

TEAM LEAN

2019

INFO & RULES

What is Team Lean?

- Team Lean is an 8-week weight loss competition open to the community.
- Team Lean will begin on **Saturday, January 5, 2019** and will end on **Thursday, March 7, 2019**.
- Teams of 4 or 5 people compete to lose the highest percentage of weight during the competition.
- Cash prizes are given to the top teams & individuals at the end of the competition.

How Does Team Lean Work?

- Each team member must weigh in weekly to remain in the competition.
- The entry fee is \$60.00 per person with several payment options:

Phase 1 Only (8 week competition):

- * Early Bird (if registered by Dec. 31, 2018).....\$50.00
- Regular (if registered between Jan 1-10, 2019).....\$60.00
- Pay Weekly (must be paid in full by Week 4 of program).....\$60.00

**Must pay in full*

Phase 1 + Phase 2 (8 week competition + 3 month maintenance program):

- * Early Bird Combo (Phase 1 + Phase 2).....\$70.00
(if registered by Dec. 31, 2018)
- Regular Combo (Phase 1 + Phase 2).....\$80.00
(if registered between Jan 1-10, 2019)

**Must pay in full*

Phase 2 Registration (3 month maintenance program):

- ** Registration (Phase 2).....\$40.00
(if registered after Jan 10, 2019)

****You must participate in Phase 1 to be eligible for Phase 2**

Phase 3 Registration (4 month maintenance program):

- *Registration (Phase 3).....FREE

***no registration necessary if you participated in Phase 1 + Phase 2**

- **PAYMENTS** - If you choose the weekly payment option you must weigh at a YMCA site. All other weigh sites cannot accept weekly payments.
- If a team member is on the weekly payment plan and misses a weigh-in he/she is still responsible for paying the weekly fee (at the next weigh in) to remain in the competition.
- There will be no refund if you drop out of the program early or get voted off a team.
- Participants must pay a penalty of \$1.00 per pound gained.

- **CASH PRIZES** - Cash prizes are distributed at the end of the competition to the top Teams, overall highest Male and Female losers, and the best team name. The top 10% of teams will be eligible for cash prizes.
- Team members on a weekly winning team (by losing the highest overall percentage of weight for the week) will receive a \$15.00 cash prize. Also the top Male loser and the top Female loser each week will receive a \$15.00 cash prize.
- To be eligible for weekly cash prize considerations, all team members must have weighed the previous week and current week. The top Male and Female losers for the week must also have weighed the previous week and current week.

- **CASH PRIZES FOR HEALTH SCREENINGS:** Archbold Medical Center will offer free health screenings at the first and last weigh-ins. The two (2) individuals (Male & Female) with the largest decrease in cholesterol numbers (by percentage) from the beginning of the program to the end of the program will each receive a \$500.00 cash prize!! Initial screenings will be done on **Saturday, January 5th** (9AM – 12PM) at the *Butler-Mason YMCA* and **Thursday, January 10th** (6AM- 8:30 AM) at the *Everett-Milton YMCA*. Final screenings will be on **Thursday, March 7th** at the *Everett-Milton YMCA*. All health screenings for Team Leaners are free!
- **NEW IN 2019: ADVANTAGE POUNDS BASED ON PERCENTAGE** – Participants can earn up to a 2% weight loss of their total weight at the end of the program by participating in certain Team Lean special events (Ex: Community exercise classes, Health talks, etc.). Each event, if completed, is worth .25% towards that participant’s weight loss, for a maximum of a 2% weight loss advantage. A total of eight (8) special events and the Couch to 5K program will be offered throughout the program. The Couch to 5K program if completed will count for the full 2% weight loss advantage. Advantage pounds are only redeemable by completing the event. A full schedule of all “advantage events” will be available at the first weigh-in. Advantage pounds earned will be calculated into a participant’s weight loss at the end of the program.
 - In order to have your advantage pounds count towards your final weight loss number, you must turn in your official Advantage Pounds chart from your Team Lean book. Team captains are responsible for collecting the charts from team members. Captains are required to submit the charts to Kim Smith at the Everett-Milton YMCA. You have until the last week (March 7th weigh-in) to turn in the information.
- **MAINTENANCE PROGRAM(S)** - An optional weight maintenance program will be offered after the 8- week competition ends. There will be a Phase 2 (3 month maintenance program: March-May) and a FREE Phase 3 (4 month maintenance program: June-September).
- The maintenance programs are only available for Team Lean participants that participate in the 8-week competition.
- The phase 2 maintenance program will be offered in a modified format with an emphasis on long-term health goals. Weigh-ins for the maintenance program will be held every other week beginning March and continue through May.
- All weigh-ins for the maintenance program will be held at the Everett-Milton YMCA (103 S. Dawson St. from 7am- 7pm).
- The goal of the maintenance program is to provide accountability and support for participants who want to continue working towards their weight loss goals. The YMCA will provide additional resources to support the maintenance program.
- More details of the Phase 2 and Phase 3 maintenance programs will be available after the start of the competition.
- **AWARDS CEREMONY** - An awards ceremony will be held the week following the final weigh in to recognize the individual and team winners.

How do teams register?

- Form a team of 4 or 5 people; or sign up as an Individual participant.
- Each team will choose a Team Captain.
- Choose a unique team name. Team names in poor taste may be asked to select a new name.
- The YMCA will not assign you to a team. It is your responsibility to form your own team.
- Get creative! A committee will award a cash prize to the best team name.
- Join the TEAM LEAN – Thomasville YMCA group on Facebook.
- Early registration period begins in **December**. Each team member needs to complete and sign an Entry Form by the deadline of **January 10, 2019**. All entries must be received at the Thomasville YMCA by the deadline date.

When is the first weigh-in?

- Optional dates are set up for your initial (base line) weigh in. **You must attend ONE - not both:**

Option #1	DATE:	Saturday, January 5, 2019
	TIME:	9AM – 12PM
	LOCATION:	BUTLER-MASON YMCA (1304 REMINGTON AVE.)

Option #2	DATE:	Thursday, January 10, 2019
	TIME:	CHECK YOUR WEIGH SITE FOR HOURS ALL
	LOCATION:	COMMUNITY WEIGH SITES

Penalty Rule

THIS RULE ONLY APPLIES TO TEAM LEANERS THAT LOST 30 POUNDS OR MORE IN ANY 2018 TEAM LEAN PROGRAM. THIS INCLUDES YMCA/TEAM LEAN PROGRAMS OFFERED IN NEIGHBORING COMMUNITIES. IF YOU LOST LESS THAN 30 POUNDS OR DID NOT PARTICIPATE IN A 2018 TEAM LEAN PROGRAM THIS RULE DOES NOT APPLY TO YOU.

Rule: You will be subject to penalty if you gain back more than half of your weight lost in the 2018 competition. For example if you lost 30 pounds, you would be penalized if you gain back more than 15 of those pounds. If you lost 40 pounds, you would be penalized if you gain back more than 20 of those pounds.

What is the penalty?

Anyone that meets the criteria for the Penalty Rule would not be credited for new weight loss until their weight drops below their 2018 "halfway" number. The halfway number is based on half of your total pounds lost during the 2018 competition. For example if you lost 30 pounds, your halfway number is 15. If you lost 40 pounds, your halfway number is 20.

Why has Team Lean been successful?

- Team effort motivates participants to stay focused on losing weight through proper nutrition and exercise.
- Cash prizes motivate participants to remain competitive throughout the 8- week competition.
- Team members can choose their own nutritional plan and exercise program.
- All weights are held confidential. (Not even shared with team members).

Are exercise classes offered?

- Special exercise classes identified as "Team Lean" will be offered free of charge through the YMCA. All Team Lean participants are welcome. A Team Lean class schedule will be available before the first weigh in; check the YMCA website at www.ymca-thomasville.org or call the YMCA at 229-226-3446 for schedule.
- The YMCA offers a wide selection of group exercise classes for its members. Class schedules are available at the YMCA or online at www.ymca-thomasville.org.

Who can join Team Lean?

- Anyone over the age of 14 who wishes to lose weight may participate.
- Any business, civic organization, church, school, or any individual groups may form teams.
- Participants have the option of competing either as a Team or Individual.
- Those participating as Individual will only be eligible for prize considerations in the Male or Female Individual category. Those participating as Team will be eligible for prize considerations in both the Team category and individually through the Male or Female prize categories.

What are the Team Lean rules?

- All participants must be at least 14 years of age by January 10, 2019
 - Participants between the ages of 14 and 17 must have parental and physician release form signed.
 - Convenient weigh-in times will be held from 6:00AM to 7:00PM each Thursday.
 - With the exception of the initial weigh-in on Saturday, January 5, 2019, all weigh-ins will be held on Thursday at the following community locations:
 - 1) BUTLER-MASON YMCA (1304 Remington Ave.)
Weigh-in Hours: 8:30AM – 5:00PM
 - 2) EVERETT-MILTON YMCA (103 S. Dawson St.)
Weigh-in Hours: 6:00AM – 7:00PM
 - 3) GRADY GENERAL HOSPITAL (1155 5th St. SE, Cairo GA 39828)
Weigh-in Hours: 7:30am-9:00am & 3:00pm-5:00pm
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- No make-up times or dates for weigh-ins missed.
 - Participants may only weigh in once per week at one weigh-in site only.
 - It is recommended that you weigh-in at the same site each week to ensure scale consistency.
 - No shoes are to be worn during weigh-ins.
 - No disrobing allowed at the scales. Shoes, belts, jackets, jewelry, and excessive clothing should be removed prior to entering weigh station.
 - Once you step on the scales in the presence of a weigh site monitor, your weight is considered official. Participants cannot weigh and then decide if they want to count the weigh-in as official or not.
 - T-shirts and shorts are recommended for weigh-ins.
 - Fad diets promising fast results are discouraged; such diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run.
 - Healthy eating and exercise are encouraged.
 - Drastic weight loss is discouraged for health reasons.
 - No intentionally sabotaging other teams.
 - Rules allow for up to two (2) missed weigh-ins.
 - Participants must bring their Team Lean book each week to record weight. Weights are confidential and will not be released.
 - Team members can only be voted off (by their team members) for failing to weigh-in or for steadily gaining weight. Only one team member may be voted off a team.
 - As long as a team member is consistently weighing-in and losing at least a half-pound of weight a week, they are not subject to be voted off.
 - The winning team must have at least four remaining members on the team at the end of the competition.
 - The Team Lean Rules Committee has the right to make changes or clarifications to the rules at any time.

What are the rules for Disqualification?

- Missing two (2) consecutive weigh-ins.
- Missing more than two (2) weigh-ins total during the competition.
- Missing the final weigh-in without prior permission from Team Lean Director.
- Pregnancy (see below)
- Any surgery that occurs during the program that would result in significant weight loss.
- Illegally stepping on scales with weighted objects at initial weigh-in (Example: weights in pockets)
- Unhealthy and/or unfair weight loss practices if discovered.
- Use of sauna or steam room prior to weighing in.
- Lap Band surgery recipients may participate in Team Lean but are not eligible for cash prize considerations.

What if team members are voted off or drop-out?

- Team members cannot be substituted after January 10, 2019
- Team members may drop out by the 4th week (**February 7, 2019**) without penalizing the rest of the team. For anyone that drops out, their weight will not be calculated into the team's total weight as long as they drop out by the 4th week.
- After the 4th week, team members may drop-out but their weights will be calculated into the team's total weight, which may lower the team's weight loss percentage.
- Teams must have a minimum of 4 team members to remain eligible for Team prize considerations. If a team roster falls below 4 people the remainder of the team will be re-classified to the Individual category. However, they will still be eligible for Individual biggest loser prizes.
- Any team that wishes to vote off a team member must submit an official notification – from the TEAM CAPTAIN – via email to Cindy Quigg, cquigg@ymca-thomasville.org
- Pregnancy: Any Team Lean participant that becomes pregnant during the program will be disqualified for health reasons. Pregnancy is considered an approved reason to drop out of the program and will not penalize the remaining team members, under the following condition:
 - Any pregnancy that is reported after the halfway point drop-out date, **February 7, 2019**, must be validated in writing by a physician. After this date any reported pregnancy that cannot be validated will be subject to standard drop-out rules, which would result in that team member's weight counting against the team the remainder of the program. Medical validation should be submitted to Cindy Quigg via email to cquigg@ymca-thomasville.org

What are the benefits of Team Lean?

- Weight loss through proper nutrition and regular exercise lead to better health.
- Team competition promotes camaraderie, encouragement, accountability, and motivation among team members and others.
- Weight loss often leads to more energy, increased productivity, and higher self-esteem.
- Healthier people have fewer medical expenses, which may decrease health insurance premiums.

Who can I contact with questions?

Butler-Mason YMCA

Greer Cox

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Everett-Milton YMCA

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