



2010 Winter Games Registration

Michigan Senior Olympic Board of Directors

Marye Miller, Chairperson
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Dana Wilson

Send registration materials to:

Michigan Senior Olympics
650 Letica Drive
Rochester, MI 48307

**Registration Deadline
December 14, 2009**

Questions? Please feel free to contact us:

(248) 608-0250
or Toll Free 1-800-400-8161

E-mail
info@michiganseniorolympics.org

Website
www.michiganseniorolympics.org

Welcome!

The Michigan Senior Olympics winter games are January 25 – 27, 2010 in Oakland County. We are very excited once again to offer snow sports, Alpine Skiing, Cross Country skiing and Snow Shoeing events. Sports also included are Hockey, Badminton, Pickleball, Weightlifting, Bocce Ball and DanceSport. Ted Lindsay, has agreed to be the honorary chair for the Winter games.

Without the aid of our sponsors we would not be able to grow as an organization. We offer special thanks to City of Auburn Hills Senior Services, Older Persons' Commission, Palazzo di Bocce, Powerhouse Gym, Oakland County Parks and Recreation, Pine Knob Ski Resort, Troy Sports Center and the Royal Park Hotel who have offered their superb locations as competition venues.

We look forward to an exciting time of competition, camaraderie and offer a challenge to you all to encourage a family member, friend or co-worker to chase away the winter blues and have fun by joining Michigan Senior Olympics.

Marye Miller
Chairperson
Michigan Senior Olympic Board



MSO Needs You!

Michigan Senior Olympics includes a dedicated group of volunteers. They range from games organizers, membership recruiters, public relations specialists, sports advisors, fund-raisers, office assistance, and more. MSO could not survive without the generosity of all the people who volunteer throughout the year.

MSO is also looking for scorekeepers, timers, etc., for the *Winter Games Festival* to be held January 25–27, 2010. Please call 248-608-0267 or email volunteer@michiganseniorolympics.org if you would like to volunteer.

News & Views News Briefs

Pizza & Karaoke Party

 **Sunday, January 24, 2010**
6:00 p.m. — 8:00 p.m. 

Come join your fellow athletes for an evening of pizza and karaoke.
Limited seating.

O'Malley's at the Crowne Plaza Hotel
 1500 Opdyke Rd., I-75 exit 79
 Auburn Hills, MI 48326

Cash Bar
 MSO Member \$ 10.00
 Non-Member Guest \$15.00

Royal Park Hotel Welcomes athletes




The Royal Park Hotel is going all out to welcome Michigan Senior Olympic Athletes to the 2010 Winter Festival.

The Royal Park is located at 600 E University Dr, a few minutes from Downtown Rochester and the Older Persons' Commission. The hotel is extending a preferred room rate of **\$99** to MSO athletes from January 25—27, 2010.

To reserve your room please call 248-652-2600 by January 19, 2010 to guarantee the preferred rate, mention MSO and have your credit card to guarantee your reservation.

Macy's Shop For A Cause

 Shop For A Cause gives you the opportunity to help Michigan Senior Olympics by purchasing a \$5 Shopping Pass for exclusive savings and special offers in every Macy's store on Saturday, October 17, 2009

As a participating charity we keep 100% of the proceeds from the sale of each pass. Plus, you can enter to win a \$500 Macy's Gift Card!

News and Views Needs You

Our quarterly newsletter needs you! You are our eyes and ears in the State of Michigan. Please take time to share a story, article or accomplishment. The information can be used to inspire others to participate in the MSO program.

RecycleBank

RecycleBank dramatically increases household recycling rates across the country by rewarding families and individuals with RecycleBank points for the amount they recycle every day. RecycleBank members can now redeem their Points for real dollar donations to our organization!

If you are a member of this program, we encourage you to use your Points to help our cause. If you would like to find out more about RecycleBank or need instructions on how to activate and use your Points for donations to our organization, go to www.RecycleBank.com or call 888-727-2978.

MSO Dinner & DanceSport Competition Wednesday, January 27, 2010 Royal Park Hotel

Join us again at the four star Royal Park Hotel in Rochester, Michigan for a wonderful evening of dining, dancing and socializing.

Cocktails are at 5:30 and dinner at 6:00pm. Enjoy a fantastic buffet dinner and receive premium seating! Dinner for MSO members is \$35 and \$40 for non-members.

A limited number of Spectator Only tickets will be available for \$10. Spectators may enter the Ballroom at 6:45 for non-assigned seating.

Whether you are a dance competitor or a spectator, this event is one of the most elegant and inexpensive dance events you will ever attend.

Dancing will be on a 30 x 50 foot dance floor to strict tempo music provided by Bob Northrop of DJ PLAYS. Bob along with Melissa Muha are the organizers of the DanceSport competition.

Please join us for an evening you won't forget!

Ambassadors Needed

Michigan Senior Olympics is re-establishing the ambassador program to help promote the Senior Olympic Games and the senior sports movement in Michigan. There are eighty three counties in Michigan and MSO needs at least one representative from each of them.

Each ambassador will help develop a network to promote and establish sports and fitness programs and distribute promotional material to facilities and organizations attended by seniors such as Elks, VFW, churches, golf courses, bowling centers, various athletic clubs, recreation centers, sporting goods stores, etc. If you are interested in becoming an ambassador for MSO please complete and return the form.

MSO Ambassadors

Yes! I am interested in becoming an MSO ambassador. Please send information to me at the address below.

Name _____

Address _____

City _____

MI, Zip _____

County _____

Phone (_____) _____

I have participated in the MSO for _____

years.

Mail To:
 MSO · 650 Leticia Dr. · Rochester MI 48307
 Or email this information to:
info@michiganseiorolympics.org

Save The Date!



2010 Summer Games
July 7—21, 2010

Registration book will be mailed the week of February 1st.



2010 Winter Festival Registration Form

All persons 50 years of age by December 31st, 2010 are eligible to participate
To register for the winter games, please complete this form and make check payable to
MSO and mail to 650 Letica Drive, Rochester, MI 48307.

Detroit's own Red Wing, Ted Lindsay, Honorary Chairperson

Registration: Please read all registration information before completing the registration forms. These forms must be filled in completely and the medical waiver must be signed. Registration must be received in the MSO office by December 14, 2009. No changes will be permitted after December 14, 2009. There will be a cancellation fee of \$15.00 prior to December 14, 2009. No refund after December 14, 2009 without the paid medical cancellation waiver and doctor's note.

Membership: Michigan Senior Olympics is a non-profit organization. Your membership fee supports MSO's services and mission. Members receive the MSO Newsletter, MSO Pin and Membership Card. You must be a member to participate.

Name: _____ **Birthdate:** _____ **Sex:** **M** **F**

Street: _____ **City:** _____ **Zip:** _____

Home Phone: _____ **Email:** _____ **Cell :** _____

T-Shirt Size: **S** **M** **L** **XL** **XX** **County** _____

- ◇ **Badminton** (Jan 25 & 26) (Auburn Hills Community Center)
 - ◇ **Singles**
 - ◇ **Doubles**
 - Partner's Name** _____ *
 - ◇ **Mixed Doubles**
 - Partner's Name** _____ *
- ◇ **Bocce Ball** (Wed, Jan 27 9:00am) (Palazzo di Bocce)
 - Partner's Name** _____ *
- ◇ **Cross Country Skiing** (Jan 25—27) (Independence Oaks Park)
 - ◇ **5K Classic**
 - ◇ **10K Freestyle**
- ◇ **DanceSport** (Wed, Jan 27) (Please fill out entry form on Page 6)
 - Partner's Name** _____ *
- ◇ **Hockey** (Jan 25-27) (Troy Sports Center)
 - Team Name** _____
 - Captain** _____

- ◇ **Pickleball** (Jan 25—27) (OPC & Auburn Hills)
 - ◇ **Singles**
 - ◇ **Doubles**
 - Partner's Name** _____ *
 - ◇ **Mixed Doubles**
 - Partner's Name** _____ *
- ◇ **Alpine Skiing** (Pine Knob Ski Resort)
 - ◇ **Slalom**
 - ◇ **Giant Slalom**
 - ◇ **Downhill**
- ◇ **Snowshoe** (Jan 25—27) (Independence Oaks Park)
 - ◇ **100M**
 - ◇ **200M**
 - ◇ **5K**
- ◇ **Weightlifting** (Mon, Jan 25 10:00am) (Powerhouse Gym)
 - Avg Weight** _____ **Avg Lift Weight** _____

Please check the events you will participate in:

REGISTRATION FEES

- ◇ **2010 Membership Fee:** You must be a member to participate. Membership covers both winter and summer games. \$ 25.00 = _____
- ◇ **Hockey Team Fee** Players must also pay Individual Membership fee \$600.00 = _____
- ◇ **Alpine Skiing** Giant Slalom _____ Slalom _____ Downhill _____ ___ of events x \$ 50.00 = _____
- ◇ **Cross Country Skiing** \$ 25.00 = _____
- ◇ **Snowshoe** \$ 25.00 = _____
- ◇ **Individual Registration Fee** DanceSport, Bocce Ball, Pickleball, Badminton, Weightlifting \$ 25.00 = _____
- ◇ **Optional Medical Cancellation - No refund after December 14, 2009 without this paid waiver.** \$ 8.00 = _____

SOCIAL EVENTS

- ◇ **Pizza & Karaoke Celebration** (O'Malley's @ the Crowne Plaza Hotel) MSO Member Athlete \$ 10.00 X _____ = _____
- ◇ **Pizza & Karaoke Celebration** (O'Malley's @ the Crowne Plaza Hotel) Guest \$ 15.00 X _____ = _____
- ◇ **Royal Park Buffet Dinner & DanceSport** MSO Member Athlete \$ 35.00 X _____ = _____
- ◇ **Royal Park Buffet Dinner & DanceSport** Guest \$ 40.00 X _____ = _____

Total Fees \$ _____

Signature _____ Date _____

Michigan Senior Olympics
Amateur Athletic Waiver and Release of Liability
Please Read Before Signing

Name _____ Birthdate _____

In consideration of being allowed to participate in any way in the Michigan Senior Olympic, Inc. athletic sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases 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, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless Michigan Senior Olympics, Inc., their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (“releases”), with respect to any and all injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the releases or otherwise.

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, and sign it freely and voluntarily without any inducement.

I also understand that any and all photographs, videos, and audio taken may be used for publicity, promotion, and publications.

X _____ Date Signed _____
(Participant’s Signature)

Emergency Contact: _____ Relationship: _____

Phone #: _____ Email: _____

Emergency Contact: _____ Relationship: _____

Phone #: _____ Email: _____



Michigan Senior Olympics
2010 Winter Games Festival
January 25—27, 2010



Eligibility: Men and women at least 50 years of age as of December 31st, 2010. All participants must be a member of Michigan Senior Olympics. Michigan Senior Olympics is open to out of state residents.

Registration: Registrations must be received in the MSO office by December 14, 2009. No registrations will be accepted after December 14, 2009. No changes will be permitted after December 14, 2009. Cancellations prior to December 14, 2009 will be charged a \$15.00 cancellation fee. No refunds after December 14, 2009 without the Optional Medical Cancellation Waiver.

Awards: Awards will be presented at the event venues immediately following the competitions. Medals will be awarded to all 1st, 2nd and 3rd place finishers.

Registration and Credentials: Your registration packet and your MSO credentials will be available on-site. You must produce a valid picture identification to receive your MSO credentials.

Medical Cancellation Waiver: You may purchase an optional Medical Cancellation Waiver for \$8.00. You receive a 100% refund of **Registration Fee** if you cancel because of a medical conditions with a doctor's letter. The cost of the waiver is not refunded. Membership is not refunded. No refunds will be issued after December 14, 2009 without the paid Medical Cancellation Waiver and a doctor's letter.

Schedules: The competition schedules will be based on the number of participants. Updated schedules will be available at each venue and on the MSO website. Hockey Schedules will be sent to your team captain one week prior to the event

EVENTS

BADMINTON

Singles, Doubles, Mixed Doubles. Must provide own racquet. Proper court shoes required. You must register with your own doubles partner. No substitutions allowed.

BOCCE BALL

Teams are comprised of two players. You must register with your team. Teams can be mixed. Soft soled shoes required for bocce play. **Anthony Battaglia**, retired and then got bored and now is the owner and developer of Palazzo di Bocce. He serves on the board of the U.S. Bocce Federation, and is a nationally-ranked player and member of the Sylvan Lake Bocce Club. Mr Battaglia will speak on the game of Bocce Ball and present the medals at the luncheon and awards ceremony following the event.

DANCESPORT COMPETITION:

The dance levels are 1) Intermediate and 2) Advanced. Dance styles include American Smooth, American Rhythm, Country Western, Swing & Hustle, and Freestyle. Entries may be Am/Am or Pro/Am. You will not be judged on attire. Judging will be based on form and style. No lifts or drops. Event guidelines will be reviewed prior to competition. You must register with a partner. More information at www.mso-dance.org

PICKLEBALL

Singles, Doubles, Mixed Doubles. Must provide own paddle. Balls will be provided. Proper court shoes required. No black soled shoes allowed on court area. You must register with your own partner. No substitutions allowed.

WEIGHT-LIFTING

Bench Press competition is open to men and women. They will compete separately. Medals will be awarded based on lift and body weight formula. **Warm-up and weigh in will be prior to your event.**

ALPINE SKIING

Athletes may compete in Giant Slalom, Slalom and Down-hill events. Athletes will compete in age divisions, regardless of ability level. All skiing events will be governed by standard rules recommended by the: **U.S. Ski & Snowboard Association, PO Box 100, 1500 Kearns Blvd., Park City, UT, 84060 (435)649-9090**

CROSS COUNTRY SKIING

Athletes may compete in all events. All age divisions will compete simultaneously. All skiing events will be governed by standard rules recommended by the: **U.S. Ski & Snowboard Association, PO Box 100, 1500 Kearns Blvd., Park City, UT, 84060 (435)649-9090. www.ussa.org**

SNOWSHOEING

Athletes may compete in all events. The format for the 100M and 200M will follow U.S. Snowshoe Association guidelines and be held on a straight track. The 5K will be on a trail around the lake. **Minimum snowshoe size is 7"x 20". Approved snowshoes are required for competition. Those snowshoes NOT 7"x20" will be disqualified.** All snow shoeing events will be governed by standard rules recommended by the: **U.S. Snowshoe Association, Farm to Market Rd., Box 94, Corinth, NY, 12822 (518) 654-7648. www.snowshoeracing.com**

HOCKEY

The following age divisions will apply: 50+; 60+; and 70+. There is an age allowance for a younger goalie. The goalie's age will not be factored into the team's age division calculation. This tournament will be conducted in accordance with USA Hockey rules, except as modified herein. Please go to www.michiganseniorolympics.org for a complete set of rules.

2010 MSO Winter Games DanceSport Competition

Wednesday, January 27, 2010 7:00 pm - 11 pm Royal Park Hotel Rochester

LEADER NAME <input type="checkbox"/> PRO	FOLLOWER NAME <input type="checkbox"/> PRO
ADDRESS	ADDRESS
CITY STATE ZIP	CITY STATE ZIP
PHONE EMAIL	PHONE EMAIL
CELL DATE OF BIRTH	CELL DATE OF BIRTH
AGE GROUP: <input type="checkbox"/> 50-59 <input type="checkbox"/> 60-69 <input type="checkbox"/> 70-79 <input type="checkbox"/> 80+	AGE GROUP: <input type="checkbox"/> 50-59 <input type="checkbox"/> 60-69 <input type="checkbox"/> 70-79 <input type="checkbox"/> 80+

American Smooth

- Waltz
- Tango
- Foxtrot
- Quickstep
- Viennese Waltz
- Polka
- Argentine Tango

American Rhythm

- Cha Cha
- Rumba
- Samba
- Mambo
- Bolero
- Merengue

Salsa, Swing & Hustle

- East Coast Swing
- West Coast Swing
- Hustle
- Night Club
- Club Salsa - Age & Level does not apply

Dance Level:

- Intermediate Advanced

Intermediate Level is for dancers with up to 2 years of lessons. Advanced Level is for dancers who have taken lessons for 2 or more years.

Registration:

Each Competitor must be a 2010 member of the MSO (\$25) and pay a \$25 Event fee for a total of \$50 per person.

Your Registration grants you admittance to the Ballroom with unassigned seating. You may choose to purchase a dinner ticket which includes assigned table seating @ the MSO Member price of \$35 per person. Dinner is at 6pm with a cash bar beginning at 5:30.

Your friends and supporters may buy \$10 Spectator tickets, or purchase Dinner reservations at member (\$35) or non-member (\$40) rates depending on their status.

A Few Simple Rules:

Every Competitor must be 50 or more years old and registered with the Senior Olympics. Professionals may be any age but must also register with the Senior Olympics.

If you are dancing with more than one partner, please complete a registration form for each partnership.

Your age category is determined by the age you will be as of December 31, 2010. You must register in your proper age group. Your Age Group for a particular heat is based on the youngest person of the partnership unless it is a Pro/Am heat, in which case the Age Group is based on the age of the Amateur.

No one may dance the same rhythm more than twice.

Pro/Am entries are invited. **New this year: the Pros do not have to be 50+.** There are no Pro/Pro heats or formation teams at this event.

Please be in the Ballroom one-half hour before your scheduled heat.

For more info on the DanceSport events:

Bob Northrop @ (269) 352-9407 or

Melissa Muha @ (269) 501-6436

Registration questions?

Call the MSO Office @ (800) 400-8161

More info at www.mso-dance.com

Deadline for entries: December 14, 2009

Heat lists will be available January 15, 2010 @ www.mso-dance.com



Michigan Senior Olympics

650 Letica Dr., Rochester, MI 48307.

Hockey Team Roster



Team Name: _____ Men _____ Women _____

Team Captain: _____ Phone # _____

Street: _____ City: _____

State: _____ Zip: _____ County: _____

Team Manager _____ Phone # _____

Street: _____ City: _____ State: _____ Zip: _____

Maximum Players - 20
All Players MUST fill out an individual registration form also.

<u>Player's Name</u>	<u>Birthdate</u>	<u>Phone</u>
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____
13. _____	_____	_____
14. _____	_____	_____
15. _____	_____	_____
16. _____	_____	_____
17. _____	_____	_____
18. _____	_____	_____
19. _____	_____	_____
20. _____	_____	_____
21. _____	_____	_____
22. _____	_____	_____

