



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# COMPETE FOR A CAUSE

Monroe County YMCA's  
**CORPORATE CHALLENGE**

2019 Handbook

[MonroeCountyYMCA.org](http://MonroeCountyYMCA.org)

Benefiting the Y for All  
Annual Campaign

# Introduction to Corporate Challenge

Join the Monroe County YMCA for Corporate Challenge, a fun health and fitness event for businesses and organizations in Monroe County and surrounding areas. It is comprised of more than 40 different sporting events and will take place from August 28 through October 2 this year.

Corporate Challenge helps to increase employee health and fitness, develop community spirit, and boost company morale, all while raising scholarship funds for our Y for All Annual Campaign!

Companies are divided into divisions based on the number of employees each company has. Some companies do a little bit of everything, while some pick just a few events and encourage their staff to participate in those.

Each company pays an entry fee, which differs depending on company size, then it's "pay as you play" for each employee in each event. Every event has a different cost.

## Top reasons to participate:

- Unlimited access to both the Southeast and Northwest YMCA 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 more than 1,000 other professionals in Bloomington

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 Matt Osgood, Development Director, at (812) 961-2169 or at [mosgood@monroecountyyymca.org](mailto:mosgood@monroecountyyymca.org).

## Y for All Annual Campaign

**WE'RE MORE THAN A GYM**  
**WE'RE A CAUSE**

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

Corporate Challenge supports our Y for All campaign, and we hope you will join us in supporting our cause. We believe everyone deserves access to the Y, and by working together, we can give our entire community the opportunity to grow and thrive.



Shauna and Jeff Hockett are extremely thankful for the support of our donors. "We are humbled at the generosity of others."

### The Hockett's Y Story

At 30 years old, Jeff was diagnosed with cancer. In the past four years, he's received a bone marrow transplant, been to countless doctor appointments, and he and his wife now live with constant worry and stress of his health and bills.

Thankfully, their YMCA membership fee is a bill they don't have to worry about each month. Jeff and Shauna applied for Y membership financial assistance and are grateful to receive it. Financial assistance has helped to relieve some of the Hockett's financial burden, has given them access to our facilities, and has ultimately provided an outlet for stress relief and recovery management.

We would be thrilled if you would join us in investing in our community this fall. Supporting the Y by participating in Corporate Challenge is a fun and rewarding way to make a contribution to our Y for All Annual Campaign. To sign up your organization, contact Matt Osgood at (812) 961-2169 or [mosgood@monroecountyyymca.org](mailto:mosgood@monroecountyyymca.org).

# Eligibility & Divisions

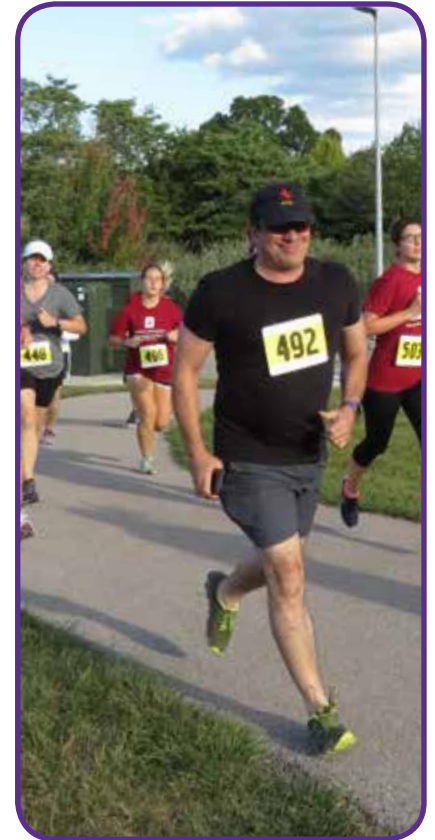
## To be considered eligible:

1. Participating companies must have a plant or office based in Monroe 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. An individual may participate in any number of events. Individuals may only be on one team per event.
5. Participants must receive a paycheck from the organization they represent in order to be eligible for events.
6. 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.



## Division Sponsor Fees

Any company who successfully recruits a new team will have a \$0.00 Sponsor Fee. If you are unsure of which division your company would qualify for, please contact Matt Osgood at (812) 961-2169 or [mosgood@monroecountymca.org](mailto:mosgood@monroecountymca.org).

Divisions	
Number of Employees	Sponsor Fee
0-49	\$40.00
50-149	\$50.00
150-349	\$60.00
350-999	\$95.00
1000+	\$135.00

- Sponsor fees will be waived if a new team is recruited



## YMCA Facility Use

One of the benefits of joining YMCA Corporate Challenge is that participants are welcome to use both Monroe County YMCA locations throughout the Challenge, from August 28 through October 2. After participants have signed and turned in their waiver, they will be able to use our YMCA facilities any time after the first Corporate 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 Monroe County YMCA membership, call us at (812) 332-5555 or visit our website at [www.monroecountyymca.org](http://www.monroecountyymca.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 have worked in the past:

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 Monday, August 19.
5. Be the liaison between your employees and the YMCA.

### Collect/Submit Fees

1. We are happy to collect sponsor fees at the end of Corporate Challenge when we send out participation bills and invoices.
2. The Participation Fee is based on how many individuals/teams compete in each event. The Participation Fee bill will be mailed to the team captain by October 15. Any payments received after December 10 will be assessed a 10% late fee.

## Volunteers



Volunteers are essential to Corporate 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.

**Organizations 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 Chris Stone, Northwest Y Youth and Sports Director, at (812) 961-2360 or [cstone@monroecountymmca.org](mailto:cstone@monroecountymmca.org).

## Awards



A trophy or plaque will be given to the first place team in each event. Award certificates will be given to first, second, third, and fourth places. A traveling team championship trophy will be presented to the company in each division that accumulates the most points. A special prize will be awarded to the winner of the "Champions Division."



# Scoring



	First Place	Second Place	Third Place	Fourth Place	Participation
Individual Archery	20	15	10	5	1
Team Archery	40	30	20	10	0
Axe Throwing	20	15	10	5	1
Badminton	20	15	10	5	2
Baserunning	20	15	10	5	2
Basketball Shootout	20	15	10	5	2
3 v 3 Basketball	40	30	20	10	6
Battleships	40	30	20	10	8
Team Cornhole	40	30	20	10	4
Individual Cornhole	20	15	10	5	1
Bench Press	20	15	10	5	2
Individual Bowling	20	15	10	5	0
Team Bowling	40	30	20	10	8
CEO Boat Race	80	60	40	20	12
Closest to the Pin	20	15	10	5	1
Cycling	20	15	10	5	2
Darts	20	15	10	5	1
Disc Golf	40	30	20	10	4
Euchre	40	30	20	10	4
Dodgeball	40	30	20	10	12
Free Throw Contest	20	15	10	5	1
18-Hole Golf	40	30	20	10	8
Par 3 Golf	40	30	20	10	8
Home Run Derby	20	15	10	5	1
Horseshoes	40	30	20	10	4
Team Mini Golf	40	30	20	10	0
Individual Mini Golf	20	15	10	5	1
Joust	20	15	10	5	2
Obstacle Course	20	15	10	5	2
Participation Walk	2 points per participant				
Pickleball	40	30	20	10	4
Punt, Pass, Kick	20	15	10	5	1
Quiz Bowl	40	30	20	10	8
Quarterback Challenge	20	15	10	5	1
Group Fitness Challenge	5 points per participant				
Rowing	20	15	10	5	2
5K Run	20	15	10	5	2
Soccer Ball Juggling	20	15	10	5	1
Soccer Shot Accuracy	20	15	10	5	1
Softball Throwing Accuracy	20	15	10	5	1

Scoring continues on the next page

## Scoring Continued



	First Place	Second Place	Third Place	Fourth Place	Participation
Swimming (Individual)	20	15	10	10	2
Swimming (Relays)	40	30	20	5	8
Table Tennis Singles	20	15	10	5	2
Tennis Doubles	40	30	20	10	4
Tennis Serving	20	15	10	5	1
Tennis Singles	20	15	10	5	2
T-Shirt	40	30	20	10	5
Track & Field (Individual)	20	15	10	5	2
Track & Field (Relays)	40	30	20	10	8
Trike Races	40	30	20	10	6
Truck Pull	40	30	20	10	6
Tug of War	40	30	20	10	12
Volleyball (Division A)	40	30	20	10	8
Volleyball (Division B)	5 point per advancement				12

## 2019 Corporate Challenge Event Calendar



**August**  
EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			28 CEO Boat Race 6:00 pm Southeast YMCA	29 NW Mega Thursday 11:00 am-1:00 pm 6:00-8:00 pm Northwest YMCA	30	31

Event calendar continues on the next page




# September EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <b>Closest to Pin</b> 11:30 am-1:00 pm Northwest YMCA  <b>Tennis</b> 6:00 pm Edgewood High School  <b>Archery</b> 6:00 pm Parkers Archery	4 <b>Closest to Pin</b> 11:30 am-1:00 pm Northwest YMCA  <b>Tug of War</b> 6:30 pm Northwest YMCA  <b>Axe Throw / O Course</b> 6:00 pm Northwest YMCA	5 <b>Closest to Pin</b> 11:30 am-1:00 pm Northwest YMCA  <b>5k Run</b> 6:30 pm Northwest YMCA  <b>Archery</b> 6:00 pm Parkers Archery	6 <b>Battleships</b> 6:00 pm Northwest YMCA	7 <b>Mega Saturday</b> See schedule on next page
8 <b>Home Run Derby</b> <b>Baserunning</b> <b>Outfield Throwing</b> 9:00 am Twin Lakes	9 <b>Track Relays</b> 6:00 pm Edgewood High School	10 <b>Dodgeball</b> 6:00 pm Northwest YMCA  <b>Archery</b> 6:00 pm Parkers Archery	11 <b>Pickleball</b> 6:00 pm Southeast YMCA	12 <b>SE Mega Thursday</b> See schedule on next page  <b>Archery</b> 6:00 pm Parkers Archery	13 <b>A Volleyball</b> 6:00 pm Northwest YMCA	14 <b>Individual Track</b> 9:00 am Edgewood High School
15 <b>Cycling</b> 8:00 am Morgan Monroe Forest	16 <b>3v3 Basketball</b> <b>Free Throw Contest</b> <b>Basketball Shootout</b> 6:00 pm Southeast YMCA	17 <b>Archery</b> 6:00 pm Parkers Archery  <b>Tennis</b> 6:00 pm Edgewood High School	18 <b>Golf</b> 2:00 pm Cascades Golf Course	19 <b>Archery</b> 6:00 pm Parkers Archery	20 <b>B Volleyball</b> 6:00 pm Northwest YMCA	21 <b>Golf</b> 8:00 am Cascades Golf Course
22 <b>Horseshoes</b> <b>Badminton</b> 1:00 pm Owen County YMCA	23	24 <b>Table Tennis</b> <b>Darts</b> 6:00 pm Southeast YMCA	25 <b>Golf</b> 2:00 pm Cascades	26 <b>Bench Press</b> 11:00 am-1:00 pm Southeast & Northwest YMCA  <b>Group Fitness Challenge</b> 6:30 pm Northwest YMCA	27 <b>Quiz Bowl</b> 6:30 pm Southeast YMCA	28 <b>Bowling</b> 11:30 am 2:00 pm 4:30 pm 7:00 pm Classic Lanes
29 <b>Bowling</b> 11:30 am 2:00 pm 4:30 pm Classic Lanes	30 <b>Euchre</b> <b>Darts</b> 6:00 pm Southeast YMCA					

Event calendar continues on the next page





# October EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 <b>Swimming</b> 6:30 pm Edgewood High School	2 <b>Euchre Finals</b> 6:00 pm Southeast YMCA			

## Mega Days at Southeast & Northwest YMCAs

### Northwest YMCA Mega Thursday | August 29

From 11:00 am–1:00 pm and 6:00–8:00 pm:

Individual Cornhole, Axe Throwing, Soccer Shootout, Soccer Juggling, Punt Pass Kick, Quarterback Challenge, Free Throw Contest, Basketball Shootout, Mini Golf, Rowing, Obstacle Course, Bench Press, Tennis Serving

### Northwest YMCA Mega Saturday | September 7

Participation Walk	8:00–10:00 am
Timed Trike Race	10:00–11:30 am
Joust Tournament	10:00 am
Cornhole Tournament	12:00 pm

Starting at 9:00 am:

Individual Cornhole, Axe Throwing, Mini Golf, Soccer Shootout, Soccer Juggling, Punt Pass Kick, Quarterback Challenge, Rowing, Tennis Serving, Truck Pull

### Southeast YMCA Mega Thursday | September 12

From 6:00–8:00 pm:

Free Throw Contest, Basketball Shootout, Soccer Juggling, Soccer Shootout, Punt Pass Kick, Quarterback Challenge, Mini Golf, Individual Cornhole



## Deadlines



**August 19** Captains Meeting at 9:00 am at the Southeast YMCA to discuss 2019 changes and answer any questions.

**August 21** All registration forms are due.

- Official Entry Form
- Official Release Form
- Participants in Team Events Form

Sign-up for the following events is due:

- 18 Hole Golf
- Archery
- Battleships
- CEO Boat Race
- Tennis Singles/Doubles
- Volleyball

**September 4** Sign-up for the following events is due:

- 3 v 3 Basketball
- Badminton
- Beanbag Tournament
- Dodgeball
- Horseshoes
- Jousting
- Pickleball
- Quiz Bowl
- Group Fitness Challenge
- Tricycle Race
- Tug of War

**December 10** Participation fees are due to the YMCA.

- The participation fee is based on the number of individuals/teams that compete in each event.
- The participation fee bill will be mailed to the team captain by October 15.
- Final payment is due to the YMCA by December 10.
- Payments received after December 10 will be assessed a 10% late fee.



# TRY THE Y FOR FREE!

Get a **FREE** one-week trial membership to the YMCA

To redeem this pass, visit the Welcome Center at either the Northwest or Southeast YMCA.

[MonroeCountyYMCA.org](http://MonroeCountyYMCA.org)

Terms and conditions apply, see website for details.





<b>Event</b>	<b>Number of teams/ individuals</b>	<b>Cost per team/ person</b>	<b>Details (see website for Event Descriptions)</b>
Euchre		\$25/team	Everyone plays the first night; finals held the second night. Five volunteer points for card tables and chairs.
Free Throw Contest	#M ___ #F ___	\$12/person	Will be available at various events throughout the month.
Home Run Derby	#M ___ #F ___	\$12/person	
Horseshoes		\$25/team	Tournament played at the Owen County YMCA.
Joust		\$15/person	Inflatable joust on bounce house material; must sign up ahead of time as the event is bracketed.
Mini Golf (One round of 18 holes)		\$15/person	Now an individual event. See event calendar.
Obstacle Course	#M ___ #F ___	\$15/person	Will be available at various events throughout the month.
Par 3 Golf		\$70/team	Teams of four can call and schedule tee times with Taylor's Par 3.
Participation Walk		FREE	
Pickleball		\$25/person	Round robin doubles format; played at RCA Community Park.
Punt, Pass, Kick	#M ___ #F ___	\$12/person	Will be available at various events throughout the month.
Quarterback Challenge		\$12/person	Will be available at various events throughout the month.
Quiz Bowl		\$50/team	Four people per team.
Group Fitness Challenge		\$15/person	Now called Group Fitness Challenge; combination of SYNRGY360, RIPPED, and Barre.
Rowing		\$16/person	Will be offered during both Northwest YMCA Mega Days, 8/29 and 9/7.
Soccer Ball Juggling	#M ___ #F ___	\$12/person	Will be available at various events throughout the month.
Soccer Shot Accuracy		\$12/person	Will be available at various events throughout the month.
Softball Throw Accuracy		\$12/person	
Swimming • Mixed Relay ___ • Master's Relay ___ • Women's Relay ___ • Men's Relay ___ • T-shirt Relay ___ • 100 Free Relay ___	50 Yard Swim ___ 50 Yard Backstroke ___ 50 Yard Breaststroke ___	\$10/person for single events \$20/team for team events	Event will be held at the Edgewood High School pool.

Event	Number of teams/ individuals	Cost per team/ person	Details (see website for Event Descriptions)
T-Shirt Design		FREE	Deadline of September 13.
Table Tennis		\$16/person	Tournament played at the Southeast YMCA.
Tennis • Mixed Doubles    ___ • Men's Doubles    ___ • Women's Doubles ___ • Singles            ___ • Serving            ___	#M ___ #F ___	\$30/team \$16/person	Men's Singles begin at 6:00 pm on 9/17 Women's Singles begin at 7:00 pm on 9/17 Men's and Women's Doubles begin at 6:00 pm on 9/3 Mixed Doubles begin at 7:00 pm on 9/3 Tennis Serving offered on both 9/3 and 9/17 Event will be held at the Edgewood High School tennis courts.
Track & Field Track Relays		\$9/person for single events \$20/team for team events	Individual Events on 9/14 Relays and Field Events on 9/9
Trike Races		\$20/team	Teams of three; any combination of men and women.
Truck Pull		\$20/person	Three divisions: men 649 pounds and under, men 650 pounds and over, and women.
Tug of War		\$25/team	
Volleyball A		\$50/team	Quads; must have one woman; tournament will be self-refereed.
Volleyball B		\$50/team	Teams of six; must have two women. Tournament will be self-refereed.
3-on-3 Basketball	#M ___ #F ___	\$50/team	
18 Hole Golf		\$170/team	September 18 2:00 pm ___ Sept. 25 2:00 pm ____ September 21 9:00 am ____
5K Run		\$16/person	Family members may register on the YMCA website or at either Welcome Center; however, family will not earn points for companies.

**Notes:** \_\_\_\_\_

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# Monroe County YMCA Corporate Challenge Official Entry Release Form

CORPORATION CAPTAIN: \_\_\_\_\_

PHONE NUMBER (WORK): \_\_\_\_\_ (HOME): \_\_\_\_\_ (FAX): \_\_\_\_\_

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 Monroe County YMCA.

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 Releasees 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 Releasees or otherwise.

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

