



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

Community Cup “ For the Health of You in 2022!”

Are you a company or organization that is interested in having a team in the 2022 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.

History of the Cup

Dick Bennett, YMCA of Youngstown’s past CEO saw a Corporate Challenge at another YMCA and decided to bring the idea to Youngstown. Tom Grantonic, Davis Family YMCA’s Executive Director, implemented the first Community Cup for our association in 1990. This year, 2022, marks the 31st year of this exciting community event, (two years cancelled due to COVID). The program averages more than 2,000 participants annually, on approximately 25 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:

June 6 thru August 27 – Youngstown Meltdown

August 12 – (Friday) – Opening Ceremonies, Torch Lighting, Banner Competition, and Pep Rally Competition

August 13 – (Saturday) - Bocce Tournament and Kickball Tournament

August 26 – (Friday) - Basketball "Hot Shot" Competition and Scavenger Hunt

August 27 – (Saturday) - Golf Scramble and Bowling Competition

August 28 – (Sunday) – Volleyball Tournament

September 10 – (Saturday) - 10K Relay, Time Predicted Walk, Obstacle Course, Tug-O-War, and Awards Ceremony

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 1,000 participants and spectators cheering on their favorite tug-o-war team and you'll see one example of the collective energy of our Valley.

Companies of all sizes 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. Team members can also earn points as volunteers during Cup events.

Cost*

\$100 per event that the company team is participating in with a cap of \$700 total for all "A" teams. \$100 per extra event participating in, "B," "C," teams, etc. With no cap amount for added teams. \$75 Registration Fee if the cap of \$700 is not reached.

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

Clinics *subject to change or cancel

Clinics take place throughout the summer to teach team members event fundamentals, for several events of the Community Cup.

Locations

YMCA of Youngstown, Downtown 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.

14 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 to help during certain events (technically the 15th event).

Youngstown Meltdown

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

Pep Rally/Cheer Competition

Teams of up to eight individuals (two of which must be male) perform an up to three minute routine to "pump up" and show support for their team. Held at the YMCA of Youngstown.

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. Held at the YMCA of Youngstown.

Bocce Tournament

Teams of four minimum, and up to eight people (half male, half female) compete in a double elimination tournament held at Cassese's MVR.

Kickball Tournament

Teams of eight to ten (half female, half male) compete in a single elimination tournament held at Harrison Common in Smokey Hollow (across the street from Cassese's MVR).

Basketball

Three men and three women have a total of six minutes to shoot from 10 different spots on the court. Held at the YMCA of Youngstown.

Scavenger Hunt

Teams of four, get a list of places in downtown Youngstown to walk the streets and seek out various items in one hour.

Golf Scramble

Mill Creek Golf Course is the site of the nine 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. Event takes place at Camelot Lanes in Boardman.

Volleyball

Teams of six (half female, half male) compete in a double elimination tournament. Held at the YMCA of Youngstown.

3 Mile Crescendo Time Prediction Walk

Teams of 10 walkers compete to come as close as possible to a previously predicted time on the streets of Mill Creek Park.

10K Medley Relay

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

Obstacle Course

Teams of six (two of which must be female and one executive) will compete in a series of six stages at the tug field in Mill Creek Park.

Tug-O-War

One of the more popular events of the Cup, Tug-O-War is more than weight or strength. Eight to ten team members (half male, half female) have to pull their opponents 12 feet from center to win.

The Community Cup office is located at the YMCA of Youngstown. Julie Walker, Community Cup Director, can be reached at 330-744-8411 x 143, at 330-742-4794, or via email at cup@youngstownymca.org. For more detailed information on the Community Cup, please access our website, www.ymcayo.org.