Welcome
Welcome to the first edition of the 2019 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.ymcayo.org for you to view and print as needed. Once you log on to the Y’s website, go under the tab marked Events and Community Cup will come up, click on that and you have all the information that you need that is available so far.

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.ymcayo.org. Click on the Schedule tab at the top and then click on Central YMCA Schedules.
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, ($4,000 Major Sponsor, $1,600 Event Sponsor, $100 Bowling or $100 Golf Hole). If you have a company that is interested in being a Cup sponsor, contact Julie or Rosann in the Cup office, and we will handle all of the rest.

Volleyball and/or Basketball Practices
As of June 3, 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 9:00 pm, Court 4 (Upper Gym)
Wednesdays: 6:00 pm to 9:00 pm, Court 4 (Upper Gym)
Fridays: 6:00 pm to 8:00 pm, Court 4 (Upper Gym)
Saturdays: 4:00 pm to 6:00 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 Wednesday, July 31, 2019.

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 Wednesday, July 31, 2019.

Event Changes
♦ The Youngstown Meltdown went from a 16 week competition to a 12 week competition and is off to a great start.
♦ The Swimming Events have been replaced this year with a Scavenger Hunt. Friday, August 23, 2019 @7:30 pm at the Youngstown YMCA and then throughout the Downtown streets.
♦ The Time Prediction Bike has been taken out of the events on Saturday, September 7, 2019 for the reason of low participation, past cancelations and to make the day a little shorter.
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 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 18
  - 6 pm
  - Morley Pavilion near Wick Recreation Area
  - Saturday, July 20
  - 9:30 am
  - Morley Pavilion near Wick Recreation Area

- **Run**
  - Thursday, July 18
  - 7 pm
  - Morley Pavilion near Wick Recreation Area
  - Saturday, July 20
  - 10:30 am
  - Morley Pavilion near Wick Recreation Area

- **Volleyball**
  - Call Julie in the Cup office to arrange a team lesson
  - Upper Gym, YMCA Central Branch

- **Tug-O-War**
  - Thursday, August 22
  - 6 pm
  - Bears Den Meadows, Mill Creek Park
  - Thursday, August 29
  - 6 pm
  - Bears Den Meadows, Mill Creek Park

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. (i.e. 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.

Youngstown Meltdown
The Youngstown Meltdown is off to a great start. Currently, we are in the second week of the event. We have a total of 30 teams and 180 participants this year. Way to go everyone! Keep down the weight! Starting week #4 (June 24th), the current standings will be 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 (2 weeks in a row), 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 9**. Bocce and Kickball Tournaments will take place on **Saturday, August 10**. Preliminary events will take place **Friday, August 23 thru Sunday, August 25**. Cup weekend events will be held **Saturday, September 7**, with the Awards Ceremony following the final tug. The full Schedule of Events for the 2019 Cup season is attached with these Clips.
**Contact Us**
If you need assistance at any time, please give Julie or Rosann 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

30 Years of Fun, Sweat and Cheers!
2019 Community Cup