

RIVALRY WEEK
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Every town has one – *a rivalry*. Whether it's high school, football or the pro's, there is a local football program that you can design a great week of activities around. In our area, our week is called "Apple Cup Week" and it is as big as it comes. I have been planning this week for 23 years and it has always been a huge hit with our residents no matter what facility I have worked at. The Apple Cup is named for one of the great state of Washington's largest crop – Apples. It exemplifies the cross state rivalry of our two largest colleges the University of Washington Huskies and the Washington State University Cougars. This rivalry is 100 years old now and it is a tough one because you never know who is going to show up to play the game. There have been many years where one team is nationally ranked; the other team has lost all season only to rise up to crush them at Apple Cup. There have been many years where one team is destined to spend New Year's Day in the Rose Bowl only to have their dreams pulled away by the other team. Needless to say, emotions, (and the jokes) run quite high during Apple Cup Week.

Here are some ideas to help you plan your rivalry week.

- * Encourage staff and resident's to show their team spirit by dressing up in their school colors. Designate the whole week or just one day. Give prizes for the best dressed.
- * Decorate each wing of your facility with the colors of each school. M & N International has great football decorations.
- * Invite each school's President, football players & staff, cheerleaders, band, alumni, mascots to a tailgate party (they have come to many of mine). We had the live Husky dog mascot and even a live Cougar one year!
- * Ask each school a couple month's before the big game for team posters, key chains, (autographed) footballs, pom poms, T-shirts, etc. – anything with each school's logo on it for give-a-ways and/or raffles.
- * Have a tailgate party (For the Apple Cup, we served sparkling apple cider, hot apple cider, Cougar Cheese, crackers, apple slices, cinnamon apple cookies, apple pie, apple sauce, etc.). Play each school's fight song, learn the words to it, give prizes to whoever knows the words and can sing it. Develop Trivia questions about each school and give prizes. Tell jokes about each school. Encourage residents to reminisce about their college days – especially if any of them went to school at either college and if they ever "tailgated". Talk football – the rules, how the uniforms have changed over the years – did any of your men ever play, what were their helmets like, (a local high school may loan you a uniform for the day).
- * Game Day – Gather the resident's to watch the game and enjoy!