

*Delaware Senior Olympics*



# Senior Group Challenge

A program to encourage fitness, fellowship and fun for Delaware Seniors through group fitness competition

## Operating Manual

## Contents

The Program. . . . .	1
Group Captains. . . . .	2
Contacts. . . . .	3
SGC Point System . . . . .	4
Walk Delaware . . . . .	5
DSO Annual Games. . . . .	6
NSGA National Games . . . . .	6
Other Events. . . . .	7

### Attachments:

- I Registration Form
- II Classifications based on HHS Guidelines.
- III Sample Monthly Report from Captains
- IV Physical Activity Guidelines from HHS

## The Program

Senior Group Challenge, (SGC), is a free program of the Delaware Senior Olympics, (DSO). Its purpose is to encourage as many seniors as possible to achieve and maintain a healthy lifestyle through physical activity and exercise.

The program approaches seniors through groups to which they belong, such as Senior Centers, Community Organizations, Retirement Communities, Church groups, etc. Any organized group of seniors is welcomed into the program.

DSO provides a structure whereby groups compete for recognition in a year long competition. The Program year runs from November 1 thru October 31. Groups score points when their members meet the ***Physical Activity Guidelines for Americans*** released by the U. S. Department of Health and Human Services (HHS) and/or participate in other Senior Olympic Activities. The group scoring the greatest number of points will be the winner and will be honored at an appropriate DSO Function.

Participants in the program may exercise both individually at their own time, place, and pace, and/or may participate in planned group activities such as a group hike or trip to the bowling alley, etc. Individual participants record activities, and file monthly reports with the Group Captain, who makes a monthly summary report to the Delaware Senior Olympics.

## **Group Captain**

Group Captains are volunteer members chosen from their group and operate with full permission and support of the Group Leadership and Delaware Senior Olympics.

Group Captains promote the SGC program to all group members. They make an effort to recruit as many members as possible, provide support and encouragement to existing team members, and provide completed registration forms to the DSO SGC Program Coordinator.

Group Captains communicate with their members through regular **open** meetings, posters, newsletters, and word of mouth and by providing news items for DSO to communicate through the **SGC Newsletter** and its Website.

They should work toward providing special events, clinics, organized walks, **and regularly scheduled varied activities which will encourage individuals to participate outside their regular fitness programs**, etc. Assistance **can be obtained** from DSO **for any of** these activities. Members should be encouraged to also sign up for DSO and other games, activities and training opportunities.

Most importantly, Group Captains should encourage team members to maintain a daily record of their activities and collect the Monthly Summary Reports from them. These reports should be forwarded **by the Group Captain or his/her designee** to the DSO SGC Program Coordinator.

They will receive monthly reports from DSO showing points earned for each member and each activity, as well as updated Member lists.

# Contacts

## Team Group Captain

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

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

## DSO Program Chair for Senior Group Challenge

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## **Points Awarded**

<b>Exceeds the HHS guidelines for one month (A level)</b>	<b>500</b>
<b>Meet the HHS guidelines for one month (B level)</b>	<b>300</b>
<b>Make an effort to meet the Guidelines (C level)</b>	<b>200</b>
<b>Complete Walk Delaware (walk 131 miles)</b>	<b>1,000</b>
<b>Participate in DSO State Games</b>	<b>1,000</b>
<b>Participate in NSGA National Games</b>	<b>2,000</b>

**Participate in other DSO Activities – Points awarded on individual activity basis.**

# Walk Delaware

For many years, DSO has offered the *Walk Delaware Program*.

Thousands of Senior Delawareans have signed up for Walk Delaware. Its challenge is to walk a distance equal to the combined length and width of Delaware which is 131 Miles in one year's time.

In the original program people would join the program by completing a registration card. At that, time they would decide if they wanted to walk the distance or to optionally, run, bike or swim equivalent distances. There are 3 certificate levels. The distances, to be completed in a 12-month period, for each certificate level, are:

	BRONZE	SILVER	GOLD
WALK	131	250	450
BIKE	500	990	1750
RUN	250	500	900
SWIM	50	95	175

They would then record their distances in a provided log book and, when the required distance had been recorded, send in a card notifying DSO of their completion. They would then receive a new log book, a certificate and a decorative pin to commemorate their accomplishment.

In the **Senior Group Challenge** program, those who turn in monthly sheets which contain mileage for Bicycling, Running, Swimming or Walking will be automatically enrolled in Walk Delaware and their distances will be recorded. Our computer will track their progress and DSO will make the appropriate award when the necessary distance is completed.

Note also that for Walk Delaware, SGC participants will be able to mix activities between Bicycling, Running, Swimming or Walking any way they wish and we will make the necessary adjustments to equalize the distances.

Completion of Walk Delaware scores SGC points for your team. The monthly reports furnished to teams will provide information as to progress on each participant's journey across Delaware.

## **DSO Annual Games**

DSO holds the Annual Games each fall. These games provide competition in 24 sports with over 80 total events.

SGC participants are eligible and encouraged to enter the games and try their skills at their favorite sport(s). If you enter the games, SGC points will be awarded to your team.

If you have submitted an SGC Registration form you will automatically be mailed an entry booklet for the games. This booklet will be mailed a few months preceding the games and will provide all the **When and Where** information you will need.

Further information is available on the DSO Website or from the Coordinator of any sport. Sports Coordinators contact information is available in the entry booklet, on our Website or through our office – 302-736-5698 or toll free 888-881-6128.

Fees apply for entry to the games.

## **NSGA National Senior Olympic Games**

In odd numbered years the National Senior Games Association hosts National Games. These games generally include the same sports as DSO Annual Games.

The National games are held at various locations – Palo Alto, California in 2009, Houston in 2011 and Cleveland in 2013. Athletes must qualify at the State Level to enter the Nationals. Generally, placing in the top three (two in some sports) qualifies an individual to enter. Fees apply for entry to the National Games.

An SGC participant who qualifies and enters these games will earn the bonus points.

## **Other Events**

During the year, various DSO sports may hold tournaments, clinics, meets and other events in which you may be interested. Also Senior Group Challenge Participants are invited to all DSO Social Events. There may be fees associated with some of these events.

SGC participants will be notified about all events which are appropriate to the activities in which the participant is engaged.

Participation in these events will earn SGC points for your team.