



## 2022 LOUISIANA SENIOR GAMES ASSOCIATION

### Individual Entry Form

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

**PLEASE CHECK WEBSITE FOR UPDATES AND  
START TIMES FOR YOUR AGE GROUP**

**June 11th – November 12, 2022**

**2022 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!*

2022 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  
2022 Games

LSGA Website: [www.lsog1.org](http://www.lsog1.org)  
**GENERAL ENTRY INFORMATION**

**The 2022 Louisiana Senior Games Association  
Are hosted by the Board of Directors**

**DATES:**

**Saturday, June 11<sup>th</sup> – through Saturday, November 12, 2022**

**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)	\$ 35.00
Each additional sport	\$ 5.00

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

Golf	\$ 45.00
Bowling (per event)	\$ 7.00
Pickleball	\$ 15.00
Tennis	\$ 7.00
Celebration of Athlete's	\$ 10.00
T-Shirts	\$ 10.00

**ELIGIBILITY:** Any person 50 years or older as of December 31, 2022 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.lsog1.org](http://www.lsog1.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.lsog1.org](http://www.lsog1.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>June 11, 2022</b>	<b>5K Run</b>	<b>5K Run will be held in conjunction with the 5K St Charles United Way Run</b>
<b>August 20, 2022</b>	<b>Archery</b>	<b>Red River Bowmans 4099 Ratcliff Rd Shreveport, La</b>
<b>September 24 -25, 2022</b>	<b>Bowling</b>	<b>Four Season Bowling Alley 3510 North Blvd Alexandria, La</b>
<b>September 22, 2022</b>	<b>Shuffleboard</b>	<b>Alexandria Mega Shelter 8125 US-71 Alexandria, La</b>
<b>September 22-23, 2022</b>	<b>Throws/Fun Events</b>	<b>Alexandria Mega Shelter 8125 US-71 Alexandria, La</b>
<b>September 23, 2022</b>	<b>Washer Pitch</b>	<b>Alexandria Mega Shelter 8125 US-71 Alexandria, La</b>
<b>September 23, 2022</b>	<b>Cornhole</b>	<b>Alexandria Mega Shelter 8125 US-71 Alexandria, La</b>
<b>September 24, 2022</b>	<b>Swimming</b>	<b>Louisiana Athletic Club 1135 Expressway Dr. Pineville, La</b>
	<b>Basketball Men &amp; Women</b>	<b>Little Farms Gym 10301 S Park St River Ridge, La</b>
<b>October 1, 2022</b>	<b>Cycling 5K, 10K, 20K</b>	<b>Woodworth Firing Range Range Rd. Woodworth, La</b>
<b>October 14-16, 2022</b>	<b>Pickleball</b>	<b>Greenwood Park 13350 Hwy 19 Baker, La</b>
<b>October 15, 2022</b>	<b>Track &amp; Field</b>	<b>SLU LAA10309 LAA Track Hammond , La</b>
<b>October 16, 2022</b>	<b>Tennis</b>	<b>Greenwood Park 13350 Hwy 19 Baker, La</b>
<b>October 22, 2022</b>	<b>Golf</b>	<b>Oakwings Golf Club 2345 Vandenburg Dr., Alexandria, La</b>
<b>November 12, 2022</b>	<b>Badminton</b>	<b>Mt. Pilgrim Family Life Center 9700 Scenic Hwy Baton Rouge, La</b>
<b>TBA</b>	<b>Volleyball and Table Tennis 10K Run</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 12/31/22** **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:**

## 2022 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):	\$35.00	<b>\$ 35.00</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	\$ 7.00	\$ _____
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 2021 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.**

**5K Run is a extra fee you will be required to register with the United  
Way Bridge Run!**

**Mail Entry Form and Fees to:**

**LSOG**

**209 East Shamrock Street**

**Pineville, LA 71360-6255**

(Include pages 5, 6, 7 and 8. Team Captain turns in page 2 to your event coordinator.)

## OFFICIAL 2022 LSGA ENTRY FORM

**Must Register with United Way Bridge Run**  
**additional Fee of \$ 20.00 65+; Under 65 \$30.00**  
**[ ] 5K Run**

[ ] **ARCHERY** [ ] Barebow  
[ ] Compound Barebow [ ] Recurve Barebow  
[ ] Compound Fingers [ ] Compound Release

[ ] **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** [ ] Female [ ] Male

[ ] 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

**OFFICIAL 2022 LSGA ENTRY FORM**

**2022 INDIVIDUAL EVENTS (Return this page with your entry)**

**2022 TEAM EVENTS FOR INDIVIDUALS**

**EACH COACH OR CAPTAIN MUST SUBMIT THE TEAM ROSTER FORM ON PAGE 2 BY THE EVENT REGISTRATION DEADLINE TO PARTICIPATE. INDIVIDUAL PLAYERS COMPLETE THIS FORM TO INDICATE THE TEAM YOU ARE PLAYING WITH.**

**ROSTERS MUST BE TURNED IN TO THE EVENT  
COORDINATOR AT THE EVENT**

**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 2022 LSGA ENTRY FORM

Event	Check-in	Start	Date / Site	Registration Deadline
<b>5K Run</b>			<b>SATURDAY, June 11</b>	<b>June 1<sup>st</sup></b> <b>Fee of \$25.00</b>
Must Register with the United Way Bridge Run : nolarunning.com			<b>Additional Fee for this event</b>	
	AM	AM	Chuck George	(504) 884-7565
<b>ARCHERY</b>			<b>SATURDAY, August 20</b>	<b>August 10<sup>th</sup></b>
			<b>RED RIVER BOWMEN</b>	
	8:00AM	8:30AM	Emma Brown	(318) 572-6102
<b>BADMINTON</b>			<b>SATURDAY, November 12</b>	<b>November 2<sup>nd</sup></b>
<b>MEN/LADIES</b>			<b>MOUNT PILGRIMS BAPTIST CHURCH FAMILY CENTER</b>	
Singles, then Doubles Mixed Doubles	2:00PM	2:00PM	Mike Maddox	(225) 328-8128
<b>BASKETBALL - LADIES</b>			<b>TBA</b>	
			<b>Little Farms Gym</b>	
<b>3 on 3</b>	8:30AM	9:00AM	Ann Hassenboehler	(504) 828-9766
<b>BASKETBALL - MEN</b>			<b>TBA</b>	
			<b>Little Farms Gym</b>	
<b>3 on 3</b>	12:30PM	1:00PM	Ann Hassenboehler	(504) 828-9766
<b>BOWLING (SINGLES)</b>			<b>Friday, September 23</b>	<b>September 13<sup>th</sup></b> <b>Fee \$ 7.00 Pre Event</b>
			<b>Four Season Bowling Alley</b>	
	8:30AM	8:45AM	Online Carpenter	
<b>BOWLING (MIXED DOUBLES)</b>			<b>Saturday, September 24<sup>th</sup></b>	<b>September 13<sup>th</sup></b> <b>Fee \$7.00 Per Event</b>
			<b>Four Season Bowling Alley</b>	
	8:30AM	8:45AM	Online Carpenter	(318) 447-0479
<b>BOWLING (DOUBLES)</b>			<b>Saturday, September 24<sup>th</sup></b>	<b>September 13<sup>th</sup></b>
			<b>Four Season Bowling Alley</b>	
			Online Carpenter	
<b>CYCLING 5K-10K-20K</b>			<b>Saturday, October 1<sup>st</sup></b>	<b>September 21<sup>st</sup></b>
			<b>Woodworth Firing Range</b>	
	7:00AM	7:30AM	PAUL TELLERICO	(318) 487-1561

## OFFICIAL 2022 LSGA ENTRY FORM

<b>Corn Hole Tournament</b>	<b>Friday, September 23<sup>rd</sup></b>	<b>September 13<sup>th</sup></b>
8:30AM	9:00AM	Alexandria Mega Shelter

<b>GOLF</b>	<b>Saturday, October 22<sup>nd</sup></b>	<b>October 12<sup>th</sup></b> Fee \$45.00
10:00 10:30	<b>OAKWING GOLF COURSE</b> Juanita Forbes	(318) 487-1561

<b>PICKLEBALL</b>	<b>Friday-Sunday, Oct 14<sup>th</sup> - 16<sup>th</sup></b>	<b>October 4<sup>th</sup></b> Fee \$15.00
Doubles, Mixed Doubles Singles	7:30AM 8:00AM	<b>Greenwood Park</b> Sharon Richard

<b>SHUFFLEBOARD SINGLES</b>	<b>Thursday, September 22<sup>nd</sup></b>	<b>SEPTEMBER 12<sup>th</sup></b>
<b>ALL AGES</b>	10:00AM 10:30AM	<b>Alexandria Mega Shelter</b>

<b>SHUFFLEBOARD DOUBLES</b>	<b>Saturday, September 22<sup>nd</sup></b>	<b>SEPTEMBER 12<sup>th</sup></b>
75+ 80+ 85+ 90+ 50+ 55+ 60+ 65+70+	9:00AM 9:30AM	<b>Alexandria Mega Shelter</b>

<b>SWIMMING</b>	<b>Saturday, September 24<sup>th</sup></b>	<b>September 13<sup>th</sup></b>
9:00AM 9:30AM	<b>Louisiana College</b>	

<b>TABLE TENNIS</b>	<b>TBD</b>	
8:30AM 9:00AM		

<b>TENNIS</b>	<b>Sunday, October 16<sup>th</sup></b>	<b>October 5<sup>th</sup></b> Fee \$7.00
8:30 AM 9:00AM	<b>Greenwood Park</b>	

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

## OFFICIAL 2022 LSGA ENTRY FORM

Event	Check-In	Start	Date/Site	Registration Deadline
<b>THROWS (FUN GAMES)</b>			<b>Wed., Thurs, &amp; Fri September 22nd &amp; 23<sup>th</sup></b>	<b>September 13<sup>th</sup></b>
All Ages	8:30AM	9:00AM	Alexandria Mega Shelter	
				318-487-1561

<b>TRACK &amp; FIELD/5K Race Walk</b>			<b>SATURDAY, October 15<sup>th</sup></b>	<b>October 5<sup>th</sup></b>
SLU LAA Track				
Track Events	8:00AM	9:00AM	Order of events to be determined by Coordinator	
Field Events	10:00AM	10:30AM		
			Paul Bowman	(504) 458-6766

<b>VOLLEYBALL</b>			<b>TBA</b>	
MEN	8:00AM	8:30AM	Janey Perez	
LADIES	9:00AM	9:30AM		
				(504) 296-8200



**Celebration of Athlete's  
September 22nd @ Alexandria Mega Center  
6:00 pm  
\$10.00  
Live Band and Dinner**



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

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

**OFFICIAL 2022 LSGA ENTRY FORM**



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

Place  
stamp  
here

**HOSTED BY**



**2022**  
**LOUISIANA SENIOR GAMES**  
**June 11th - NOVEMBER 12, 2022**

**LOUISIANA SENIOR GAMES ASSOCIATION**  
**BOARD OF DIRECTORS**