

Naval Station Norfolk

2010 Captain's Cup Athletic Program Calendar

| Event | Competition Type | Rules | Organizational Meeting | Start Date | Tournament |
|----------------------|---------------------|--------|------------------------|-------------------|-----------------------|
| ~BASKETBALL | League & Tournament | NFSHSA | November 3 | November 16 | February 22 & March 1 |
| 30 & OVER BASKETBALL | League & Tournament | NFSHSA | December 15* | January 4 | February 22 |
| RACQUETBALL | Ladder Tournament | AARA | N/A | Feb. 1 - March 15 | N/A |
| VOLLEYBALL | League & Tournament | USVA | February 16 | March 1 | April 26 |
| DODGEBALL | Tournament | NADA | N/A | March 10 | March 10 |
| ~SOFTBALL | League & Tournament | ASA | April 6 | April 19 | July 12 |
| TENNIS | Ladder Tournament | USLTA | N/A | June 28 - Aug. 30 | N/A |
| FLAG FOOTBALL | League & Tournament | NIRSA | August 3* | August 16 | October 18 |
| SOCCER | League & Tournament | FIFA | August 31 | September 13 | November 8 |
| DODGEBALL | Tournament | NADA | N/A | September 15 | September 15 |

EXERCISE YOUR OPTIONS

(~) denotes a sport that has separate leagues for both ashore & afloat commands.

(*) denotes organizational meeting dates will be held at the Q-80 conference room at 10 a.m.

Organizational meetings will be held at the N-24 gymnasium at 10 a.m. unless otherwise denoted. For information on ashore sports, please call 444-2276.

For afloat sports, please call 445-4700.

