



**29 YEARS COMMITTED  
TO COMMUNITY  
HEALTH AND WELLNESS**

## **Community Cup 2018 Create, Chase, Capture Your Dreams in 2018**

Are you a company or organization that is interested in having a team in the 2018 Community Cup? Take a look at the Cup facts below to learn a little more about what the Community Cup is all about.

### **What is the Community Cup?**

The Community Cup is a corporate athletic challenge in which area organizations compete in a series of athletic events. We like to think of it as the Mahoning Valley's answer to the Olympics.

### **Some History of the Cup**

Tom Grantonic, the Davis Branch director, implemented the first Community Cup in 1990. This year, 2018, marks the 29<sup>th</sup> year of this exciting community event. The program averages *over* 2000 participants annually. Participation remains steady, with approximately 20 teams.

### **Who can participate**

Employees of participating companies and their spouses.

### **Goals of the Cup**

- Create an awareness of the importance of fitness for both the individual and the sponsoring company.
- Create an atmosphere of teamwork, pride and enthusiasm within an organization.
- Promote community spirit throughout the Youngstown area.



**Youngstown Area  
Community Cup**

## **Dates of the Cup**

The dates for this year's Cup are as follows:

**April 30th thru August 18<sup>th</sup>** – Youngstown Meltdown

**August 10<sup>th</sup> – (Friday)** – Banner Competition, Pep Rally, Opening Ceremony, Torch Lighting

**August 11<sup>th</sup> – (Saturday)** – Bocce and Kickball

**August 24<sup>th</sup>–(Friday)** - Basketball and Swimming

**August 25<sup>th</sup> (Saturday)** - Golf Scramble and Bowling

**August 26<sup>th</sup> (Sunday)** – Volleyball

**September 8<sup>th</sup> (Saturday)** - 10K Relay, Time Predicted Walk, Time Predicted Bike, Obstacle Course, Tug-O-War and Awards Ceremony soon after completion of the tug.

## **Some Good Reasons to Participate**

### **Improved Fitness**

The Community Cup creates an awareness of the importance of fitness for both the individual and the sponsoring company. Healthy employees need fewer sick days.

### **Boost Morale**

The Community Cup fosters an atmosphere of teamwork camaraderie and pride within an organization.

### **Promote Community Spirit**

Spend a September afternoon among 800 participants and spectators cheering on their favorite tug-o-war team and you'll see one example of the collective energy of our Valley.

Even small companies can participate. You can participate as a partial or single event team or join forces with others in your field to form a combined team (such as the Bar Association).

Community Cup events allow for a maximum participation regardless of skill level. Competitive swimmers can relive their glory days in the 100 Yard Swim Relay, while those who are not as athletically inclined will have fun in time prediction events, golf or bowling. Team members can also earn points as volunteers during Cup events.

## **Cost\***

Full Team \$600

Partial Team \$100 per event (up to 4 events) + \$50 registration fee

Single Event Team \$100 per event

\*See Rules and Regulation Booklet.

Team fees and sponsorships are used entirely to defray the cost of operating the program.

## **Clinics**

Clinics take place throughout the summer to teach team members event fundamentals, such as the proper way to pass a volleyball, do a flip turn in the pool or tie in the tug anchor. There are also clinics to help team members learn the specific walk and bike courses.

## **YMCA Use**

Team members have use of the YMCA facilities beginning June 1, 2018, to train throughout the summer once the team application and fee are submitted . It is hoped that by establishing a habit of exercising, participants will continue exercising throughout the rest of the year.

## **Locations**

YMCA of Youngstown, Mill Creek Park, Camelot Lanes, Cassese's MVR, Harrison Commons

## **Divisions**

There are three divisions, Red, White and Blue, based on company size and past performance.

## **18 Events**

Events are all team oriented. Time prediction events are available to maximize participation. Those that can't compete can earn points for the team by volunteering.

### **Pep Rally/Cheer Competition**

Teams of up to 8 individuals perform 3 minute routines to "pump up" and show support for their team.

### **Bocce Tournament**

Teams of up to 8 people compete in a double elimination tournament held at Cassese's MVR.

### **Kickball Tournament**

Teams compete in a single elimination tournament held at Harrison Common in Smokey Hollow (across the street from Cassese's MVR).

### **Banner Competition**

The purpose of this competition is to create a banner, in a one hour time limit, that identifies and leads your team throughout the competition. Five individuals may participate in the timed event.

### **Volleyball**

A double elimination tournament will determine the top team in each division.

### **Basketball**

3 men and 3 women have a total of 6 minutes to shoot from 10 different spots on the court.

### **Golf Scramble**

Mill Creek Golf Course is the site of the 9 hole scramble. Teams consist of two men and two women. One women's shot must be used on each hole.

### **Bowling**

Teams of two men and two women bowl for total pin count. This takes place at Camelot Lanes in Boardman.

### **3 Mile Crescendo Time Prediction Walk**

Teams of 10 walkers compete to come as close as possible to a previously predicted time.

### **10K Medley Relay**

Five runners make up this event. Three of the runners cover one mile while the remaining two cover a 5K distance.

### **20 Mile Crescendo Time Prediction Bike Ride**

Four cyclists cover distance of 2, 4, 6 and 8 miles in an effort to come as close as possible to a previously predicted time.

### **Tug-O-War**

One of the more popular events of the Cup, tug-o-war is more than weight or strength. Ten team members have to pull their opponents 12 feet from center to win.

### **Swimming Events**

Four different swimming events focus on speed, endurance and technique. Events include 2 time prediction races, a swim relay and a floatation relay.

### **Obstacle Course**

Teams will compete in a series of six stages at the tug field in Mill Creek Park.

### **Youngstown Meltdown**

Teams of 6 participate in a weight loss program beginning in May and finishing the last week of August. Team winners are announced on September 10th.

The Community Cup office is located inside the YMCA of Youngstown's Central branch. We can be reached at 330-744-8411 x 143 or at 330-742-4794 or via email at [cup@youngstownymca.org](mailto:cup@youngstownymca.org). For more in depth information on the Community Cup, please access our website, [www.youngstownymca.org](http://www.youngstownymca.org). Type in Community Cup in the search box. Look for Community Cup and click on it.