

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.



## Corporate Games News March 2016



From the Corporate Games Director

Let the games begin!

A WARM WELCOME to the 77 companies competing in the 2016 Ventura Corporate Games! Almost 20% of you new this year, including Ventura College, Patagonia, GSMS, Spanish Hills, Ventura Regional Sanitation District, Coastal Connections, Ferguson Case Orr & Patterson LLP, Gold Coast Health Plan, JSL Technologies, Puretec Industrial Water, Saticoy Foods, Smucker's, Juan Soria School, TITAN Metal, and Trader Joe's.

WE THANK YOU, both newbies and all returning companies for your participation in the Corporate Games including our sponsors: AECOM, Amgen, Brighton Management, The Cheesecake Factory, Community Memorial Health System, California State University at Channel Islands, Cumulus Radio, Jano Graphics, Limoneira, Monsanto, Parker Aerospace, Sage Publications, Spanish Hills, The Trade Desk and Ventura County Credit Union. We couldn't put on 1 games without your support.

**SCHEDULES AVAILABLE SOON!** Coordinators you will receive a link to review company schedules on March 8. Please review them immediately as the schedules will be posted for public view on Team Sideline Ventura on March 10 at 5 pm. See details below.

**EVERYONE IS WELCOME AT OPENING CEREMONIES!** Corporate Games employees, families and friends--in fact, the entire SoCal community--are invited to join in the "block party" celebration at Opening Ceremonies on Saturday, March 19, 10 AM to 4 PM, at Ven Community Park, 901 S Kimball Rd. CG participants upon arrival are to check in at the Corporate Games Booth to pick-up your City of Ventura 150th anniversary goody bags and vendor maps.

**ENJOY DOZENS OF FUN ACTIVITIES FOR ALL AGES** including interactive games for kids, Lazertag, Volleyball, Jolly Jumpers and a Climbing Wall. The City of Ventura Parks, Recreation & Community Partnerships Department will host a "taste of" upcoming Summer Camps, all-day-long live performances from the Mobile Stage, face painting and arts & crafts. Other City of Ventura departments will provide information on their community services and programs with Police/Fire demos, touch-a-fire-truck, food trucks and a health mobile. The Channel Islands YMCA will demonstrate latest strength and conditioning techniques in preparation for the Cross Fit Challenge.

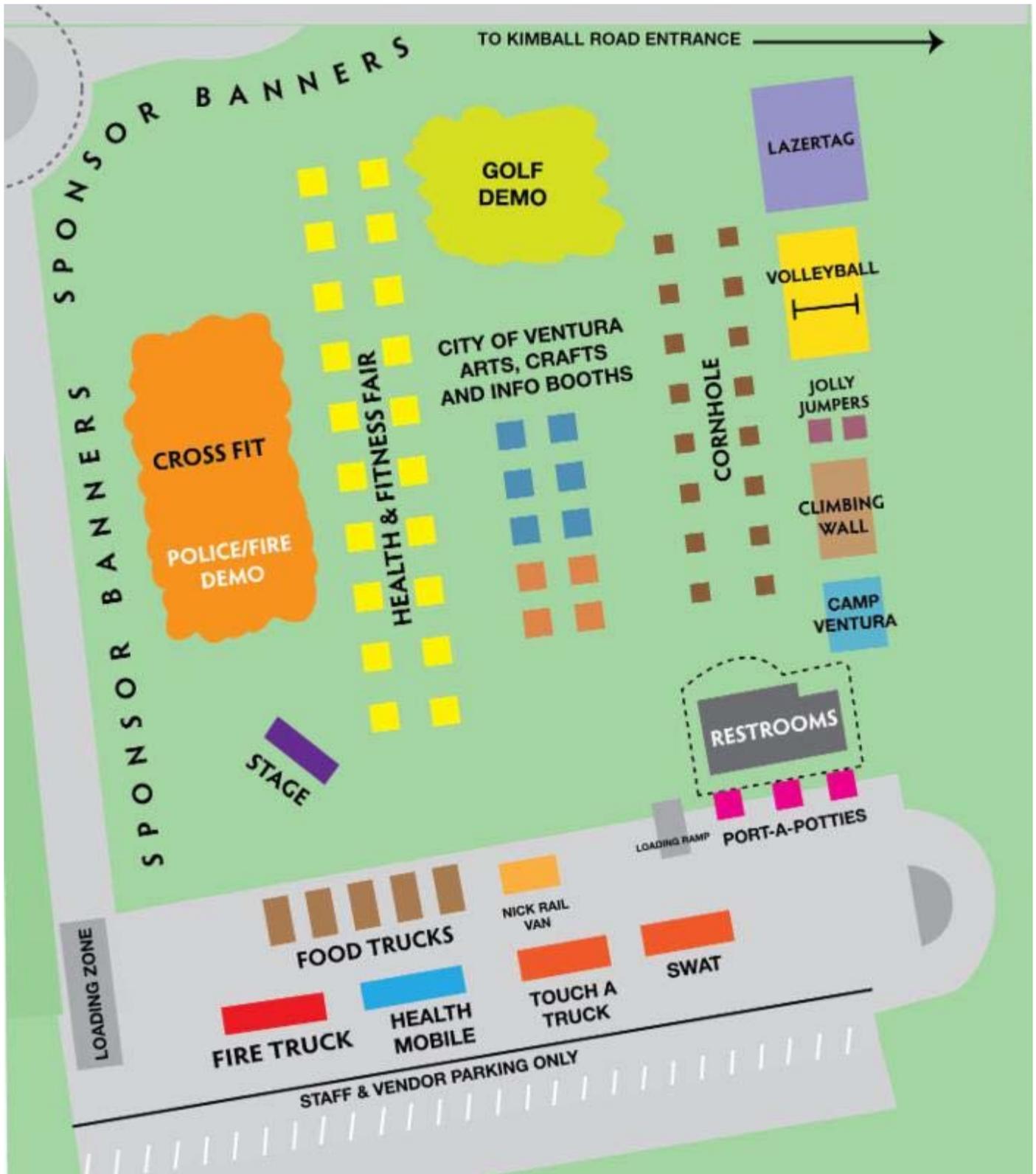
**FREE OPEN SWIM!** Be sure to bring your swimsuit and a towel for the free Family Splash Time (pools and water slides) hosted by Ventura's world class Aquatic Center next door and open to the general public and all participants attending the Corporate Games Opening Ceremonies. See you at Opening Ceremonies!

Remember, "Teamwork Wins!"  
Eric Burton  
Adult Sports Supervisor  
805.658.4738  
eburton@cityofventura.net

Opening Ceremonies ■ Saturday, March 19 ■ 10 AM to 4 PM ■ Ventura Community Park

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Everyone is invited to join the party! The free family float day, business and fitness fair, torch lighting, mobile stage entertainment dozens of activity booths and stations are open to all! CG participants take part in the Corn Hole Qualifier and Cross Fit Challenge. ■ [Overview](#) ■ [Printable Version](#) ■ [Revised Map](#)



Business & Fitness Fair at Opening Ceremonies ■ Saturday, March 19 ■ 10 AM to 4 PM



Bigger and better than ever! The public is invited to visit the booths our sponsors, health providers and other select businesses for information, giveaways and demonstrations. See below for the latest listing.

**VENDOR INSTRUCTIONS:** Vendors are to arrive at Ventura Community Park, 901 S Kimball Rd between 8:30 and 9 AM. Once you enter the turn left at the turnabout heading south. Turn left again at Unloadir Zone Lot and proceed to the loading ramp near the restrooms. Unload booths, tables, chairs, and supplies. Staff will be there to help you unload portable tent, table, and chair

Once unloaded, vendors are to re-park in the adjacent lot to the south designated as Staff and Vendor Parking Only. Vendors must be in place by 9:30 AM. The event will end at 4 PM, with breakdown starting at 4 PM. Please bring vehicle around to the loading ramp and proceed to as quickly as possible. Once loaded move vehicle immediately. Thank you!

**WELCOME THESE VENDORS!**

1. Advanced Spins and Sport - Massage/product give-a-way
2. Anthem Blue Cross - Info. and Give-a-ways
3. Gold Coast Health Plan - Info and give-a-ways
4. American Cancer Society - Prevention and stuff
5. CMHS (1) - Body Composition
6. CMHS (2) - Blood Pressure/Massage
7. LA Fitness - Body Fat Testing/Fitness Tips
8. FourPoints Sheraton
9. DK Electric - Electrical Info
10. Ventura County Credit Union - Financial Information
11. Embody Wellness - Chair Massage
12. Aerotek - Product Give-A-Ways
13. Jano Graphics - Product Give-A-Ways
14. Hop Help - Teen Dance Info
15. The Cheesecake Factory
16. Barranca Vista (1) - Hands-on Arts & Crafts/Class Info
17. Barranca Vista (2) - Hands-on Arts & Crafts/Class Info
18. Barranca Vista (3) - Hands-on Arts & Crafts/Class Info

19. Baranca Vista (4) - Hands-on Arts & Crafts/Class Info
20. Ventura Water - Craig Jones - Water Info and free Stuff
21. Ventura Police - Fingerprinting Info and Crime Prevention
22. Ventura Police Community Foundation - Fingerprinting and Crime Prevention
23. City Environmental Services - Advice and Give-a-ways
24. City of Ventura - Laura Johnson - Corporate Games Check-in and Info
25. 150th Anniversary Booth - Info and give-ways
26. Big Bad Voodoo Daddy (Nick Rail Van) - Musical Instrument Pick-Up
27. Fire Department - Sidewalk CPR
28. PRCP Youth Sports - Janine Cobian - Summer Camp Info
29. PRCP Camp Ventura - Steven Defratus - Summer Camp Info

## Company Coordinator To Do List

### Coordinators

#### Coordinator List of Things to Do

1. By May 8: [Review your company team schedules on Team Sideline](#) (see below)
2. By March 14: RSVP to Laura at [ljohnson@cityofventura.net](mailto:ljohnson@cityofventura.net) to [attend the March 23 Sponsor Recepti](#)  
See invite below
3. On March 19: Remind CG participants, family and friends to [attend Opening Ceremonies](#)
4. By March 25: [Turn in CG participant Waiver forms](#) to Eric Burton
5. In March: Start team practices and take advantage of our [March Madness discounts](#)
6. Put up all-event [CG POSTERS](#) to encourage company participation (see below)
7. Remind employees about bringing proper ID to all CG events (see below)



Coordinators are to review schedules on March 8

[View your CG schedules online at Team Sideline](#) to make sure your company has the correct number of even Click on Spring 2016 in the left hand column of the site, click Division and Sport as needed. No changes, switching or adding of events will be allowed after this review. Schedules will be available for public view o March 10 at 5 PM on Team Sidelines.

## SURF CHALLENGE

A/AA Surf Challenge & B/C/D Demonstration - Long and Short Boards  
Divisions A/AA companies will compete for medals & points (see CG Playbook).  
Divisions B, C, & D will be combined and compete as a team for medals.



Don't miss the 5K Run registration deadlines: April 1 & 6

[Click here for required online preregistration through Vendurance Sports:](#)

Register by April 1 for April 6 event for divisions A & D

Register by April 15 for April 20 event for divisions B & C

[Click here for 5K Flyer](#) - [Click here for 5K Playbook Page](#)

[Vendors participating in the Opening Ceremonies Health and Business Fair...](#)

must set up starting at 8:30 AM and by 9:30 AM in the Ventura Community Park on March 19. See details above.

Participants must bring proper ID to all events

Remind employees to arrive at least 15 to 30 minutes early for CG competitions and have proper picture identification: either 1) company badge with picture or 2) driver's license WITH-a) company pay stub, b) company credit card or c) company insurance card.

**PROPER ID  
REQUIRED**



[CG Posters](#) are still available to help promote employee participation: contact Eric Burton at 805) 658-4738 or [eburton@cityofventura.net](mailto:eburton@cityofventura.net).

Sponsor Reception March 23 at Spanish Hills Country Club

You and a guest are cordially invited to the

**Corporate Games Welcome Reception**

Thank you to our sponsors

<b>AECOM</b>	<b>AMGEN</b>	<b>BRIGHTON MANAGEMENT</b>
Channel Islands <small>CALIFORNIA STATE UNIVERSITY</small>	The Cheesecake Factory <small>Corporate Support Center</small>	Community Memorial Health System <small>1100 Hollister Way, Suite 100, Camarillo</small>
CUMULUS	JANO GRAPHICS <small>1000 SERRA LOMA DRIVE</small>	<b>LIMONEIRA</b> <small>1000 SERRA LOMA DRIVE</small>
<b>MONSANTO</b>	Parker Aerospace	<b>SAGE</b>
theTradeDesk	VENTURA COUNTY <small>1000 SERRA LOMA DRIVE</small>	<b>CITY OF VENTURA</b> <small>PARK, RECREATION &amp; COMMUNITY PARTICIPATORS</small>

The City of Ventura & Spanish Hills Country Club  
cordially invite you and a guest to the

### Corporate Games Welcome Reception

Wednesday, March 23, 2016  
5:30 pm to 8 pm

Spanish Hills Country Club  
999 Crestview Avenue, Camarillo

Guest Speaker Terry Schroeder  
Sponsor Recognition by Mayor Nasarenko

Hors d'oeuvres and no host bar  
Business/work attire is requested



**Terry Schroeder**  
Water Polo Silver Medalist  
1984 & 1988 Olympics  
Water Polo Coach  
2008 & 2012 Olympics

Business/work attire is requested

RSVP to Laura Johnson at [ljohnson@cityofventura.net](mailto:ljohnson@cityofventura.net)

by Monday, March 14, 2016

Parking available onsite.

## YMCA Fitness Tip: "Buddy Training, It's helpful Fun" by Cheri Hays



Ⓞ Buddy training has been shown by research to improve accountability and interest in going to the gym. We have all been there, thinking about going to the gym and for some reason we just cannot get ourselves there. We start making excuses for why we shouldn't go. Sometimes getting there is the biggest battle in fitness. Well, today make the decision to stop making excuses. Once you get to the gym, you start to feel better, the endorphins start to flow and all of a sudden you are so happy you didn't quit on your workout. There are days you may really need a buddy to just help talk you in to going to the gym. On the other hand, when training at higher levels, a buddy or fellow team member will push you a little faster or harder than if you were by yourself.

Whether you are a beginner to exercise or an athlete, enjoy the benefits of working out with a buddy. If you are new to exercise, a buddy will help you feel less intimidated in the weight room or more apt to try a group class for the first time. If you are an athlete, it will help motivate you during training and will help with the competitive edge. No matter what level, having a buddy to workout with is fun and he or she will help you get that extra motivation.

[Click here for a video of these fun moves to try together](#): 1. Partner Plank with alternating hand tap; 2. Partner medicine ball squat; 3. Torso medicine ball twist; 4. Wall sits; 5. Repeater knee on box.

## 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](#)
- [March Madness Practice Opportunities](#)
- [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 links to rules & team rosters for:

•Aquatic Tug-O-War •Basketball •Beach Volleyball •Billiards •Bocce Ball •Bowl  
 •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

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](#).



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