



# Captain's Clips

The only publication written for  
Community Cup Captains

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Issue 2

The 2018 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.

## Tuesday, July 31 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 Tuesday, July 31.

**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 10** 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 Julie and Rosann 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 20. The banners will be hung at the Central YMCA for the Preliminary Events of the Cup, August 24, 25, and 26. After Monday, August 27, 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 8, 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 11** 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 11** 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.

### **Youngstown Meltdown**

The 42 teams that are in the Youngstown Meltdown have lost an incredible 1,140.5 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 8 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**

**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 23, 30** 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: Wednesday, July 18; Thursday, August 2; and Monday, August 13, 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. Come dressed ready to play. If your company would prefer to have a team clinic, please contact the Cup office.

**Walk:** Chris Russo, from the Youngstown YMCA will walk through the course on **July 12 at 6:00 pm** and **July 14 at 8:00 am.**

**Bike:** Chris Russo will bike through the courses on **July 12 at 7:00 pm** and **July 14 at 9:00 am.**

### **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 8** 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 8 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](http://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 2018 Handbook and click on Rules and Regulations.

## **Divisions**

The Divisions for the 2018 Community Cup are as follows:

### **Red Division: 8**

Children Services Board (CSB)  
Cohen & Company  
Farmers National Bank  
Mahoning County Juvenile Justice Center (JJC)  
Meridian HealthCare  
ms consultants  
YMCA Central  
YMCA Davis

### **White Division: 5**

Alta Care Group  
Hill Barth and King  
Simon Roofing  
Youth Intensive Services  
Zidian Group

### **Blue Division: 7** (\*Denotes Partial and Single Event Teams 8)

\*Aflac  
\*America Makes/Youngstown Incubator  
\*City of Youngstown  
Eastern Gateway Community College  
\*Home Savings  
\*Hope Center for Cancer Care  
Northeast Ohio Correctional Center (NEOCC)  
Packer Thomas  
\*PNC Bank  
Public Library  
\*Select Specialty Hospital  
Steward Northside Medical Center  
The Village Network  
\*YMHA  
Youngstown/Warren Regional Chamber

## **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 Julie or Rosann at (330) 742-4794 or [cup@youngstownymca.org](mailto:cup@youngstownymca.org).

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



**Youngstown Area  
Community Cup**