

# 2024 CLEVELAND COUNTY SENIOR GAMES OFFICIAL REGISTRATION BOOKLET



**A HEALTH  
PROMOTIONS  
PROGRAM  
SPONSORED BY:**

**THE CLEVELAND COUNTY  
COUNCIL ON AGING  
THE NEAL CENTER  
100 T.R. HARRIS DR.  
SHELBY, NC 28150**

**[www.nealseniorcenter.org](http://www.nealseniorcenter.org)**

## April 8-12, 2023

***A CLEVELAND COUNTY TRADITION  
FOR 40 YEARS***

**MADE POSSIBLE BY THE SUPPORT OF:**



**Humana.**



**PEAK  
RESOURCES**

**UnitedHealthcare**

Cleveland County  
Arts Council



**VIA** Health Partners  
FOUNDED AS  
Hospice Cleveland County



**Transportation  
Administration of  
Cleveland County**

## From your Senior Games Director

**Dear Senior Games Applicant,**

**Thank you for your interest in the Cleveland County Senior Games! Whether this is your very first time as a participant or you're a "seasoned pro", I welcome you! The Senior Games are a combination of sporting events and art-related activities. There's something for EVERYONE!**

**The information in this packet is the most current that has been provided to me from the NCSG headquarters and our local supporters. Naturally, our Senior Games are subject to changes, such as time, location, etc. Any changes affecting our games will be sent to you in a mass e-mail, so having your correct contact information in the Neal Senior Center database is crucial. If you would like to make sure that your contact information is correct in our database, please notify me and I'll certainly check for you.**

**In addition to these situations, you're welcome to contact me if you have questions, comments, and suggestions for the games. I can be reached at **704/481-7387** or you may e-mail me at **[ddedmon@agingcouncil.org](mailto:ddedmon@agingcouncil.org)**. Remember—these are YOUR games, so your input is very valuable!**

**Thank you again for your interest in the Cleveland County Senior Games!**

**Most Sincerely,**

**Daniel Dedmon  
Cleveland County Senior Games Coordinator**

## **FREQUENTLY ASKED QUESTIONS....**

### **Q. WHAT ARE THE NC SENIOR GAMES?**

**A.** The NC Senior Games is a year-round health promotion program for adults age 50 and better, which provides opportunities for mature adults to remain physically and mentally active. The games provide a holistic approach to body, mind and spirit, staying fit, while enjoying the company of friends, family, spectators and volunteers.

### **Q. WHO SPONSORS THE GAMES?**

**A.** The NC Senior Games is a project of the Cleveland County Council on Aging/Neal Senior Center and is co-sponsored by:

The Patrick Senior Center  
Gardner-Webb University  
Shelby City Parks and Rec.  
VIA Health Partners  
BCBS of NC  
Humana

The Cleveland County Arts Council  
Terra Bella Senior Living  
Peak Resources  
TACC  
United Health Care

### **Q. WHAT EVENTS ARE OFFERED?**

**A.** Participants may choose from more than 15 different activities. The most popular activities are pickle ball, corn hole, football throw, softball throw, basketball shooting, horseshoes, shuffleboard, bowling, billiards and team sports, such as softball. For the more conditioned athlete, the Senior Games offers tennis and swimming. The "Silver Striders Fun Walk" is also available for those who wish to participate in a non-competitive event.

### **Q. WHAT ARE THE BENEFITS OF PARTICIPATING?**

**A.** This event helps mature adults maintain and improve their health by emphasizing the importance of regular exercise, plus:

- Participants are motivated through competition to excel in the activities they enjoy most.
- In local and statewide surveys, the majority of participants say they participate because it is FUN!!
- It encourages socialization. The games prompt many participants to become involved with activities they have in common with others.
- Most importantly, it encourages the participant to be **ACTIVE!** Studies have repeatedly proven that staying active is what slows the aging process and lowers the likelihood of illness.

### **Q. WHO IS ELIGIBLE TO PARTICIPATE?**

**A.** Any person **age 50 or better residing in Cleveland County** is eligible to participate in the games.

***Eligible participants must be a North Carolina resident for a minimum of three (3) consecutive months of the year.***

Those that are from counties which do not offer the Senior Games program or a particular game may participate in Cleveland County.

**Q. WHAT ARE THE AGE CATEGORIES?**

A. An entrant's age as of December 31, 2024 will determine the age category of competition. In dual sports, such as doubles and mixed doubles, the age of the youngest player will determine the age group for competition. The categories are:

50-54	60-64	70-74	80-84	90-94	100+
55-59	65-69	75-79	85-89	95-99	

**Q. HOW DOES THE REGISTRATION PROCESS WORK?**

A. Registration may be done by completing the official entry form and the health information form in this packet. Be certain to read and sign the liability/responsibility waiver. Registration will not be accepted unless all forms are completed. Remove the registration form and health information form from your packet and return it to the Neal Center. It may either be brought to the center in person or mailed, along with the required entry fee. The mailing address is: 100 T.R. Harris Drive, Shelby, NC 28150. Please make all checks payable to "COA/Senior Games".

Registration may also be done online at the NC Senior Games website. To complete the process online, go to <https://torch.ncseniorgames.org>. You will be required to enter a user name and password. If you have not set up a user name and password yet, that may be done here. **Make certain that you keep a copy of your user name and password for your personal records.** If you already have set up your user name and password, it is still active and may be used again. If you're not sure you have an active online account, you may contact Daniel Dedmon, Cleveland County Senior Games Director, at 704/481-7387, for further assistance.

**Q. WHAT ARE THE REGISTRATION FEES?**

A. The "Early Bird" registration fee is \$15 for those registered no later than **March 8, 2024**. After this date, the registration fee will be \$20 and the last day to register will be **March 15, 2024**. **THE DEADLINE WILL BE STRICTLY ENFORCED IN FAIRNESS TO ALL PARTICIPANTS.** Participants registering for dual sports, such as doubles & mixed doubles, must have their partner registered prior to participation in this event. Please make sure to provide the name of your partner where indicated on the entry form.

**Q. WHAT IS THE TIME FRAME TO SIGN-IN FOR AN EVENT?**

A. Sign-in is open 30 minutes prior to each event. Any registered participant who is not at an event site and signed in by 10 minutes after the event is scheduled to begin will forfeit the event.

**Q. IS SOLICITATION PERMITTED?**

A. Solicitation by any Senior Games individual or group participants for funds is prohibited except with the express sole permission of the Senior Games Advisory Committee.

**Q. IF MY PLANS CHANGE AND I NEED TO WITHDRAW FROM THE GAMES, WHAT DO I DO NEXT?**

A. If you find that you are unable to participate in the Senior Games after registering, please submit your request in writing to Daniel Dedmon, Cleveland County Senior Games Director as soon as possible. A full refund will be given to cancellations made by **Friday, March 15, 2024. No refunds will be given after this date.**

**Q. WHAT HAPPENS IF AN EVENT IS RAINED OUT?**

A. To make it less stress for everyone, the Opening Ceremony and events for April 8 will be held in the Shelby City Park Gym. Saturday, April 1 will be used as a "rain date" where any game that is rained-out during the Senior Games week can be played. In the event there is rain on this date, a second "rain date" will be announced at later time. **Please call 704/481-7398 for weather related changes and updates during the games.** It may be raining in one town, but not the one where the outdoor event is being held, so please call to check weather related changes.

**Q. HOW ARE THE AWARDS GIVEN?**

A. A gold, silver and bronze medal will be awarded to the first, second and third place men and women finalists in each age category in each event. Awards are given as long as they have completed and/or scored in said event.

**Q. HOW CAN I PARTICIPATE IN THE STATE FINALS?**

A. If you qualify for the State Finals, you will be sent a qualifying letter. All winners, with the exception of any event(s)) not offered by the North Carolina Senior Games Finals, qualify to compete in the state finals, with dates and times to be announced. Entry forms for State Finals will be available at the Council on Aging/Neal Center in May or entries can be completed online. It is your responsibility to check with your Local Senior Games Coordinator to determine if you qualified for State Finals and to get a State Finals Entry Packet. The State Finals Entry Form must be received in the N.C. Senior Games Office in Raleigh on **August 1st. The August 1st deadline is strictly enforced.**

**Q. ARE THERE OFFICIAL RULES FOR EACH EVENT?**

A. Yes. Copies of game rules are available on North Carolina Senior Games web site at [www.ncseniorgames.org](http://www.ncseniorgames.org) We recommend that you read the rules for all the events you plan to participate in.

**Special information on the Women's Softball portion of the Senior Games**

Because the softball teams vary from year to year, the teams requested the opportunity to recruit players and have time to practice.

Any participant of any of the Neal Senior Center's softballs teams can register as normal, with all dates, fees, etc. observed. This will "lock-in" the registration fees and no additional fees would have to be paid. All registration for any Women's Softball team must register on a paper form.

However, if a **new** participant chooses to play on any of the women's softball teams and has not registered within the regular registration time, she can register through **May 31, 2024 and the fee is \$20.** The registration form is available by sending an email to [ddedmon@agingcouncil.org](mailto:ddedmon@agingcouncil.org)

**Q. HOW MANY LOCAL SENIOR GAMES ARE CURRENTLY IN NORTH CAROLINA?**

A. As of 2024, there are 54 local games in the State of North Carolina. Each of these games is sanctioned by the North Carolina Senior Games, Inc.

NCSG, Inc. is sponsored statewide by the North Carolina Division on Aging and Adult Services.

**\*\*\*PLEASE NOTE THE FOLLOWING\*\*\***

**Senior Games officials are NOT responsible for locating or assigning you a partner. Pre-registration for all events is REQUIRED. Please pre-register for any or all events you think you might wish to participate in. You may not register at an event site for that or any other event. However, you may receive instruction and/or demonstration of any event you are interested in, but not registered for.**

**KEEPING YOU INFORMED!**

**It's our goal to make the Cleveland County Senior Games fun and memorable. This is especially true as you connect to other seniors throughout Cleveland County and North Carolina.**

**We make every effort possible that you are provided with correct and up-to-date information in this packet. Please bear in mind that due to unexpected circumstances, any information provided in this publication is subject to change. This includes event locations, scheduling, etc. If a change is required for any information in this packet, we will do our best to notify you.**

**Therefore, when completing your application, make sure to provide a reliable address, phone number and e-mail address. This will be a big help to guarantee that you are updated on any possible changes throughout the Senior Games.**

**Thank you for taking part in this rewarding annual event!**

## **TO MAKE THE BEST OF THE GAMES....**

- Please stay with your game until it's finished to reduce any confusion between the events.**
- There are two groups of students from Gardner-Webb who assist with the games: student guides and assistants. Student guides act as referees for the games and guide the players. Assistants only help the student guides.**
- If there are questions about an events, the order for obtaining information is: 1) the Gardner-Webb student guide, 2) the NCSG manual, 3) the Gardner-Webb Sports Management director, 4) the Senior Games director, 5) the NC Senior Games office.**
- Please be on time to each event. The NCSG rules state that if a participant is more than 10 minutes late to an event, they are dropped from the event.**

**LIABILITY/RESPONSIBILITY WAIVER**  
**(MUST BE SIGNED TO COMPLETE REGISTRATION)**  
Amateur Athletic Waiver and Release of Liability

In consideration of being allowed to participate in any way in the 2024 North Carolina Senior Games State Finals program, and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program 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 heirs, assigns, personal representatives and next of kin, HEREBY RELEASE THE North Carolina Senior Games, Inc., 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 law.
5. I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, 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.
6. I also understand that it is my responsibility to check with my local Senior Games Coordinator immediately following my local Senior Games to determine if I have qualified for State Finals and to get a State Finals Entry Packet if I do not have internet access. My State Finals registration with payment and all required items must be received in the NCSG office in Raleigh by 11:59pm on August 1, 2024. I understand the deadline is strictly enforced in fairness to all and it is my responsibility to make sure I am registered. I understand that if I do not send payment with my application for State Senior Games, the NCSG office will not process my application and I will not be allowed to compete.

7. It is also my understanding that I must be a resident of North Carolina for a minimum of three (3) consecutive months to participate in the NC Senior Games and the Cleveland County Senior Games. I do attest that I am either a year-long resident or I lived in North Carolina during the following consecutive months: \_\_\_\_\_

8. I hereby grant the Council on Aging/Neal Senior Center, its directors, officers, employees, agents and designees (collectively COA) non revocable permission to capture my image and likeness in photographs, video, motion pictures, recordings, or any other media. I acknowledge that the COA will own such image(s) and further grant the COA permission to copyright, display, publish, distribute, use, print and reprint such images) in any manner whatsoever related to COA business, including without limitation, publications, advertisements, brochures, web site image(s) or other electronic displays and transmissions thereof. I further waive any right to inspect or approve the use of the image by the Council on Aging/Neal Senior Center prior to its use.

9. I also understand that any outbursts of anger, derogatory remarks, insults of any kind, inappropriate behavior, foul language, abuse or misuse of Senior Games equipment or any facility, or disrespect toward the Local Coordinators, Students, or Event Director will result in immediate disqualification per the North Carolina State Senior Games Official Rules Book, Item #8. **This type of behavior will not be tolerated by Cleveland County Senior Games.**

10. The safety and sportsmanlike conduct of everyone is of paramount concern. Senior Games officials have the authority to disqualify and/or remove from current and future NCSG programs, anyone who exhibits inappropriate behavior or a condition of medical concern. Falsifying information in the registration process will not be permitted and may result in disqualification from current and future Senior Games activities.

**11. I also understand that there is the likelihood that I may be exposed to COVID-19 at any time during the games. I agree to follow directions outlined for protecting myself and others. I am participating in these events at my own risk and I will NOT hold NCSG, the Neal Center, its sponsors or any playing areas responsible if I contract the COVID-19 virus.**

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT. I UNDERSTAND AND CONSENT TO HAVE MY MEDICAL INFORMATION AVAILABLE TO MEDICAL PROVIDERS DURING THE GAMES.**

**This waiver MUST be signed and dated to process this form.**

\_\_\_\_\_  
**(signature)**

\_\_\_\_\_  
**(printed name)**

\_\_\_\_\_  
**(date)**



Monday April 8	Tuesday April 9	Wednesday April 10	Thursday April 11	Friday April 12 & Saturday April 13
<p><u>Shelby City Park</u> <b>8:00 AM</b> Opening Ceremony &amp; Light Breakfast</p> <p><b>8:30 AM</b> Warm-Up with Toni Zeberling</p> <p><b>8:45-9:30 AM</b> SilverStriders Fun Walk</p> <p><b>*9:30 AM</b> <u>(see Special Information on the back of this sheet.)</u></p> <p>Discus Running Long Jump Standing Long Jump Shot Put Football Throw Softball Throw</p> <p><u>Shelby High School</u> <b>10:45-11:30 AM</b> 50 Meter Dash 100 Meter Dash 200 Meter Dash 400 Meter Dash 800 Meter Dash</p> <p><u>Shelby City Park</u> <b>12:00 noon-Lunch</b> please check here if you will be having lunch</p> <p><b>1:00 PM</b> Badminton Singles Badminton Doubles Partner _____ Badminton Mixed Doubles partner: _____</p> <p><u>Neal Center</u> <b>3:30 PM</b> Darts</p>	<p><u>Gardner-Webb Univ.</u> <b>9:00 AM</b> <b>All Swimming Events</b> 25 yd. Backstroke 25 yd. Freestyle 25 yd. Butterfly 50 yd. Backstroke 50 yd. Freestyle 50 yd. Butterfly 100 yd. Backstroke 100 yd. Freestyle 100 yd. Butterfly 100 yd. Individual Medley 200 yd. Backstroke 200 yd. Freestyle 200 yd. Butterfly 200 yd. Individual Medley 400 yd. Individual Medley 500 yd. Freestyle</p> <p><u>Patrick Senior Center</u> <u>Kings Mountain</u> <b>9:00 AM</b> Men's Billiards <b>10:45 AM</b> Women's Billiards</p> <p><u>The Patrick Center</u> <b>12:30pm-Lunch</b> Please check here if you will be having lunch</p> <p><u>Shelby City Park</u> <b>1:30 PM</b> Bocci <b>3:30 PM</b> Chair Volleyball</p>	<p><u>Shelby City Park</u> <b>9:00 AM</b> Shuffleboard <b>11:00 AM</b> Basketball Shoot</p> <p><b>12:30pm-Lunch</b> Please check here if you will be having lunch</p> <p><u>Shelby City Park</u> <b>1:30 PM</b> Women's Table Tennis Men's Cornhole <b>2:00 PM</b> Women's Table Tennis Doubles Partner _____ <b>2:30 PM</b> Table Tennis Mixed Doubles Partner: _____ <b>2:50 PM</b> Men's Table Tennis Singles Women's Cornhole <b>3:20 PM</b> Men's Table Tennis Doubles Partner: _____</p>	<p><u>JL Suttle Tennis and Pickleball Complex</u> <b>8:30 AM</b> Pickleball Singles <b>10:30 AM</b> Pickleball Doubles Partner: _____</p> <p><u>Shelby City Park</u> <b>12:30pm-Lunch</b> Please check here if you will be having lunch</p> <p><u>JL Suttle Tennis and Pickleball Complex</u> <b>1:00 PM</b> Pickleball Mixed Doubles Partner: _____</p>	<p><u>"The Big E" Gaffney, SC</u> <b>9:00 AM</b> Bowling Singles Bowling Doubles Partner _____ Bowling Mixed Doubles Partner _____ <b>11:00 AM</b> Miniature Golf <b>1:00 PM</b> Tennis Singles Tennis Doubles Partner: _____ Tennis Mixed Doubles Partner: _____</p> <p><u>Activity Field</u> <b>2:30 PM</b> Women's Croquet Men's Horseshoes <b>4:00 PM</b> Men's Croquet Women's Horseshoes</p> <p>Saturday, April 13, will be used as a "Rain Date" for making up any events rained out over the week.</p>

**Special information about Track & Field Events on April 8**

To enable the Track & Field Events on Monday, April 8, to move faster with less waiting for everyone, the events will be played in groups. The chart below shows the arrangement of each event, listed by gender and age bracket.

Starting with the 1st event, while the Men 50-59 are doing the softball throw, the women, age 50-59, are doing the Football Throw. Meanwhile, the men age 60-69 will be doing the Shot Put, while the women age 60-69, will be doing Discus. At the same time, Men age 70+, will be doing the Standing Long Jump, while women age 70+ will be doing the Running Long Jump.

**This will enable everyone participating in a Track & Field event to do an activity at the same time. When that group has completed their events, everyone regroups for the 2nd event, and so on. This will make the Track & Field events play much faster and smoother, with much less waiting between events.**

	Men 50-59	Women 50-59	Men 60-69	Women 60-69	Men 70+	Women 70+
1st Event	Softball Throw	Football Throw	Shot Put	Discus	Standing Long Jump	Running Long Jump
2nd Event	Football Throw	Softball Throw	Discus	Shot Put	Running Long Jump	Standing Long Jump
3rd Event	Shot Put	Discus	Standing Long Jump	Running Long Jump	Softball Throw	Football Throw
4th Event	Discus	Shot Put	Running Long Jump	Standing Long Jump	Football Throw	Softball Throw
5th Event	Standing Long Jump	Running Long Jump	Softball Throw	Football Throw	Shot Put	Discus
6th Event	Running Long Jump	Standing Long Jump	Football Throw	Softball Throw	Discus	Shot Put

## **2024 CLEVELAND COUNTY SENIOR GAMES OFFICIAL SPORTS AND EVENTS**

**(EXCEPT WHERE NOTED, ALL FEES ARE COVERED IN ENTRY FEE)**

**Visit the NCSG web site: [www.ncseniorgames.org](http://www.ncseniorgames.org) for rules and State Finals details**

### **Badminton (Singles, Doubles, and Mixed Doubles)**

**Format: Match-best of 3 series to 21 points.**

### **Basketball Shooting**

**Format: Three shots from each of six designated areas of the court.**

### **Bocce**

**Format: Best 2 out of 3 games**

### **Bowling - (Singles, Doubles, and Mixed Doubles)**

**Fees: Shoe rental is free; charge is \$3.00 per game, payable upon arrival at "The Big E".**

**Competition: Singles, Doubles & Mixed Doubles**

**Format: Scratch Tournament - 3 Game Series**

### **Corn Hole**

**Format: Best 2 out of 3 games.**

### **Croquet**

**Format: One game is played only.**

### **Field Events (Discus, Shot Put, Running Long Jump, and Standing Long Jump)**

**See rules for format of each event.**

### **Horseshoes**

**Format: One ten-inning game of 20 shoes or a player reaches 21 points, whichever comes 1st; single elimination.**

### **Pickle Ball**

**Format: Singles, Doubles and Mixed Doubles.**

### **Putt-Putt (Miniature Golf)**

**Fees: \$5 per person, payable upon arrival at "The Big E"**

**Format: Completion of 18 holes**

### **Shuffleboard**

**Format: Eight-inning game; Best 2 out of 3 (2 courts available for play).**

### **Softball Throw**

**Format: Five throws for distance and accuracy**

### **Softball Tournament**

**Format: Team Sport; Three games at local level**

### **Swimming (Six events max per person)**

**25\*, 50, 100, 200, 500 yard Freestyle**

**25\*, 50, 100, 200 yard Backstroke**

**25\*, 50, 100, 200 yard Breaststroke**

**25\*, 50, 100, 200 yard Butterfly**

**100, 200, 400 yard Individual Medley**

**Format: U. S. Swimming Rules**

**\*25 yard swimming events are not offered at State Finals.**

### **Table Tennis - Singles, Doubles, and Mixed Doubles**

**Format: Best 2 out of 3 eleven-point games.**

### **Tennis - Singles, Doubles, Mixed Doubles**

**Format: Best 2 out of 3 Sets.**

### **Track Events (5k, 1500 Meter Race Walk/ 10k Run, 50, 100, 200, 400 Meter Dash)**

**Format: USA Track & Field Rules.**

To promote total health and physical fitness, events of longer duration and lower intensity (i.e. 1500m walk) are strongly recommended. High intensity types of activities (i.e., 100m and Running Long Jump) are primarily for the conditioned, trained athlete.

## **DATES TO KEEP IN MIND**

**REGISTRATION OPENS:  
January 25, 2024**

**“Early-Bird” Registration ends:  
March 8, 2024**

**All Senior Games Registration ends:  
March 15, 2024**

**To cancel and still receive a refund: March 15, 2024**

**ALL REGISTRATION/ENTRY FORMS MUST BE RECEIVED BY THE COA/NEAL CENTER BY THE DESIGNATED DEADLINE DATES. THERE ARE NO EXCEPTIONS. THE DEADLINE IS STRICTLY ENFORCED IN FAIRNESS TO ALL PARTICIPANTS.**

**SENIOR GAMES/SILVERARTS CLOSING EVENT:  
Friday, May 17, 2024 at Terra Bella**

## **LOCATIONS OF ALL EVENTS**

**Gardner-Webb University**  
110 South Main Street  
Boiling Springs, NC 28017  
**Phone: 704/406-4000**

**Shelby High School**  
230 E. Dixon Blvd.  
Shelby, NC 28150  
**Phone: 704/476-8325**

**Shelby City Parks  
and Recreation**  
850 West Sumter St.  
Shelby, NC 28150  
**Phone: 704/481-6821**

**The Neal Center**  
100 T.R. Harris Drive  
Shelby, NC 28150  
**Phone: 704/482-3488**

**The Big “E”**  
1100 Factory Shops Blvd.  
Gaffney, SC 29340  
**Phone: 864/489-1515**

**The Patrick Senior Center**  
909 East King Street  
Kings Mountain, NC 28086  
**Phone: 704/734-0447**

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<p><u>Shelby City Park</u> <b>8:00 AM</b> Opening Ceremony &amp; Light Breakfast</p> <p><b>8:30 AM</b> Warm-Up with Toni Zeberling</p> <p><b>8:45-9:30 AM</b> SilverStriders Fun Walk</p> <p><b>*9:30 AM</b> <u>(see Special Information on the back of this sheet.)</u></p> <p>Discus Running Long Jump Standing Long Jump Shot Put Football Throw Softball Throw</p> <p><u>Shelby High School</u> <b>10:45-11:30 AM</b> 50 Meter Dash 100 Meter Dash 200 Meter Dash 400 Meter Dash 800 Meter Dash</p> <p><u>Shelby City Park</u> <b>12:00 noon-Lunch</b> please check here if you will be having lunch</p> <p><b>1:00 PM</b> Badminton Singles Badminton Doubles Partner _____ Badminton Mixed Doubles partner: _____</p> <p><u>Neal Center</u> <b>3:30 PM</b> Darts</p>	<p><u>Gardner-Webb Univ.</u> <b>9:00 AM</b> <b>All Swimming Events</b> 25 yd. Backstroke 25 yd. Freestyle 25 yd. Butterfly 50 yd. Backstroke 50 yd. Freestyle 50 yd. Butterfly 100 yd. Backstroke 100 yd. Freestyle 100 yd. Butterfly 100 yd. Individual Medley 200 yd. Backstroke 200 yd. Freestyle 200 yd. Butterfly 200 yd. Individual Medley 400 yd. Individual Medley 500 yd. Freestyle</p> <p><u>Patrick Senior Center</u> <u>Kings Mountain</u> <b>9:00 AM</b> Men's Billiards <b>10:45 AM</b> Women's Billiards</p> <p><u>The Patrick Center</u> <b>12:30pm-Lunch</b> Please check here if you will be having lunch</p> <p><u>Shelby City Park</u> <b>1:30 PM</b> Bocci <b>3:30 PM</b> Chair Volleyball</p>	<p><u>Shelby City Park</u> <b>9:00 AM</b> Shuffleboard <b>11:00 AM</b> Basketball Shoot</p> <p><b>12:30pm-Lunch</b> Please check here if you will be having lunch</p> <p><u>Shelby City Park</u> <b>1:30 PM</b> Women's Table Tennis Men's Cornhole <b>2:00 PM</b> Women's Table Tennis Doubles Partner _____ <b>2:30 PM</b> Table Tennis Mixed Doubles Partner: _____ <b>2:50 PM</b> Men's Table Tennis Singles Women's Cornhole <b>3:20 PM</b> Men's Table Tennis Doubles Partner: _____</p>	<p><u>JL Suttle Tennis and Pickleball Complex</u> <b>8:30 AM</b> Pickleball Singles <b>10:30 AM</b> Pickleball Doubles Partner: _____</p> <p><u>Shelby City Park</u> <b>12:30pm-Lunch</b> Please check here if you will be having lunch</p> <p><u>JL Suttle Tennis and Pickleball Complex</u> <b>1:00 PM</b> Pickleball Mixed Doubles Partner: _____</p>	<p><u>"The Big E" Gaffney, SC</u> <b>9:00 AM</b> Bowling Singles Bowling Doubles Partner _____ Bowling Mixed Doubles Partner _____ <b>11:00 AM</b> Miniature Golf <b>1:00 PM</b> Tennis Singles Tennis Doubles Partner: _____ Tennis Mixed Doubles Partner: _____</p> <p><u>Activity Field</u> <b>2:30 PM</b> Women's Croquet Men's Horseshoes <b>4:00 PM</b> Men's Croquet Women's Horseshoes</p> <p>Saturday, April 13, will be used as a "Rain Date" for making up any events rained out over the week.</p>

## **TAKING CARE OF YOURSELF**

**Tapering:** Tapering is simply a period of time lasting from a few days to a few weeks when both the intensity and the duration of your workouts decrease. Tapering before your event gives the body time to recover, rest, build and gather strength before the real challenge of your event is undertaken. Specifically, tapering is a brief period of alternating rest and easy workouts for a few days prior to your event. This allows the body (especially the legs) to recover from the accumulation of hard workouts during previous weeks and build to a peak on the day of your event.

**Eat Right:** Try to develop the habit of eating and drinking wisely and stick to your routine. Avoid alcohol, since even a small amount the night before an event will diminish your ability to perform well. The pre-game meal should satisfy the following requirements; be high in carbohydrates (bread, spaghetti, potatoes, fruit and fruit juices) but low in sugar, be low in protein and fat, contain at least three glasses of liquid and be easily digestible.

**Hydration:** Be sure to drink water everyday and don't rely on thirst to let you know when you need water. It is recommended that the average adult drink eight 8-ounce glasses of water a day. Since runners and other athletes lose lots of liquid in sweat, you need even more than the average requirement, especially when exercising. Drink 8 to 16-ounces of water before exercising and 3 to 6-ounces every 15 minutes during exercise. Drinking water can cool you off during a hot workout, give you the energy to finish your event and even affect your blood flow.

**Sleep:** Be kind to your body, as athletes need plenty of sleep. Make sure you get enough sleep the night before your event. Relax and enjoy the 24 hours leading to your event. By training properly you have allowed your body this rest period that will help you reach your maximum.

**Warm-up Before Competing:** Realize that a person 50 years of age and older requires more time to warm-up than a younger person. It is necessary to avoid injury and allow the body to build up its circulation, respiration and body heat, which are necessary to a good performance. A great way to warm-up is to specifically warm-up the body parts to be used in the event you will be performing. You can do this by starting the activity at a low intensity. For example, if you plan to do the 5K Run, start off at a slow pace until you are warmed up. Now, stretch from head to toe.

**Equipment:** Take along everything you need. Eliminating possible distractions is better than getting to your event and discovering that you have forgotten something. Some athletes make a checklist of what to take-everything from extra shoelaces to raingear. Whatever you do, don't forget that the weather can change, since it can be unpredictable.

