



# Captain's Clips

## The only publication written for Community Cup Captains

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Volume XXVII

Issue 1

### Welcome

Welcome to the first edition of the 2016 Community Cup Captain's Clips. Captain's Clips will be sent periodically to captains for use in guiding your team to a Community Cup victory. Each issue contains valuable information that you and your team members will need in order to meet deadlines and have a rewarding Community Cup experience. Please review it carefully and share this news with your team.

### Company Applications

If you haven't already returned your company application, please do so as soon as possible. Even if you do not have your team's payment ready, please mail or fax the application so that we may reserve a space for your team. A great big THANK YOU to all of the teams who have already turned in their applications. (We've attached an application to the Clips, just in case you need it.)

### Rules and Captains' Handbooks

The Rules and Captains' Handbooks are available online at the YMCA's website, [www.youngstownymca.org](http://www.youngstownymca.org), for you to view and print as needed. Once you log on to the Y's website, please type in Community Cup in the search box at the top of the screen. Scroll down the choices and click on Community Cup to access what you are looking for.

The Rules Handbook lists the rules and regulations that are to be followed for each of the Community Cup events. It also contains the maps and course outlines for the events. The Captains' Handbook is a good guideline for Cup Captains to follow.

### YMCA Facility Usage

Remember, your team participants are welcome to use the **Central YMCA** this summer to get in shape for Cup events. Please encourage everyone to take advantage of this opportunity. Community Cup participants can come to the YMCA's front desk during any of its hours of operation to obtain their Community Cup temporary membership. To avoid any confusion when registering for your membership, you will be asked to bring in your drivers license and pay stub or work ID badge to prove that you work for that company/team. If you are participating and your spouse is a Cup participant too, you must come together when getting your temporary membership, and he/she must also bring in their drivers license. Cup participants can pick up their Community Cup Y-Pass in person from the Central YMCA during regular business hours. You will be asked to sign a YMCA waiver when receiving your Y-Pass. You may not sign up other team members for the Y-Pass. Once you receive your Y-Pass, each time you visit the Central YMCA, scan it at the front desk to gain access to the YMCA facility.

Team members can access the full listing of the fitness classes and activities offered at the Central YMCA by accessing the Y's website at [www.youngstownymca.org](http://www.youngstownymca.org). Click on Locations and choose Central YMCA. Click on Schedule Information on the right hand side of the screen. Listed below Central YMCA, you can chose which schedule you want; Fitness & Aquatics, Shallow and Deep Pool or Spinning.

## **Sponsorship Challenge**

Once again we are challenging all of our Cup teams to find some new sponsors for the Community Cup. If you find a company that would like to sponsor the Cup, at any sponsorship level, (\$1,600 Event Sponsor, \$500 Corporate, \$100 Bowling or \$100 Golf Hole), you will get a \$100 credit for your team. That is \$100 off your team fee, \$100 more for your food at the tent, \$100 you can use for an extra single event team. The possibilities are endless! If you have a company that is interested in being a Cup sponsor, contact Jenn or Julie in the Cup office, and we will handle all of the rest.

## **Volleyball Practices**

As of June 1, the courts are open and available for volleyball practices. If your team would like to practice on the courts, please call the Cup office to schedule a time for your team. Just as last year, we are asking each team captain to call in on a weekly basis to reserve the courts. This will then give other teams more of a chance to get on a court. Court times available for volleyball practice are as follows:

Mondays:	6:00 pm to 7:00 pm,	Court 4 (Upper Gym)
Wednesdays:	6:00 pm to 7:00 pm,	Court 4 (Upper Gym)
Fridays:	6:00 pm to 7:00 pm,	Court 4 (Upper Gym)
Saturdays:	4:00 pm to 6:30 pm,	Court 4 (Upper Gym)

## **Captains' Contact List**

Included with this edition of Captains' Clips is a contact list of all the Team Captains for your use. We have found that many of the teams when practicing like to practice with the other teams. Please feel free to give each other a call. This is what the Community Cup is all about. If you find that any information on the list is incorrect, please notify us in the Cup office. We are still getting teams coming into the Community Cup so updates with more contacts may be coming.

## **Waivers**

Every participant and volunteer needs to fill out a waiver before they are eligible to participate. Thanks to all the participants that have been on the ball with filling out waivers early. We really appreciate your attention to detail! Keep in mind everyone **MUST** fill out a waiver. The waiver deadline is **Monday, August 1, 2016**.

## **Roster Worksheet**

As you're thinking about matching team members with events, you might find the attached roster worksheet to be helpful. These are strictly for your use. They do not need to be returned to the Cup office.

## **Event Roster**

Also, attached is the Event Roster. Please fill this out and return it to the Cup office. The deadline for the event roster is **Monday, August 1, 2016**.

## **Clinics**

Clinics are designed to help your team members learn the proper techniques for a specific event. For example, anyone who has ever competed in the Tug-O-War knows there's more to the event than just pulling a rope. While the maps in the participant handbooks may seem self-explanatory, a run through will ensure that all bikers, walkers and runners are practicing the correct courses. Good attendance is important in continuing to offer the clinics. Please encourage your team members to attend.

Clinic dates are as follows:

◆ Walk	Thursday, July 14	6 pm	Morley Pavilion near Wick Recreation Area
	Saturday, July 16	8 am	Morley Pavilion near Wick Recreation Area

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|---------------|--|----------------------|--|
| ◆ Bike        | Thursday, July 14<br>Saturday, July 16                           | 7 pm<br>9 am         | Morley Pavilion near Wick Recreation Area<br>Morley Pavilion near Wick Recreation Area                         |
| ◆ Swim        | Call Julie in the Cup office to arrange a team/individual lesson |                      | Deep Pool, YMCA Central Branch   |
| ◆ Tug-O-War   | Thursday, August 4<br>Thursday, August 11<br>Thursday, August 25 | 6 pm<br>6 pm<br>6 pm | Bears Den Meadows, Mill Creek Park<br>Bears Den Meadows, Mill Creek Park<br>Bears Den Meadows, Mill Creek Park |
| ◆ Volleyball* | Dates and times to be determined                                 |                      | Upper Gym, YMCA Central Branch   |
- \*If your team would prefer to have schedule a team clinic, contact the Cup office to make arrangements.

### **Tug Rope Rental**

It is the most anticipated event of the Cup! The Tug-O-War. Yes, you can practice for the big event, not only by attending the tug clinics, but also by renting the tug rope for your own team practice. For all Community Cup participants, there is a \$150 refundable deposit that is required to borrow the tug rope. (ie. bring a check for \$150 to borrow the rope and when you return the rope, we will return your check). Contact the Cup office for further details.

### **Event Changes**

All of the Cup events have remained the same from last year. This means that all of the courses and routes for the walk, bike, 10K and obstacle course will remain the same. The Kickball Tournament, which was a Preliminary event in 2015, will be a full fledged event this year.

Due to the YMCA's renovations, there is a slight possibility that some of our events could be affected. The events in question are the banner competition, pep rally cheer competition, basketball hot-shot competition and the volleyball tournament. The location of these events is subject to change based on the renovations. These four events will take place, but it is possible that there may be some adjustments. The Cup office will continue throughout the season to keep the team Captains updated on any changes or adjustments that need to be made.

### **Youngstown Meltdown**

The Youngstown Meltdown is off to a great start. Currently, we are in the seventh week of the event. We have a total of 74 teams and 444 participants this year. Way to go everyone! Keep down the weight! As of Week #5, the current standings are posted outside the Community Cup office from the previous week. Standings for the previous week will also be sent to the Meltdown Captains via email. Keep an eye out to see how well your team is melting away.

We would like to clarify the eliminations that take place with the event. If a participant misses two **consecutive** weeks, they are eliminated from the competition. A team will **not** be eliminated from the competition if their team falls short of the six people required for the team. Having fewer participants on the team, due to disqualifications, just makes it a little more challenging for the team. We will continue to use the ghosts weights this year. If a female or male is disqualified, an average weight will be added into the total percentage. The Male Ghost weight is 150 and Female Ghost weight is 130.

### **Event Schedule**

The Torch Lighting/Kick-Off Ceremony, Banner Competition and Pep Rally will take place on **Friday, August 12**. Bocce and Kickball Tournaments will take place on **Saturday, August 13**. Preliminary events will take place **Friday, August 26 thru Sunday, August 28**. Cup weekend events will be held **Saturday, September 10**, with the Awards Ceremony following the final tug. The full Schedule of Events for the 2016 Cup season is attached with these Clips.

### **YMCA Adult/Team & Youth Triathlon**

Don't forget, if you would like to earn some extra points for your Cup team, participate or volunteer for the YMCA Adult and Youth Triathlon on **Sunday, July 17**. Please contact the YMCA at 330-744-8411 for further details on this wonderful event. A flyer with all the details is attached to these Clips. If you decide to participate or volunteer, please let the Cup office know so that you earn your points!

### **Contact Us**

If you need assistance at any time, please give us a call at (330) 742-4794 or e-mail us at **cup@youngstownymca.org**. We can't wait to work with you!



**Youngstown Area  
Community Cup**

**KEEP CALM EXERCISE ON  
Community Cup 2016**