



Coastal

CORPORATE

Sports Fest

SQUAD LEADER GUIDE

Preparation is everything - more fun for captains, co-captains and players alike! Use this guide to help organize your individual squads and squad leaders. Distribute this to squad leaders and include the supporting materials too!

SQUAD LEADER RESPONSIBILITIES

- Help recruit team members for their squad including substitutes (volleyball, dodgeball, etc.).
- Prepare their squad members with rules and regs, schedules, and site locations at SportsFest (event times and site map is published two weeks before SportsFest).
- Complete the Captain's Squad Roster for their sport.
- Pre-plan substitutes to utilize if needed.
- Confirm with players days leading up to SportsFest.
- Motivate squad members utilizing videos and photos on www.SportsFest.com and the events page at www.SportsFest.com/events.



HELPFUL NOTES FOR ALL EVENTS

- Captains can always be squad leaders too!
- SportsFest officials only communicate with Squad Leaders.
- Squads can participate with less than players if needed (ex. five volleyball players when the max is six)
- Female players can always be substituted for male players, but not vice-versa (excluding Corn Toss)
- SportsFest does not need the Captain's Squad Roster returned to us.
- Share rules and regulations with all your team members!
- By being organized, following the rules and knowing the schedule, avoid potential
- disqualifications and maximize your team's enjoyment!



DODGEBALL GUIDELINES

- Review the Captain's Squad Roster and have your players and substitutes listed.
- Note scheduled times and location on site map.
- Pre-plan substitutions so you can maximize participation.
- If you win a match, stay right there! You will be competing again within the next few minutes!



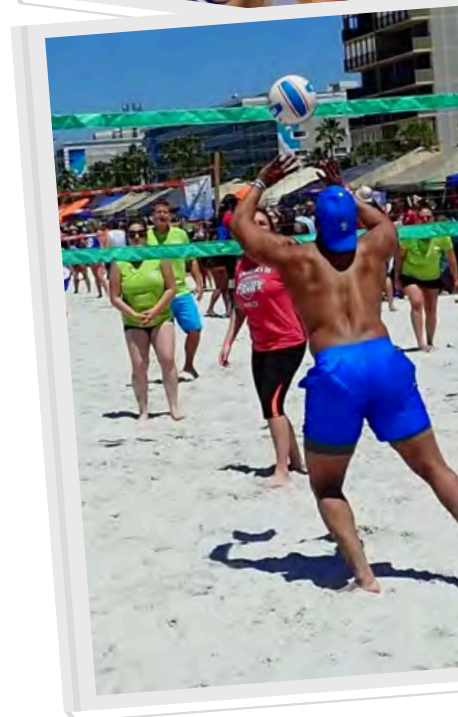


TUG-OF-WAR GUIDELINES

- Review the Captain's Squad Roster and have your players and substitutes listed.
- Note scheduled times and location on site map.
- Pre-plan substitutions so you can maximize participation.
- Look into providing gloves and/or sleeves for players.
- If you win a match, stay right there! You will be competing again within the next few minutes!
- There will be winners area to wait for the next round.

VOLLEYBALL GUIDELINES

- Review the Captain's Squad Roster and have your players and substitutes listed.
- Note scheduled times and location on site map.
- Pre-plan substitutions so you can maximize participation.
- Every company team is guaranteed three matches which can be the same members or completely different. But the overall team record will determine advancement in the playoff.
- Bring your own volleyball to practice. SportsFest volleyballs are not allowed for practice.





BOTE BEACH CHALLENGE GUIDELINES



- Review the Captain's Squad Roster and have your players assigned. No substitutes are available for this event.
- Note scheduled times and location on site map.
- Females can participate in the tube ride and paddling if needed. So a minimum of two females and a maximum of three works for the squad.



CORN TOSS GUIDELINES

- Review the Captain's Squad Roster and have your players assigned.
- Note scheduled times and location on site map.

ANY OTHER QUESTIONS?

- Reach out if you have any questions about the big day!
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