



# PLANNING GUIDE



## Table of Contents

Page 3.....	Fact Sheet
Page 4.....	Participants per Event
Page 5.....	Eligibility Requirements
Page 6.....	Event Dates and Locations
Page 7.....	Checklist
Page 8.....	Submitting a Roster
Page 9.....	Waiver
Page 10.....	Volunteer Information
Page 11.....	Social Media Pages
Page 12.....	Contact Information



## FACT SHEET

### What is the Music City Corporate Challenge (MCCC)?

The Music City Corporate Challenge is an Olympic-style event that allows Greater Nashville Area corporations to interact with each other through a variety of sporting events. Companies will compete in the following sports:

• Bowling • Basketball • Dodgeball • Camp Gladiator Challenge • Trivia • Tug Of War

Competitions will take place over the course of six weeks and companies will earn points toward their overall team score based on participation, placement and volunteer support. After all events have concluded, the company with the most points in their division will be crowned the Music City Corporate Challenge Champion. Divisions will be based on employer size so similar sized companies will compete against each another.

### What is the Purpose of the Music City Corporate Challenge?

The MCCC mission is to *promote health, wellness, and camaraderie in the Nashville business community by presenting participants with a unique, positive environment designed to challenge their bodies and minds through the spirit of corporate competition while supporting the Special Olympics*. The event serves two main purposes, to provide corporations in the Greater Nashville Area an opportunity to promote employee fitness and to benefit Special Olympics Tennessee (SOTN).

### When is the Music City Corporate Challenge?

Events will begin in conjunction with the Special Olympics Tennessee State Summer Games that start in May and conclude in early July. Schedules will be published after the registration deadline. Schedules will vary based on the total number of teams signed up to compete in each division.

### Who Benefits from the Music City Corporate Challenge?

Along with the health and personal benefit to everyone involved, the monetary benefactor of the MCCC is Special Olympics Tennessee. Special Olympics Tennessee provides year-round sports training and athletic competition in a variety of sports for children and adults with intellectual disabilities. The SOTN organization serves over 17,000 athletes across the state and hosts over 250 events per year, free of charge to athletes.



## Participation Per Event

Sport	Men	Women	Coed	Details
<b>3on3 Basketball</b>	6	6		Men's and women's tournament. Played on a half-court. Teams may have an unlimited number of participants listed on their 3on3 basketball tournament roster. A maximum of 6 of those players may be used per game with 3 playing at a time.
<b>Dodgeball</b>			8	Coed tournament. Played on a 60 foot by 30 foot court. Teams may have an unlimited number of participants listed on their dodgeball tournament roster. A maximum of 8 of those players may be used per game with 6 playing at a time. Must have a minimum of 2 women to begin each game.
<b>Camp Gladiator Team Challenge</b>			10	This will consist of a co-ed team participating in a variety of team workout challenges and be scored based on how fast it takes them to complete each challenge. Challenges will be released soon! Must have a minimum of 3 women per team.
<b>Tug-of-War</b>			Varies	Coed tournament. 2,000 lb. weight limit per team. Must have a minimum of 3 women per team.
<b>Bowling</b>			5	Coed bowling competition. Teams can consist of any combination of women/men and can have a maximum of 5 team members
<b>Trivia</b>			8	Coed Trivia competition. Teams can consist of any combination of women/men and can have a maximum of 8 team members.



## Eligibility Requirements

### Company Eligibility Requirements

Company is defined as a recognized legal entity, such as, for example, a corporation, partnership, limited liability company, city, town, or other governmental agency or department.

Subsidiaries of participating companies may compete jointly with their parent company, so long as the parent owns at least 50% of the subsidiary, and all subsidiary employees are included in the total employee count.

Companies may combine with other companies to form a single MCCC participating unit, so long as each is in good standing as a recognized legal entity, meeting the MCCC Company Eligibility Requirements as listed above.

### Employee Eligibility Requirements

Employees of participating companies are eligible to participate provided they are not included on the roster of another participating company, and they meet one of the following conditions:

- 1) A *full-time continuous* employee. A full-time employee is an individual who is normally required to work 35 or more hours per week.
- 2) A *part-time/on-call continuous* employee who has been employed with the company and has worked a minimum of 750 hours prior to the start of the competition.
- 3) A *part-time/on-call continuous* employee who has been employed with the company and has worked a minimum of 165 hours prior to the start of the competition.

### Retired, Laid-off & Contract Employee Requirements

- 1) Retired employees of a participating company may participate with their former employer. A retired employee is defined as an employee who is no longer employed and meets the participating company's retirement requirements.
- 2) An employee who satisfies the normal eligibility requirements but is transferred from the area by his or her employer prior to the start of the competition.
- 3) Laid-off employees, who satisfy normal eligibility requirements, may participate as long as they were laid-off during the competition period.
- 4) Contract employees may participate with a participating company, provided that the contract employee meets the normal eligibility requirements. If contract employees meet the normal eligibility requirements for more than one MCCC participating company, the employee is only allowed to compete for one of those companies.



## 2020 Event Dates and Locations

### **Camp Gladiator Fitness Challenge**

June 9th  
6:00p-9:00p  
Lipscomb University

### **Tug of War**

June 16th  
6:00p-10:00p  
Lipscomb University

### **3on3 Basketball**

July 7-8  
6:00p-10:00p  
Lipscomb University Student Athletic Center - Belmont Blvd., Nashville, TN 37215

### **Dodgeball**

July 14-15  
6:00p-10:00p  
Lipscomb University Student Athletic Center - Belmont Blvd., Nashville, TN 37215

### **Bowling**

TBD  
6:00p-10:00p  
Donelson Strike and Spare

### **Trivia**

TBD  
6:00p-9:00p  
TBD

### **Networking / Awards Ceremony**

TBD  
6:00p-9:00p  
TBD

\*Team schedules will be posted on [www.musiccitycc.com](http://www.musiccitycc.com) prior to each competition



## Checklist

- 1) Start recruiting teams
- 2) Organize teams and identify team captains for each sport
- 3) Order team T-shirts for your company(optional)
- 4) Submit rosters using links on musiccitycc.com website
- 5) Submit volunteers using links on musiccitycc.com website
- 6) Sign waivers and bring to competitions
- 7) Contact our staff with any questions
- 8) Share Music City Corporate Challenge photos and tag Special Olympics Tennessee!
- 9) Check standings on [www.musiccitycc.com](http://www.musiccitycc.com)
- 10) Get your game face on!



## **Directions for Submitting Team Rosters**

1. Find employees that are interested in competing in each sport.
2. Click on the sport icons on [www.musiccitycc.com](http://www.musiccitycc.com) to access the links to create rosters for each sport.
3. One captain is required for each team and each sport. Captains can be the same person for all sports.
4. Email addresses required for each player so we can communicate details about the event and potential changes (due to weather).
5. Each team **MUST** submit a roster for each sport that they choose to participate in.





## Waiver & Indemnity / Eligibility Verification Form

Every participant must personally read, understand, and execute a waiver form. This paper form must be used if a company coordinator places a participant on a roster.

### READ BEFORE SIGNING

PLEASE TYPE OR PRINT CLEARLY

Participant's Name \_\_\_\_\_

Company \_\_\_\_\_ Phone # \_\_\_\_\_

**LIABILITY WAIVER AND RELEASE/ASSUMPTION OF RISK.** I fully comprehend the risk of personal injury and property damage that may arise from my participation in any Music City Corporate Challenge game and/or event (Corporate Challenge), and hereby agree to assume such risk. I further waive any and all claims of any kind that I, or my respective heirs, executors, administrators, or assigns may have or claim to have for personal injury, illness, and property damage, of any kind or character whatsoever, resulting from my participation in any and all Corporate Challenge games, activities, meetings and events, against Special Olympics Tennessee and Special Olympics as a company, my employer, all sponsors, all other event location owners and organizations, all participating companies and organizations, including their employees, agents and representatives, and all game captains and volunteers (Released Parties), and hereby release the foregoing from liability for any such claims which may arise from, or occur as a result of my participating in Corporate Challenge.

**INDEMNITY.** In further consideration of the opportunity to participate in Corporate Challenge, I hereby agree to indemnify and hold harmless the Released Parties from and against any and all claims of third parties, including but not limited to fellow employees and members of the public, for personal injury, illness, and/or property damage which may result from or be caused by my own intentional, deliberate or negligent conduct. This indemnity shall survive regardless of when such claims are asserted.

**CERTIFICATION OF GOOD HEALTH.** I certify that I am in good physical health, have the permission and clearance of a licensed physician to participate in Corporate Challenge events, and have no physical condition, impairment, disease, infirmity, other illness, or history of chronic respiratory or circulatory ailments, including heart disease or blockage, that would prevent or jeopardize my safe participation in Corporate Challenge or place me at risk of further injury, illness or death during my participation.

**PERMISSION TO USE NAME AND PHOTO.** I hereby grant my permission to the MCCC for the free use of my name and photograph in any print media, social media, broadcast, telecast, or video account of any Corporate Challenge game and/or event.

By signing this form, I acknowledge that I have read the form in its entirety, fully understand and agree with its contents, and fully accept all terms, conditions, and provisions and I have not altered the form in any way.

Name: \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_\_ Birthday \_\_\_\_\_



## Volunteer Information

- Volunteers will be needed to support this year's Music City Corporate Challenge.
- Each volunteer that signs up from your company will earn points towards your total team score.
- Volunteer signup is on a first come first serve basis.
- Volunteer opportunities include: Scorekeeper, Clock Operator, Field Marshal, Registration Assistant, Set-up Support, Merchandise Support, etc.
- To sign up a volunteer, visit [www.musiccitycc.com](http://www.musiccitycc.com) and select the sport you would like to volunteer for. A Volunteer button will be visible on each sport page.
- Volunteers will be contacted by the Event Director prior to each competition with additional details.
- Tasks will be assigned when volunteers arrive on site.
- Volunteers must arrive 10 minutes prior their shift.



## Special Olympics Tennessee Social Media Pages



**Specialolympicstn**



**SOTennessee**



**Specialolympicstn**



## Contact Information

Christian McCormick

Music City Corporate Challenge

[CMcCormick@specialolympicstn.org](mailto:CMcCormick@specialolympicstn.org)

C:603-944-1347

O:615-329-1375