

NAS OCEANA FITNESS & SPORTS

2018/2019 COED CAPTAIN'S CUP CALENDAR

OVER 30 BASKETBALL NFSHSA Organizational meeting: January 10, 2018. League play: January 16 - February 15, 2018 Tournament dates: February 20 - 22, 2018	BASKETBALL - NFSHSA Organizational meeting: October 17, 2018 League play: November 5 - December 13, 2018 Start back on January 7, 2019 Tournament dates: January 28 - 31, 2019
DODGEBALL Register by February 16, 2018. Tournament date: February 21, 2018	RACQUETBALL TOURNAMENT Register by November 5, 2018. Tournament date: November 12, 2018
VOLLEYBALL USVA Organizational meeting: February 14, 2018 League play: March 5 - 29, 2018 Tournament dates: April 3 - 4, 2018	BASKETBALL 3-POINT SHOOT-OUT COMPETITION Register by November 12, 2018. Tournament date: November 20, 2018
SOFTBALL ASA Organizational meeting: March 28, 2018 League play: April 17 - June 28, 2018 Tournament date: July 9 - 12, 2018	SOCCER - FIFA Register by September 24, 2018. League play: September 13 - November 29, 2018
GOLF - USGA Organizational meeting: April 4, 2018 League play: April 24 - June 26, 2018 Tournament date: July 10, 2018	CORNHOLE TOURNAMENT Tournament date: May 17, 2018 Registration: May 9, 2018
SOCCER - FIFA Register by March 26, 2018. League play begins April 12, 2018.	WHIFFLE BALL TOURNAMENT Tournament date: March 28, 2018 Registration: March 24, 2018
FOOTBALL NIRSA Organizational meeting: July 25, 2018 League play: August 6 - October 18, 2018 Tournament date: October 22 - 25, 2018	PUMPKIN PATCH 5K RACE: OCTOBER 2018 SPRING FLING 5K RACE: APRIL 2018
BOWLING - USBC Register by September 7, 2018. League play begins September 24, 2018.	LIFE TIME SKILLS TRAINING: Sports specific training, targeting muscular strength and flexibility. See flyers for specific dates: 1. RUNNING CLINIC (MARCH 2018) 2. BENCH PRESS CLINIC (FEBRUARY 2018) 3. PROPER TECHNIQUES, WARM-UP/COOL-DOWN AND STRETCHING (MARCH 2018) 4. HIGH INTENSITY TRAINING (APRIL 2018)

All sports meetings will be held at Flightline Fitness Center at 10 a.m. on the dates posted.

Sports Coordinator
 NAS Oceana Fitness and Sports
 Bldg. 545, 5th Street
 VA Beach, Va 23460

Hours of Operation:
 Monday to Thursday: 5 a.m. to 8 p.m.
 Friday: 5 a.m. to 7 p.m.
 Saturday & Sunday: 8 a.m. to 4 p.m.