



NAVAL STATION NORFOLK 2018/2019 CAPTAIN'S CUP ATHLETIC PROGRAM

SPORT	ORGANIZATIONAL MEETING	START	TOURNAMENT DATE	PHONE	RULES
Kickball	October 2, 2018	N/A	October 15-25*	444-4016	WAKA
Basketball (Ashore)	October 23, 2018	November 5, 2018	February 19-21, 2019	444-7218	NFSHSA
Basketball (Afloat)	October 23, 2018	November 5, 2018	February 19-21, 2019	444-4016	NFSHSA
30 & Over basketball	October 23, 2018	November 5, 2018	February 19-21, 2019	444-1249	NFSHSA
Dodgeball	January 15, 2019	N/A	January 28-31, 2019	444-4016	DFA/WDA
Racquetball	N/A	N/A	February 11-14, 2019	444-1249	AARA
Volleyball (Ashore/Afloat)	February 19, 2019	March 4, 2019	April 15-18, 2019	444-7218	USVA
Spring Soccer (Ashore/Afloat)	March 19, 2019	April 8, 2019	June 3-6, 2019	444-7218	FIFA
Tennis	N/A	April 22, 2019	June 28, 2019 (last day)	444-1249	USLTA
Spring Softball (Afloat)	April 2, 2019	April 22, 2019	July 08-11, 2019	444-4016	ASA
Spring Softball (Ashore)	April 2, 2019	April 22, 2019	July 08-11, 2019	444-7218	ASA
Lunchtime Bowling (Ashore/Afloat)	April 16, 2019	May 6, 2019	July 9, 2019	444-1249	USBC
30 & Over Basketball	May 7, 2019	May 20, 2019	July 15-18, 2019	444-1249	NFSHSA
Summer Basketball	May 7, 2019	May 20, 2019	July 15-18, 2019	444-4016	NFSHSA
Racquetball	N/A	July 08, 2019	September 5, 2019	444-1249	AARA
Kickball	July 16, 2019	N/A	July 22- August 1, 2019	444-4016	WAKA
Flag Football (Ashore/Afloat)	July 23, 2019	August 5, 2019	October 14-17, 2019	444-1249	NIRSA
Fall Softball (Ashore/Afloat)	August 6, 2019	August 19, 2019	October 7-10, 2019	444-4016	ASA
Fall Soccer (Ashore/Afloat)	August 20, 2019	September 9, 2019	November 11-14, 2019	444-7218	FIFA
Tennis	N/A	N/A	September 9-12, 2019	444-1249	USLTA

*DOUBLE ELIMINATION

Organizational meetings will be held at Pierside Bowling Center, bldg. CEP-127, at 10:30 a.m. unless otherwise determined. Open to active duty and DoD stationed on Naval Station Norfolk.



NAVAL STATION NORFOLK

SPORTS PERFORMANCE SERIES

SPORT	DATE	DAY(S)	TIME	LOCATION
Basketball	Oct. 4 - Nov. 1, 2018	Thursdays	Noon to 2 p.m.	CEP-58
Racquet Sports	Jan. 24, 2019	Thursday	Noon to 2 p.m.	Q-80
Volleyball	Feb. 4 - 25, 2019	Mondays	Noon to 2 p.m.	N-24
Soccer	March 7 - April 4, 2019	Thursdays	Noon to 2 p.m.	N-24
Softball	March 26 - April 16, 2019	Tuesdays	Noon to 2 p.m.	CEP-58
Bowling	April 26, 2019	Friday	Noon to 2 p.m.	Q-80
Summer Basketball	May 14, 2019	Tuesday	Noon to 4 p.m.	CEP-58
Flag Football	July 2 - 23, 2019	Tuesdays	Noon to 2 p.m.	Q-80

Each clinics is meant to help prepare the participant for the physical demands of the desired sport and to help reduce the possibility of injury.

