



2008 GREATER NEW ORLEANS DISTRICT SENIOR OLYMPIC GAMES Individual Entry Form

March 1 – April 7, 2008
Entry Deadline February 25

Mission

Our Mission is to provide seniors over the age of 50, quality venues to participate in a variety of athletic, recreational and social activities, all of which promote wellness and an active lifestyle.

Life Begins at 50!



Ray Brandt Auto
Proud to Sponsor GNOSO
2008 Games

GNOSO 2008 TEAM ROSTER FORM – ALL SPORTS

Team Name _____	Age Group _____
Team Sport _____	Men _____ Women _____ Mixed _____
Age group determined by youngest member of team. Please list captain first.	

RETURN THIS PAGE IF YOU ARE A TEAM CAPTAIN OR A TEAM COACH. Submit only one Roster per Team. We MUST be able to contact the team via cell phone. MAIL COMPLETED FORM to: Jefferson Parks & Recreation, 6921 Saints Drive, Metairie, LA 70003, Attention: Janey Witt-Perez. OR FAX form to Janey (504) 736-8470(mark it “Attention: Janey”) or Bernice Bordelon at (504) 834-5279 (The information in the FIRST Boxed line, below, is an EXAMPLE (Ex) of the information required.)

	NAME First MI Last	ADDRESS Street/City/Zip	(AC) Phone #; Cell and Daytime #	D.O.B. (M/D/YY) Age
Ex	John D. Doe	123 Any Street Metairie, LA 70001	(504) 737-0000 – Cell (504) 737-1234 – Day	6/29/37 Age 71
1			() -	
2			() -	
3			() -	
4			() -	
5			() -	
6			() -	
7			() -	
8			() -	
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10			() -	
11			() -	
12			() -	
13			() -	
14			() -	
15			() -	



GREATER NEW ORLEANS DISTRICT SENIOR OLYMPIC GAMES

Program Directors: Bernice Bordelon (504) 834-5279 Fax (504) 834-5279
Bill Pryor (504) 737-5613, billpryor1@cox.net
Rusty Berridge: (504) 621-8677

GNO Senior Olympics
P.O. Box 6255
Metairie, LA 70009-6255
On the Web: <http://www.gnoso.net/>

GENERAL ENTRY INFORMATION

DATES: Saturday March 1 - Monday April 7 2008

REGISTRATION: Return the attached entry form, fee payment, and signed liability waiver by entry deadline, February 25, 2008.

FEES:

Entry Fee (for three (3) sports)*	\$ 15.00
Each additional sport	\$ 3.00
*Official t-shirt and banquet ticket are included.	
Additional fees apply for the following sports:	
Golf	\$ 25.00
Bowling	\$ 6.00
Tennis	\$ 5.00
Additional banquet guests: Each	\$ 3.00
5-K Run & Race Walk	\$ 15.00
(United Way Mississippi Bridge Run)	

ELIGIBILITY: Any person 50 years or older as of December 31, 2008 is eligible to participate.

AGE GROUPS: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+. Age groups are determined by age as of December 31, 2008. Age divisions for doubles/teams determined by youngest partner/member.

EVENT SELECTION: It is the responsibility of the participants to carefully select their events, considering possible overlap. Event start times will be strictly enforced. Absentees will be scratched.

GUESTS: Family and friends are welcome and encouraged to attend all events free of charge.

CANCELLATIONS/POSTPONEMENTS: Games officials reserve the right to cancel or postpone events due to inclement weather or unusual circumstances or insufficient entries. All changes in the scheduled Events will be posted to <http://www.gnoso.net>

ENTRY DEADLINE: February 25, 2008 (unless indicated in special instructions section of event schedule). No refunds given after February 28, 2008.

AWARDS: Medals will be presented to first through third place individual winners in-district and actual order for out-of-district participants.

TEAMS AND DOUBLES: Each member of a team and both doubles members must submit an individual signed application, release, and entry fee. **Team captains** must submit a team roster (see inside front cover) for the team to be eligible for team competition.

DISTRICT GAMES: Athletes must compete in one of the 2008 District Games to compete in the 2008 State Games in the following events: Bowling singles (top 3 scratch score places), Golf, Shuffleboard, Table Tennis Singles, Horseshoes, Discus, Javelin, Shot Put, and Team Dancing. Athletes may also qualify by meeting minimum qualifying standards for scored sports. See sports coordinators for qualifying requirements.

LSOG INFO: (225) 925-1748 or 1-800-799 8309
Louisiana Senior Olympic Games
P.O. Box 14748
Baton Rouge, LA 70898-4748 Or <http://www.lso.net>

EVENT ADDRESS AND PHONE NUMBER INFORMATION

Bayou Barriere Golf Course

7427 Highway 23
Belle Chasse, LA
(504) 394-9500

City Park of New Orleans (Tennis Courts)

Victory Drive @ Anseman
New Orleans, LA
(504) 483-9383

Elmwood Fitness Center

1200 S. Clearview Parkway, Suite 1200
Harahan, LA 70123
(504) 733-1600

Colonial Lanes

5525 Jefferson Highway
Harahan, LA
(504) 443-5353

Italian American Bocce Club

2340 Severn Ave.
Metairie, LA
(504) 838-7123

Kings Grant Playground

3805 15th St.
Harvey, LA
(504) 349-5040

Belle Terre Playground

5600 Belle Terre Rd.
Marrero, LA
(504) 349-5044

Johnny C. Bright Playground Gym

3401 Cleary Ave.
Metairie, LA
(504) 838-1037

Mike Miley Playground

6716 W Metairie Ave
Metairie, LA
(504) 736-8461

Corner Pocket

2424 Williams Blvd
Kenner, LA
(504) 469-2003

Clearview Mall

4436 Veterans Memorial Blvd
At the Central Mall Pavilion
Metairie, LA

Jefferson Parish Softball Complex

6928 Saints Drive
Metairie, LA 7003

Tulane University – Reily Student Center

6823 St. Charles Ave. (on Ben Weiner Drive
New Orleans, LA and Claiborne Ave -
(504) 865-5431 access via Willow St.)

Waggaman Horseshoe Pits

516 Dandelion Dr.
Waggaman, LA
(504) 736-8468

Thomas Jefferson Park

On the Levee Opposite Park.
Waggaman, LA

Jewish Community Center

5342 Saint Charles Ave.
New Orleans, LA
(504) 897-0147

YMCA of Greater New Orleans

6691 Riverside Dr.
Metairie, LA
(504) 888-9622

Lakeshore Cycling Course

Lakeshore Drive & Elysian Fields
New Orleans, LA
(504) 908-8771

PARD Gym

5185 Eighty Arpent Rd.
Marrero, LA
(504) 349-5042

Harahan Gym

6601 Tenth St.
Harahan, LA
(504) 737-2166

Delta Gym

8501 West Metairie Rd.
Metairie, LA
(504) 736-8463

Jefferson Golden Age Center

4401 South Drive
Jefferson, LA

East Bank Bridge Park

Under Luling Bridge (Mississippi Bridge Run)
Destrehan, LA

**OFFICIAL 2008 GNO SENIOR OLYMPICS
INDIVIDUAL ENTRY/ PARTICIPANT WAIVER FORM
PLEASE COMPLETE REQUIRED INFORMATION AND MAIL IT, WITH FEES, TO:**

Greater New Orleans Senior Olympics, P.O. Box 6255 Metairie, LA 70009-6255

Last Name _____ **First Name** _____ **MI** _____

Address _____ **PARISH** _____

CITY: _____ **STATE** _____ **ZIP** _____

Phone home _____ **Phone work** _____ **Sex** _____

Age as of 12/31/08 _____ **Date of Birth** _____ **E-mail:** _____

PARTICIPANT WAIVER SIGN BELOW

In consideration of being allowed to participate in any way in the Greater New Orleans District Senior Olympic Games 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/or heirs, assigns, personal representatives and next of kin, HEREBY RELEASE the Greater New Orleans Senior Olympics, its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of the 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 of 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, the undersigned participant, grant to the Greater New Orleans Senior Olympics the right to use any pictures taken of me during the Greater New Orleans Senior Olympics without my remuneration and in any medium the photographer/staff sees fit for art, advertisement, exhibition, editorial, or any purpose whatsoever.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULL UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

SIGNATURE _____ **PRINTED** _____ **DATE** _____

EMERGENCY CONTACT _____ **Phone** _____

**OFFICIAL 2008 GNO SENIOR OLYMPICS
2008 ENTRY FEE SCHEDULE**

RETURN THIS PAGE with CHECK or MONEY ORDER for fees to:

Greater New Orleans Senior Olympics, P.O. Box 6255 Metairie, LA 70009-6255
Entry fees must be sent with this form to be eligible.

Entry Fee for 3 Sports:_____	\$15.00	\$ 15.00
Each Additional Sport:_____	\$ 3.00	\$ _____
Golf Fee: _____	\$25.00	\$ _____
Bowling Fee: (Singles, Doubles or Mixed Doubles) _____ each	\$ 6.00	\$ _____
Tennis Fee: (Balls Provided) _____	\$ 5.00	\$ _____
*5-K Run & Race Walk (NOTC Event) _____	\$ 15.00	\$ _____
Number of Banquet Guests_____		
Banquet Guest Fee - \$3.00 Times # guests you bring:_____	\$	\$
<i>I WILL ATTEND THE BANQUET: __YES __NO</i>		
To Help Support the GNOSO I have enclosed a donation of _____	\$	
(All donations are tax deductible)		
TOTAL AMOUNT ENCLOSED_____		\$ _____
Checks Payable to: GNO Senior Olympic Foundation		

All participants will receive an original GNO Senior Olympic T-Shirt and Banquet Ticket.
*United Way Mississippi River Bridge 5K Run/Walk: Register via this entry form. GNOSO will enter you in the NOTC Event. Pick up GNOSO tee-shirt AND race tee shirt on Race Day.

NOTE: This is the largest run/walk among the numerous races held on bridges across the Mississippi River in the nation.

All Entrants - Circle your size preference (*Size not guaranteed*)

M L XL XXL XXXL

Mail Entry Form
(pages 5, 6, 7 and 8) to:

GNO Senior Olympics
P.O. Box 6255
Metairie, LA 70009-6255

2008 Individual⁽¹⁾ Events (Return this page)

Circle the Events in which you will participate & list partner

Qualifying Events for the 2008 State Games indicated by *

⁽¹⁾ Use Next Page to Register for TEAM Events

5 K Run **5K Race Walk** (United Way Mississippi Bridge Run by NOTC –Destrehan, LA – NOTE A)

5 K Walk **1 Mile Recreational Walk**

ARTS & CRAFTS

Needlework _____ Beading/Jewelry _____

Ceramics _____

Woodworking _____

Photography _____

Painting _____

BASKETBALL

Hot Shot - One-on-One

Basketball Free Throw

BILLIARDS

BOWLING

*Singles

Doubles (Partner _____)

Mixed (Partner _____)

BRIDGE

CYCLING 5k 10k

***GOLF** Stroke Play

*HORSESHOES

PHYSICAL FITNESS CHALLENGE

PICKLE BALL

Doubles (Partner _____)

Mixed (Partner _____)

RACQUETBALL

Singles

Doubles (Partner _____)

*SHUFFLEBOARD

Doubles (Partner _____)

SWIMMING (Events listed in order as they will occur on day of event. Women precede men.) Circle up to 6 events you wish to enter.

Women	Men	Event	Seed Time
1	2	50y Freestyle	_____
3	4	100y Breaststroke	_____
5	6	200Y Backstroke	_____
7	8	50y Butterfly	_____
9	10	200y Freestyle	_____
11	12	50y Breaststroke	_____
13	14	100y Backstroke	_____
15	16	100y Freestyle	_____
17	18	100y Individual Medley	_____
17	18	100y Individual Medley	_____

SWIMMING (Continued)

Seed Time

19 20 50y Backstroke _____

21 22 500y Freestyle _____

TRACK & FIELD EVENTS (Events listed in order of their progression on day of event.)

Track Events

1 50m Dash

2 100m Sprint

3 800m Race Walk

4 800m Run

5 200m Run

6 1500m Race Walk

7 400m Run

8. 1500m Run

Field Events

1. Long Jump

2. High Jump

3. *Discus

4. *Javelin

5. *Shot Put

TABLE TENNIS

*Singles

Doubles (Partner _____)

Mixed (Partner _____)

TEXAS HOLD'EM

TENNIS

Singles

Doubles (Partner _____)

Mixed (Partner _____)

THE THROWS

1 Football Accuracy

2. Frisbee Accuracy

3 Softball Accuracy

4 Softball Distance

WASHER PITCH

WEIGHTLIFTING

1 Bench Press

2 Clean and Jerk

3 Arm Curl with Free Weights

NOTE A If you Register for this event GNOSO will - submit your entry to NOTC. You save \$5.00 on the race. For more information on the race visit the NOTC Website at www.runNOTC.org

2008 TEAM Events (Return this page)

Circle the appropriate events for your Team below

Qualifying Events for the 2008 State Games indicated by *

EACH COACH OR CAPTAIN MUST SUBMIT THE TEAM ROSTER FORM (Page 2 of this Entry Form - the inside front cover), and return it with your individual entry, OR fax it to (504) 736-8470; mark it "Attention -Janey" or fax it to Bernice Bordelon at (504) 834-5279.

Basketball **3 on 3** **M or F** **Age Group** _____
Team Name _____

Captain's Name _____ Phone: () _____

Bocce Ball – 4-Player Teams **Age Group** _____
Team Name _____

Captain's Name _____ Phone: () _____

Player 1 Name _____ Player 2 Name _____

Player 3 Name _____ Player 4 Name _____

Cabbage Ball (Ladies') **Age Group** _____
Team Name _____

Captain's Name _____ Phone: () _____

Softball (Men) **Age Group** _____
Team Name _____

Captain's Name _____ Phone: () _____

Volleyball **M or F** **Mixed** **Age Group** _____
Team Name _____

Captain's Name _____ Phone: () _____

***Team Dance** **__Recreational** **__Advanced** **Age Group** _____
Team Name _____

Captain's Name _____ Phone: () _____

(TEAM EVENT ENTRIES REQUIRE THE COMPLETION OF A TEAM ROSTER FORM. THIS FORM IS INCLUDED AS PAGE 2 OF THIS ENTRY FORM, may be downloaded FROM <http://www.gnosonet.net>. Select Menu item "TEAM ROSTER FORM: PDF." Or an additional copy of the Roster Form may be obtained by calling Janey at (504) 736-6992 or Bernice Bordelon at (504) 834-5279. EACH TEAM MEMBER MUST SUBMIT HIS/HER INDIVIDUAL ENTRY FORM IN ORDER TO PARTICIPATE ON THE TEAM.)
ROSTERS MAY BE SUBMITTED WITH THE CAPTAIN/COACH INDIVIDUAL ENTRY

2008 GREATER NEW ORLEANS SENIOR OLYMPIC GAMES SCHEDULE

(Keep this page)

Event	Check-in	Start	Site	Special Instructions
SATURDAY, March 1				
Cycling	7:30 AM	8:00 AM	Lakeshore Cycle Course Robin Robert	(504) 908-8771
SATURDAY, March 1				
Basketball (Team)			Tulane Reily Center	No Same Day Registration!
Men 3 on 3	8:30 AM	9:00 AM	Susan Johnson	(504) 831-8160
M/W Hot Shot	11:30 AM	12:00 AM	Lorraine Rizzuto	(504) 737-1220
M/W Free Throw	11:30 AM	12:00 AM	Gayle Calato	(504) 834-6574
Women 3 on 3	12:30 PM	1:00 PM		
SUNDAY, March 2				
Softball	8:30 AM	9:00 AM	TBA Henry Francalancia Fred Eitman	Captains will be called (504) 737-2697 (504) 888-3672
SUNDAY, March 2				
Arts & Crafts			Jewish Community Center	
Needlework	1:00 PM	1:30 PM	Janey Witt-Perez	(504) 736-6992
Painting	Ceramics		Rusty Berridge	(504) 621-8677
Woodworking				
Photography				
Beading/Jewelry				
THURSDAY, March 6				
Bridge	9:30 AM	10:00 AM	Lakeshore Playground Carole O'Hare	(Room 3) (504) 456-6384
FRIDAY, March 7				
*Harry Lee Table Tennis				
Women All Ages	8:30 AM	9:00 AM	Belle Terre Playground	NO orange shirts,
Men 75 & Over	9:30 AM	10:30 AM	Mel & Shirley Coulon	Please bring own paddle.
Men 50-74	10:30 AM	11:00 AM	(504) 348-8880	Orange 40 mm balls will
All Doubles	1:00 PM	ASAP		be provided.
SATURDAY, March 8				
5 K Walkathon			Thomas Jefferson Park in Waggaman	
AND	8:30 AM	9:00 AM	Bill Elrod	(985) 785-0950
1 Mile Recreational Walk			Jerry Renz	(504) 436-2742
SATURDAY, March 8				
*Horseshoes				
	10:15 AM	11:00 AM	Waggaman Horseshoe Pit Landry Carmadelle	(504) 431-9092
			Gail Guidry	(504) 431-8136
SUNDAY, March 9				
Women's Cabbage Ball	9:00 AM	9:30 AM	JPRD Softball Complex Janey Witt-Perez	(504) 736-6992
			Thais Lacrouts	(504) 835-1562
SUNDAY, March 9				
Weightlifting	12:30 PM	1:00 PM	YMCA of Greater New Orleans Lou Riecke	(504) 733-7848

2008 GREATER NEW ORLEANS SENIOR OLYMPIC GAMES SCHEDULE

(Keep this page)

Event	Check-in	Start	Site	Special Instructions
MONDAY, March 10				
*Golf	8:00 AM	9:00 AM	Bayou Barriere Lynn Wolken	(504) 835-4456
TUESDAY, March 11				
Pickle Ball	7:30 AM	8:00 AM	Harahan and Delta Gyms Mary Anne Poche Carole Bradford	(504) 239-9406 (504) 488-9564
THURSDAY, March 13				
*Shuffleboard Singles			PARD	
50 – 69	8:00 AM	8:30 AM	Jeanne Ellis/Ronald Roux	(504) 392-5107/436-1151
70+	10:00 AM	10:30 AM		
FRIDAY, March 14				
*Shuffleboard Doubles	8:00 AM	8:30 AM	PARD Jeanne Ellis/Ronald Roux	(504) 392-5107/436-1151
SATURDAY, March 15				
Tennis M/W Singles, then MW Doubles then Mixed	7:30 AM	8:00 AM	City Park of New Orleans Bill Pryor	(504) 737-5613 Tennis Balls will be provided
SATURDAY, March 15				
Volleyball Men & Mixed Follows Men	9:00 AM	9:30 AM	Mike Miley Gym Janey Witt-Perez Pat Dover	(504) 736-6992 (504) 895-8888
SUNDAY, March 16				
Bill Klock Track & Field				Same day registration 8:00 - 9:00 AM, but no guarantee of t-shirt. Order of events as listed on Entry Form.
Track Events	8:00 AM	9:00 AM	Kings Grant Playground	
*Field Events	9:30 AM	10:15 AM	Bernice Bordelon (504) 834-5279	
TUESDAY, March 18				
Bowling *Singles	8:30 AM	9:00 AM	Colonial Lanes Note \$6.00 per event Extra Nova Dee Carbo	(504) 341-1876
WEDNESDAY, March 19				
Bowling Doubles Mixed Doubles	8:30 AM 12:30 PM	9:00 AM 1:00 PM	Colonial Lanes Note \$6.00 per event Extra Nova Dee Carbo	(504) 341-1876
TUESDAY, March 25				
Physical Fitness Challenge	9:30 AM	10:00 AM	YMCA of Greater New Orleans Bernice Bordelon	(504) 834-5279
FRIDAY, March 28				
The Throws Men Women	8:30 AM 10:30 AM	9:00 AM 11:00 AM	PARD Thais Lacrouts	(504) 835-1562

2008 GREATER NEW ORLEANS SENIOR OLYMPIC GAMES SCHEDULE

(Keep this page)

Event	Check-in	Start	Site	Special Instructions
FRIDAY, March 28				
Washer Pitch			PARD	
Women	8:30 AM	9:00 AM	Jane Marchese	(504) 362-4341
Men	10:30 AM	11:00 AM	Dot Touelle	(504) 341-0285
SATURDAY, MARCH 29				
Volleyball			Mike Miley Gym & Johnny Bright Gym	Coordinators will call Team captains with Gym assignments
Women	9:00 AM	9:30 AM	Janey Witt-Perez Pat Dover	(504) 736-6992 (504) 895-8888
SATURDAY, March 29				
*Team Dance			Clearview Mall	
	3:00 PM	3:30 PM	Starlynn Morgan Rusty Berridge	(504) 468-3455 (504) 621-8677
SSUNDAY, March 30				
Bocce			Italian-American Bocce Club	
	11:30 AM	12:00 PM	John Wolken	(504) 835-4456
TUESDAY, April 1				
Billiards			Corner Pocket	
	10:30 AM	11:00 AM	Sonia Belgard	(504) 450-4506
FRIDAY, April 4				
Texas Hold'em			Jefferson Golden Age Center	
	5:30 PM	6:00 PM	Janey Witt-Perez	(504) 736-6992
SATURDAY, April 5				
NOTC 5 K Run and Race-walk (Mississippi River Bridge Run – at East Bank Bridge Park)			Destrehan, LA (United Way Mississippi River Bridge Run - an NOTC event)	
NOTE: This GNOSO event is managed by NOTC. Senior Olympians Register via GNOSO			Jerry Renz Bill Elrod GNOSO will Register you: for the NOTC Event	(504) 436-2742 (985) 785-0950 Pick up Race Packet from GNOSO check-in desk on-site on Race Day
SUNDAY, April 6				
Elmwood Swimming Event			Elmwood Fitness	Events in order listed
	9:00 AM	10:00 AM	Bill Jennings	(504) 887-3530
SUNDAY, April 6				
Racquetball Tournament			Elmwood Fitness Center	
	10:00 AM	10:30 AM	Al Reagle	(504) 858-2305
Singles and Doubles			On-site Registration Okay	Please bring balls & equip- ment. Free showers & lockers
MONDAY, April 7				
BANQUET			Mike Miley Gym	
	6:00 PM		Pat Dover	(504) 895-8888



Greater New Orleans Senior Olympics
P.O. Box 6255
Metairie, LA 70009-6255

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2008
GREATER NEW ORLEANS DISTRICT
SENIOR OLYMPIC GAMES

New Orleans, LA
March 1 – April 7

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