



INSERT COMPANY NAME IS COMPETING IN THE 2023 QUAD CITIES CORPORATE GAMES

The 2023 Quad Cities Corporate Games (QCCG) is a company-based competition that offers over 25 sports and events during June and July throughout the Quad Cities area. The purpose of the QCCG is to promote physical activity and employee wellness, as well as cultivate and instill company pride.

INSERT COMPANY NAME will be competing in Division **X** against other area companies. Organizations earn points through participation, event placing and volunteering. At the conclusion of the Quad Cities Corporate Games, the coveted Corporate Cup will be awarded to the winner of each division! Below is a list of the sports and events that will be offered:

2022 Sport/Event Opportunities

Bags Tournament **	Basketball 3 on 3**	Basketball Shooting
Belmont Mile	Blood Donation Challenge	Bowling**
<i>Burst Your Thirst Challenge</i>	Cycling Tour Ride	Disc Golf**
Dodgeball**	Fitness Walk	Golf 4 Person Best Shot**
Kickball **	<i>Learn & Earn</i>	Nature Walk/Run
Pedal Pub Race**	Pickleball**	Putt-Putt**
Sand Volleyball**	Skee-ball**	Spikeball**
Trivia Night**	Tug of War**	<i>Virtual Fitness Walk</i>
<i>Virtual Interval Class</i>	Yoga	

** These sports have limited entries for companies. Declaring your interest does not guarantee you will compete in this sport or event.

Virtual opportunities are in *italics*

Do you see any sports or events you want to participate in to help **INSERT COMPANY NAME** take home the coveted Corporate Cup? [Click here](#) to access the Quad Cities Corporate Games website. Click the Dashboard button in the top right corner to set up your account. You must use Company Code **INSERT CODE HERE** when registering. Need more information on using the Corporate Games Manager registration system? [Check out this helpful document](#).

Important Notes:

- **Registration is required:** Only employees that register (link above) will be eligible to participate.
- **“Limited” versus “unlimited” participation:** As stated in the asterisks (**) above, team sports have limited entries for the Quad Cities Corporate Games. All sports/events without the asterisks (**) have no participation limits.
- **Participation is free:** All team sports and events are FREE to participants (*exception*: golf is free if the team chooses to walk the course or there is an optional cart fee. This is typically around \$15)