



# QUAD CITIES CORPORATE GAMES

**Registration for Burst Your Thirst opens on Monday, April 22, 2024.**

**Burst Your Thirst Information:**

Companies will have multiple teams. Teams can be from 2-10 employees, and each company can have an unlimited number of teams. This challenge is great for all employees. It can be done right from your desk, and no time commitment outside the office is required. Your company's participation in the Quad Cities Corporate Games allows this program to be provided at no cost to the employee.

Each team will have a team captain, but one captain can be responsible for multiple teams. It may make the most sense for the company administrator (or someone the administrator designates, such as a Sport Captain) to serve as team captain for all of the company teams.

The team captain can organize the teams in a way that makes the most sense for your company. The Quad Cities Corporate Games is focused on overall company participation, so how you determine the company teams is up to you. You can use these teams to have an internal competition, or the focus can be entirely on points for the Quad Cities Corporate Games.

**Registration –The team captain will need the Group ID and Subsidy Code in order to complete the registration process. The company admin will receive this information by email the week of May 1.** Contact the Quad Cities Corporate Games if you need this information re-sent.

**Note:** Team captains must have each team member's name and email address at the time of team registration.

Once the team captain registers a team, a confirmation email will be sent from Live Healthy Iowa. All team members will receive a confirmation email with instructions for accessing their personal dashboard. This dashboard will be used to track water intake and physical activity during the challenge.

Each participating employee will receive a water bottle from Live Healthy Iowa. **To aid in the delivery of the water bottles, all participating employees must be registered by May 30, 2024.** This will ensure that employees will receive their water bottles by the beginning of the challenge.

Water bottles can be picked up by company, team, or individually at the Track and Field on Saturday, June 1.