

2024
SOUTHWEST LOUISIANA DISTRICT
SENIOR GAMES

Men & Women 50 Years or Older



March 15th – March 23rd

Contact Information:

Rosalind Berry: rberry@calcoa.org

Jacqueline Green: jgreen@calcoa.org

(337) 474-2583

Deadline for Registration – February 23, 2024



Calcasieu Parish Voluntary Council on the Aging, Inc.
3950 Gerstner Memorial Drive
Lake Charles, Louisiana 70607
(337) 474-2583 • (800) 223-5872 • Fax (337) 474-6563



January 12, 2024

Dear Participants:

It is that time of year again, where we are gearing up for our Southwest Louisiana District Senior Games. Last year, considering it was our first time administering it, we hope that we did a respectable job serving you in all aspects and areas of the Senior Games.

As the years are to come, we hope to do and be better as we are still in the learning phases of organizing Senior Games along with McNeese Human Services Department.

Please be sure to read your packet and its entirety, please turn in the required documents, and print so that we do not miss any information on our end.

Opening Ceremonies will be **March 15th, 2024** at **McNeese Recreation Center at 9am**. If you have a recommendation for Olympians of the Year, please be sure to contact me, via, email at rberry@calcoa.org, or by phone at 337-474-2583 ext. 1050, you may leave a voice mail and state their names and the reason you are nominating them for Senior Olympians of the Year.

Lastly, **Bean Bag Baseball Captains' meeting** will be held, **Friday, March 1, 2024** at the **Legacy Center, 2nd Floor Room 2035 at 10am**.

Let the games begin!

Best regards,

A handwritten signature in blue ink that reads "Rosalind Berry".

Rosalind Berry
Administrative Director



DATE: _____ EMERGENCY CONTACT NAME/PHONE NO.: _____

OFFICIAL 2024 ENTRY FORM: SOUTHWEST DISTRICT SENIOR GAMES

2024 INDIVIDUAL EVENTS

Return this registration form with entry fees.

Name of Registered Athlete for following events selected: _____
Please print your name

Opening Ceremony Day – Friday, March 15,
2024 at 9am

☐ BEANBAG BASEBALL

Please be sure to list the name of your team

**Please print*

Team Captain: _____

Team Name: _____

FUN DAY EVENTS – Tuesday, March 19, 2024

**Please arrive for your events 30 minutes early*

☐ BAITCASTING

☐ BILLIARDS *(start at 1pm)*

☐ BOLO GOLF

☐ DOMINOES

☐ HORSESHOES

☐ SPELLING

☐ SWIMMING

- | | |
|--------------------------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> Back Stroke | <input type="checkbox"/> 50 m <input type="checkbox"/> 100 m |
| <input type="checkbox"/> Breaststroke | <input type="checkbox"/> 50 m <input type="checkbox"/> 100 m |
| <input type="checkbox"/> Free Stroke | <input type="checkbox"/> 50 m <input type="checkbox"/> 100 m |
| <input type="checkbox"/> Individual Medley | <input type="checkbox"/> 100 m |

☐ THROWS ACCURACY

- | | |
|-----------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Football | <input type="checkbox"/> Basketball Free Throw |
| <input type="checkbox"/> Frisbee | <input type="checkbox"/> Softball Throw Distance |

☐ WASHER PITCH

Wednesday, March 20, 2024

☐ SHUFFLEBOARD

Thursday, March 21, 2024

☐ Bowling ☐ Putt Putt *(start at approximately 3pm)*

Friday, March 22, 2024

☐ PICKLEBALL

☐ SINGLES ☐ DOUBLES

**Please print*

PARTNER'S NAME: _____

TRACK & FIELD EVENTS – Sat., March 23, 2024

☐ FIELD EVENTS:

- | | |
|-----------------------------------|-----------------------------------------|
| <input type="checkbox"/> Discus | <input type="checkbox"/> Javelin |
| <input type="checkbox"/> Shot Put | <input type="checkbox"/> Softball Throw |

☐ TRACK

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> 50 m | <input type="checkbox"/> 100 m |
| <input type="checkbox"/> 200 m | <input type="checkbox"/> 400 m |
| <input type="checkbox"/> 800 m | |

☐ WALK

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> ½ mile | <input type="checkbox"/> 1 mile |
|---------------------------------|---------------------------------|

2024 SCHEDULE SWLA DISTRICT GAMES

>>>>>Deadline to Register....February 23, 2024.<<<<<

Friday, March 15th		***KEEP THIS PAGE FOR YOUR
Opening Ceremonies at 9 am		McNeese Recreation Complex
Bean Bag Baseball	All Teams Report for 8:30a.m.	
Tuesday, March 19 th - FUN DAY	Please show up at least 30 minutes before your event	
Bait Casting		McNeese State University – Rec Center 4150 Vernon St. Lake Charles, LA 70609
Bolo Golf		
Domino's		
Horseshoes		
Spelling		
Swimming		
Throws Accuracy (Football, Frisbee, Basketball, Softball Throw)		
Washer Pitch		
Billiards		Frosty Factory 4688 Common St. Lake Charles, LA
Wednesday, March 20 th		
Shuffleboard	Report at 8 am – Check Brackets	McNeese State University – Rec Center
Thursday, March 21 st		
Bowling	Report at 12:30pm	Petro Bowl – Lake Charles 630 Petro Point Dr. Lake Charles, LA
Putt-Putt Golf	Report at 3:00 pm	Putt-Putt Golf 620 Petro Point Dr. Lake Charles, LA
Friday, March 22 nd		
Pickle Ball	Report for 8:00am	Trinity Baptist Church 1800 Country Club Rd. Lake Charles, LA
Saturday, March 23 rd	Report for 9am	
Track & Field Events	Running & Field Events will begin at 10:30am	McNeese Track
Field Events (Discus, Shot Put, Javelin & Softball Throw)		
Running Events (50m,100m,200m,400m, 800m, 1/2mile walk, 1mile)		

SWLA DISTRICT SENIOR GAMES

BEANBAG BASEBALL

TEAM ROSTER

(TEAM CAPTAINS ONLY)

Team Name: _____

Team Location: _____

Captain: _____ Phone: _____

Cell Phone: _____ Email: _____

No.	Name, Please Print	Phone #	Shirt Size
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TEAM CAPTAINS ONLY!

PLEASE FILL OUT COMPLETELY
RETURN WITH YOUR ENTRY FORM

If you have two teams, please make copies as needed.

If you have two teams from the same locations, be sure to state the names of both teams, example: Lake Charles Senior Center -Bobcats and Lake Charles Senior Center - Ducks (this is impeartive for the brackets that you state the names to differeniate.

SWLA DISTRICT SENIOR GAMES

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TEAM CAPTAINS ONLY!

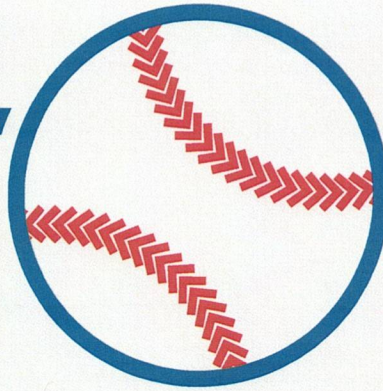
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SOUTHWEST
DISTRICT

SENIOR
GAMES



Homerun Derby

ONLY THE
HR HOLE
COUNTS!

Cash Only

\$10=1 SET
OF 10
TOSSES

SPLIT THE
POT FOR
THE WINNER

CANNOT COMBINE MULTIPLE SETS. IF TIED, 1
SET TOSS-OFF WILL BREAK THE TIE.

MSU REC COMPLEX

PROCEEDS TO BENEFIT THE SENIOR GAMES SCHOLARSHIP

PLAY OPENS AFTER
OPENING
CEREMONIES

MARCH 15

PLAY CLOSES AFTER
POOL PLAY AND
WINNER ANNOUNCED

2024
SOUTHWEST LOUISIANA DISTRICT
SENIOR GAMES

Men & Women 50 Years or Older



SPELLING LIST

Contact Information:

Rosalind Berry: rberry@calcoa.org

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(337) 474-2583

2024 SWLA District Senior Games Spelling List



1. abjure

formally reject or disavow a formerly held belief

2. abrogate

revoke formally

3. abstemious

marked by temperance in indulgence

4. acumen

shrewdness shown by keen insight

5. antebellum

belonging to a period before a war

6. auspicious

auguring favorable circumstances and good luck

7. belie

be in contradiction with

8. bellicose

having or showing a ready disposition to fight

9. bowdlerize

edit by omitting or modifying parts considered indelicate

10. chicanery

the use of tricks to deceive someone

11. chromosome

a threadlike strand of DNA that carries genes

12. churlish

having a bad disposition; surly

13. circumlocution

an indirect way of expressing something

14. circumnavigate

travel around, either by plane or ship

15. deciduous

shedding foliage at the end of the growing season

16. deleterious

harmful to living things

17. diffident

showing modest reserve

18. enervate

weaken mentally or morally

19. enfranchise

grant freedom to, as from slavery or servitude

20. epiphany

a divine manifestation

21. equinox

when the sun crosses the plane of the earth's equator

22. euro

the basic monetary unit of most members of the European Union (introduced in 1999).

23. evanescent

tending to vanish like vapor

24. expurgate

edit by omitting or modifying parts considered indelicate

25. facetious

cleverly amusing in tone

26. fatuous

devoid of intelligence

27. feckless

generally incompetent and ineffectual

28. fiduciary

relating to or of the nature of a legal trust

29. filibuster

a tactic for delaying legislation by making long speeches

30. gamete

a mature sexual reproductive cell

31. gauche

lacking social polish

32. gerrymander

divide voting districts unfairly and to one's advantage

33. hegemony

the dominance or leadership of one social group over others

34. hemoglobin

a hemoprotein that gives red blood cells their color

35. homogeneous

all of the same or similar kind or nature

36. hubris

overbearing pride or presumption

37. hypotenuse

the side of a right triangle opposite the right angle

38. impeach

bring an accusation against

39. incognito

without revealing one's identity

40. incontrovertible

impossible to deny or disprove

41. inculcate

teach and impress by frequent repetitions or admonitions

42. infrastructure

the basic features of a system or organization

43. interpolate

insert words into texts, often falsifying it thereby

44. irony

incongruity between what might be expected and what occurs

45. jejune

lacking interest or significance or impact

46. kinetic

relating to the motion of material bodies and their forces

47. kowtow

bend the knees and bow in a servile manner

48. laissez faire

a doctrine that government should not interfere in commerce

49. lexicon

a reference book containing an alphabetical list of words

50. loquacious

full of trivial conversation

51. lugubrious

excessively mournful

52. metamorphosis

striking change in appearance or character or circumstances

53. mitosis

the process by which a cell divides into two smaller cells

54. moiety

one of two approximately equal parts

55. nanotechnology

engineering that involves manipulating atoms and molecules

56. nihilism

complete denial of established authority and institutions

57. nomenclature

a system of words used to name things in a discipline

58. nonsectarian

not restricted to one school or party

59. notarize

authenticate by someone empowered to witness signatures

60. obsequious

attempting to win favor from influential people by flattery

61. oligarchy

a political system governed by a few people

62. omnipotent

having unlimited power

63. orthography

representing the sounds of a language by written symbols

64. oxidize

enter into a combination with oxygen

65. parabola

a curve formed by an object thrown in the air and falling

66. paradigm

a standard or typical example

67. parameter

a constant in the equation of a curve that can be varied

68. pecuniary

relating to or involving money

69. photosynthesis

synthesis of compounds in plants aided by radiant energy

70. plagiarize

take without referencing from someone's writing or speech

71. plasma

the watery fluid in which blood cells are suspended

72. polymer

a naturally occurring or synthetic compound

73. precipitous

extremely steep

74. quasar

a starlike object that may send out radio waves

75. quotidian

found in the ordinary course of events

76. recapitulate

summarize briefly

77. reciprocal

concerning each of two or more persons or things

78. reparation

something done or paid in expiation of a wrong

79. respiration

a single complete act of breathing in and out

80. sanguine

confidently optimistic and cheerful

81. soliloquy

speech you make to yourself

82. subjugate

make subservient; force to submit or subdue

83. suffragist

an advocate of the extension of voting rights

84. supercilious

having or showing arrogant superiority to

85. tautology

useless repetition

86. taxonomy

a classification of organisms based on similarities

87. tectonic

pertaining to the structure or movement of the earth's crust

88. tempestuous

characterized by violent emotions or behavior

89. thermodynamics

physics concerned with heat and other forms of energy

90. totalitarian

of a government with an authority exerting absolute control

91. unctuous

unpleasantly and excessively suave or ingratiating

92. usurp

seize and take control without authority

93. vacuous

devoid of matter

94. vehement

marked by extreme intensity of emotions or convictions

95. vortex

a powerful circular current of water

96. winnow

the act of separating grain from chaff

97. wrought

shaped to fit by altering the contours of a pliable mass

98. xenophobia

a fear of foreigners or strangers

99. yeoman

a free man who cultivates his own land

100. ziggurat

a rectangular tiered temple or terraced mound