



## **Directions for Submitting Team Rosters**

1. Find employees that are interested in competing in each sport.
2. Go to the “SPORTS” page on [www.musiccitycc.com](http://www.musiccitycc.com) to access the roster submission form
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.
6. Rosters are due 5 days before the competition

Contact Jen D’Annunzio at [jdannunzio@specialolympicstn.org](mailto:jdannunzio@specialolympicstn.org) for any questions!