



CUP CHATTER

The Official Newsletter of the Youngstown Area Community Cup

2017 Community Cup

Welcome to the 2017 Youngstown Area Community Cup Newsletter. The 28th year of the Community Cup promises to be an outstanding and fantastic opportunity for athleticism, camaraderie and community spirit. Most of all, it's a lot of fun!

The 2017 theme, **LEAN & MEAN IN 2017**, will be celebrated with exciting events that will challenge you and your teammates.

Getting Involved

The Rules and Regulations and Captains Handbooks are available on the YMCA's website, www.youngstownymca.org. If you need a hard copy of one of the booklets, please check with your team captain or contact the Cup office at 330-742-4794.

Participants can get ready for all of the events with a Community Cup membership at the Central YMCA. The Community Cup membership is NOT valid at the D.D. & Velma Davis Family YMCA. Just stop in at the front desk of the Central YMCA and let the staff member know which company you represent. You will need to bring your drivers license and your pay stub or work ID badge to get the Community Cup Y-Pass. If your spouse is participating, you have to come in together to get your Y-Pass. You'll need to show your Y-Pass at the front desk each time you visit. For a full list of fitness classes and activities offered at the Central YMCA, access the Y's website at www.youngstownymca.org.

Tug Rope Rental

Did you know that your team can borrow the tug rope for your team to practice with? 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) Call the Cup office if your team is interested.

Event Changes

The only change in events that we have for this season are the routes for the 6 and 8 mile bike routes. The new routes can be found on page 34 and 35 of the rules and regulation handbook. All of the

Clinics

Don't miss out on the chance to get ahead of the competition by attending some event clinics. The course and skill reviews will help you improve your techniques and learn about course changes, with tips from veteran clinic leaders. As seasoned tuggers know, it takes more than just showing up and pulling a rope to win the tug event. The volleyball rules from your family reunion won't hold up in the Cup either.

Here's a rundown of the dates and times:

Walk – TH, July 6, 6pm &
SA, July 8, 8am

Bike – TH, July 6, 7pm &
SA, July 8, 9am

Both clinics are held behind the Morley Pavilion near Wick Recreation Area in Mill Creek Park.

Swimming – Call Julie in the Cup office, 330-742-4794, to arrange for a team or individual lesson.

Tug-O-War – THs, Aug 3, 10, 24, 6pm
Bears Den Meadows, Mill Creek Park

Volleyball – WED, July 19, 6pm to 7pm
TH, August 3, 6pm to 7pm
MON, August 14, 6pm to 7pm

All volleyball clinics are held in the YMCA Upper Gym, court 4. Clinics will be held on a reservation basis. Teams MUST contact the Cup office for a clinic to be held.

Sponsors

The Cup couldn't exist without the support of these area businesses who provide the necessary funds to support the program. The YMCA would like to thank the following organizations for their support.

Major Sponsors



Event Sponsors



Ohio Scale Systems



remaining courses and routes for the walk, bike, 10K and obstacle course will remain the same.

All of the YMCA's renovations are complete and fabulous! Therefore all events and the entrances in and out of the YMCA are open and easily accessible for this year's Cup.

Volunteering for the Cup

The coordination of Community Cup events requires the assistance of committed volunteers who take responsibility for a variety of tasks. Aside from helping to make the Community Cup a success, you can also earn points for your team as a volunteer. Any team member who has signed a waiver is eligible to volunteer. You do not have to be listed on the volunteer roster. Volunteering is a great way to contribute to your team without competing in an event. Volunteers are needed for Bocce, Volleyball, Walk, 10K, Bike, Obstacle Course, Tug-o-War and the Swimming events. Volunteer check-in is available one hour prior to the event. You will receive points for your team by registering at least 1/2 hour prior to the event. However, many assignments require you to check-in as early as possible. See your team captain for details.

YMCA Youth Triathlon

Don't forget, if you would like to earn some extra points for your Cup team, volunteer for the YMCA Youth Triathlon on **Sunday, July 16**. Please contact the YMCA at 330-744-8411 for further details on this wonderful event. If you decide to volunteer, please let the Cup office know so that you earn your points!

Youngstown Meltdown Update

The Youngstown Meltdown is off to a great start. Currently, we are in the eighth week of the event. We have a total of **46 teams** and **276 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. We will try to have the team standings for the prior week posted outside the Cup office on Wednesday of the following week. Keep an eye out to see how well your team is melting away.

Volleyball Practices

Teams don't forget that the courts are open and available for you to practice. If your team would like to practice on the courts, please call the Cup office to schedule a time for your team. This 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.

Practice times that are available are

Mondays	6pm to 8pm
Wednesdays	6pm to 7pm
Fridays	6pm to 7pm
Saturdays	4pm to 7pm

Contact Us

If you need assistance as you're preparing for the Community Cup, feel free to contact us: Jennifer Quinlan and Julie Walker, (330)744-8411, ext.143/102 or cup@youngstownymca.org. Let's be **LEAN & MEAN IN 2017!**



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