



Captain's Clips

The only publication written for Community Cup Captains

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Volume XXVII

Issue 2

The 2016 Community Cup will be here before you know it! The sweating, grunting, huffing and puffing is well underway. As your team continues to train, please take a look at the following deadlines and updates.

Community Cup Memberships

With the Community Cup in full swing we just wanted to send out a friendly reminder about the Community Cup memberships. The Community Cup memberships are valid for the Cup participants and their spouses only. Children are not covered under the Community Cup membership. The key-fobs/memberships that you receive are non-transferrable. It is YMCA policy that when members are caught doing this, they face immediate/swift consequences such as revoking membership privileges. We don't want this to happen to our Cup participants, so we just wanted to make you aware in case you did not realize. Also, the Community Cup membership is only valid at the Central YMCA in downtown Youngstown, not the Davis YMCA in Boardman. Youngstown Meltdown participants are permitted to weigh-in at the Davis YMCA in Boardman, but may not use their Cup membership there to use the facility to workout.

Monday, August 1 Deadlines

Waivers: Thanks to the Captains who have done a great job of getting their teammates to fill out and turn in their waivers. If you have not done so already, please turn them into the Cup office. Don't forget that anyone who has turned in a waiver is eligible to act as a volunteer. As long as a team member has filled out and signed a waiver form, they can be a volunteer the day of an event.

Event Rosters: The event roster form was sent to you in June with the *Captains Clips*. When filling out the roster, please indicate the events in which your team intends to participate. Be sure to include additional single event teams so they may be included in the event schedule. Single event teams may be added until Monday, August 1.

Tent Requests: The Cup office will be handling the tent requests. A flyer with all the details is included with this newsletter. Tent locations will be announced with the wave assignments at the end of August.

Volunteer Rosters: The volunteer rosters and a brief description of all volunteers' duties are also attached to this newsletter. These rosters are used as guide to see what volunteers we will have for each event. Don't forget that anyone who has turned in a waiver is eligible to act as a volunteer even if their name is not listed on this roster. As long as a team member has filled out and signed a waiver form, they can be a volunteer the day of an event. Please remind volunteers that check-in is available 1 hour prior to the start of the event. They must check in at least ½ hour before the start of the event to receive points.

Pep Rally Music: Don't forget to turn in any music that your team will be using for the Pep Rally/Cheer competition. Any tapes, recordings, DVDs or CDs must be turned into the Community Cup office one week before the competition. Any items turned in must be clearly marked for identification purposes.

Kick-Off Weekend

On **Friday, August 12** the Community Cup will start with the Torch Lighting and Kick-Off Ceremony at the Central YMCA. Immediately following will be the Banner Competition as well. The Banner Competition will last one hour, ending around 7 pm. After 7 pm the banners will be judged and the Community Choice voting will take place. After the voting, teams can leave their banner with Jenn and Julie or take it with them. If a team decides to take the banner with them, please return it to the Cup office by Monday, August 22. The banners will be hung at the Central YMCA for the Preliminary Events of the Cup, August 26, 27, and 28. After Monday, August 29, the banners will be in the Cup office to be picked up by the teams. Teams will be able to use their banners at their tents in September. All of the banners that are not picked up prior to September 10, will be at the YMCA tent for teams to pick up.

Following the Banner Competition will be the Pep Rally/Cheer Competition. This event will also be held in the Community Gym of the Youngstown YMCA.

On **Saturday, August 13** the Bocce Tournament will take place at Cassese's MVR in Youngstown. The MVR will be hosting the event for us with a bar and full menu available to Cup participants just in case you get the munchies. Each division will have a set time for their games. **Red Division** at 9am, **White Division** at 12pm, and **Blue Division** at 2:00pm. Bocce will be a tournament style, double elimination event. Each company is limited to two teams for the event due to time restraints.

Also on **Saturday, August 13** will be the Kickball Tournament. This will take place beginning at 10:00am at Harrison Common, the field across the street from the MVR. Each division will have a set time for their games. **White Division** at 10am, **Blue Division** at 12:00pm and **Red Division** at 2pm. Teams will play based on a blind draw with single elimination, so once your team loses, you are done. Now, we have received a few calls in regards to both Bocce and Kickball being held at similar times on the same day. In order to avoid any conflicts for your team, it is probably best to try to have different employees participate in each event. We know for some that may be a little more difficult. We have tried our best to alter the times of both events so that all teams can participate. This is the first year for Kickball being an actual event, so we are trying our best to accommodate all the teams.

Youngstown Meltdown

The 73 teams that are in the Youngstown Meltdown have lost an incredible 1,873.4 pounds total as of week #9. Wow! Very impressive! There are 6 weeks left in the competition and anything can still happen. Way to go teams!

Wednesday, August 10 Deadline

Time Predictions: Be sure to properly calculate your times. **There are absolutely no exceptions or extensions to the time prediction deadline.** If you do not meet this deadline, your team will be assigned a time based on your performance last year or the average performance of the teams. A copy of the Time Prediction sheet is attached.

Clinics

Walk: Thursday, July 14, 6pm, and Saturday, July 16, 8am, both are held behind Morley Pavilion in Mill Creek Park. The Cup Director, Jenn Quinlan, will lead the clinic and give some tips for the event. No reservations required, just bring come out to the Park with your walking shoes ready to go!

Bike: Thursday, July 14, 7pm, and Saturday, July 16, 9am, both are held behind Morley Pavilion in Mill Creek Park. The Cup Director, Jenn Quinlan, will be there to go over the routes and give some tips for the event. No reservations required. Make sure to bring your bike and a helmet.

Tug-O-War: Tug Meister, Al Leonhart, will demonstrate proper tugging techniques and equipment to prepare your team for this fun event. The tug-o-war clinics will take place on **Thursday August 4, 11 and 25** at 6pm at Bears Den Meadow in Mill Creek Park.

Swimming: Call into the Cup office to schedule your team or individual swim practice with Julie.

Volleyball: Wednesdays, July 6, 13, 20 at 6:00pm. Reservations are required. There will not be a clinic if you do not call ahead. All clinics will be held in the Upper Gym at the Central YMCA. Volleyball Guru, Gary Ludt, will lead the clinics. Come dressed ready to play. If your company would prefer to have a team clinic, please contact the Cup office.

Volleyball Practices

Just a reminder, the courts are open and ready to be reserved for your team to practice. Please, call the Cup office to make your team's court reservation. We do ask that team captains call in on a weekly basis to reserve the court so that all teams have the same advantage.

Awards & Festivities

The Awards & Festivities committee is working hard to add even more fun to this year's events. The Awards Ceremony will be held on **Saturday, September 10** after the tug finals at the tug field. Be sure your team makes plans to stick around. The ceremony will most likely conclude by 5pm. In addition to the "Most Spirited Team Award", the Awards & Festivities judges will bestow the "Best Tent Award" during the Awards Ceremony. Committee members will take an informal survey to see which tent has the best food, atmosphere, enthusiasm and amenities (how about free massages, mascots, photo booth??).

Company Mascots

If your team/company has a mascot or knows of one that is from any company or organization, then please feel free to bring them to the events on Saturday, September 10 at Wick Recreation Area from 12pm to around 4pm. There are always families there with their children and friends. What a great way to have fun at the Cup!

Rules and Regulation Handbooks

The Rules and Regulations Handbook can be found on the YMCA's website, www.youngstownymca.org. Once at the website, type in Community Cup in the search box; then click on Community Cup; scroll down the page to 2016 Handbook and click on Rules and Regulations.

Divisions

The Divisions for the 2016 Community Cup are as follows:

Red Division:

Children Services Board (CSB)
Cohen & Company
Farmers National Bank
Mahoning County Educational Service Center (MCEC)
Mercy Health
ms consultants
YMCA Central
YMCA Davis

White Division:

Alta Behavioral Care Group
City of Youngstown
Homes for Kids
Involta
Mahoning County Juvenile Justice Center (JJC)
Meridian HealthCare
Zidian Group

Blue Division: (*Denotes Partial and Single Event Teams)

CMI Industry Americas
Mahoning County Board Developmental Disabilities (MCBDD)
Public Library
Rich Center for Autism
Simon Roofing
Turning Technologies
VEC, Inc.
Youth Intensive Services

- * America Makes/NCDMM
- * Center for Women
- * PNC Bank
- * Select Specialty Hospital
- * YMHA

Contact Us

It's getting close to game time! Don't forget about those deadlines. If you think of any questions as you prepare, feel free to contact Jenn or Julie at (330) 742-4794 or cup@youngstownymca.org.

**KEEP CALM EXERCISE ON
Community Cup 2016**



**Youngstown Area
Community Cup**