

VOLUNTEER FOR ***NORTH CAROLINA SENIOR GAMES*** ***STATE FINALS***



September 26 - October 2, 2011
Cary/Raleigh

Bocce Tournament
October 11-13
Clayton Community Park, Clayton

Softball Tournament
September 12-14
Walnut Creek Softball Complex, Raleigh

FOR MORE INFORMATION

Visit our website at www.ncseniorgames.org

Email: ncsgvolunteers@mindspring.com or Call (919) 851-5456

Our Major Sponsors



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Guidance when you need it most



2011

What are North Carolina Senior Games State Finals ?

North Carolina Senior Games is an organization dedicated to providing year-round health promotion and wellness for adults 55 years of age and better. It provides participants and volunteers an opportunity to have fun and enhance fitness, create friendships, and enjoy fellowship with family and friends.

More than 60,000 seniors across the state participate in 54 Local Senior Games programs. Those who qualify each Spring in sports and arts are invited to State Finals in the Fall.

Over 3,000 athletes and artists will join together to celebrate the human spirit! State Finals offers more than just friendly competition...you'll be inspired and motivated!

"I wish there were 5, 6, 7 or 8 of me because I would volunteer for everything! I had the best time. I was so inspired by the level of energy the seniors have. It was a wonderful experience and I'm so, so glad that they are willing to share it with us."

Tonya Bazemore, State Finals Volunteer

How can you help?

By volunteering your time, you can help make State Finals a memorable event that celebrates "healthy aging"!

SPORTS & EVENTS - Assist as a registrar, scorer, recorder, timer, measurer, referee, lap counter, etc. for all events listed on the Volunteer Schedule (see next page).

SILVERARTS FOLLIES & CHEERLEADERS - Assist at Shows as registrars, timers, ushers, etc.

SILVERARTS SHOWCASES (*Visual, Heritage & Literary*) - Check in artwork, greet guests and set up/take down the Show.

FACILITIES - Set up and take down equipment, signs, etc. *Able to lift/move heavy objects...so bring your work gloves!*

How Do You Volunteer?

Visit the Volunteer Section of our website to register online or follow these instructions to complete the next page.

1. Circle your 1st choice(s) on the Volunteer Schedule (*activity and time*). *Please choose more than 1 day and more than 1 shift...we'd love it!*
2. Write in your 2nd and 3rd choices at the bottom of the chart. *Many positions and times fill early due to our high return rate. We will try to give you your first choices but, if we cannot, it is important that you list a second and third choices.*
3. Complete the Personal Information page (on the back of the Schedule page).
4. Mail or fax the Volunteer Schedule to:
NCSG Volunteers
4603 Western Blvd
Raleigh, NC 27606
Fax #: 919-851-5456

or email us at: ncsg@ncseniorgames.org

What will you receive?

- A great Volunteer T-Shirt (for 4 hours or more).
- The good feelings you get when you make a difference in other people's lives by giving the gift of your time and contributing to healthy aging!
- A Confirmation of your volunteer assignment(s), directions and a map. It will be sent to you and be available on our website (click the "Volunteer" button!).
- A *Staff & Volunteer Newsletter* with lots more details a few weeks before State Finals.
- A chance to be a part of the largest and most successful Senior Games program in the nation!

STATE FINALS 2011 - RALEIGH/CARY - SEPTEMBER 26 - OCTOBER 2

Bocce Tournament - Clayton - October 11-13

Softball Tournament - Walnut Creek Softball Complex, Raleigh - September 12 - 14

2011 Volunteer Opportunities and Schedule

Please circle your 1st choices and list your 2nd and 3rd choices in the box below, in case your first choices are **full**. Please list more than one day and shift, if you are available! The times listed are the maximum hours. Hours may vary slightly after participant registrations are received in August. You will be notified of any changes.

SOFTBALL TOURNAMENT

Walnut Creek Softball Complex, Raleigh

MON, September 12

| | | |
|--------------------------|-------------|--------------|
| Registration/Information | FULL | 12:30 - 5:00 |
| Scorekeeper/ Announcer | 8:30 - 1:00 | 12:30 - 5:00 |

TUE, September 13

| | | |
|--------------------------|-------------|--------------|
| Awards | | 12:30 - 5:00 |
| Registration/Information | 8:30 - 1:00 | 12:30 - 5:00 |
| Scorekeeper/ Announcer | 8:30 - 1:00 | 12:30 - 5:00 |

WED, September 14

| | | |
|------------------------|-------------------|--|
| Souvenirs | 8:30 am - 4:30 pm | |
| Awards | 12:00 - 3:00 | |
| Scorekeeper/ Announcer | 8:30 - 3:00 | |

STATE FINALS CARY/RALEIGH

MON, September 26

| | |
|-----------------------------|------|
| Bowling, Buffaloe Lns North | FULL |
| Souvenirs at Bowling | FULL |

TUES, September 27

| | |
|-------------------------------|-------------|
| Facility Set up, Cary Academy | 1:00 - 4:30 |
| Bowling, Buffaloe Lns North | FULL |
| Souvenirs at Bowling | FULL |

WED, September 28

| | |
|-----------------------------|----------------------------|
| Awards at Cary Academy | 10:00 - 5:00 |
| Facility Set up | 12:00-4:00 |
| Bowling, Buffaloe Lns North | FULL |
| Souvenirs at Bowling | FULL |
| Shot Put - Cary Academy | 8:30 - 2:00 |
| Long Jumps - Cary Academy | 9:00 - 1:00 |
| Track - Cary Academy | 9:00 - 1:00 12:45 - 5:00 |

THURS, September 29

| | | |
|---|-------------------|--------------|
| Awards at Cary Academy | 9:00 - 2:00 | |
| Awards at WM Soccer Park | 3:00 pm-6:30 pm | |
| Funwalk & Cheerleader Show Assistant at WM Soccer Prk | 3:45 pm - 6:00 pm | |
| Celebration of the Games at WM Soccer Park, Cary | 5:45 pm - 8:00 pm | |
| Souvenirs at at WM Soccer Park | 9:30-1:00 | 1:00 - 6:00 |
| Bowling, Buffaloe Lns North | FULL | |
| Discus - Cary Academy | 8:30 - 2:00 | |
| Horseshoes - ADHS | 7:45 - 1:00 | 12:15 - 5:00 |
| Shuffleboard - ADHS | 7:45 - 1:00 | 12:15 - 6:00 |
| Football Throw - WM Soc Pk | 11:00 - 3:30 | |
| Softball Throw - WM Soc Pk | 11:00 - 3:30 | |
| Spin Casting - WM Soc Pk | 11:00 - 3:30 | |
| Track - Cary Academy | 8:00 - 1:00 | |

FRI, September 30

| | | |
|---|--------------|--------------|
| Souvenirs at McKimmon | 10:00 - 4:00 | 12:00 - 6:00 |
| SilverArts Showcase: Assistants | 11:45 - 4:00 | |
| Badminton - Bond Park | 8:30 - 2:30 | |
| Basketball Shooting - Laurel Hills Park | 10:30 - 3:30 | |
| Billiards - Buck's, Cary | 8:30 - 1:00 | |
| Croquet - Bond Park | 11:15 - 5:30 | |
| Horseshoes - ADHS | 7:45 - 1:00 | 12:15 - 6:00 |
| Shuffleboard - ADHS | 7:45 - 1:00 | 12:15 - 6:00 |

SAT, October 1

| | |
|----------------------------|--------------------|
| Awards at Swimming | 12:00 - 5:00 |
| Awards at McKimmon | FULL |
| Souvenirs at McKimmon | FULL |
| SilverArts Showcase | 8:30 - 5:15 |
| Archery - Bond Park | 8:15 am - 2:00 pm |
| Badminton - Bond Park | 8:30 - 2:30 |
| Croquet - Bond Park | 8:45 - 3:30 |
| Horseshoes - ADHS | 7:45 - 2:00 |
| Shuffleboard - ADHS | 7:45 - 2:00 |
| Swim Meet - TAC, Cary | 9:30 - 6:00 |
| Table Tennis - Brier Creek | 12:30 pm - 6:30 pm |

SUN, October 2

| | |
|---------------------------------------|-------------------|
| Check in & Awards: at Cycling | 8:00 - 3:30 |
| Cycling - Highway Patrol Ctr., Garner | 8:00 - 3:00 |
| Table Tennis - Brier Creek | 9:00 am - 1:00 pm |

BOCCE TOURNAMENT

Clayton Community Park, Clayton

TUE October 11

| | | |
|------------------|-------------|-------------|
| Referee - Scorer | 8:00 - 1:30 | 1:00 - 5:00 |
|------------------|-------------|-------------|

WED October 12

| | | |
|------------------|-------------|-------------|
| Referee - Scorer | 8:00 - 1:30 | 1:00 - 5:00 |
|------------------|-------------|-------------|

List your second and third choices in case your first choice(s) are full:

2nd Choice _____

Activity Day Time

3rd Choice _____

Activity Day Time

PERSONAL INFORMATION
(Print Clearly. Only one name per form, please!)

Name _____

Email _____ (will be kept confidential)

Agency/Group/Club _____

Address _____

City _____ State NC Zip _____

Phone (work): (____) _____ home): (____) _____ (cell): (____) _____

What is the first year you volunteered for State Finals? _____ Your Date of Birth (optional) _____

By providing us your email, we will correspond with you via email for faster and more efficient communication!
Watch for your Confirmation and Volunteer Newsletter via email! Please print clearly. Thanks.

T-Shirt Size (Men's): ____ OR ____ To further support Senior Games, I prefer not to receive a t-shirt this year.

THANKS!

Office Use: T1 Q1 O P



Will you be a registered participant at State Finals?

YES NO

If YES, in what activities? Please list:

(Note: You may volunteer for an event in which you participate, but not in your age/sex category. To avoid conflicts, your Volunteer Confirmation may not be processed until we know your exact schedule as a participant in early September. You will receive a Volunteer Confirmation by mid-September.)

Do you have any special skills or previous experience related to the activities for which you volunteered?



SHARE THE SPIRIT!!!

Invite friends, family and "club" members to volunteer with you. By visiting www.ncseniorgames.org they can print a Volunteer Brochure or register online. Thanks!



THANK YOU FOR VOLUNTEERING
FOR SENIOR GAMES STATE FINALS!!!

Mail To: NCSG Volunteers

4603 Western Blvd.

Raleigh NC 27606

Phone & Fax #: (919) 851-5456

Email: ncsg@ncseniorgames.org