

Hi, just a reminder that you're receiving this email because you have expressed an interest in the Ventura Corporate Games. Don't forget to add eburton@ci.ventura.ca.us to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



## 2016 Corporate Games News



### December 2015 - Get an early start on the 2016 Corporate Games

Dear Executives, Business Owners and Wellness Coordinators,

Many new and returning companies throughout the tri-counties are already organizing for the upcoming Corporate Games competitions. How about you?

Take a look at who is on board below. Although registration officially begins January 11, teams are sending their registration information to the Corporate Games office now to reserve their spots. Last year Division I filled, so companies in these divisions should consider early registration.

[To get started simply download the Registration form here](#) or at [www.venturacorporategames.org](http://www.venturacorporategames.org) where you may also find a wealth of information about all our events or call (805) 658-4738. **Please note that businesses can register first and then select their events later if that works better for them.**

Ventura County's greatest business-to-business sports competition enterprise is now in its 27th year hosting 25 separate events at locations that attract almost 100 tri-county businesses, large and small, with over 10,000 employees participating at all fitness levels. Companies may choose from a menu of table games (Dominoes, Spades, Texas Hold'em & Speed Scrabble), traditional "ball" sports, Lazertag, Paintball, Surfing and up to seven "team unity" events. The Corporate Games add up to "big fun" and a proven method for companies to improve teamwork, spirit, fitness and productivity among their employees.

Still have questions about "the Games?" Please feel free to contact me at 805.658.4738 or eburton@cityofventura.net. Thank you for support of, and participation in, the 2016 Corporate Games! I look forward to hearing from you soon.

Remember, "Teamwork Wins!"

Eric Burton  
Ventura Corporate Games Director

**Join these companies already committed to returning to the 2016 Corporate Gamers**



Amgen, City of Ventura, Monsanto, SAGE Publications, Ventura County Credit Union, AECOM, Amoretti, Brighton Management, Jano Graphics, Limoneira, Community Memorial Health System, The Trade Desk, Parker Hannifin, University of California at Channel Islands, Cumulus Radio, Spanish Hills Country Club, The Cheesecake Factory Calabasas

**Corporate Games coordinators meet on January 28 to register and share ideas**

# Coordinators

New and veteran company coordinators will meet at  
**Ventura City Hall**  
**501 Poli Street**  
**at 6:30 pm**  
**on Thursday, January 28**



for orientation and sharing ideas for the upcoming competitions from March 19 to May 7. Send your company delegate for help in registering and selecting events. [Click here for a flyer on the meeting location and the top ten reasons to attend.](#)



Please remember that fees for Paintball and Golf must be paid directly to the vendor. [Click here for the online payment link for golf](#) or mail a check to Buenaventura Golf Course, 5882 Olives Park Dr., Ventura, CA 93003. Attn: Anna Atwell or Horwith.



Mail payment for Paintball to: Paintball USA 19425 Soledad Canyon Rd., B-167, Canyon Country, CA 91350. Attn: Ap Schwartz.



The City of Ventura's Municipal Tax Identification Number is #95-6000807 if you need to set-up an account to make payment for registration or for golf fees. [W9 Forms for Golf](#) and for [W9 Forms for Paintball](#) are located here and on the Corporate Games website.

Family members are not eligible to participate in the Corporate Games except Opening Ceremonies. This year the City of Ventura is celebrating its 150 Anniversary and [Corporate Games Opening Ceremonies will be a Hallmark Event](#) including an Open Swim and Aquatic Tug-of-War at the Aquatic Center. The Business and Health Fair, Jolly Jumpers, Arts & Craft Booths are available to Corporate Games employees and their families.

## Take the new Corporate Games Smart Phone Video Challenge!



**Show us what you've got! CAPS MEDIA invites companies registered for Corporate Games to TAKE** The 2016 Corporate Games Video Challenge by May 7  
**MAKE** a video of your Team's Challenge in (1) Fitness (2) Team Spirit or (3) A Community Project  
**STATE** your company name, division and which challenge you are undertaking  
**SEND** a one minute (maximum) video to [media@capstv.org](mailto:media@capstv.org) in MP4 format (MOV preferred)  
**WATCH** on CAPS (6 & 15) plus Corporate Games, YouTube and more sharing sites.

## CG businesses offer discounts to get your team ready for competition



The Corporate Games would not be possible without the support of local businesses that events like Bowling, 8-Ball/9-Ball, Paintball, Darts, Horseshoes, MB2 Racing, Lazertag, and the 5K Run just to name a few. Host businesses offer discounted pricing for Corporate Games teams, to help teams prepare for the upcoming competition. Here are a few of the special offers available for teams registered for the Corporate Games:

1. **Billiards** - Stiix Billiards will offer ½ off table time beginning March 1
2. **Paintball** - Paintball USA is offering \$15 for self-equipped players and \$25 non-equipped players. Price includes admission, paintballs, and full-day air.
3. **Bowling** - Buena Lanes is offering \$2.50 per game including shoes from April 1 to May 31
4. **Lazertag** - Lazertag Extreme in Simi Valley will be offering discounted rates for teams looking to practice. Contact Joey Thimian at 577-8400 to reserve at time.
5. **MB2 Racing** - Purchase (2) 14 lap races for \$20 Mon-Fri 12-10pm, February 22 to April 30

6. **Bocce Ball Courts** will be available every Saturday, during the month of March at Limoneira from 10am until 2pm. Volunteers will be available to answer questions and provide strategies for teams looking to improve their performance.

Find more ways to get your team ready at the [Corporate Games website](#) -- click on [March Madness Practice Opportunities](#).

## Register by February 4 for Ventura Winter/Spring Adult Sports Leagues



Get your teams ready for Corporate Games and register by February 4 for Adult Sports Leagues which begin in middle of February. Don't miss out on our new leagues for Kickball and Paintball. For rosters and rules go to [www.cityofventura.net/adultsports](http://www.cityofventura.net/adultsports) or [www.teamsideline.com/ventura](http://www.teamsideline.com/ventura) or see links below. Individuals looking for a team may add their names to the growing list of Free Agent Players at either website. Team Managers, looking for players to fill out their rosters, will contact them prior to the start of the season.

Register using these fillable team rosters: [Basketball](#) [Dodgeball](#) [Kickball](#) [Soccer](#) [Softball](#)

## Important Corporate Games Dates



January 11-----[Registration officially begins](#) but you can reserve your spot now  
 January 28-----[Coordinators Meeting](#)  
 February 12 ----[Registration & Event Selection ends](#)  
 March 11-----Schedules available on-line  
 March 19-----[Opening Ceremonies](#)  
 March 23-----[Sponsor Reception](#)  
 May 7-----[Closing Ceremonies](#)

## Explore Our Links



- Program Guide
- [Director's Welcome](#)
- [Fees, important dates & coordinators meeting](#) ■ [meeting flyer](#)
- [Reception & Practice Opportunities](#) ■ [March Madness practice discounts](#)
- [Sponsor Reception](#)
- [Sports, dates & locations](#)
- [Calendar of events](#)
- [Registration & Event Selection](#)
- [Employee Hold Harmless Waiver](#)
- [Sponsor benefits & agreement](#)
- [Why become a Sponsor?](#)
- Sponsor benefits levels: ■ [Event](#) ■ [Bronze](#) ■ [Silver](#) ■ [Gold](#)
- [Business & Fitness Fair application fillable form](#)
- [Medals, trophies and JD Probasco Spirit Award](#)
- [Opening Ceremonies](#)
- [Corn Hole Sign Up](#) fillable form
- [Photo Contest](#) how to enter / submit up to 20 entries
- [T-Shirt Design Contest](#) - get torch & logo artwork here
- [Community Service Projects](#) ■ [Volunteer Tracking Form](#) ■ Volunteer Ventura
- [waiver](#) ■ [events & opportunities](#)
- [Closing Ceremonies](#)
- [Playbook manual of rules & team rosters](#) or select individual events below
- [YouTube video by Amoretti](#)
- [Vimeo](#) or YouTube of [5K Run by Ky Schultz of LureFilms.com](#)
- View CAPS Media video on ■ [Vimeo](#) ■ [YouTube](#)
- Visit [www.venturacorporategames.org](http://www.venturacorporategames.org) for individual links to rules & team rosters for all these Corporate Games sports and activities:

•Coed Softball •Corn Hole •Cross Fit Challenge •Darts •Dodgeball •5K Run •Flag Football •Golf •Horseshoes •Indoor Volleyball •Kickball  
 •Lazertag •MB2 Kart Racing •Men's Softball •Miniature Golf •Paintball •Sand Sculpture •Six-A-Side Soccer •Sponsor Reception •Surf Challenge New!  
 •Table Games: •Dominoes •Spades •Speed Scrabble •Table Tennis •Team Tennis •Texas Hold'em •Tug-Of-War  
 •Remember "Teamwork Wins!"

## Health Tips from the Y: "Sitting is the new smoking" by Phil Rove



Finding time to get healthy may be difficult if you happen to be desk bound just like the majority of us. "Sitting is the new smoking", as stated by the Washington Post, seems to be truer than ever. Most people don't know about the health implications associated with sitting.

Below you will see we will quickly focus on how awful sitting really is. Then, let's explore exercises you can perform while taking your lunch break and/or while you are on your way to the copy machine.

What goes wrong in our bodies when we sit for the majority of the day? From organ damage to muscle degeneration, leg disorders, bad back, all the way to diminished brain performance... the list seems endless.

Studies have shown that prolonged sitting may be linked to high blood pressure and high cholesterol levels due to muscles burning less fat. Furthermore, blood flow is inconsistent, thereby allowing fatty acids to clog arteries easier. Sitting for too long also causes the pancreas to become over-productive, but at the same time, cells in the muscle tissues are unable to respond appropriately, thereby causing an overproduction of insulin.

1 in 3 Americans will suffer from a back pain episode at least once in their lives. Unfortunately, sitting is not going to help in the prevention of back pain. Our body is made to move, so always keep that in mind! When we move, our discs between the vertebrae contract and extend, causing an increase in blood flow. When we sit the collagen around ligaments and tendons will harden, thereby causing an inflexible spine.

If you are desk bound chances are that you suffer from weak abs, tight hips, and soft glutes. When you are slumped in your chair (and let's face it, most of us are), your abdominals are not being used; now imagine being in that position for days, weeks, months, years at the time.

There are times when we need to sit. Whenever that happens, please keep in mind that you want to activate your core, keep shoulders relaxed, both feet on the floor, elbows bent at 90 degrees and no leaning forward. Try to sit for no more than 30 minutes at the time; instead, get out of your seat and walk a lap in the office: Become a Cubicle Wanderer! Catch up with coworkers and instead of sending emails to your manager two doors down, just walk to their office.

Two easy exercises you can try:

**Wall-Sit:** Find a wall, get into a squatting position, thighs parallel to the ground, and hold that position anywhere from 20-60 seconds (world record=12 hours).

**Dips:** You can do dips almost anywhere, so grab on to a chair or table, and do 3 sets of 10-15. Your triceps will grow in no time!

Coming next Month: a little workout routine that you can follow at home in between TV commercial breaks... because even doing a little bit can make a huge difference.

#### References

Berkowitz, B. & Petterson C., (2014): The health hazards of sitting. Washington Post.

Website: <https://www.washingtonpost.com/apps/g/page/national/the-health-hazards-of-sitting/750/>.

Milam, E. (2014). Deskercise! 33 smart ways to exercise at work. Greatest.com.

<http://greatist.com/fitness/deskercise-33-ways-exercise-work>.

James A. Levine, inventor of the treadmill desk and director of Obesity Solutions at Mayo Clinic and Arizona State University.

Charles E. Matthews, National Cancer Institute investigator and author of several studies on sedentary behavior.

Jay Dicharry, director of the REP Biomechanics Lab in Bend, Ore., and author of "Anatomy for Runners."

Tal Amasay, biomechanist at Barry University's Department of Sport and Exercise Sciences.

Additional sources: "Amount of time spent in sedentary behaviors and cause-specific mortality in U.S. adults," by Charles E. Matthews et al, of the National Cancer Institute; "Sedentary behavior and cardiovascular disease: A review of prospective studies," by Earl S. Ford, Carl J. Casperson of the Centers for Disease Control and Prevention; Mayo Clinic.

#### Like us on our Facebook Page

Please like us and help us post interesting stories of personal achievement and perseverance to the [Ventura Corporate Games Facebook Page](#).



[Forward this email](#)



This email was sent to [rnewsham@ci.ventura.ca.us](mailto:rnewsham@ci.ventura.ca.us) by [eburton@cityofventura.net](mailto:eburton@cityofventura.net) | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [About our service provider.](#)



City of Ventura | 501 Poli Street | Ventura | CA | 93001