

NORTH CAROLINA SENIOR GAMES 2010

North Carolina Senior Games began in 1983 with a vision to create a year-round health promotion and education program for adults 55 years of age and better.

LOCAL SENIOR GAMES

There are over 60,000 participants statewide in 54 Local Games that serve all 100 counties across the state.

SILVERARTS

NCSG's Heritage, Visual, Performing and Literary Arts programs and Cheerleader program

SILVERSTRIDERS

NCSG's national award winning walking program

SILVER CLASSIC

NCSG's special events program

Senior Games is a wellness and prevention program to keep the body, mind and spirit fit while enjoying the company of friends, family, spectators and volunteers.



STATE FINALS

September 27-October 3, Cary/Raleigh

Softball Tournament

Walnut Creek Softball Complex, Raleigh
September 13-15

Bocce Tournament

Clayton
October 12-13

Golf Tournament

Winston-Salem
October 12-13

Basketball Tournament

East Carolina University, Greenville
TBA



SPORTS

Individuals compete for awards in their own SEX and AGE CATEGORY within five year increments (55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+).



Archery
Badminton
Basketball Shooting
Basketball Tournament
Billiards
Bocce
Bowling
Croquet
Cycling
Field Events
Football Throw

Golf
Horseshoes
Racquetball
Shuffleboard
Softball Throw
Softball Tournament
Spin Casting
Swimming
Table Tennis
Tennis
Track Events



SPORTS RULES

A copy of the 2010 NCSG Official Rules Book is available on our website or from your Local Coordinator.

Each year, over 60,000 seniors across the state of North Carolina enjoy participating in a **LOCAL SENIOR GAME**.

Those who qualify at their Local Game are invited to attend **STATE FINALS** each fall.

State Finals Entry Forms are available from Local Games Coordinators and must be received by NCSG by August 1st. Every two years, some State Finals winners qualify to represent North Carolina at the **NATIONAL SENIOR GAMES**.

State Finals 2010 is a qualifying event for the 2011 National Senior Games in Houston, Tx.



Local Senior Games



State Finals



National Senior Games



CHEERLEADERS

Were you a cheerleader in your younger days or did you want to be? Don't let your pom-poms gather dust in the closet - come out and get people excited for Senior Games! You can cheer on your local participants all the way to State Finals and can be a part of the Cheerleader Showcase.

For more information, contact your Local Coordinator.

SilverStriders, N.C.'s national award winning walking program for people 50 years of age and better, offers a wealth of benefits. Each participant receives log books for tracking progress, gifts and awards. Most Local Games offer a SilverStriders Fun Walk that allows participants to qualify for the State Finals Fun Walk. For a FREE log book and information, send a self-addressed stamped envelope to: **SilverStriders**, 4603 Western Blvd, Raleigh, NC 27606.



Silver Arts

A Celebration of the Creative Spirit



LITERARY ARTS

Essays... Short Stories (fiction)...
Life Experiences... Poetry

PERFORMING ARTS

Comedy/Drama... Dance... Vocal...
Instrumental... Line Dance

VISUAL ARTS

Acrylics... Drawing... Mixed Media...
Oil... Pastels... Photography...
Sculpture... Watercolor

HERITAGE ARTS

Basketweaving... China Painting... Crocheting... Jewelry...
Knitting... Needlework... Pottery (thrown & hand built)...
Quilting (hand and machine)... Rugs (hooked, braided, woven)...
Stained Glass... Tole/Decorative Painting... Tatting & Needlelace...
Weaving... Woodcarving... Woodturning... Woodworking



SILVERARTS BOOKLET

A copy of the 2010 SilverArts Booklet (with details and rules) is available on our website or from your Local Coordinator.

GRAND PATRON



STATE FINALS GOLD SPONSOR



State Finals Silver
& T-Shirt Sponsor



State Finals
Silver Sponsor



State Finals Bronze Sponsor



PREMIER HOST AGENCY

Raleigh Parks & Recreation Department

PLATINUM HOST AGENCY

Cary Parks, Recreation & Cultural Resources Dept.

COORDINATING AGENCIES

N.C. Recreation and Park Association
NCSU Dept. of Parks, Recreation and Tourism Management
N.C. Association on Aging
N.C. Association of Area Agencies on Aging
Pope Air Force Base
AARP North Carolina

ENDORING AGENCIES

N. C. Arts Council • N. C. Medical Society • UNC Institute on Aging •
N. C. Division of Public Health • N. C. Senior Citizens Association • N. C.
Academy of Family Physicians • N. C. Alliance for Health, Physical
Education, Recreation and Dance • N. C. Association of Senior Citizens
Clubs • N. C. Cooperative Extension Service • President's Council on
Physical Fitness and Sports • Carolinas Center for Medical Excellence •
National Recreation & Parks Association • N. C. Division of Parks &
Recreation • N. C. DPI Division of Communication & Information • N. C.
Extension & Community Association, Inc. • N. C. Retired Governmental
Employees' Association • NCSU Encore Center • NCSU McKimmon
Center for Extension and Continuing Education • Seniors Health
Insurance Information Program (SHIIP) • N. C. Dental Hygiene
Association • N. C. Dental Society Committee on Aging

Much More Information at www.ncseniorgames.org

- List of Local Games • Results & Records • Rules Book • Calendar
- State Finals Information • NCSG Ambassadors
 - NCSG Staff & Board of Directors
 - Sponsors & Contributor Information
- Links to our Coordinating & Endorsing Agencies

VOLUNTEERS

State Finals is a wonderful and exciting event. With more than 3000 participants, State Finals requires 900 volunteers to help coordinate 67 activities. Whatever your speciality or age, there is a position for you. We would love to have you as a State Finals Volunteer and would welcome your family and friends! To find out more, visit our website.

