



**Corporate  
Games 2023**

Aberdeen  
Sports Village



**TOGETHER  
AS ONE**

# The ultimate multisport event

## for local businesses and organisations

ASV is the top sporting and exercise venue in the north-east of Scotland, with state of the art facilities including a world-class gym, four sport studios, an Olympic standard 50m pool, full diving facilities in our 25m pool, squash courts, health and relaxation suites, and more.

Since launching in 2009 as a charity alongside our partners the University of Aberdeen, Aberdeen City Council and **sportscotland**, ASV has always been focused on the community.

ASV is offering organisations across the city the opportunity to promote a healthy & active workforce by taking part in the ASV Corporate Games. This multi-sport event blends fitness, fun, and quality time with colleagues - away from the desk and virtual meetings.

## Why should you take part?

By taking part in the ASV Corporate Games your company is helping to support your employees and the wider community, as your donation will help us continue to promote a healthy lifestyle for everyone.

Over the past few years it's become more clear than ever before just how important our physical, mental, and overall health & wellbeing is - and how it affects each aspect of our lives, including our work.

Promote health and wellness and make a positive, lasting impact on your team:

- Boost work performance - getting your recommended weekly active minutes improves concentration, aids memory, and reduces stress<sup>1</sup>
- Develop healthy relationships by encouraging team building between your colleagues, and connecting with other local companies
- Reduce staff turnover - studies have shown that following the introduction of fitness programmes, workplace turnover was reduced between 8% and 13%<sup>1</sup>



## Who can take part?

The Corporate Games are open to all businesses, companies, institutions and organisations within Aberdeen City and Aberdeenshire.

All staff – regardless of age, gender, sporting ability or level of fitness – can participate.

<sup>1</sup>Sources: Financial Times: Health At Work 2017 and ERS Health at Work: Economic Evidence Report 2016



# How can you enter?

Companies and organisations may enter as many teams as they wish, as long as each team meets the minimum team size requirements for each event.

To compete for the overall team prize, each team must take part in all of the events. However, different staff can participate in each event, so you have flexibility depending on your staff's availability and sport interests.

There is a minimum donation of £3000 plus VAT per team to enter the event.

By taking part in the ASV Corporate Games your company is helping to support your employees and the wider community, as your donation will help us continue to promote a healthy lifestyle for everyone.

To enter a team please email our Head of Business Development, Kris McIntosh at [kris@aberdeensportsvillage.com](mailto:kris@aberdeensportsvillage.com)



## What is included with entry?

As well as entry into all the events, you will receive:

- Training in the run up to each event
- Free ASV day passes for all participants to attend training sessions
- Overall and individual event team prizes for winners

## What to wear for each event?

For each event we ask that teams wear sport-appropriate clothing:

- Athletic tops and bottoms, and appropriate footwear, for our dry land events
- Swim trunks or a one-piece bathing suit for the swimming & diving events (ASV will provide swim caps for the swimming event)

We recommend getting into the team spirit with either company-branded tops or tops in your company colours!

If you need recommendations on where to order tops for your company team, please email Kris McIntosh at [kris@aberdeensportsvillage.com](mailto:kris@aberdeensportsvillage.com)

# Meet our 2023 sponsors

## Main sponsors

This year's ASV Corporate Games are sponsored by EnQuest and Wood. Both companies took part in the 2022 Games - which EnQuest also sponsored - and we are delighted that they have returned for this year, both as participants and as sponsors.



## Event sponsors

We'd also like to thank our event sponsors for their support of the 2023 ASV Corporate Games:

### Athletics

sponsored by



### Badminton

sponsored by



### Diving

sponsored by



### Fitness Challenge

sponsored by



### Football 7s

sponsored by



### Netball

sponsored by



### Swimming

sponsored by



### Table Tennis

sponsored by



### Touch Rugby

sponsored by



To learn more about sponsorship opportunities email Kris McIntosh, Head of Business Development at [kris@aberdeensportsvillage.com](mailto:kris@aberdeensportsvillage.com) or visit [our website](#)



# Events: March

the below details may be subject to change. Our event FAQs will contain all finalised details and will be sent 1 month before each event



## Racketball

**Date:** Monday 13th March

**Time:** 17.00 - 22.00

**Location:** Squash Courts

**Team size:** 4 (2 male, 2 female)

**Description:** Each team will compete in timed games, with matches based on team ability. More information to follow in the FAQs.

**Training:**

- Monday 6th March
  - Group 1: 18.30 - 20.00
  - Group 2: 20.00 - 21.30
- Wednesday 8th March
  - Group 1: 20.00 - 21.30
  - Group 2: 18.30 - 20.00



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## Fitness Challenge

**Date:** Friday 31st March

**Time:** 18.00 - 21.00

**Location:** Indoor Track

**Team size:** 6 (3 male, 3 female)

**Description:** Teams will complete a 1000m run, cycle, and row in a relay-style event which includes pushing & pulling a prowler weighing 108kg

**Training:**

- Friday 24th March 7.00 - 8.00
- Monday 27th March 19.00 - 21.00
- Wednesday 29th March 7.00 - 8.00



# Events: April - August

the below details may be subject to change. Our event FAQs will contain all finalised details and will be sent 1 month before each event



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**TESS**  
TECHNICAL TRADE

## Football 7s

**Date:** Thursday 20th April

**Time:** 17.30 - 22.00

**Location:** Indoor Pitch

**Team size:** 7 - 10 with rolling substitutes. Teams must have no more than 4 people of each gender on the pitch at one time.

**Description:** A series of 7-a-side games that last 10 minutes each, with 5 minute breaks in between

### Training:

- Thursday 13th April 17.30 - 19.30 (Mixed Games)



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**RIGRUN**  
2023

## Touch Rugby

**Date:** Thursday 18th May

**Time:** 18.00 - 22.00

**Location:** Indoor Pitch

**Team size:** 8 - 10 with rolling substitutes. Teams must have no more than 4 people of each gender on the pitch at one time.

**Description:** A series of 6-a-side games that last 10 minutes each, with 5 minute breaks in between

### Training:

- Thursday 11th May
  - Group 1: 18.30 - 20.00
  - Group 2: 20.00 - 21.30



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**SPORTMAX**  
in partnership with **speedo**

## Swimming

**Date:** Saturday 13th May

**Time:** 13.00 - 17.00

**Location:** 50m Pool

**Team size:** 10 (5 male, 5 female)

**Description:** Corporate Games swim meet with a range of races, including team relays.

### Training:

- Wednesday 3rd May 20.30 - 21.30
- Wednesday 10th May 20.30 - 21.30
- Public swimming sessions are also available throughout the week - view our Aquatics Timetable [here](#)



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**RIGZONE**

## Diving

**Date:** Wednesday 7th June

**Time:** 18.00 - 20.30

**Location:** 25m Diving Pool

**Team size:** 4 - 6 (at least 2 male, 2 female)

**Description:** Divers will perform 6 skills from a variety of diving boards. There are 3 categories which will include beginner, improver & advanced skills.

### Training:

- Tuesday 23rd May 20.30 - 21.30
- Tuesday 30th May 20.30 - 21.30
- Tuesday 6th June 20.30 - 21.30
- Wednesday 7th June (pre-event) 17.00 - 17.45

You can book additional diving lessons at a discounted rate by emailing [diving@aberdeensportsvillage.com](mailto:diving@aberdeensportsvillage.com)





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TROJAN CRATES  
LIMITED

## Netball

**Date:** Wednesday 21st June

**Time:** 17.00 - 22.00

**Location:** Sports Hall

**Team size:** 6 - 8 with rolling substitutes. Teams must have no more than 3 people of each gender on the court at one time.

**Description:** Teams will play a series of Fast 5s Netball games, an adaptation of traditional netball with power plays and super shots added into the mix.

### Training:

- Wednesday 14th of June
  - Group 1: 19.30 - 21.00
  - Group 2: 18.00 - 19.30



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THOMSON  
partnership SCOTLAND

## Badminton

**Date:** Wednesday 26th July

**Time:** 17.15 - 21.15

**Location:** Sports Hall

**Team size:** 6 split into 3 teams (1 male team, 1 female team, 1 team of any configuration)

**Description:** A series of 10-minute games will be played in a league format aimed at all levels and abilities. More information to follow in the FAQs

### Training:

- Wednesday 19th July
  - Group 1: 17.30 - 19.00
  - Group 2: 19.00 - 20.30



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## Table Tennis

**Date:** Wednesday 12th July

**Time:** 17.30 - 21.30

**Location:** Sports Hall

**Team size:** 6 split into 3 teams (1 male team, 1 female team, 1 team of any configuration)

**Description:** Games will be played in a league format. Teams also have the chance to learn more about Table Tennis, as players will help our volunteers umpire when they aren't playing a match!

### Training:

- Wednesday 5th July
  - Group 1: 17.30 - 19.00
  - Group 2: 19.00 - 20.30



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## Athletics & Sports Day

**Date:** Saturday 5th August

**Time:** 10.00 - 14.00

**Location:** Outdoor Athletics

**Team size:** To be confirmed

**Description:** A mix of competitive and non-scoring events, including kids and family activities. More information to follow in the FAQs

### Training:

- Thursday 3rd August 18.00 - 21.00
- There may be additional club sessions available, which we will confirm as soon as we are able

# Team feedback

from the 2022 ASV Corporate Games



## **“Teamwork & camaraderie**

was great not only on the day of the events, but before and afterwards.”



## **“ I felt like a kid again**

being back in school in India, doing one of my favourite things - sports.

It was such a lovely way to meet so many of my colleagues. We didn't top the leader board but definitely had the most fun at the games.

Sport teaches you so much about discipline, self-motivation, teamwork, perseverance, etc. The list could go on and on. I LOVED it and will definitely be taking part next year!”



## **“I loved the team morale**

and getting to know new people - we had such a high team morale and I loved the diving training sessions...

...I loved the whole experience. A great perk of working for the NHS!”

## // Atmosphere & team spirit

between everyone was amazing. It was fun to be able to play a sport I hadn't played before! "



## // EnQuest is delighted

to resume our sponsorship of this terrific event...we are very pleased to contribute to supporting a local charity that does so much to improve the health and fitness outcomes of our community."



## // It was very inclusive

in the sense that you didn't need to have previous experience.

Very well organised. Training and practice sessions were good fun."



[aberdeensportsvillage.com/asv-corporate-games](http://aberdeensportsvillage.com/asv-corporate-games)

