

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



January 2016 - Register now for the 2016 Corporate Games

Dear Executives, Business Owners and Wellness Coordinators,

Excitement is building for the 2016 Corporate Games as new and returning companies throughout the tri-county area have already signed up and are organizing for the upcoming competitions. Take a look at who is already on board below.

[Register online here](#) by February 11. Or [visit our website](#) for a wealth of information about all our events or call (805) 658-4738.

5225 \$ 850 Division D 10-50 employees

5226 \$1000 Division C 51-150 employees

5227 \$1200 Division B 151-250 employees

5228 \$1500 Division A 251-500 employees

5229 \$2600 Division AA 500+ employees

Need help registering and selecting events? Send your company delegate to the Company [Coordinators Meeting](#) on Thursday, January 7th at Ventura City Hall. And get your CG teams ready by signing them up for our [Winter/Spring Adult Sports Leagues](#) by February 4.

Ventura County's greatest business-to-business sports competition enterprise is now in its 27th year hosting 32 separate activities over 10 weeks at dozens of local venues and attracting over 80 large and small businesses and over 10,000 employees 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 your 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

**FULLY
COMMITTED**

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

Companies joining us for the first time include Gold Coast Health Plan, ZS Associates, GSMS, Lucix, Ray ETS Express, Haas Automation, and The Ezralow Company.

Corporate Games now posters available for pick up



Corporate Games posters available for pick up

Pick up free Corporate Games posters at Ventura City Hall
501 Poli Street, Room 226
Monday through Friday 8 AM to 5 PM
The posters display the scheduled Corporate Games activities for 2016
[Closed every other Friday schedule for 2016.](#)

Corporate Games coordinators meet on January 28 to select events and share ideas



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 for golf](#) or mail a check to Buena Ventura Golf Course, 5882 Olives Park Dr., Ventura, CA 93003. Attn: Anna Atwell or Phil Horwith.



Mail payment for Paintball to: Paintball USA 19425 Soledad Canyon Rd., B-167, Canyon Country, CA 91350. Attn: Arj 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 at the Aquatic Center. The Business and Health Fair, Jolly Jumpers, Arts & Craft Booths, and Recreation Programs are available to Corporate Games employees and their families and the entire community from 10 am to 4 pm on Saturday, March 19

A printed [calendar of events](#) is available online. Schedules with confirmed dates, times and locations will be posted on the Corporate Games website by March 10, 2016 at www.venturacorporategames.org.

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 or 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 Ventu
- 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 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 YMCA by Cheri Hays



As a follow up to last month's article, "Sitting is the new Smoking," are some great exercises you can perform, not only at work but while watching TV.

View "Health Tips from the Y" video on the [website](#)

Plank: Start with your knees and hands on the ground, toes touching floor, tighten your rib cage, then lift the knees up away from the floor. Make sure your spine is in a neutral position from head to toe. Try to sink between the shoulder blades. Remember to breathe. Hold plank position for 30 to 60 seconds or as long as possible. Challenge yourself next time to hold the plank longer than the first while maintaining

proper form above. Repeat 3 times.

Bridge: Start with your back on the ground, knees up, feet on the floor, (you should be able to touch your finger tips to your heels),

palms flat on the floor. Start to roll the pelvis off the ground one vertebrae at a time until the hips are in a neutral position with the rest of your body. Squeeze the glutes and tighten the rib cage. Try not to arch the back. Slowly articulate the spine one vertebrae at a time until you touch the sacrum back on the floor. Repeat 5 times slowly.

Jumping Jacks: Complete as many jumping jacks as you can within 30 to 60 seconds. Get the heart rate up. Rest for 10 seconds and repeat 5 times. Challenge yourself to complete more jumping jacks or more time. The key is to get the heart rate up.

Desk Pushups: Place your hands on your desk a little wider than shoulder width apart, feet about hip width apart, with the body, head and neck in a neutral position. Tighten the rib cage while completing 10 - 15 pushups. Repeat 5 times with 10 second rest in between.

Glute Leg Lift: Begin with your hands on the wall, (for balance), tighten your rib cage, with one leg at a time, squeeze the buttock muscle while lifting the leg a few inches off the ground, (try not to arch the back), repeat 15 to 20 times. Move to the other side. Try at least 2 to 3 sets on each side.

Last but not least, try to take a 20 - 30 minute walk on your lunch break. You can bring your tennis shoes and ask someone in the office to go with you for company. Just a little exercise and movement goes a long way. So try it and see how you feel. It's the perfect way to start your New Year off right.

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 20 second (maximum) video to media@capstv.org in MP4 format (MOV preferred)
 WATCH on CAPS (6 & 15) plus Corporate Games, YouTube Facebook and more sharing sites.

Corporate Games Sponsor Spotlight



Jano Graphics now offers promotional merchandise for Corporate Games

These items are great for marketing your business at trade shows and for Corporate Games. The link below shows a few types of items, if you don't see the type of item you are looking for, please contact me. Visit: <http://janographics.espwebsite.com/>

* Dion "Junior" Gaona * Jano Graphics * 4893 McGrath Street * Ventura, CA 93003

* Phone 805-797-5578 * Fax 805-644-5843 * jgaona@janographics.com

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** - Stiiix 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
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 12-10 pm, February 22 to April

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](#).

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](#).

Like us on Facebook

[Forward this email](#)



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



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