San Diego Senior Games Schedule of Events

| Sport | Min. Age | Date | Location | Commissioner | Deadline |
|---------------------|-------------|---------------|---|--|----------------------|
| Basketball (Men) | 50 | Sept. 22 | Balboa Municipal Gym 2111 Pan American Plaza San Diego, CA 92191 | Jerry Sullivan JerrySullivan@cox.net | Sept. 15 |
| Basketball (Women) | 40 | Sept. 15 & 16 | Corky's Gymnasium 210 Pico Ave San Marcos, CA | Kirsten Cummings Kirsten@SDSeniorGames.org | Sept. 3 |
| Basketball Shooting | 40 | Sept. 15 & 22 | Corky's Gymnasium Balboa Municipal Gym (see above for gym location) | James Pauley coachpauley@mail.com | Sept. 15 Sept. 22 |
| Bowling | 50 | Sept. 8 & 9 | Kearny Mesa Bowl 7585 Clairemont Mesa Blvd San Diego, CA 92111 | Kelly Ferguson KFerguson8@yahoo.com | Sept. 1 |
| Fitness | 50 | Sept. 23 | Layla Fitness 1037 Broadway Chula Vista, CA 91911 | Alicia Carter fitness@sdseniorgames.org | Sept. 18 |
| Golf | 40 | Sept. 30 | RiverWalk Golf Course 1150 Fashion Valley Rd. San Diego, CA 92108 | Debbie Williams Dwilliams@SDSeniorGames.org | Sept. 23 |
| Horseshoes | 40 | Sept. 9 | Balboa Park Horseshoe Juniper St (6th Ave) San Diego, CA 92101 | Jay Bishop and Jim Knotts jayhawker60@aol.com | Sept. 5 |
| Lawn Games | 40 | Sept. 9 | Balboa Park Horseshoe Juniper St (6th Ave) San Diego, CA 92101 | Jay Bishop and Jim Knotts jayhawker60@aol.com | Sept. 5 |
| Paddleball | 50 | Sept. 23 | Pacific Paddleball Club 9391 Broadview Av. San Diego, CA 92123 | Len Sonnenberg lens@sonnenbergcpas.com | Sept. 22 |

2018 San Diego Senior Games Schedule of Events

| Sport | Min. Age | Date | Location | Commissioner | Deadline |
|------------------|-------------|----------------|---|---|----------|
| Pickleball | 50 | Sept. 7, 8 & 9 | Melba Bishop Park 5306 North River Road Oceanside, CA 92057 | Jenae Alms almsjenae@gmail.com | Aug. 15 |
| Power Walk | 50 | Sept. 8 | Lake Miramar 10710 Scripps Lake Drive San Diego, CA 92121 | Gary MacDonald coachgmac@cox.net | Sept. 1 |
| Race Walk | 50 | Sept. 8 & 9 | Lake Miramar 10710 Scripps Lake Drive San Diego, CA 92121 | Gary MacDonald coachgmac@cox.net | Sept. 1 |
| Racquetball | 45 | Sept. 29 | San Diego State University 21 Peterson Gym San Diego, CA 92182 | Len Sonnenberg lens@sonnenbergcpas.com | Sept. 28 |
| Road Race Run | 50 | Sept. 8 & 9 | Lake Miramar 10710 Scripps Lake Drive San Diego, CA 92121 | Gary MacDonald coachgmac@cox.net | Sept. 1 |
| Shuffleboard | 40 | Sept. 8 | Park Avenue Community Center 210 East Park Avenue Escondido, CA 92025 | Jim Travers info@SDSeniorGames.org | Sept. 8 |
| Soccer (Women) | 50 | Sept. 8 & 9 | Hourglass Park 10301 Black Mountain Rd San Diego, CA 92126 | Deb Mowry deborah.mowry@cox.net | Aug. 24 |
| Softball (Men) | 40 | Sept. 22 & 23 | Ingold Park 2551 Olive Hill Rd Fallbrook, CA 92028 | Nathaniel Hines nhinesjr@gmail.com | Sept. 15 |
| Softball (Women) | 50 | Sept. 15 & 16 | Hourglass Park - Saturday and Rancho Bernardo Park - Sunday | Mary Knapik knapikm@yahoo.com | Sept. 7 |

2018 San Diego Senior Games Schedule of Events

| Sport | Min. Age | Date | Location | Commissioner | Deadline |
|--------------------|-------------|-------------|---|--|----------|
| Swimming | 50 | Sept. 23 | Coggan Family Aquatic Complex 800 Nautilus Street La Jolla CA 92037 | Kenton Jones kerujo@aol.com | Sept. 21 |
| Table Tennis | 45 | Sept. 15 | Balboa Park Activity Center 2145 Park Blvd San Diego, CA 92101 | Behnam Kazemi behnamkazemi@hotmail.com | Sept. 8 |
| Track & Field | 50 | Sept. 16 | San Diego Mesa College 7250 Mesa College Drive San Diego, CA 92111 | Gary MacDonald coachgmac@cox.net | Sept. 4 |
| Volleyball (Men) | 45 | Sept. 9 | Balboa Park Activity Center 2145 Park Blvd San Diego, CA 92101 | Patsy and Farid Karimi prcortez@aol.com | Aug. 24 |
| Volleyball (Women) | 45 | Sept. 8 & 9 | Balboa Park Activity Center 2145 Park Blvd San Diego, CA 92101 | Patsy Cortez-Karimi prcortez@aol.com | Aug. 24 |

2018 San Diego Senior Games

REGISTRATION FORM

Athletes Name – Please print

Basketball - Men's

September 22
50+ - Municipal Gym

- ☐ Sport Fee – (\$0)
- ☐ Event Fee – (\$5)

Basketball - Women's

September 15-16
40+ - Corky's Gym

- ☐ Sport Fee – (\$0)
- ☐ Event Fee – (\$5)

Basketball Shooting

40+ - September 15 and 22
9/15 – Corky's Gym
9/22 – Muni Gym

- ☐ Sport Fee – (\$0)
- Event Fee
 - ☐ Free Throws (\$5)
 - ☐ 3 Point Shooting (\$5)
 - ☐ Hot Shots (\$5)

Bowling

September 8-9
50+ - Kearney Mesa Bowl

- ☐ Sport Fee – (\$0)
- Event Fee
 - ☐ Singles (\$5)
 - ☐ Doubles (\$5)
Partner: _____
 - ☐ Mixed Doubles (\$5)
Partner: _____

Fitness

September 23
40+ - Chula Vista

- ☐ Sport Fee – (\$0)
- Event Fee
 - ☐ Pull Ups M/W (\$5)
 - ☐ Push Ups M/W (\$5)
 - ☐ Standing Long Jump (\$5)
 - ☐ Row Machine (\$5)

Golf

September 30
50+ Handicap or Stroke Play
River Walk Golf Course

- ☐ Sport Fee (\$55)
 - ☐ Handicap - GHIN # _____
 - ☐ Stroke Play
- ☐ Event Fee (\$5)

Horseshoes

September 9
40+ - Balboa Park

- ☐ Sport Fee – (\$0)
- ☐ Event Fee – (\$5)



Lawn Games

September 9
40+ - Balboa Park

- ☐ Sport Fee – (\$0)
- ☐ Event Fee – (\$5)

Power Walk

September 8
50+ - Lake Miramar

- ☐ Sport Fee – (\$0)
- ☐ Event Fee – (\$5)

Paddleball

September 23
45+ - San Diego

- ☐ Sport Fee – (\$0)
- Event Fee
 - Men's Singles (\$5)
 - Men's Doubles (\$5)
Partner: _____
 - Mixed Doubles (\$5)
Partner: _____



Race Walk

September 8-9
50+ - Lake Miramar

- ☐ Sport Fee – (\$0)
- Event Fee
 - ☐ 5k – (\$5)
 - ☐ 10k – (\$5)

Racquetball

September 29
45+ – San Diego State University

- ☐ Sport Fee – (\$0)
- Event Fee
 - ☐ Singles (\$5)
 - ☐ Doubles (\$5)

Pickleball

September 7-9
50+ - Melba Bishop Park

- ☐ Sport Fee – (\$15)
- Event Fee
 - ☐ Singles (\$5)
 - ☐ Doubles (\$5)
Partner: _____
 - ☐ Mixed Doubles (\$5)
Partner: _____

Road Race Run

September 8-9
50+ - Lake Miramar

- ☐ Sport Fee – (\$0)
- Event Fee
 - ☐ 5k – (\$5)
 - ☐ 10k – (\$5)

Shuffleboard

September 8
40+ Park Ave Community

- ☐ Sport Fee – (\$0)
- ☐ Event Fee – (\$5)

Softball - Men's

September 22-23
40+ – Ingold Park

- ☐ Sport Fee – (\$0)
- ☐ Event Fee – (\$5)

Softball – Women's

50+ - September 15 - Hourglass Park
September 16 - Rancho Bernardo Park

- ☐ Sport Fee – (\$0)
- ☐ Event Fee – (\$5)

Soccer - Women's

September 8-9
50+ - Hourglass Park Mira Mesa

- ☐ Sport Fee – (\$15)
- ☐ Event Fee – (\$5)



Swimming

September 23
50+ - Coggan Family Aquatics

- ☐ Sport Fee – (\$15)
- Event Fee - (\$0 up to 6 events max)
 - ☐ 500 Freestyle (\$0)
 - ☐ 50 Breaststroke (\$0)
 - ☐ 200 Backstroke (\$0)
 - ☐ 200 Individual Medley (\$0)
 - ☐ 50 Butterfly (\$0)
 - ☐ 100 Freestyle (\$0)
 - ☐ 200 Breaststroke (\$0)
 - ☐ 50 Backstroke (\$0)

*If swimming is your only sport/event, please fill out the Swimming Form on page 20.

Table Tennis

September 15
45+ - Balboa Activity Center

- ☐ Sport Fee – (\$0)
- Event Fee
 - ☐ Singles (\$5)
 - ☐ Doubles (\$5)
Partner: _____
 - ☐ Mixed Doubles (\$5)
Partner: _____

Track and Field

September 16
50+ - Mesa College

☐ Sport Fee – (\$10)

• Event Fee

Track Events

- ☐ 50m Dash (\$5)
- ☐ 100m Dash (\$5)
- ☐ 200 Dash (\$5)
- ☐ 400 Dash (\$5)
- ☐ 800m Run (\$5)
- ☐ 1500m Run (\$5)
- ☐ 3000m Run (\$5)
- ☐ 1500m Race Walk (\$5)
- ☐ 80m/100m High Hurdles (\$5)
- ☐ 300m/400 Inter. Hurdles (\$5)
- ☐ Grandparent/Grandchild Relay (\$5)

Field Events

- High Jump (\$5)
- Pole Vault (\$5)
- Long Jump (\$5)
- Triple Jump (\$5)
- Javelin (\$5)
- Discus Throw (\$5)
- Shot Put (\$5)
- Hammer Throw (\$5)



Volleyball - Men's

September 9
45+ - Balboa Activity Center

- ☐ Sport Fee – (\$0)
- ☐ Event Fee – (\$5)

Volleyball - Women's

September 8-9
45+ - Balboa Activity Center

- ☐ Sport Fee – (\$0)
- ☐ Event Fee – (\$5)



2018 San Diego Senior Games Registration Form

(for all athletes of all sports)

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 12/31/18: _____

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

(SDSGA does **not** sell participant email addresses)

| | | |
|---|---|--|
| <p>Make checks payable to:</p> <p>SDSGA</p> <p>Mail Entry Form, Waiver & Check for Fees to:</p> <p>SDSGA attn: Registration PO</p> <p>BOX 600007</p> <p>San Diego CA 92160</p> <p>~~~~~</p> <p>QUESTIONS</p> <p>Contact the sprt'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> | <p>Registration Fee</p> <p>\$35</p> |
| | <p><input type="radio"/> Returning Athlete?</p> <p><input type="radio"/> NEW Athlete?</p> | <p>Sport Fee -</p> <p><i>(Listed beside sport)</i></p> |
| | <p>How did you hear about us?</p> <p>_____</p> | <p>Total Event Fees (Listed beside events)</p> <p><i>(First event free, \$5 each thereafter)</i></p> <p>Number of Events Entered _____</p> |
| | | <p>Other Donation to SDSGA</p> <p>Deductible IRS 501(c)(3) Thank You!</p> |
| | | <p>TOTAL</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 _____

2018 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 12/31/18: _____

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

(SDSGA does **not** sell participant email addresses)

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 12/31/18: _____

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

(SDSGA does **not** sell participant email addresses)

PLEASE CHECK YOUR SPORT DEADLINE!

REGISTRATION DEADLINE FOR EACH SPORT IS DIFFERENT. See details in Schedule of Events.

Each player **MUST** register individually. Team Coach or Manager/Captain must create the team before each player can register themselves.

2018 San Diego Senior Games Team Tournament Roster

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

Team Name: _____

AGE: ☐ 40+ ☐ 45+ ☐ 50+ ☐ 55+

☐ 60+ ☐ 65+ ☐ 70+ ☐ 75+

☐ 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 | | | | |



31th Annual San Diego Senior Games 2018
Bill Earley Memorial Short Course Yards Swim Meet
Coggan Family Aquatic Complex - La Jolla, CA
September 23, 2018 - Recognition #448-R001



Meet Information

Recognition: Recognized by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS). Recognition Number #448-R001.

Date/Time: Sunday, September 23, 2018. 9:00 am Warm-Up; 10:00 am Start

Location: Coggan Family Aquatic Complex, 800 Nautilus Street, La Jolla, CA 92037 - Outdoor, 25-yd, 6 lanes
 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 106.2.1. The primary timing system will be automatic timing. Officials times may be submitted for USMS records and USMS Top 10 consideration.

Entry & Deadlines: \$50 Online & Mail Entry closes at 4:00 pm on Friday, September 21, 2018. Late or Deck Entries will NOT be accepted. There will be NO refunds. Entry Fee includes T-Shirt and \$5 More 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 09/23/2018):** _____

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).

31th Annual San Diego Senior Games 2018 Bill Earley Memorial Short Course Yards Swim Meet

Coggan Family Aquatic Complex - La Jolla, CA

September 23, 2018 - Recognition #448-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

31th Annual San Diego Senior Games 2018 Bill Earley Memorial Short Course Yards Swim Meet
Coggan Family Aquatic Complex - La Jolla, CA
September 23, 2018 - Recognition #448-R001

| | |
|---------------------------------|--|
| Recognition: | Recognized by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS). Recognition Number #448-R001. |
| Date/Time: | Sunday, September 23, 2018. 9:00 am Warm-Up; 10:00 am Start |
| Pool/ | Coggan Family Aquatic Complex, 800 Nautilus Street, La Jolla, CA 92037 - Outdoor, 25-yd, 6 lanes |
| Location: | 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 106.2.1. The primary timing system will be automatic timing. Officials times may be submitted for USMS records and USMS Top 10 consideration. |
| Entry & Deadlines: | \$50 Online & Mail Entry closes at 4:00 pm on Friday, September 21, 2018. Late or Deck Entries will NOT be accepted. There will be NO refunds. Entry Fee includes T-Shirt and \$5 More 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 9/23/2018. 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 where forward and backstroke starts can be practiced. Enter all other lanes feet first in a safe manner. During the meet, diving is NEVER permitted into the warm-up & warm-down lanes, and forward and backstroke starts are NEVER permitted in warm-up and 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 9/23/2018 (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. |
| Timers: | 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. |

REGISTRATION FORM
San Diego Senior Games Pickleball Tournament
September 7-9, 2018

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

Schedule: Fri. Sept 7- Women's Singles & Men's DBLs; Sat. Sept 8- Men's Singles & Women's DBLs; Sun. Sept 9 – Mixed DBLs

Entry Deadline: Aug 31 **Note:** Entries received after Aug 20th may be assessed a \$10 late fee

Entry Fee: \$45 + \$5 per event. Registration includes a free T-shirt. **Contact Information:** Jenae Alms (949) 378-5073

Format of Play: Double elimination. Some events may be merged. Larger brackets may be split by skill level. Medals awarded each.

The **Onix Fuse** ball will be used. Entrants **DO NOT need to be USAPA members** to participate.

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

Name: _____
Last First middle initial

Address: _____

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

Email Address: _____ **Skill Level** _____

Emergency Contact: _____ **Phone #:** _____

Total money enclosed with your entry: \$ _____ **Payable to** **SDSGA**

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)

| | | | | | | | |
|---|-----|-----|-----|-----|-----|-----|-----|
| <input type="checkbox"/> Senior Singles | 50+ | 55+ | 60+ | 65+ | 70+ | 75+ | 80+ |
| <input type="checkbox"/> Senior Mixed | 50+ | 55+ | 60+ | 65+ | 70+ | 75+ | 80+ |
| <input type="checkbox"/> Senior Doubles | 50+ | 55+ | 60+ | 65+ | 70+ | 75+ | 80+ |



| | <u>Partner's Name</u> | <u>Partner's Phone</u> | <u>Partner's DOB or Age</u> |
|----------|-----------------------|------------------------|-----------------------------|
| 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



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.

2018 BOARD OF DIRECTORS

- Jill Spitzer
- James Pauley
- Suzie Korth
- Charles Johnson
- Susanne Carvalho

Executive Director/Games Commissioner

- Kirsten Cummings

Director of Operations

- Debora Williams

AGE FOR COMPETITION

Participants will register according to their age as of December 31, 2018. 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 age of the youngest player as of December 31, 2018. Swimming age is determined by the day of event. Some sports offer 40-44 and 45-49 age divisions. See Schedule of Events to learn more.

PARTNERS

A partner should be indicated on the registration form by full name, birthdate, and age. If you are a player looking for a Doubles Partner, please contact the Sport Commissioner or call 858 292-5812. You may only participate in one doubles and one mixed doubles per event. The age of the youngest partner will determine the age category. All partner changes must be made one week before the competition. Partner changes are not allowed on site.

AWARDS

Gold, Silver, and Bronze medals will be awarded in each sport by gender and age division. Medals will be presented at the conclusion of the event and will not be mailed.

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.



Questions? Contact the SDSGA office info@SDSeniorGames.org or Call 858 292-5812
Or contact your Sport Commissioner listed in the Schedule of Events

UNIFORMS

All athletes must wear the appropriate athletic type of 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 without any refund. Sports Commissioners and/or SDSGA staff reserve the right to disqualify any competitor for these grounds.

INSURANCE

The SDSGA has a General Liability Insurance Policy for the Games. This insurance does not cover property loss, damage to the participant, or medical cost 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.

MEDICAL ASSISTANCE

The SDSGA will attempt to have qualified athletic trainers and/or medical personnel on site. Participants are responsible for any emergency fees, ambulance fees, or otherwise.

EVENT CANCELLATION

In the event of inclement weather or unusual extenuating circumstances, Games Officials or SDSGA Board of Directors or Games Commissioners reserve the right to cancel or reschedule events.

During the Games, call your Commissioner, the SDSGA Games office 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 combine age divisions and cancel any event due to insufficient entries. Cancellations due to insufficient entries will be given refunds.

OPENING CEREMONIES

All Sponsors and Athletes are invited to attend the Opening Ceremonies. There is a limit of 100 spots available so reservations are being taken on a first-come, first-served basis. The 2018 *Celebration of Athletes* will be held at Carlsbad by the Sea, in Carlsbad, September 7th, from 6:30-8:30pm. **RSVP is required.** Call (858) 292-5812 or email info@SDSeniorGames.org.

SCHOLARSHIP PROGRAM

The *San Diego Senior Games Association* and *Front Porch* have created a scholarship program that encourages participation in the San Diego Senior Games. If you are a participant in the Wounded Warriors Program or are in need of fee assistance in order to register, please contact us at (858) 292-5812. You may also email Kirsten@SDSeniorGames.org

Questions? Contact the SDSGA office info@SDSeniorGames.org or Call 858 292-5812
Or contact your Sport Commissioner listed in the Schedule of Events

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



2018 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 7-11, 2018

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

April 21 - June 3, 2018

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

June 2-24, 2018

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

May 19 - June 23, 2018

Pasadena Senior Games
Contact: Annie Laskey
Email:
AnnieL@Pasadenaseniiorcenter.org
Phone: 626.685.6702
www.pasadenaseniiorcenter.org

September 7-30, 2018

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

September 11 - October 6, 2018

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

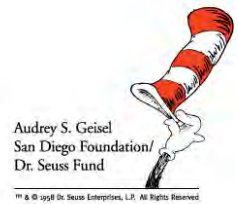
March 10, 11, 17, & 18, 2018

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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(858) 292-5812

info@SDSeniorGames.org

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**25+ competitive sports for
men and women age 50+**