

2010

North Country
Community Cup

First Captain's Meeting

February 2, 2010

- Feb. 2nd First Captains Meeting
Team receives 25 participation points for attending
- Feb. 2nd Registration Fee of \$200 due
Team receives 25 participation points for meeting deadline
- March 13th Shamrock Run
ONE point workouts begin
- April 6th Second Captains Meeting
Team receives 25 participation points for attending
Team Waivers Due at meeting, 25 Bonus Points for this.
- April 19th Y Membership begins. 5 pts. for attending a Y orientation within the first 2 weeks of membership (dates & times will be given for the orientation). Anyone working out at the Y at least 10 times within the allotted 6 week Y membership will be awarded an additional 5 participation points. Y will use special stamp. (Those Y workouts cannot be signed by your captain).
- April 28th All Event Training # 1 (includes Healthy Heart Test)
- May 5th All Event Training #2 (includes Healthy Heart Test)
- May 6th Wellness Run #1 (6 PM at Black River Trail)
- May 7th Team receives 25 points for submitting, by E-MAIL, the COMPLETED team member information form to: watertownncpp@hotmail.com by 9 PM. A sample form is attached.
- May 12th All Event Training #3 (includes Healthy Heart Test)
- May 13th Wellness Run #2 (6 PM at Thompson Park)
- May 20th Wellness Run #3 (6 PM at Fairgrounds Y)
- May 21st Team receives 25 points for submitting Completed Event Entry Forms and completed Predicted Time Forms (must use spreadsheet provided by the committee) to: watertownncpp@hotmail.com by 5 PM
- May 25th Third Captains meeting
Team receives 25 participation points for attending
Event volunteer sign up's (check with your teams as to what event they want to volunteer to work and then sign them up at this meeting or before
Opening Ceremony Form and Music Submitted
- May 28th Y Membership Ends. One pointers end.

June 2nd

Participation sheets due at volleyball prelims. 25 bonus points for having summary sheet completed and attached. Give to Cup Official

June 5th

Opening ceremonies and Torch Run – 5 Bonus points for up to two runners in torch run
Team photo, 5 bonus points for TEAM members wearing team shirt (children will not be counted) .