



## 2023 LOUISIANA SENIOR GAMES ASSOCIATION

### Individual Entry Form

**[www.laseniorgames.org](http://www.laseniorgames.org)**  
**PLEASE CHECK WEBSITE FOR UPDATES AND  
START TIMES FOR YOUR AGE GROUP**

August thru November

2023 Entry Deadline:

**EACH EVENT HAS ITS OWN DEADLINE...PLEASE CHECK YOUR EVENT**

*Mission: LSGA is a sports organization that promotes physical fitness  
and quality life for people age 50 and over.*

*We plan, promote, and conduct a statewide program which includes competitions  
held at the local and district level,  
an annual State event and participation in the biennial National Games.*

*Life Begins at 50!*

**2023 TEAM ROSTER**

**COACH/CAPTAIN MUST SUBMIT THE TEAM ENTRY. EACH TEAM MEMBER MUST SUBMIT HIS/HER INDIVIDUAL ENTRY FORM WITH FEES IN ORDER TO PARTICIPATE ON THE TEAM**

Team Name: \_\_\_\_\_ Age Group: \_\_\_\_\_

Note: The age is determined by the youngest team member, see age group on page 3.

Captain's Name: \_\_\_\_\_ Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Captain's E-mail Address \_\_\_\_\_

<input type="checkbox"/> Basketball	3 on 3	<input type="checkbox"/> Male	<input type="checkbox"/> Female
<input type="checkbox"/> Softball	10 Player Team		
<input type="checkbox"/> Volleyball	6 Player Team	<input type="checkbox"/> Male	<input type="checkbox"/> Female

**Team Roster**

1	Player Name:	Age:	D.O.B.	Home No:	Cell No:		
	Address:			City:		Zip:	State:
2	Player Name:	Age:	D.O.B.	Home No:	Cell No:		
	Address:			City:		Zip:	State:
3	Player Name:	Age:	D.O.B.	Home No:	Cell No:		
	Address:			City:		Zip:	State:
4	Player Name:	Age:	D.O.B.	Home No:	Cell No:		
	Address:			City:		Zip:	State:
5	Player Name:	Age:	D.O.B.	Home No:	Cell No:		
	Address:			City:		Zip:	State:
6	Player Name:	Age:	D.O.B.	Home No:	Cell No:		
	Address:			City:		Zip:	State:
7	Player Name:	Age:	D.O.B.	Home No:	Cell No:		
	Address:			City:		Zip:	State:
8	Player Name:	Age:	D.O.B.	Home No:	Cell No:		
	Address:			City:		Zip:	State:
9	Player Name:	Age:	D.O.B.	Home No:	Cell No:		
	Address:			City:		Zip:	State:
10	Player Name:	Age:	D.O.B.	Home No:	Cell No:		
	Address:			City:		Zip:	State:
11	Player Name:	Age:	D.O.B.	Home No:	Cell No:		
	Address:			City:		Zip:	State:
12	Player Name:	Age:	D.O.B.	Home No:	Cell No:		
	Address:			City:		Zip:	State:

Louisiana State Senior Games Association  
2023 Games

LSGA Website: [www.lsg1.org](http://www.lsg1.org)

**GENERAL ENTRY INFORMATION**

**The 2023 Louisiana Senior Games Association  
Are hosted by the Board of Directors**

**DATES:**

September 2023 thru November 2023

**REGISTRATION:** Return the attached entry form, fee payment and signed liability waiver by entry deadline. **Form should be postmarked by the event deadline. NO EXCEPTIONS**

**FEES:**

Entry Fee (for three (3) sports)	\$ 40.00
Each additional sport	\$ 5.00

**ADDITIONAL** fees are **REQUIRED** if you sign up for the following sports:

Golf	\$ 45.00
Bowling (per event)	\$ 7.50
Pickleball	\$ 15.00
Tennis	\$ 7.00
T-Shirts	\$ 10.00

**ELIGIBILITY:** Any person 50 years or older as of December 31, 2023 is eligible to participate. Athletes 40 and over may sign up for Track & Field events.

**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, 2018. Age divisions for doubles/teams determined by youngest partner/member.

**YOU ARE TO SHOW UP AT YOUR  
EVENT UNLESS NOTIFIED BY GAME  
ORGANIZERS.**

**PLEASE CHECK THE WEBSITE FOR ANY  
CHANGES AND START TIMES  
FOR YOUR AGE GROUP**

[www.laseniorgames.org](http://www.laseniorgames.org)

**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.

**CANCELLATIONS/ POSTPONEMENTS:** Game officials reserve the right to cancel or postpone events due to inclement weather, unusual circumstances, or insufficient entries. **All changes in the scheduled events will be posted to: [www.laseniorgames.org](http://www.laseniorgames.org)**

**ENTRY DEADLINE:** Check your individual event. No refunds given after posted event deadline. **NO EXCEPTIONS!!!**

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

**TEAMS AND DOUBLES:** Each member must submit an individual signed application, release, and entry fee.

**Team captains** must submit a team roster for the team to be eligible to qualify for Nationals.

**PARTNER FIND**

Are you looking for a partner in a sport that is doubles or four to a team? In most cases, the venue coordinator will make every effort to find you a partner. You may contact the coordinator before the event (all coordinators and their phone numbers are listed in this packet); however, this is not necessary. Every effort will be made to place you with someone.

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

**YOU ARE TO SHOW UP AT YOUR EVENT UNLESS NOTIFIED BY GAME ORGANIZERS**  
**YOU WILL NOT RECEIVE CONFIRMATION**  
**EVENT ADDRESS AND PHONE NUMBER INFORMATION**  
PLEASE CHECK THE WEBSITE FOR CHANGES

[www.lsog1.org](http://www.lsog1.org)

<b>Date</b>	<b>Event</b>	<b>SITE and ADDRESS</b>
<b>October 27 &amp; 28, 2023</b>	<b>Bowling</b>	<b>Four Season Bowling Alley 3510 North Blvd Alexandria, La</b>
<b>TBA</b>	<b>Shuffleboard</b>	<b>TBA Janey Perez</b>
<b>TBA</b>	<b>Throws/Fun Events</b>	<b>TBA Janey Perez</b>
<b>October 19, 2023</b>	<b>Golf</b>	<b>Oakwings Golf Club 2345 Vandenburg Dr., Alexandria, La</b>
<b>October 20, 2023</b>	<b>Swimming</b>	<b>Louisiana Athletic Club 1135 Expressway Dr. Pineville, La</b>
<b>October 28, 2023</b>	<b>Cycling 5K, 10K, 20K</b>	<b>Woodworth Firing Range Range Rd. Woodworth, La</b>
<b>October 4 &amp; 5, 2023</b>	<b>Pickleball</b>	<b>Greenwood Park 13350 Hwy 19 Baker, La</b>
<b>November 11, 2023</b>	<b>Track &amp; Field</b>	<b>SLU LAA10309 LAA Track Hammond , La</b>
<b>TBA</b>	<b>Tennis</b>	<b>TBA</b>
<b>TBA</b>	<b>Cornhole</b>	<b>TBA</b>
<b>TBA</b>	<b>Volleyball</b>	<b>TBA</b>

**INDIVIDUAL ENTRY/ PARTICIPANT WAIVER FORM**  
**RETURN THIS FORM, AFTER COMPLETING AND INCLUDE ALL FEES**

Mail to: Louisiana Senior Games Association,  
209 East Shamrock Street  
Pineville, LA 71360 6255

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Parish:** \_\_\_\_\_ **Contact Info** \_\_\_\_\_

**Email:** \_\_\_\_\_

**[ ] Male** **[ ] Female** **Age as of 12/31/23** **Date of Birth:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**PARTICIPANT WAIVER SIGN BELOW**

In consideration of being allowed to participate in any way in the Louisiana Senior Games Association 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 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 Louisiana Senior Games Association, 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.

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 Louisiana Senior Games Association the right to use any pictures taken of me during the Louisiana Senior Games 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, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

**PRINT  
NAME:**

**SIGNATURE:**

**DATE:**

## 2023 ENTRY FEE SCHEDULE

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

**Louisiana Senior Games Association, 209 East Shamrock, Pineville, LA 71360-6255**

**Entry fees must be sent with this form to be eligible.**

Entry Fee (allows participation in up to 3 Sports):	\$40.00	<b>\$ 40.00</b>
\$5.00 for each additional sport: ____x \$5.00		\$ _____
<u>Sports Requiring an Additional Fee over the Entry Fee:</u>		
Golf Fee:.....	\$ 45.00	\$ _____
Bowling Fee: (Singles, Doubles or Mixed Doubles) for each event	\$ 7.50	\$ _____
Tennis Fee: (Balls Provided) _____	\$ 7.00	\$ _____
Pickle Ball.....	\$ 15.00	\$ _____
T-Shirts ____ Small ____ Medium ____ Large ____x Large....	\$ 10.00	\$ _____
____ 2 X Large ____ 3X Large.....	\$ 12.00	\$ _____
Celebration of Athlete's.....	\$ 10.00	\$ _____
To Help Support the LSOG 2023 games, I have enclosed a donation of		\$ _____
		_____
(All donations are tax deductible)		
TOTAL AMOUNT ENCLOSED _____	Total	\$ _____
		_____

Make Checks Payable to: L.S.O.G.

**PLEASE NOTE: T-SHIRTS WILL BE AVAILABLE AT EACH EVENT  
FOR \$10.00 for sizes 2 X large and over it is \$12.00.**

**Mail Entry Form and Fees to:**

**LSOG**

**209 East Shamrock Street  
Pineville, LA 71360-6255**

**(Team Captain turns in page 2)**

## OFFICIAL 2023 LSGA ENTRY FORM

Must mark the events your entering:

☐ **BADMINTON**    ☐ Singles  
☐ Doubles        ☐ Mixed Doubles

☐ **BASKETBALL**  
☐ **3 ON 3**    ☐ **MALE**        ☐ **FEMALE**

☐ **BOWLING**        ☐ Singles  
☐ Mixed Doubles (\_\_\_\_\_)  
☐ Doubles        (\_\_\_\_\_)

### Corn Hole

☐ Singles  
☐ Doubles (\_\_\_\_\_)

☐ **CYCLING**  
☐ **5K**    ☐ **10K**    ☐ **20K**

☐ **GOLF** Individual Stroke Play

**PICKLEBALL**  
☐ Singles    ☐ Doubles    ☐ Mixed Doubles

☐ **SHUFFLEBOARD**    ☐ Singles  
☐ Doubles        (Partner \_\_\_\_\_)

☐ **VOLLEYBALL**  
☐ Male    **TEAM** \_\_\_\_\_  
  
☐ Female **TEAM** \_\_\_\_\_

### ( ) Swimming

☐ 50y Butterfly \_\_\_\_\_  
☐ 50y Breaststroke \_\_\_\_\_  
☐ 200y Individual Medley \_\_\_\_\_  
☐ 100y Backstroke \_\_\_\_\_  
☐ 100y Freestyle \_\_\_\_\_  
☐ 100y Individual Medley \_\_\_\_\_  
☐ 50y Backstroke \_\_\_\_\_  
☐ 200y Breaststroke \_\_\_\_\_  
☐ 500y Freestyle \_\_\_\_\_

### TRACK & FIELD EVENTS

#### Track Events

#### Field Events

☐ 50m Dash                      ☐ Long Jump  
  
☐ 100m Sprint                      ☐ High Jump  
☐ 800m Race Walk                      ☐ Discus  
☐ 800m Run                      ☐ Javelin  
☐ 200m Run                      ☐ Shot Put  
☐ 1500m Race Walk                      ☐ Hammer Throw  
☐ 400m Run                      ☐ Pole Vault

☐ **TABLE TENNIS**    ☐ Singles

☐ Doubles    (Partner \_\_\_\_\_)  
☐ Doubles    (Partner \_\_\_\_\_)  
☐ Mixed    (Partner \_\_\_\_\_)

### ☐ THROWS

☐ Football Accuracy                      ☐ Softball Accuracy  
☐ Frisbee Accuracy                      ☐ Softball Distance  
  
☐ Basketball Free throw

**Each Coach or Captain Must submit this and the Team Roster:**

**Basketball 3 on 3        M or F**

**Age Group** \_\_\_\_\_

Team Name \_\_\_\_\_

Captain's Name \_\_\_\_\_

**Volleyball        M or F**

**Age Group** \_\_\_\_\_

Team Name \_\_\_\_\_

Captain's Name \_\_\_\_\_

**OFFICIAL 2023 LSGA ENTRY FORM**



**LSGA**

**Rapides Sr. Citizens Center  
209 E. Shamrock Street  
Pineville, LA 71360 6255**

Place  
stamp  
here



**2023**

**LOUISIANA SENIOR GAMES**

**October 4th - NOVEMBER 12, 2023**

**LOUISIANA SENIOR GAMES ASSOCIATION  
BOARD OF DIRECTORS**