



## What is the Club Sports Cup?

Club Sports Cup is an opportunity for each club sport to elevate their engagement within Club Sports, Athletics & Recreation, the University of Denver, and the Denver community. The Top 5 clubs at the end of the academic year will receive an additional allocation for 2020-2021.

### 1. Take Club Sport Banner on a club trip (30 points – max of 2)

- a. Successfully submit a team photo via Facebook and/or Instagram with the Club Sport Travel Banner.
- b. Each club will have a chance to take the banner with them on at least 1 road trip.
- c. Must include #duclubsports in your post on Facebook and/or Instagram.

### 2. Attend a Varsity Athletics home event (10 points – max of 1)

- a. Successfully submit a photo via Facebook and/or Instagram with at least 4 members attending the event.
- b. Picture must be posted the same day as the event.
- c. Must include #duclubsports AND tag the Varsity team in your post.

### 3. Sanctioned Alumni Event (50 points – max of 1)

- a. Post a picture on Facebook and/or Instagram showing us how you formally stay connected to your alumni.
- b. This can be an alumni game or other alumni gathering.
- c. It MUST be an approved event by Club Sports. Events that “happen” to have a bunch of alumni at do not count (i.e. weddings, other non-club sports events)
- d. Must include #duclubsports in your post.

### 4. Submit a Newsletter through Club Sports to your supporters (50 points – max of 2)

- a. Work with your intern to send out an approved newsletter through our marketing staff! Clubs are not permitted to send out their own, per university policy.
- b. The club must submit their newsletter content in the appropriate format to their intern (ask if you don't know what this format is) to get the process rolling.
- c. The club will be required to provide email addresses for non-alumni to be added to the master recipient list (we can pull club alumni).
- d. Once it is emailed to recipients, provide a copy of the newsletter to your club's intern and mention that you have earned your 50 points!
- e. It's to the discretion of the Club Sports staff on if two newsletters are sent too close to each other. We recommend sending them out at least a few months apart unless you are sending a 2<sup>nd</sup> one out because of post-season qualification.

**5. Thank your Intern! (30 points – max of 1)**

- a. Successfully submit a photo via Facebook and/or Instagram with at least 3 club members with your club's intern.
- f. Facebook/Instagram post must explain how your club's intern helps you succeed! Be creative and appropriate.
- g. Must include #duclubsports in your post.

**6. Thank your coach(es) (30 points – max of 1)**

- a. Thank or recognize your coach(es) on Facebook and/or Instagram for their dedication to your team!
- b. Picture of your coach(es) is required.
- c. Must include #duclubsports in your post.

**7. Thank our other staff! (30 points – max of 1)**

- a. Successfully submit a photo via Facebook and/or Instagram with at least 3 club members with a Student Programs staff member (who isn't an intern) on Facebook and/or Instagram for their awesome help!
  - i. If your club has home events at DU, this must be with one of the Club Sports Event Supervisors working your event.
  - ii. If your club has no home events at DU, this would be with a full-time staff member who is involved with Student Programs (Student Programs Manager, Associate Director of Recreation, or Associate VC of Recreation).
- b. You must mention the staff's name (first name only is okay) in your post.
- c. Must include #duclubsports in your post.

**8. Attending every Crimson/Gold meeting (75 points – max of 1)**

- a. We are still giving each club their one missed freebie each year (and allocation deductions for additional missed meetings), but if your club doesn't even use their freebie, we'll give you 75 points!
- b. These do not include All Clubs Meetings.

**9. Volunteer/Perform Community Service (70 points – max of 3)**

- a. Successfully submit a photo via Facebook and/or Instagram with at least 5 club members at your volunteer/community service location.
- b. Service cannot double as fundraising money
- c. Must include #duclubsports in your post.

**10. Get an article written about your club published in the DU Clarion (40 points – max of 1)**

- a. Must be published between the first day of Fall Quarter and May 1<sup>st</sup>.
- b. Successfully submit the link to the article via Facebook and/or Instagram.
- c. Must include #duclubsports in your post.

**11. Complete B.O.S.S. Training as a team (175 points – max of 1) \*NEW for 2019-20\***

- a. In order to help our club sports student-athletes gain confidence when taking action against sexual violence, misconduct on trips, and verbal abuse towards others, we highly encourage our clubs to equip themselves with good knowledge and best practices.
- b. Learn how to set up a training here: <https://www.du.edu/health-and-counseling-center/counseling/campus-training-outreach/workshops.html>
- c. Must have at least 75% of your team's active roster attend this training. Attending on behalf of another org DOES NOT count.
  - i. You must with the HCC to set up a class for just your club OR team up with another club team to do it together.

- d. Must include #duclubsports and a picture of you all before/during/after the training AND provide your intern with a list from HCC of those in attendance.

**12. Go on an Alpine Club Trip (20 points – max of 1)**

- a. Successfully submit a photo via Facebook and/or Instagram with at least 2 club members on an Alpine Club trip.
- b. Must include #duclubsports AND tag DU Alpine Club/@dualpineclub in your post.

**13. Play Intramural Sports together (40 points – max of 1)**

- a. Successfully submit a photo via Facebook and/or Instagram with at least 3 club members participating in an Intramural Sports event.
- b. Club members can either be on the same team, playing against each other, or playing on different fields/courts at the same time.
  - i. We can check schedules/rosters to verify...don't try to cheat the system!
- c. Must include #duclubsports AND tag DU Club & IM Sports/@duclubIMsports in your post.

**14. Take a team picture with your opponents (50 points – max of 1)**

- a. Help us promote sportsmanship and take a picture with your team AND your opponents.
- b. Successfully submit a photo via Facebook and/or Instagram with your entire team (that is present) AND your opponents before or after an event.
- c. Must include #duclubsports, #sportsmanship, AND tag your opponents' team, club sports program, or school in your post.

**15. Create a team video for promotional use (100 points – max of 1)**

- a. There's no better way to market your club to potential students and supporters than seeing you all in action!
- b. Must be at least 30 seconds in length, in which at least 15 seconds of it must be video (not pictures on a slideshow).
- c. Get film of your practices, events, competitions, team meals, etc. Be creative, excited, and full of school spirit!
- d. Any inappropriate content or branding/logo issues may nullify points. Work with the interns to obtain team logos, etc.
- e. Successfully post the video on Facebook and/or Instagram.
- f. Must send the video to the Club Sports Office and allow them to use any content in future marketing.
- g. Must include #duclubsports in your post.

**16. Build a snowman wearing your club's apparel (15 points – max of 1)**

- a. We love it when people (or snowmen) support Club Sports!
- b. Successfully submit a photo via Facebook and/or Instagram of a snowman that a member of your team built wearing apparel with your club's apparel.
- c. Must include #duclubsports in your post.

**17. Do additional tabling on campus throughout the year (15 points – max of 5)**

- a. Recruitment and Club Sports awareness shouldn't stop after Week 1 of Fall Quarter. Whether it's to recruit new members, get students out to your home competitions, or sell club apparel for fundraising, get out there and show off your club to the DU student body!
- b. Successfully submit a photo via Facebook and/or Instagram of at least 2 members actively tabling/promoting your club on campus. Tabling must be for at least 2 hours.
- c. Flyers or marketing materials do not count. It must be members visible on campus promoting the club.

- d. Club Sports-related events like Rec Night, Pioneer Carnival, or any of the tabling events for the grad students and first year students before classes start do not count.
- e. Must include #duclubsports in your post.

**18. Take a group picture at practice! (30 points – max of 3)**

- a. We see what you all look like at competitions...but show us what you all look like at practice!
- b. Successfully submit a photo via Facebook and/or Instagram with your team (must be at least 8 people) at practice (can be formal practice or team conditioning).
- c. Pictures must be from different practices.
- d. Must include #duclubsports in your post.

**19. Put the FUN into FUNdraising! (30 points – max of 3)**

- a. Money doesn't grow on trees, so show the world that you are working hard for the money! \*cue Donna Summer\*
- b. Successfully submit a photo via Facebook and/or Instagram with your team (must be at least 3 people) at a fundraising opportunity.
  - i. Examples are 50/50 Raffle, Sodexo, restaurant-based fundraisers, etc.
- c. Must include #duclubsports in your post.

**20. Testimonial Time! (60 points – max of 2) \*NEW for 2019-20\***

- a. We know that being a part of a club sport is an important part of your college experience...so help us share your story!
- b. Successfully submit at least 1 photo via Facebook and/or Instagram with a testimonial/story from one of your members on why being a part of your club and Club Sports here at DU has been a positive experience for them.
- c. The 2<sup>nd</sup> testimonial (if you choose to do a 2<sup>nd</sup> one) must be from a different person from your first one.
- d. Must include #duclubsports in your post.

\*\*A final determination may be made by the interns or Student Programs Manager for requirements that are not clearly specified in this document.

**Most points in a quarter = \$200**

**Winner at end of year = \$600**

(end of quarter & year deadlines will vary – will be announced by staff closer to each quarter)

**2<sup>nd</sup> place = \$400, 3<sup>rd</sup> place = \$350, 4<sup>th</sup> place = \$300, 5<sup>th</sup> place = \$250**