

**THE MAYOR'S COUNCIL ON
PHYSICAL FITNESS AND SPORT
PRESENTS:
CORPORATE CUP 2010**



**CORPORATE CUP
2010**

GET



FIT

**SPONSORED BY:
THE MAYOR'S FITNESS COUNCIL,
ABERDEEN FAMILY YMCA &
AVERA ST. LUKE'S HOSPITAL**



GET FIT
ABERDEEN

Corporate Cup 2010
April 15th * 5 - 10pm * Barnett Center *

Mission Statement:

To promote community wide interest and involvement in fitness and wellness activities.

General Rules and Information:

1. Teams will be comprised of no more than 15 persons. It is at the discretion of individual teams who will compete in which events. You will need a minimum of 3 female team members due to gender specific rules. Please review the rules for each event for specific gender requirements.
2. Team members are expected to be employed by the sponsoring company(s). *(Smaller companies can combine to create one team. If combined teams participate, they must meet and follow all rules as stated.)* If you are **absolutely** unable to field a team from within your pool of employees, please call committee member Shelley Westra-Heier (W) 225-4910. For example, you may be allowed to recruit a female spouse of a participating employee. *Please note that this will only be allowable after all other recruitment efforts within your businesses have been exhausted. The use of a spouse, must then be authorized by the Mayors Fitness Council. If the council feels that a spouse can be used, the employee of the spouse used must also be on the 15 person roster.*
3. Team members can represent only one team.
4. The cost per team is **\$100**. Checks can be made payable to the "**City of Aberdeen**". These are due with registration and need to be turned in by March 26th 2010 to receive the 50 team bonus points.
5. The Corporate Cup is intended to provide fun, fair competition for all involved. Any person displaying unsportsmanlike-like conduct will be asked to leave the competition.
6. Two separate participation fitness events will be held. They including a fitness walk and aerobics/yoga session. For businesses participating in the team competition, you will receive 100 bonus points for **each** fitness event in which you have a minimum of 10 participants. Spouses may be used in the participation events without Mayor's Council authorization. If participants that are registered for the team events also take part in the fitness events, they cannot be counted as one of the 10 participants needed to meet the minimum requirement for the 100 bonus points. (There is no limit on participation numbers but all must sign in on the team sheets that evening.)
7. 100 bonus points will be awarded to teams wearing matching company shirts.
8. 50 bonus point will be awarded for simply having your CEO participate.
9. 50 bonus points will be awarded for having a representative from your business present at the Corporate Cup Lunch, which will be held on **Tuesday March 9th at 12:00 noon in the YMCA Community Room.**
10. 30 Bonus point will be awarded for each successful BRC donation & 20 bonus points will be awarded for each *successful* blood donation to United Blood Services between **February 1st and April 9th, 2010**. Maximum number of bonus points is 500 per team.

- 11 There will be a 10 second addition to your team's time for *each* infraction during the Mayor's Race, Swimming or Track Events. The "Do's and Don'ts" will be stated prior to each event, and each infraction will be identified and additions to time will be added immediately following the event.
- 12 Events will take place at the following venues: Dakota Hall Gym, May Overby and the Barnett Center.
- 13 Participants are encouraged to assemble at the location their first event is held by 4:30pm
- 14 All team members and participants **MUST** sign a release of liability before participation. These need to be signed and sent with your final roster and registration materials.
- 15 There are no limits to the number of teams any one company can field. Please complete a separate registration form for each team (including fees).
- 16 Bonus points will be awarded for athletes 40 – 49 years / 50+ years participating in the track and swimming events. See event rules for details.
- 17 Form A (Registration Form) Form B (Roster) and your **\$100 fee (Made Payable to the City of Aberdeen) must** be returned by **March 26, 2010** to:
Shelley Westra Heier
Aberdeen Family YMCA
5 South State Street



Corporate Cup 2010
 April 15th 2010 5 - 10pm Barnett Center

Registration Form

Corporation Name(s): _____

Contact Person: _____ Phone _____

Mailing Address: _____ e-mail: _____

Number of Employees Part Time:_____ Full Time:_____

Divisions: This Year There Are Three Divisions!

Your company has the option of registering for team competition (Division I, Division II or Division III) or for strictly participation events. Points will be kept for the team competition only.

If registering for team competition, you are being asked to choose between one of three divisions.

- If you feel your team is composed of more elite athletes (i.e. former collegiate players, city league players etc.) you may want to choose Division I.
- If you feel the majority of your team is composed of "weekend warriors"; you may want to choose Division II.
- If you feel the majority of your team is composed of "recreational participants" you may want to choose Division III.

***** The Mayor's Council reserves the right to divide teams as needed.**

Team competition registration. Please choose one of the following:

- Division I (Competitive)
- Division II (Intermediate)
- Division III (Recreational)
- Participation event registration only

Participation Events

Participation events are offered to gain bonus points and to encourage co-workers who are non-competitive to be part of the team. If you meet the minimum participant requirements, you will receive bonus points for EACH activity. (Points apply to those participating in the team competition only) Please check the box next to each event in which you plan to participate:

- Fitness Walk
- Fitness Aerobics / Yoga

- The same person(s) can participate in both of these events.

CEO Challenge

A CEO is defined as top management, i.e., President, Executive Director or Assistant Executive Director. Bonus points will be awarded for just simply having a representative participating in these special events.

Yes, our CEO will be participating

Forms A, B and a registration fee of \$100 must be returned by 3/26/10 to:

Shelley Westra - Heier 5 South State Street

Please make all checks payable to the City of Aberdeen

Registration fees apply only to those participating in the team competition

2010 Corporate Cup Roster

Form B

Corporation / Team Name: _____

Contact Person: _____

Name of participating CEO: _____

*No changes can be made to the Roster after April 8th 2010 without authorization from the Mayor's Council.

Core Team Members – Limit of 15 People

Team Member Names	T-shirt Size		
		Additional T-shirt Order Form	
			# Of Shirts
		Small	
		Medium	
		Large	
		X- Large	
		XX-Large	
		Total # of Shirts	
		\$6 per shirt	X \$6.00
		Amount Enclosed	\$

Each member of the **Core Team** and **CEO** will receive a FREE Corporate Cup t-shirt. Additional t-shirts may be purchased for \$6.00 each. Please fill out the Additional T-shirt Order Form and include the amount for those shirts with your registration fee. We will get the t-shirts to you the night of the event.

Reminder: 50 Bonus Points will be awarded to all teams with their Registration Form, Roster and Entry Fee submitted by March 26, 2010

BASKETBALL

Time Schedule: 5:15 – 7:15pm

Event Location: Dakota Hall Gym & May Overby

Rules:

- All games will be half court
- A maximum of 4 players per team will be allowed on the court at any one time.
- A minimum of 2 female players per team must be on the court at all time.
- **Before the game starts, each team will shoot 5 free throws. At least 4 different players will shoot at least one free throw. One point for each free throw made will be added to the score at the beginning of the game (ie. a team could start the game with 5 points.) The team that makes the most free throws also receives the first possession of the game. If a tie score exists, then a coin will be flipped to determine first possession.**
- After each change of possession, the ball must be taken behind the "check" line.
- All baskets scored by males will be worth 2 points.
- All baskets scored by females will be worth 3 points.
- A 20-minute continuous clock will be used.
- Substitutes can enter the game during dead ball periods. Subs will not have to report.
- Players will be eliminated from the game after their 4th personal foul.
- Each team will be allowed two 60-second time outs. The clock will be stopped.
- Free throws will not be shot during the game. If you are fouled during the act of shooting, you will be awarded the number of points you would have received if the basket were made.

Competition Scoring: 250 points for winners
100 points for losers

VOLLEYBALL

Time Schedule: 5:15 – 7:15pm

Event Location: Wachs Arena and Auxiliary Gym

Rules:

- Each side will include 6 players. A minimum of 3 must be female.
- Standard city league co-ed rules apply.
- The game will be divided into two halves. After the first 10 minutes have been played, the teams will change sides. 10 more minutes of play will ensue. The side with the most points after 20 minutes will be declared the winner. The clock will only be stopped in the case of an injury.
- If the score is tied after 20 minutes, play will continue until one side has a 2-point advantage over the other.

Competition Scoring: 250 points for winners
100 points for losers

THE MAYOR'S RACE

Time Schedule: 9:15 – 9:45pm

Event Location: Arena

Rules:

- 6 participants are required.
- There will be no rules on your gender mix
- This will be a very simple event, but you will not receive specifics until the final packet is sent out prior to the event
- Any infraction of the rules will result in a 10 second addition to your time for each infraction.

Scoring:

1. 250	4. 175	7. 100
2. 225	5. 150	8. 50 *for all other finishers
3. 200	6. 125	"Payout" of 7 & 8 places subject to change by # in division.

CEO CHALLENGE

Time Schedule: TBA

Events: TBA

Event Location: Arena

Rules:

Detail and times will be sent out in the Final Packet

Scoring:

1. 200
2. 150
3. 100

50 for all other finishers
(this applies to each event)

PARTICIPATION EVENTS

FITNESS WALK

Time Schedule: 5:00 – 6:00pm

Event Location: Arena track area

Rules:

- Each participant can earn 10 points toward their teams total.
 - The Mayor's Council recommends walking at least 10 laps around the track.
 - 100 Bonus points is the maximum that each team can receive.
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AEROBICS / YOGA

Time Schedule: 6:15 – 7:00pm

Event Location: Barnett Center Auxiliary Gym & Wrestling Room (upstairs)

Rules:

- A minimum of 10 participants must participate in order to receive bonus points.
 - You have the choice of participating in the Aerobic Session or the Yoga Session. Each one will be approximately 30 minutes in length.
 - 100 Bonus points will be received by each team meeting the above requirements.
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NOTE: Employees registered for the team events may take part in the fitness events. However, they **WILL NOT** be counted towards the teams bonus points.

TIME SCHEDULES

PARTICIPATION EVENTS

EVENT	TIMES	LOCATION
FITNESS WALK	5:15 – 6:15pm	ARENA
FITNESS AEROBICS	6:15 – 7:00 pm	AUXILLARY GYM

TEAM COMPETITION

EVENT	TIMES
BASKETBALL (Dakota Hall Gym) (May Overby Gym)	5:15 – 5:35pm 5:45 – 6:05pm 6:15 – 6:35pm 6:45 – 7:05pm
VOLLEYBALL (Wachs Arena & Auxiliary Gym)	5:15 – 5:35pm 5:45 – 6:05pm 6:15 – 6:35pm 6:45 – 7:05pm
SWIMMING (Pool)	7:30 – 8:30pm
TRACK (Arena)	8:30 – 9:00pm
THE MAYOR'S RACE (Arena)	9:15 – 9:45pm

CEO CHALLENGE

EVENT	TIMES	LOCATION
Event #1	TBA	TBA
Event #2	TBA	TBA