



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



**Benefiting the YMCA
for 2021 Annual Fundraising
Campaign**



Giving Hope for the Future
www.vincennesymca.org

COMPETE FOR A CAUSE

**The YMCA of Vincennes's
CORPORATE CUP CHALLENGE
September 30 - October 16**

2021 Handbook

Introduction to Corporate Cup Challenge



Join the YMCA of Vincennes for a Corporate Cup Challenge, a fun health and fitness event for businesses and organizations in Knox County and surrounding areas. It is comprised of more than 10 different sporting events and will take place from September 30 through October 16, 2021.

The Corporate Cup Challenge helps to increase employee health and fitness, develop community spirit, and boost company morale, all while raising scholarship funds for our YMCA Giving Hope for the Future Annual Fundraiser.

Top Reasons to participate:

- Unlimited access to the YMCA of Vincennes for all employees involved in the Challenge
- Team-building among employees and the community
- Encourage employee health and wellness
- Support the important mission of the YMCA
- Network with other professionals in Vincennes and surrounding areas

This handout contains details about events, eligibility, scoring, awards, and event rules. If you do not find the answers to your questions in this booklet, please contact Bill Davis, Programs Director, at (812)895-9622 or at: bdavis@vincennesymca.org

GIVING HOPE FOR THE FUTURE

THE GIFT OF HOPE

The YMCA of Vincennes is a nonprofit organization committed to meeting the growing needs of our community, but we can't do it without your help. Community participation makes all the difference in raising funds for the YMCA Annual Campaign, which provides financial assistance scholarships to help ensure the YMCA's facilities and services remain accessible to everyone regardless of age, income, or background.

Your participation in the YMCA of Vincennes Corporate Cup Challenge helps our youth with membership, after school programs and summer day camp. It also helps feed our seniors and special needs adults at the Bettye J. McCormick Senior Center, provides low-cost rides to local people of all ages, and helps special groups like Rock Steady Boxing keep our members with Parkinson's active, engaged, and healthy.



Scan the QR Code to
learn more how you
can help and to
donate today!



Eligibility



To be considered eligible:

1. Participating companies must have a plant or office based in Knox County or an adjacent county.
2. Individuals must be a current or retired employee of the company or agency being represented, or a volunteer if the organization is a volunteer organization. Spouses or family members not employed by the company or agency may not participate.
Each participant may represent only one company.
3. Doctors, or those who practice/work at more than one facility, may participate for only one organization. These physicians must also receive a paycheck from the organization.
4. Participants must receive a paycheck from the organization they represent in order to be eligible for events.
5. Volunteers must be at least 16 years of age.

Substitutions:

In the event that a team member entered in a particular event is unable to participate, any person employed by the company may serve as a substitute provided:

1. The substitute meets all applicable eligibility requirements (including age and gender), and they are not already in the event.
2. The substitute has completed and turned in a participation release form.

Entry Fee



- Each company pays an entry fee of \$250
- Payment Due Date: September 16, 2021
- Checks to be made out to: The YMCA of Vincennes
2010 College Ave.
Vincennes, IN 47591



***A Minimum of 10 team members is recommended, although some events require fewer participants.**



Outdoor Events

Masks are not required. Social distancing will be observed and equipment will be regularly sanitized.

- Field Day, 15 Mile Bike Ride, Kickball, 5K Run

Strenuous Indoor Events

Masks must be worn when not competing. Masks may be taken off during actual event. All spectators and teammates not currently playing must wear masks. Social distancing will be followed when possible and equipment will be regularly sanitized.

- Volleyball, Dodgeball, 3 on 3 Basketball, Basketball Shoot-out, Swim Relays
CEO Boat Race



Non-Strenuous Indoor Events

Masks must remain on at all times. Social distancing will be observed and equipment will be regularly sanitized.

- Euchre Tournament



One of the benefits of joining YMCA Corporate Cup Challenge is that participants are welcome to use our YMCA throughout the Challenge, from September 30 – through October 16, 2021. After participants have signed and turned in their waiver, they will be able to use our YMCA facilities any time after the first Corporate Cup Challenge event begins. There will be a sign-up sheet at the YMCA Welcome Center that each Corporate Challenge participant must sign with their name and company. They should also be ready to show a photo ID.

We hope you'll love our facilities, programs, and membership perks enough to join our association. If you have any questions, don't hesitate to ask our Welcome Center staff! They will happily provide answers or point you in the direction of a staff member who can do so.

For information about the YMCA of Vincennes membership, call us at (812) 895-9622 or visit our website at www.vincennesymca.org.

Team Captains



Recruiting

One of the hardest things you may encounter as a team captain is recruiting employees. You will want to recruit participants from every area or department, which may prove difficult. Here are some general approaches that may be of some help:

1. Choose a few people from your main departments to help you recruit.
2. Meet on a regular basis with these individuals to plan and implement your strategies.
3. Get the word out! Communication is the key. Bulletin boards and information given out with paychecks is a good way to get the message out, but don't rely on these alone. One-on-one communication is the best way to reach everyone.
4. Use the Entry Form and Event Calendar in the Corporate Challenge Handbook or on the Registration web page to find out which events employees want to participate in.
5. Make numerous copies of the Corporate Challenge Official Entry Release Form and give them to each department. Some companies created waivers for each event to be signed by participants, or you can find our form on the Registration web page.
6. Take advantage of email and the YMCA website. All event updates and event descriptions are on our site.
7. Weekly employee meetings are a good way to present the program. They provide a great opportunity to tell people what Corporate Challenge is all about and to answer any questions that may arise.

Fill Out Forms

1. Fill out the Official Entry Form with the number of participants competing in each event, the total number participating, and your company division.
2. Get every participant to sign the Official Entry Release Form. Return all signed forms to the YMCA.
3. Fill out Participants in Team Events forms with names and ages of all participants.
4. [Attend the Captains Meeting on Wednesday, September 22, 2021, 6:00 pm at the YMCA of Vincennes.](#)
5. Be the liaison between your employees and the YMCA.

Volunteers



Volunteers are essential to Corporate Cup Challenge! These events cannot be held without them. We require that each participating company supply volunteers to aid in the events. Companies with more employees will be required to provide more volunteers than companies with fewer employees. Please note that volunteers must be at least 16 years old. Thank you for your cooperation and support.

**BE THE
CHANGE**
VOLUNTEER &
MAKE THE DIFFERENCE



Teams will receive five (5) points per volunteer.

At the Captains Meeting, your company will receive information about the events your volunteers will be assigned to. We will do our best to assign your volunteers to events that your company is participating in; however, there is no guarantee. Volunteers need to arrive 15 minutes prior to the start of an event so they can receive their instructions.

Questions? Contact Bill Davis, Program Director, at (812) 895-9622 or bdavis@vincennesymca.org.



Awards



A traveling team championship trophy will be presented to the team/company that accumulates the most points. Award certificates will be given to second, third and fourth places.



Deadlines



September 22

Captains Meeting at 6:00 pm at the YMCA of Vincennes to discuss each event and to answer any questions.

October 16

Entry fees are due to the YMCA of Vincennes. Payments received after October 16 will be assessed a 10% late fee.

Make Checks Payable To: [The YMCA of Vincennes](#)
2010 College Ave.
Vincennes, IN 47591

YMCA of Vincennes Corporate Cup Challenge Official Entry Form

Corporation Name: _____ Contact: _____
Fax Number: _____ Email: _____ Phone: _____
Corporation Address: _____
Billing Address: _____

***Note: Below is a chart of events. Chart indicates how many teams/individuals you need to plan on having attend each event. At the Captains Meeting more detail will be giving for rules and play for each event.**

Event	Number of teams/individuals	Details
CEO Boat Race	1 CEO/Department head and Team	Boats made of cardboard and duck tape only
Field Day	Team Event	Field Events on Saturday, 9:00 am at YMCA field
Dodgeball	Team of 6 or more	Double elimination, Held at YMCA Gym #2
Basketball Shootout	2 participants per team	Tuesday, 6:00 pm YMCA Gym #2
Swim Relays	Team Event	Held at YMCA Lap Pool, 6:00 pm
3 on 3 Basketball	4 participants per team	Held at YMCA Gym #1 & #2, 6:00 pm
15 Mile Cycling	Any number of participants	TBA Saturday, October 9, 9:00 am
Euchre Tournament	Any number of teams of 2	Held at 2:00 pm on Sunday, October 10, YMCA
Volleyball	Team of 6 or more	Duration of two days, YMCA Gym #2
Kickball	Team of 9 or more	Duration of two days, YMCA Field
5K Run	Any number of participants	TBA Saturday, October 16, 9:00 am

Notes:

The YMCA of Vincennes YMCA Corporate Cup Challenge Official Entry Release Form

Corporation Team Captain: _____

Phone Number (Work): _____ Phone Number (Cell): _____

Corporation Billing Address: _____

Participants in any event (competitive or participation) **MUST SIGN** this waiver.

Event Rosters must also be submitted. **PLEASE PRINT NEATLY.**

	NAME (PRINT)	SIGNATURE		NAME (PRINT)	SIGNATURE
1			21		
2			22		
3			23		
4			24		
5			25		
6			26		
7			27		
8			28		
9			29		
10			30		
11			31		
12			32		
13			33		
14			34		
15			35		
16			36		
17			37		
18			38		
19			39		
20			40		

I hereby do declare myself to be physically sound, having medical approval to participate in the activities of the YMCA of Vincennes.

For myself and my heirs, assigns, personal representatives, executors and administrators, to waive, release and forever discharge the YMCA and its respective directors, officers, employees, representatives and members from liability for any loss or damage and from any rights, claims or demands therefore which I may have or which may hereafter accrue to me arising out of injury to my person or my property incurred in connection with my use of the property, facilities or services of the YMCA, whether such damages are caused by the negligence of the Releases or otherwise.

Assumption of Risk

That I bear the sole risk of injury from my use of the property, facilities and services of the YMCA and hereby assume full responsibility for and risk of any bodily injury, death or property damage arising from such use, whether caused by the negligence of the Releases or otherwise.

My signature indicates that I have read and understand this liability release.

Event Details



CEO Boat Race

Date: Thursday, September 30, 2021 6:00 pm to 8:00 pm

Where: Lap Pool at the YMCA of Vincennes

Details: The team will meet at the YMCA of Vincennes at 6:00 pm to begin building their boats out of cardboard and duck tape (provided by the YMCA). The teams will have 1 hour to build boat. CEO/Department Head's Race will begin at 7:00 pm in the lap pool. *Recommended to have whole team present.

Field Day

Date: Saturday, October 2, 2021 9:00 am to Noon

Where: Football/Soccer Field at the YMCA of Vincennes

Details: A field day of exciting events, extraordinary opportunity, and highly successful activity for all participating teams. *Recommended to have whole team present.

Dodgeball

Date: Monday, October 4, 2021 6:00 pm

Where: Gym 1 & 2 at the YMCA of Vincennes

Details: Dodgeball! A simple, fast paced game to eliminate the opposing team by either hitting them with the ball or catching on of their throws. *Need a team of 6 or more players.

Basketball Shootout

Date: Tuesday, October 5, 2021 6:00 pm

Where: Gym #2 at the YMCA of Vincennes

Details: Shoot baskets from marked locations on on-half court. Two one-minute rounds constitute the duration of play. *Need 1 team of 2 shooters.

Swim Relay

Date: Wednesday, October 6, 2021 6:00 pm

Where: Lap Pool of the YMCA of Vincennes

Details: A series of fun pool events including a relay medley, freestyle, and more! *Recommended to have whole team participate.

3 on 3 Basketball

Date: Thursday, October 7, 2021 6:00 pm

Where: Gym 1 & 2 of the YMCA of Vincennes

Details: Single elimination tournament. First team to 15 points, win by two, or highest score after 20 mins. One game per half court. *Need 1 team of 4 players.

15 Mile Bike Ride

Date: Saturday, October 9, 2021 9:00 am

Where: TBA

Details: A nice 15 mile bike ride! *Any number of players on a team can participate. Team must have at least 1 participant.

Euchre Tournament

Date: Sunday, October 10, 2021 2:00 pm

Where: Gym 1 or 2 at the YMCA of Vincennes

Details: Euchre tournament where play lasts for 10 mins at each table. 1 round will be played. The winners will remain seated at the table, while the losers will rotate to the table to the right. Standard scoring applies. "Stick the dealer" applies. Dealer must choose trump if everyone else declines. Please no table talk of any kind. *Any number of teams of 2 players. i.e. your team can submit 3 teams of 2 players.

Event Details Continued.....



Volleyball

Date: Monday & Tuesday, October 11 & 12, 2021 6:00 pm

Where: Gym #2 at the YMCA of Vincennes.

Details: Best-of-three series determines winner. Rally scoring will apply to all games. All games to 21 points, must win by 2 points. A cap will be set at 23 points. *Need a team of 6 or more players.

Kickball

Date: Wednesday & Thursday, October 13 & 14, 2021 6:00 pm

Where: Football/Soccer Field at YMCA of Vincennes.

Details: Standard kickball. All players must play at least 1 inning in the field. *Need a team of 9 or more players.

5K Run/Walk

Date: Saturday, October 16, 2021 9:00 am

Where: The YMCA of Vincennes

Details: Participants will run/jog/walk a 5K race starting and finishing at the YMCA of Vincennes. All participants are responsible for picking up their race bibs and checking in at least 15 mins before the start of the race.

More in-depth details, etc. will be discussed at the Captain's Meeting on September 22, 2021 (6:00 pm at the YMCA of Vincennes). Scoring, play and rules will also be announced at each event.

Questions? Please contact Bill Davis at: (812) 895-9622 or email at: bdavis@vincennesymca.org



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