

# OFFICE SPORTZ!

**The OFFICIAL Office Games Handbook**

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iUniverse, Inc.  
New York Bloomington

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**Office Sportz  
The Official Office Games Handbook**

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1-800-Authors (1-800-288-4677)**

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**ISBN: 978-0-595-53259-9 (pbk)  
ISBN: 978-0-595-63314-2 (ebk)**

**Printed in the United States of America**

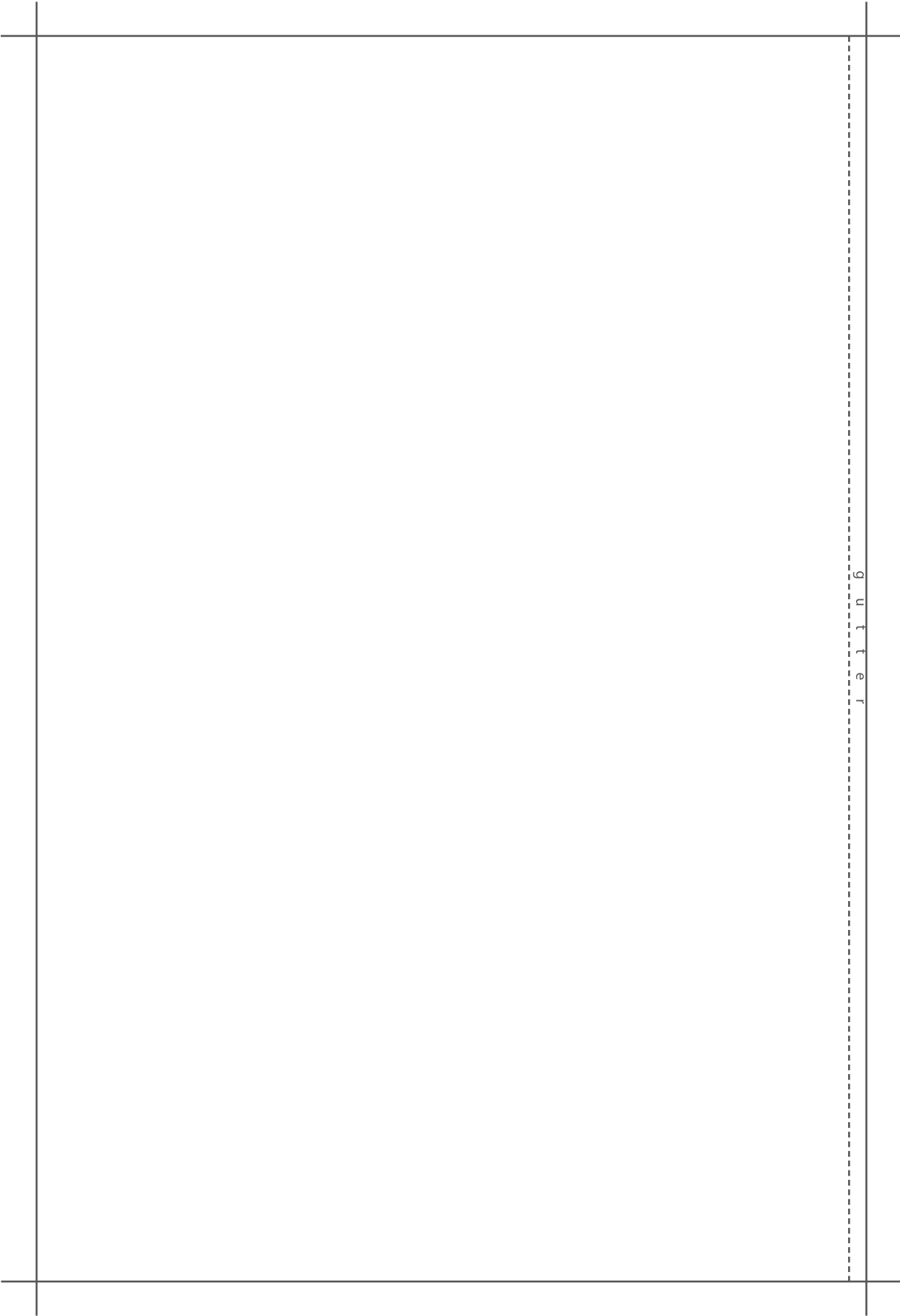
This book is dedicated to everyone who holds down a job or multiple jobs, keeps their head low, and mouth shut in order to make a better place for themselves and their families.

We feel your pain.

You are the real heroes.

(Okay not really heroes, that was a little strong, but you get where we're coming from.)

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# CONTENTS

Forward	ix
Preface	xi
Introduction	xiii
Chapter 1 Getting Started	1
Getting People Talking	2
Putting Together your Office Sportz Event	1
Chapter 2 Opening Ceremonies	3
Warm Ups for Athletic Competition!	4
Chapter 3 Office Sportz Historical Timeline	7
TIMELINE- 5 BILLION B.C.- 151 B.C.	7
Chapter 4 Individual Events	12
Office Staples	12
Shot Put <i>Mouse</i>	13
DIY Obstacle Course - Office Gauntlet	13
Sticky Note Fencing	15
Wheeled Obstacle Course	15
Pen Hunt	16
Pencil Javelin	17
Championship Office Golf	18
Ringer Game	18
Photographic Memory	19
A to Z in 1-2-3	20
Tongue Twister Tango	20
Chapter 5 Office Sportz Hall of Fame- Discus	22
Chapter 6 Historical Timeline	24
TIMELINE YEAR 1 A.D.-1900 A.D.	24
Chapter 7 Team or Individual Sportz	28
Celebrity Hit Club	28
Rubber Band Archery #2	29
Whirling Disc-Us	30
Hammer Throw	31
Mouse Pad Toss	32

Money for Nothing	32
Office Chair Racing - The Wheelie 500	33
High (Chair) Jump	34
The Amazing Paper-Clip Race	34
Bean Bag Bingo	35
Rhythmic Gymnastics	35
Flip Out	36
Who's on the Elevator	37
Spelling Bee	38
Chapter 8 Office Sportz Hall of Fame- Golf	39
Chapter 9 Historical Timeline	41
Chapter 10 Team Sportz	45
3 Man Bobsledding	45
Swivel Chair Curling	46
Waste Paper B-Ball Smackdown	47
Friday Night Flights	47
Bend it Like Beckham	48
Office Airlines	49
Office Pictionary	49
Alpha Hunt	50
Unraveled	51
Mystery Celebrity	52
Blind Fold Putting	53
Hoop on a Loop	53
Great Balls of Paper	54
Perpetual Motion	55
Blanket Statement	55
Ad Exec for a Day	56
Chapter 11 Office Sportz Hall of Fame- Elevator	58
Chapter 12 Awards Ceremonies	60
Conclusion	61
Afterword	63
Acknowledgements	65
About the Authors	67

# FORWARD

One of the most valuable lessons I learned was in ten below weather wearing a tight rubber suit and pointed booties. The sport was luge, the one where you lay flat on your back and scream hellllllllllp all the way down an icy track of twists and turns. It was the national luge championships and fear had stopped blood flow to my head. The lesson came from a seasoned luge coach. He'd seen this numerous times before.

Before my impending, four G force, 70 mph run he leaned over and said, "Vince, before you go I want you to think about this. What did the one cannibal say to the other cannibal?" I stared at him in disbelief until he answered his own question. "Does this clown taste funny to you?"

I busted out laughing and then the coach said, "Have fun. You'll do great if you just have fun."

This lesson applies to life and the business of life. Office Sportz is a great tool to engage employees in a fun way. I wish I'd had this as a tool for our ski team.

Let me back up.

My luge career ended when I quit. (Funny how that works.) I wasn't enjoying it and didn't want to pay the price. But during the opening ceremonies in Calgary I watched from the stands while my former luge buddies were marching in as Olympians. Never again would I have that sting of regret. At the age of 26, with only a recreational skiing background, I took up the sport of speed skiing. In four short years I climbed to 10th in the world and a spot on the Canadian Olympic

team. The single most important concept I used in this Olympian effort was a simple decision: Have fun!

Fun translates into peak performance. Think about athletes you see on television. Time and again, it is the athlete having fun who does well. Fun also affects teams as well. This is true in all levels of sport and business. Look no further than my nine-year old daughter when her basketball team went to the finals.

The other team of girls were playing and laughing. My daughter's team was nervous, rigid and uptight. Guess who won?

The team that made fun a priority!

Office Sportz is a wake up call for industrial revolutionary dinosaurs that reminisce through their pipe smoke about the good old days of command and control. After consulting and speaking to a hundreds of fortune 500 companies I have observed one inalienable truth. Companies that embrace the power of joy in the workplace make more money.

I trust this book will be a tool for you to establish a greater bond and sense of loyalty at work. It is through teamwork and employee engagement built into the modern office environment that will help us all succeed (even those funny tasting clowns).

Vince Poscente

Author of the New York Times Bestseller: The Age of Speed

# PREFACE

\*Warning: The following Preface is kinda serious; yet very important. The rest of the book is pretty entertaining, so we thought we should let you know ahead of time. Don't worry. It's short.

For the better part of 20 years, I have spent my life in service of corporations big and small, helping them to communicate their messages to their employees. As a Strategic Communications Creative Director and Professional Meeting Host I have seen every type of corporate culture you can imagine. But there is one striking similarity between all of them that drove me to write this book. Every person at every level of interaction, from CEO's to new salespeople, were all looking for one thing - ENGAGEMENT! Everyone wants the team to be engaged in their work but few people have figured out how to accomplish that task.

Until now.

Engagement comes from the combination of investing one's passion and energies plus the trust that those energies will not be in vain. Employees do not become engaged with a logo or a brand. They become engaged through the other people they work with on a daily basis. In World War II, Allied soldiers were asked what they were fighting for. Was it their flag, their country, their belief in right and wrong? Almost to a one they replied that while all of those things mattered, the most important thing they were fighting for was the guys in their unit or in their foxhole. They didn't want to let them down.

Now, corporate life rarely has life and death consequences, however the lesson can still be learned from our greatest generation: Engagement comes from being invested with those in your unit or division or sales

group or HR staff. The people who go to work each day, spend eight or ten or twelve hours together in their foxholes and then come back the next day for more.

I believe it is a company's responsibility to create an environment that invites employees to invest in their co-workers and become engaged. It's better for the employees as they can share their passion for what they do with clients, vendors, VAD's, VAR's, neighbors, and anyone else who will listen. And it's better for the company because studies show that companies with more engaged employees have significantly better profits year over year.

Office Sportz was created as an easy way to start building or increase employee engagement. Office Sportz succeeds where other devices fail because it's an economical method of fostering teamwork while also nurturing outside the box thinking. All for the cost of some office supplies!

You can either do Office Sportz or pay for everyone in your office to go to Disney World with their families at the company's expense! Your choice. (Unless someone from Disney World is reading this book in which case you would all have to go to Aspen for a week.)

I hope you enjoy the book but most of all I hope this book acts as a fun way for you to offer your co-workers a place that is worth coming into every morning.

Good Luck and Let The Games Begin!

Jeff Rogers

# INTRODUCTION

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This book of exercises and games is guaranteed\* to result in laughs, laughs, and more laughs. However, a fantastic thing can happen when a team works together on something enjoyable and, yes, even goofy: actual change can occur. By that, we mean that these games can be used to create an opportunity for real growth within your organization. No, none of your staff will come out of these games better at using PowerPoint or suddenly certified to do taxes. But, what is possible-if you use these games well-is that you can create an experience for your team that results in greater cohesiveness, improved trust and more healthy communication. Studies have shown that all of these results have the effect of raising employee engagement levels which is directly linked to a healthier bottom line.\*\* And you'll have fun doing it! How crazy is that?

To those about to compete, we salute you!

The Authors-

Jeff Rogers  
Maria Corell  
Kate Porterfield, Ph.D.

\*Guarantee of laughter not legally binding. No, seriously, its not.

\*\*Yes, we looked it up: "Linking Organizational Characteristics to Employee Attitudes and Behavior," Forum for People Performance Management and Measurement