



Dear Team Captain:

Welcome to the 2017 Louisville Sports Commission Corporate Games. As Louisville's newest health and wellness event, the Corporate Games combines friendly competition, team camaraderie, wellness, athletic skills, charitable giving, and fun to get people moving and active. Think of it as field day for adults and the family.

As your company's team captain(s), your primary responsibilities are:

1. Complete the required company registration form and send to LSC with payment.
2. Recruit company employees and assign them to the various events and activities.
3. Coordinate your company's charitable activities (if your company chooses to participate).
4. Forward a list of volunteers to your LSC liaison (if your company chooses to participate).
5. Turn in a waiver from each employee and family member who will attend and participate.
6. Make sure that team members get information about the location, time, what to wear, etc.
7. Attend the Captain's meeting on Tuesday, May 30, for packet pickup and information sharing.
8. Help coordinate your team's activities on event day.

You will be assigned a team liaison from the Louisville Sports Commission staff to assist you through this process. Do not hesitate to call with any questions you may have.

Included in this packet is the information needed to get you started. You can find more detailed information about scoring, time schedules, etc. at louisvillecorporategames.com

General and Charity Information: This section includes basic information about the Corporate Games competitions, and general information about the Good Sports Challenge. Please note the competition details as it defines who may represent your company.

Event Schedule: The major intent of the Corporate Games is to encourage company participation, and we have scheduled most of the events as an open timeframe to allow for as much flexibility as possible for your team members. However, four events – 3x3 Basketball, Dodgeball, Mile Run and Tug of War – will have specific time schedules that might limit an individuals participation in other events. Keep in mind, Division 4 companies can team up with other smaller organizations as long as the combined number of employees remains under 100.

Competition Information: Specific details on team entries per competition, the format, point system and competition location are included. Further rules will be provided regarding WDRB Dodgeball, 3x 3 Basketball Tournament and Tug of War.

Team Rosters: Included in this packet are forms that will act as a guide as you construct your teams for each of the 14 competitive and participatory events. **We are working on the honor system and do not require you to send us your participants' names for each event. When your participants show up at an event, they simply need to identify themselves by the name of your company.**

Once again, we welcome you to the 2017 Louisville Sports Commission Corporate Games.

Sincerely,

A handwritten signature in black ink that reads "Karl F. Schmitt, Jr." with a stylized flourish at the end.

Karl F. Schmitt, Jr.
President & CEO
Louisville Sports Commission



READY. SET. GAMES.



The **Louisville Sports Commission Corporate Games** is a community-wide event that brings together employees from Louisville-area businesses for a day of friendly competition and employee camaraderie. The Corporate Games delivers a positive environment that encourages employee health and fitness, builds a sense of company spirit, and fosters teamwork and fun through participation. Think of it as a field day for your company.

GENERAL INFORMATION

DATE: Saturday, June 3, 2017
TIME: 8:30 a.m. to 1:30 p.m.
LOCATION: Kentucky Country Day School
 4100 Springdale Road
 Louisville, Ky. 40241

CONTACT US: If you're interested in **participating** in the Corporate Games, contact Stephanie Chalko at schalko@louisvillesports.org / 502-736-3498. For companies interested in receiving recognition through **sponsorships**, contact Julie Howell at jhowell@louisvillesports.org / 502-587-6742 for information regarding price and benefits. For additional information, go to <http://louisvillecorporategames.com>.

FIELDING YOUR TEAM

Companies will compete within one of four divisions based on total number of employees (full-time and part-time) in the Louisville MSA. Spouses are welcome to participate. The Corporate Games are designed so that companies can be competitive with as few as 15 participants, or bring along as many as 100 participants to share in the fun. Companies are encouraged to designate a team captain. The Sports Commission staff will provide detailed information and a contact person to field questions and will provide optional training sessions with tips on how to field a team.

HOW TO WIN

There are 15 different competitions, divided into Competitive and Participatory events, that have pre-determined point values. (A full set of competition rules and scoring charts are available.) Some events produce points through accuracy and participation; other events match up company teams in bracketed play and reward the top finishers. Additional points are awarded to teams that participant in the Good Sport Activities. And for those who want more action or to get moving in a non-competitive environment, stop by the Family Fun Zone for activities including yoga, zumba, hop scotch and jump rope.

THE NUMBER OF TOTAL COMPETITION SLOTS RANGES FROM 59 TO 75

PARTICIPATORY	COMPETITIVE	GOOD SPORTS
(3-4) - Basketball Shootout	(3-6) - 3x3 Basketball	CEO Selfie
(3-6) - Cornhole Toss	(6-10) - WDRB Dodge Ball	Food Drive
(3) - Raymond James Field Hockey Shot	(10) - Mile Run	Hop Scotch Drawing Contest
(4) - Football Throw	(4) - Obstacle Run	Sports Equipment Drive
(4) - Frisbee Toss	(3-4) - Softball Home Run Derby	Team Tailgating Contest
(2) - Parallel Parking	(4) - Tennis Skills	Team T-shirt Contest
(4) - Soccer Kick	(6-10) - Tug-of-War	

*Horseshoe Southern Indiana Wellness Walk
(COMPETITION SLOTS)

*The Horseshoe Southern Indiana Wellness Walk provides the opportunity for all of the company's employees to participate, and for family and friends to join them in the spirit of wellness.

COMPANIES OF ALL SIZES CAN COMPETE

Companies will compete within one of four divisions based upon total Louisville-area employment (full and part-time employees). Each company's team roster can include as few as 10 participants or up to 100 participants.

Division 1 (1,001+ employees)

Division 3 (101-300 employees)

Division 2 (301-1,000 employees)

Division 4 (up to 100 employees)

PARTICIPATORY EVENTS DETAILS

Participatory events are relatively low impact, designed to foster a spirit of teamwork. Participants of most any skill level and physical conditioning can participate. These are point-scoring events that help determine the team standings.

3-4
Participants
Co-ed

Basketball Shootout

Participants have 90 seconds to score as many points as possible shooting from pre-marked spots of different point values. Rebounders feed the ball back to the shooters. Teams are allowed two shooters and up to two rebounders. Shooters must alternate shots. Points are added for the team score.

3-6
Participants
Co-ed

***Cornhole Toss**

Participants have three minutes to score as many points as possible tossing bean bags full of corn onto cornhole boards. Everyone on the team gets to throw as long as time allows and the points are added up for the team score. If there is a tie, the points will be evenly divided.

3
Participants
Co-ed

Raymond James Field Hockey Shot

Each participant will take a total of eight unguarded shots from four predetermined locations – with a two-minute time limit per person – to score as many points possible. Points are added for the team score. A tie score will be broken by the team that makes the most penalty shots.

4
Participants
Co-ed

***Football Throw**

Each participant on the team will have one session to score as many points possible throwing footballs at targets from various distances. A participant may throw the football at any of the targets. Points are added for the team score. A tie score will be broken by the team that hits the most targets from four different distances.

4
Participants
Co-ed

***Frisbee Toss**

Teams will have two minutes to throw and catch as many Frisbees as they can – back and forth – from a distance of 10 yards. Teams are comprised of two tossers/catchers and two passers. Successful catches placed in the basket are added for the team score. If there is a tie, the points will be evenly divided.

2
Participants
Co-ed

Parallel Parking

Participants will choose to park either a mid-sized or full-size vehicle. The participants must parallel park the selected vehicle inside a 23' x 7' designated spot using no more than three gear changes. They will have three minutes to parallel park.

4
Participants
Co-ed

***Soccer Kick**

Each participant will kick five soccer balls unguarded from 12 yards away at a regulation-sized goal. Points will be determined by the shot difficulty and are added for a team score. A tie score will be broken by the team that scores the most points based on level of difficulty.

Horseshoe Southern Indiana Wellness Walk

The Horseshoe Southern Indiana Wellness Walk is open to all participants and their family members. This is a two-mile, non-timed, family-friendly walk of two loops that takes place on the Kentucky Country Day campus. Bring your kids. Companies are awarded five bonus points for every participant with a maximum of 50 points.

VOLUNTEERS = SUCCESSFUL GAMES

Volunteers are essential to making the Corporate Games a success. In addition, volunteering provides employees who are not able to compete the opportunity to participate. While the goal for each company is to focus on Team Building, family and friends are also welcome to participate as your company's volunteers. Companies that provide at least five volunteers will receive 10 points per volunteer up to a total of 50 points toward their teams' overall scores.

COMPETITIVE EVENTS DETAILS

Competitive events are meant to build team spirit and test the competitive athletes in your company. These are point-scoring events that help determine the team standings.

3-6
Participants
Co-ed

3x3 Basketball Tournament

This event is a three-on-three, double-elimination basketball tournament. Games go to 10 points by two with a 20-minute time limit. Each team must have a male and female participant on the court at all times. Teams can carry extra players to substitute.

6-10
Participants
Co-ed

WDRB Dodge Ball Tournament

This event is a single-elimination dodge ball tournament. Each round is best of three games. Each game begins with no more than six players and no less than three competing on a side; other players are available as substitutes. Each team must start with a male and female participant on the court.

up to 10
Participants
Co-ed

Mile Run

One-mile run comprised of four, quarter-mile laps on a regulation track. The top three times in each age group, male and female, will score points. Each company will be allowed to enter up to two participants in each age group – one in the women's race and one in the men's race.

4
Participants
Co-ed

*Obstacle Run

Each person on the four-person team will run the obstacle course – a loop of approximately 100 yards with obstacles such as army crawls, tires, dizzy izzy, up downs, etc. Best cumulative times win. Fastest teams in each division will compete a second time head-to-head for bragging rights and bonus points. Teams must be comprised of two male and two female participants.

4
Participants
Co-ed

Softball Home Run Derby

Slow pitch, softball batting contest where three team members will have 45 seconds each against a pitching machine to hit home runs. Teams are allowed fielders to catch batted balls on a fly that do not go over the fence for extra points. The team must be comprised of two male and two female participants.

4
Participants
Co-ed

Tennis Skills

This is a skills competition where participants score points during tennis drills. Team members will have a designated time to successfully hit ground strokes, volleys or serves. Individual team member scores will be combined to create a team score.

6-10
Participants
Co-ed

Tug-of-war

Single-elimination, team tug-of-war tournament where six players tug at one time with a regulation rope. Winning team is determined when the rope is pulled past the designated line. Winners of each division will compete for overall bragging rights. The lineup must alternate male and female participants. No spikes allowed.

*Companies with 75 or more participants are allowed to enter two teams in these events; highest scoring team will count.

GOOD SPORTS ACTIVITIES DETAILS – Optional

These events are meant to build team spirit and in some instances, provide good works for those less fortunate in our community. Your company also can earn bonus points toward the team standings.

CEO Selfie

During the course of competition, selfies taken with the CEO and team members can mean bonus points added to team scores. Photos must include the hashtag #SportsinLou and tag the Louisville Sports Commission Instagram account (@SportsinLou). Earn 10 points per selfie with a maximum of 50 bonus points per team

Food Drive

Help us gather food to donate to Dare to Care by bringing in non-perishable food items. Companies that participate in the food drive earn 50 bonus points to increase their overall team score.

Sports Equipment Drive

Donate gently used sporting equipment that will be distributed to kids in low- and moderate-income areas of Louisville. This is a great way to help sports change the lives of young people in our community and earn 50 bonus points for your team.

Team Tailgating Contest

Team members are encouraged to show off their company pride and creatively decorate their tailgating area. Teams may bring in ice chests and coolers with drinks and refreshments.

Team T-shirt Contest

Design a t-shirt that shows your team spirit and includes your Company's name to wear during competition. This is another great way to earn some bonus points to add to your team's overall score.

Hop Scotch Drawing Contest

Team members work together to draw their favorite hop scotch course; the most creative course drawing will win bonus points for the team. Once the drawing competition ends, the hop scotch courses will be open for play.

BAPTIST HEALTHCARE FAMILY FUN ZONE DETAILS

For those who enjoy a more leisurely day of movement and exercise, or for those who want more action than their team assignments provide, the Baptist Healthcare Fun Zone is three hours of non-stop activity under the watchful eyes of local health and wellness experts. Kids and spouses are welcome. Baptist Healthcare Fun Zone do not score points toward team standings.

Warm-up Pit

These are exercises to get warm and loose, whether you want to get your game face on or just to get your day going. Continuous action with basic exercises suitable for people of all ages and skill levels.

9 a.m. - 11 a.m.

- Yoga. Every hour, there will be a 15-minute yoga class suitable for beginners.
- Zumba. Every hour, there will be a 15-minute ZUMBA class suitable for beginners.
- Boot Camp. Every hour, there will be a 15-minute boot camp suitable for beginners.

All day

- Hop Scotch. Once the hop scotch drawing competition ends, the courses are open for play
- Jump Rope. Ropes will be available for use. Have fun and get in some extra exercise, or get serious and record your jumps.

Pro Football Combine Simulator

Using the same six measurable skills used by the professional football scouts and evaluators, measure yourself against the top college football players who train for years to get a chance to play at the next level. Continuous action.

- 40-Yard Dash. The 40-yard dash is all about speed and explosion, and football players at all positions are measured by their time in this classic event. Participants will be timed by hand on stopwatches.
- Vertical Jump. The vertical jump is all about lower-body explosion and power. The athlete stands flat-footed and leaps toward the sky for the vertical jump measurement.
- Standing Broad Jump. This activity tests an athlete's lower-body explosion and lower-body strength. The athlete begins with a balanced stance and then jumps ahead as far as possible from a standing start.
- Three-Cone Drill. The three-cone drill tests an athlete's agility and ability to change directions at a high speed. Cones are arranged in an L-shape and the competitor weaves around the cones and is required to change directions. Participants will be timed by hand on stopwatches.
- Shuttle Run. This classic drill tests the athlete's lateral quickness and explosion in short distances of five to 10 yards. Be prepared to stay low and move your feet. Participants will be timed by hand on stopwatches.
- Bench Press Max Reps. The bench press is a test of strength; doing the most reps possible at a single weight also tests endurance and stamina. There will be three bars with predetermined weights from which to choose with professional spotter.

TEAM PARTICIPATION FORM

These forms are for your internal use only and are intended to be used as a guide as you recruit and assign participants to each event. In addition, all team members must complete a waiver in order to participate. The waivers are due to the Louisville Sports Commission at the final team captain meeting, which is scheduled for May 30, 2017, at 4 p.m. at Kentucky Country Day School, 4100 Springdale Road.

Team Name _____ Division _____

Team Captain _____

PARTICIPATORY EVENTS

Basketball Shootout

Each company can register one co-ed team consisting of three to four members with a minimum of one female.

F) _____ 2) _____

3) _____ 4) _____

Cornhole Toss

Each company can register one co-ed team consisting of three to six members with a minimum of one female. Companies with 75 or more participants are allowed to enter two teams, highest-scoring team will count.

F) _____ 2) _____

3) _____ 4) _____

5) _____ 6) _____

Field Hockey Shootout

Each company can register one co-ed team consisting of three members with a minimum of one female.

F) _____ 2) _____

3) _____

Football Throw

Each company can register one co-ed team consisting of four members with a minimum of one female. Companies with 75 or more participants are allowed to enter two teams, highest-scoring team will count.

F) _____ 2) _____

3) _____ 4) _____

Frisbee Toss

Each company can register one co-ed team consisting of four members with a minimum of one female. Companies with 75 or more participants are allowed to enter two teams, highest-scoring team will count.

F) _____ 2) _____

3) _____ 4) _____

PARTICIPATORY EVENTS continued

Parallel Parking

Each company can register one co-ed team consisting of two members.

F) _____ M) _____

Soccer Kick

Each company can register one co-ed team consisting of four members with a minimum of one female. Companies with 75 or more participants are allowed to enter two teams, highest-scoring team will count.

F) _____ 2) _____

3) _____ 4) _____

Horseshoe Southern Indiana Wellness Walk

Each company is welcome to invite all participating employees and their family members; each participant must have a signed waiver. (You can attach additional sheets if you have more than 38 people representing your company.)

1) _____ 2) _____

3) _____ 4) _____

5) _____ 6) _____

7) _____ 8) _____

9) _____ 10) _____

11) _____ 12) _____

13) _____ 14) _____

15) _____ 16) _____

17) _____ 18) _____

19) _____ 20) _____

21) _____ 22) _____

23) _____ 24) _____

25) _____ 26) _____

27) _____ 28) _____

29) _____ 30) _____

31) _____ 32) _____

33) _____ 34) _____

35) _____ 36) _____

37) _____ 38) _____

COMPETITIVE EVENTS

3X3 Basketball Tournament

Each company can register one co-ed team consisting of three to six members with a minimum of one female. NOTE: Each team must have at one male and one female on the court at all times.

- | | |
|----------|----------|
| F) _____ | 2) _____ |
| 3) _____ | 4) _____ |
| 5) _____ | 6) _____ |

WDRB Dodge Ball Tournament

Each company can register one co-ed team consisting of six to 10 members with a minimum of one female.

- | | |
|----------|----------|
| F) _____ | 2) _____ |
| 3) _____ | 4) _____ |
| 5) _____ | 6) _____ |

Mile Run

Each company can register one male and one female in each age group, for a maximum of 10 runners.

- | | |
|-----------------------|-----------------------|
| F) 29 and under _____ | M) 29 and under _____ |
| F) 30-39 _____ | M) 30-39 _____ |
| F) 40-49 _____ | M) 40-49 _____ |
| F) 50-59 _____ | M) 50-59 _____ |
| F) 60 and older _____ | M) 60 and older _____ |

Obstacle Run

Each company can register one co-ed team consisting of four members - two male and two female members. Companies with 75 or more participants are allowed to enter two teams, highest-scoring team will count.

- | | |
|----------|----------|
| F) _____ | M) _____ |
| F) _____ | M) _____ |

Softball Home Run Derby

Each company can register one co-ed team consisting of four members - two male and two female members.

- | | |
|----------|----------|
| F) _____ | M) _____ |
| F) _____ | M) _____ |

Tennis Skills

Each company can register one co-ed team consisting of four members with a minimum of one female.

- | | |
|----------|----------|
| F) _____ | 2) _____ |
| 3) _____ | 4) _____ |

COMPETITIVE EVENTS continued

Tug-of-War

Each company can register one co-ed team consisting of six to 10 members; the lineup must alternate male and female participants. (Six people participate per side in each tug.)

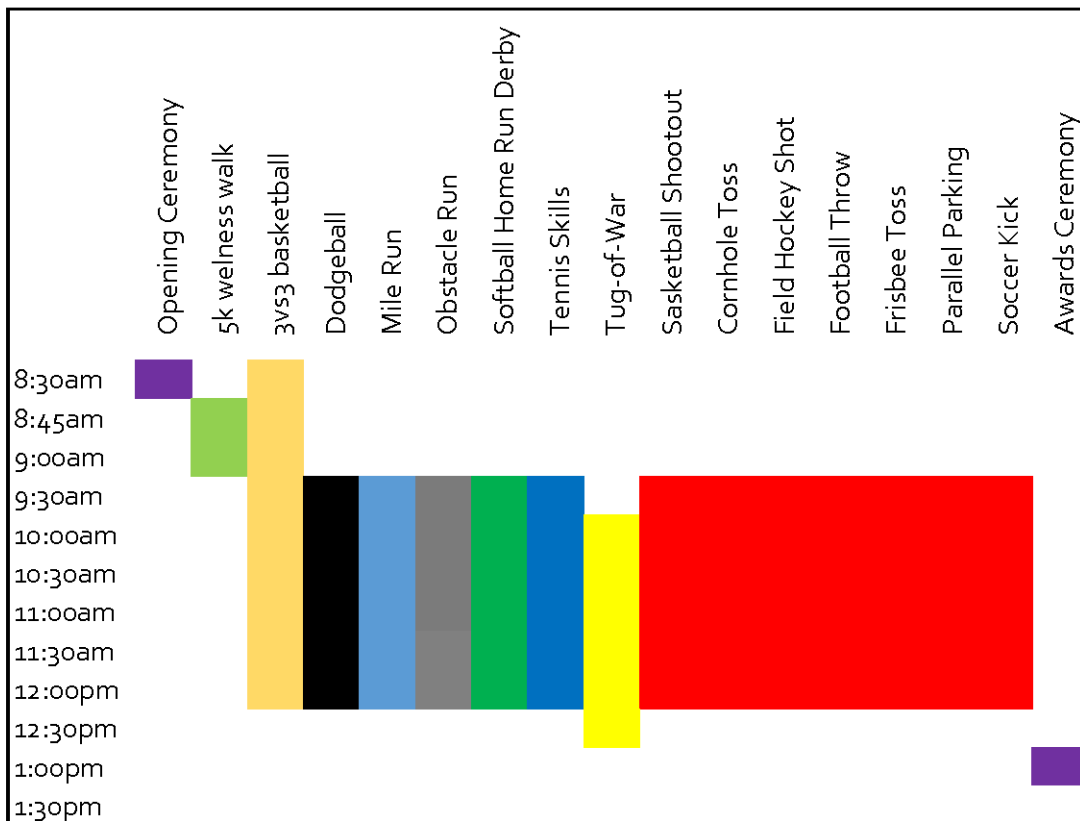
F) _____	M) _____
F) _____	M) _____
F) _____	M) _____
F) _____	M) _____
F) _____	M) _____
F) _____	M) _____

As you organize your team, you will want to emphasize the fun and friendly spirit of the games. What’s important is being a member of the company’s team, not athletic ability. There is enough variety in the types of sports offered for everyone to get involved.

Please note, except for the Wellness Walk, all team members in the participatory and competitive events must be at least 18 years of age. Team members may participate in more than one event, but competitions will not be delayed waiting for participants.

EVENT SCHEDULE

The below event schedule can assist you with signing up your team. This schedule is subject to change based on the number of registered teams.





**Louisville Sports Commission
2017 Corporate Games Participant Waiver**

Please read the following personal injury and property damage waiver and complete the information at the bottom of the form.

I understand that participating in the Louisville Sports Commission Corporate Games is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I am also aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effects of weather, traffic, and conditions of the event / course design.

I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, volunteers, agencies, and each of their agents, representatives, successors, and assigns, and all other persons associated with the event, for liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. Further, I hereby grant full permission to any and all the foregoing to use any photographs, videotapes, or other recordings of the event for any purpose whatsoever.

By checking "agree" below, I verify that I have read and fully understand this waiver and that I am in compliance with the rules and guidelines of the event in which I am entered.

AGREE _____

*** Required**

First Name * _____

Last Name * _____

Company Name * _____

Email Address * _____

Date of birth * _____ / _____ / _____

mm/dd/yyyy

For event verification