

# FITNESS CENTER

# Programs & Events 2009

## Jan

9-Jan-09 New Year's Resolution 5K Fun Run 1200  
 14-Jan-09 5 on 5 Flaq Football Tournament 1600  
 27-Jan-09 Horseshoe Tournament 1100

## Feb

3-Feb-09 Husbands vs. Wives Volleyball challenge, 1600  
 13-Feb-09 Sweathart 5K Fun Run/Walk 1200  
 19-Feb-09 Women on Weights 1000  
 24-Feb-09 Tennis Tournament 1700

## Mar

Mar S.T.A.R Awards Ceremony TBA  
 11-Mar-09 Chiefs vs Eagles Softball Challenge  
 17-Mar-09 St Patrick's Day 5K Fun Run 1200  
 19-Mar-09 Free Throw Contest 1200  
 26-Mar-09 Home Run Derby 1700

## Apr

1-Apr-09 April Fools Day Fun Run/Walk 1200  
 9-Apr-09 Squat Competition 1600  
 14-Apr-09 Bench Press Competition 1600  
 29-Apr-09 Trap and Skeet Tournament 1200

## May

May May Fitness Day/Month TBA  
 May Walk the Pounds Away in May (all month)  
 22-May-09 All Night Softball Tournament 1700  
 27-May-09 Family Fun Run/Walk 1200

## Jun

3-Jun-09 Dodgeball Tournament 1700  
 11-Jun-09 Summer 5k Fun Run 1200  
 17-Jun-09 Wallyball Tournament 1600  
 25-Jun-09 3 on 3 Basketball Tournament 1100

## Jul

3-Jul-09 4th of July Fun Run 1200  
 9-Jul-09 Summer Slam Competition 1200  
 14-Jul-09 Road Bike Race 1200  
 22-Jul-09 1.5 Mile Trail Run 1200

## Aug

4-Aug-09 5K Relay Team Challenge 1200  
 15-Aug-09 Triathlon 0900  
 20-Aug-09 Football Skills Challenge (punt, pass, kick), 1200  
 28-Aug-09 Flag Football Tournament 1700

## Sep

3-Sep-09 Back to School Fun Run 1200  
 9-Sep-09 Kickball Tournament 1700  
 23-Sep-09 Basketball Tournament 1600  
 29-Sep-09 Track Relays 1200

## Oct

1-Oct-09 Beach Volleyball Tournament 1100  
 7-Oct-09 Battle of the Sexes Fitness Challenge 1200  
 15-Oct-09 Intro to the Weight Room 1000  
 30-Oct-09 Trick or Treat Fun Run 1200

## Nov

4-Nov-09 3-Point Competition 1100  
 13-Nov-09 Ultimate Frisbee Tournament 1200  
 19-Nov-09 Active duty vs Deps Softball Tournament 1600  
 25-Nov-09 Turkey Trot Fun Run 1200

## Dec

Dec Walk Your Way Through the Holidays  
 8-Dec-09 Happy Holidays Fun Run/Walk 1200  
 17-Dec-09 Holiday Weight Loss Circuit Challenge 1200  
 30-Dec-09 New Year Cardio Blast 1200

Intramural Sports	Start Date	Letter of Internt	Coach's Meeting Date	Projected End Date
Winter Softball	12-Jan-09	6-Jan-09	1/6/2009	Mar
Basketball	12-Jan-09	5-Jan-09	5-Jan-09	Mar
Racquetball	16-Feb-09	9-Feb-09	9-Feb-09	Apr
Soccer	16-Mar-09	9-Mar-09	9-Mar-09	Jun
Volleyball	16-Mar-09	10-Mar-09	10-Mar-09	Jun
Golf	11-May-09	5-May-09	5-May-09	Jul
Trap and Skeet exhibition	4-May-09	27-Apr-09	27-Apr-09	Jul
Over 30 Basketball	1-Jun-09	25-May-09	25-May-09	Aug
Summer Softball	8-Jun-09	1-Jun-09	1-Jun-09	Aug
Women's Softball	8-Jun-09	1-Jun-09	1-Jun-09	Aug
Dodgeball	8-Jun-09	2-Jun-09	2-Jun-09	Aug
Coed Softball	10-Aug-09	3-Aug-09	3-Aug-09	Oct
Over 30 Softball	10-Aug-09	3-Aug-09	3-Aug-09	Oct
Bowling	7-Sep-09	31-Aug-09	31-Aug-09	May
Trap and Skeet Fall	14-Sep-09	7-Sep-09	7-Sep-09	Nov
Flag Football	12-Oct-09	5-Oct-09	5-Oct-09	Dec
Varsity Sports	Start Date	Coach's Resume Due	Meeting Date	Projected End Date
Soccer	12-Jan-09	9-Dec-08	5-Jan-09	March
Softball	2-Mar-09	2-Feb-09	23-Feb-09	November
Volleyball	21-Sep-09	24-Aug-09	14-Sep-09	December
Basketball	12-Jan-09	9-Dec-09	5-Jan-09	April
Flag Football	12-Jan-09	9-Dec-09	5-Jan-09	November