



**APRIL 13-16, 2011**

Please join us in our fifth year of games and enjoy yourself on the Mississippi Gulf Coast. Meet new friends and take in the coastal pleasures which so many have to come to appreciate. You can help make our games competitive and visit a unique part of our state. There are also many other health related activities planned in conjunction with our games as well as a chance to socialize with your fellow seniors. We welcome you and hope you enjoy your stay!

**Sponsored By:**



**Registration deadline is March 31, 2011**

## ELIGIBILITY

The Mississippi Gulf Coast Senior Games are open to anyone who is at least 50 years old as of December 31, 2011. Age divisions for doubles/partners events will be determined by the age of the youngest partner; for teams, by the age of the youngest member.

## ENTRY DEADLINE

March 31, 2011 is the deadline for all events. Registration forms, accompanied by the appropriate amount of fees, must be received by this date. Forms may be downloaded from our website and used. We cannot accept registration on-line or by email.

## ATHLETES/PARTICIPANTS CHECK IN

Athletes will check in at the Donal Snyder Community Center. Check in times are:

Wednesday, April 13 12 noon – 6:00 p.m.

Thursday, April 14 9:00 a.m. – 5:00 p.m.

Friday, April 15 9:00 a.m. – 5:00 p.m.

All athletes are required to check in at the Donal Snyder Community Center and pick up registration materials; however, there are exceptions.

Participants who are only in cycling may pick up their registration packets on Saturday, April 16<sup>th</sup>, beginning at 7:00 a.m. at the Woolmarket Senior Center. Participants who are only in the 5K Run/Walk/Crawl may receive their registration materials at the event on Saturday, April 16<sup>th</sup>, beginning at 7:00 a.m. at the Pascagoula Beach Park. Participants who are only playing golf may pick up their registration packets at the Windance Golf Course on Friday, April 15<sup>th</sup>, beginning at 7:30 a.m. If you are not competing in one of the above mentioned events and you fail to make it to the registration desk by 5:00 p.m. on Friday, April 15<sup>th</sup>, your packet will be brought to your event.

## CANCELLATIONS AND POSTPONEMENTS

Due to insufficient registration or other factors beyond our control, officials reserve the right to cancel or move an event. Please check at the athletes check in for up to date information on any changes.

## CONFLICTS

It is your responsibility to select those events which do not conflict with each other. Ending times may vary due to extenuating circumstances. All athletes must check in and be present at event site prior to start time.

## ACCOMMODATIONS

The MS Gulf Coast Senior Games Committee has reserved blocks of rooms at the following hotels for a reduced rate for participants. Please let the hotel know you are with the MS Gulf Coast Senior Games when you are making your reservations.

Super 8 (Exit 50)  
13838 Wilfred Seymour Rd.  
Ocean Springs, MS 39565  
phone: 228-875-2288 Rate: \$49 + tax

Hilton Garden Inn  
14108 Airport Rd.  
Gulfport, MS 39503  
phone: 228-863-4996 Rate: \$99.00 + tax

IP Casino Resort & Spa  
850 Bayview Drive  
Biloxi, MS 39530  
Telephone: 228-436-3000  
Weekday \$79.99+tax Weekend \$199.99+tax

## SOCIAL FUNCTIONS

Wednesday, April 13: **Sock Hop** at the Donal Snyder Center from 4 - 6 p.m.

Friday, April 15: **Welcome Reception and Fish Fry** will be held at the Donal Snyder Center from 6-8 p.m. \$10 for non-participants.

Saturday, April 16: **Ballroom Dance Competition** at the Gulf Coast Performing Arts Ballroom will begin at 1:00 p.m. The evening will feature alternating competitive dancing with open dancing for all attendees. There will be a \$10.00 fee for guests and visitors who wish to view the event. Additionally, there is a \$10.00 for those non-participants who wish to participate in the open dance at 6:00 p.m.

All social functions are free to Senior Games athletes. The \$10.00 charge for guests at the Welcome Reception is payable in advance. The \$10.00 guest fee for the Ballroom Dancing Event and the \$10.00 fee for the Open Dance are payable at the door.

## REFUND POLICY

Refunds are to be requested in writing and will be assessed a \$10 processing fee. Refunds will be issued for the following reasons:

- An event is canceled by the Senior Games Officials
- A medical reason with notification in writing provided prior to the start of the MS Gulf Coast Senior Games, April 13, 2011.
- No refunds will be issued after the completion of the MS Gulf Coast Senior Games, April 16, 2011

## GAMES INFORMATION

- Ballroom Dancing: Dancing will be held at the Gulf Coast Performing Arts Ballroom (efitness) with a 12 noon check-in and a 1p.m. start. There will be an open dance starting at 6 p.m. **Please fill out and return the attached Ballroom Dance flyer and return with your registration form.**
- Basketball: Games will be 3 on 3, competitive events also scheduled are Free Throw and 3 Point Shoot Out. Final schedule set by coordinator.
- Billiards: Will be held at Skeeter's Billiards. Men and women's division 50-69 and 70+. BCA rules of play. 8 ball, best of 3 series, top 4 players in each division will have a tournament of champions.
- Bowling: Will be held at the Gaude' Bowling Center on Keesler Air Force Base. There is a \$5.00 fee per event. Each event will consist of a three game series. **Be sure to include your driver's license number, state and name of insurance company on the registration form. You will not be permitted on the base without providing us this information in advance. Additionally, have your driver's license and insurance card available at gate check-in.**
- Cycling: Events are 5K and 10K timed trials; 20K and 40K road races. Event will be held at the Woolmarket Senior Center in Harrison County. **Please arrive 1 hour prior to start time.**
- Golf: This event will be held at the popular Mark McCumber designed Windance Golf Course, located in Gulfport, MS. The event will be on April 15<sup>th</sup> with tee times starting at 9:00 a.m. and check-in at 8:00 a.m. Green fee is \$50.00 payable at check-in on April 15<sup>th</sup> at the golf shop. A practice round may be played on April 12, 13 or 14 for \$35.00 payable at the time of practice round. Please arrange your tee time directly with David Lee for the practice round. Call 228-832-4871 or 228-547-7168.
- Tennis: USTA sanctioned tennis tournament will be held at the Bayou Bluff Tennis Club. Enjoy playing on clay and hard courts. There is an additional \$15 fee. **Please fill out and return the attached Tennis Tournament Flyer with your registration form.**
- Track and Field: Running shoes will have spikes no longer than 1/8 inch. Athletes will have 3 attempts in shot put, discus and javelin. The top six in each event will have 3 more attempts. Athletes competing in the long jump will have 4 attempts.
- 5K Run/Walk/Crawl: Will be located at the Pascagoula Beach Park. **Please arrive 1 hour prior to start time.**
- Volleyball\*: All matches will be conducted in accordance with USA Volleyball Rules, except as modified to better accommodate senior Olympic play. All disputes will be settled on the spot. All rulings made by the tournament coordinator will be final. Please contact the tournament coordinator with any questions about the games.





Circle Level:      Novice      Intermediate      Advanced  
Couple Age Division (Based on Youngest Dancer)    50-59      60-69      70+

**Dance Contestants Must Be 50+ Years to Enter**

# MS Gulf Coast Senior Games Dance Competition

Ballroom, Swing, Latin & Country

Saturday, April 16, 2011

Competition at 1 p.m.      Open Dance from 6-8 p.m.

Registration Fee: \$20 (includes open dance)

Spectator and Open Dance tickets: \$10 each (payable at the door)

**Gulf Coast Performing Arts Ballroom**

Upstairs at E-fitness 1735 Richard Dr., Biloxi, MS ( I-10 Cedar Lake Exit South)

*Please return this form with your Senior Games Entry Form*

Female Name: _____
Age _____ DOB _____ Email _____
Phone : _____ Cell _____
Address _____
City _____ State _____ Zip _____
Male Name: _____
Age _____ DOB _____ Email _____
Phone : _____ Cell _____
Address _____
City _____ State _____ Zip _____

Guidelines: Dancers May Dance With More Than One Partner.

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Only Awarded to Top 3 Per Dance

American & International Style----- Heats Intermix & Tempos Will Vary

Foxtrot \_\_\_\_\_

Cha-Cha \_\_\_\_\_

Waltz \_\_\_\_\_

Salsa/Mambo \_\_\_\_\_

Tango \_\_\_\_\_

Hustle \_\_\_\_\_

Two-Step \_\_\_\_\_

East Coast Swing \_\_\_\_\_

Rumba \_\_\_\_\_

West Coast Swing \_\_\_\_\_

Coordinator: National Champion Lynae Jacob with Duo Dance  
Jack & Jill Dance Contest Sat. Night Dance 7pm (No Partner Needed)  
Send Registration to: MS Gulf Coast Sr. Games 9229 Hwy. 49 Gulfport MS 39503

# 2011 MISSISSIPPI GULF COAST SENIOR GAMES USTA TENNIS TOURNAMENT



hosted by

## Bayou Bluff Tennis Club

**\$35 Per Player**      **April 14-15, 2011**      **One Event Limit**  
**Entry Deadline: April 11, 2011**

**Surface: Hard - Clay**

**Events: Men's & Women's 3.0-4.5  
Singles & Doubles FMLC**

**Questions: Phone 228-343-7616**

**Tournament Director: Torbjorn Fasth**

Fee includes player's lunch Thursday, Senior Games t-shirt, Welcome Reception and Sock Hop at the Donal Snyder Community Center April 13th and Fish Fry at the Donal Snyder Community Center on April 15th.

Entry Form: Detach and return with senior games entry form

Name: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone # \_\_\_\_\_

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

Partner Name: \_\_\_\_\_

Men's Singles 3.0 3.5 4.0 4.5

Men's Doubles 3.0 3.5 4.0 4.5

Women's Singles 3.0 3.5 4.0 4.5

Women's Doubles 3.0 3.5 4.0 4.5

Please Circle Events you wish to compete in

**Mail Entry to: MGCSCG, 9229 Hwy. 49 Gulfport MS 39503**