

2011 FITNESS & SPORTS CALENDAR r Mar 11

SPORTS

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All dates are **firm** and will not change. The only grounds for slight modifications will be due to military exercises or real world deployments. **Make sure to mark your calendars!**

SPORT	<u>LOI's Sent OUT on Fridays</u>	<u>LOI's Due Date on (Thursdays)</u>	<u>Coaches Meetings on Tuesdays</u>	League start date
Basketball & Over 30	29 Oct 10	11 Nov 10	16 Nov 10	29 Nov 10
Over 30 Basketball	29 Oct 10	11 Nov 10	16 Nov 10	29 Nov 10
Volleyball	28 Jan 11	10 Feb 11	15 Feb 11	28 Feb 11
Golf	25 Feb 11	10 Mar 11	15 Mar 11	05 Apr 11
Soccer	25 Feb 11	17 Mar 11	22 Mar 11	28 Mar 11
Softball	25 Mar 11	07 Apr 11	12 Apr 11	02 May 11
Flag Football	29 July 11	11 Aug 11	16 Aug 11	29 Aug 11
Cross country	19 Aug 11	30 Aug 11	01 Sept 11	16 Sept 11
Bowling	16 Sept 11	06 Oct 11	11 Oct 11	18 Oct 11
Basketball & Over 30	28 Oct 11	10 Nov 11	15 Nov 11	28 Nov 11

All leagues are single round robin & Playoff format will be determined depending on USAFE championship dates.

USAFE INTRAMURAL SMALL UNIT CHAMPIONSHIPS

Sport	Date rosters due	Championship	Location
Basketball	24 Feb 11	9-13 March 11	Lakenheath, England
Softball	21 July 11	4-7 Aug 11	Spangdalem, Germany
Flag Football	27 Oct 11	10-13 Nov 11	Camp Darby, Italy

VARSITY SPORTS & US FORCES CHAMPIONSHIPS

SPORT	Coach Applicatio n Deadline	Coach Interviews	Coach Selection Announced	US FORCES Championship	Location
Men's Soccer	17 Feb 11	22-24 Feb 11	28 Feb 11	14-16 Oct 11	Aviano
Men & Wmn Basketball	20 Oct 11	25-27 Oct 11	29 Oct 11	24-27 Mar 11	Stuttgart, GE
Mountain & Road Bike	N/A	N/A	N/A	16-17 Apr 11	Aviano, IT
Men & Wmn Volleyball	17 Feb 11	22-24 Feb 11	28 Feb 11	19-22 May 11	Bamburg, GE
Men & Women Softball	17 Jan 11	22-24 Jan 11	26 Jan 11	18-21 Aug 11	Lakenheath, Eng

IMPORTANT MEETINGS

MEETING	DATE/TIME	LOCATION
Sports & Fitness Advisory Council	4 Mar 11 @ 1400	Fitness Center
Sports & Fitness Advisory Council	30 Sep 11 @ 1400	Fitness Center

TOURNAMENTS

Tournament	Dates	Check in/Start time	Registration Dates	Fee
Racquetball Tourney	Sat 26-27 Feb 11	0900 hrs	8-12 Feb 11	\$10.00
March Madness Super Draft Basketball tourney	Sat 11 March 11	0900/1000 hrs	27 Feb – 6 March	\$10.00
Pasta Bowl Super Draft Volleyball Tourney	Sat 30 Apr 11	0900 hrs/1000 hrs	5-15 Apr 11	\$10.00
Dragon Classic Open softball Tourney	24-26 June 11	1800 hrs	9-16 June 11	\$250.00

AIR FORCE LEVEL SPORTS

R Mar 11

The Air Force Sports calendar is published on the Agency's website www-r.afsv.af.mil. AF Form 303 must be into the Sports Director a minimum of 5 days prior to the Air Force deadline to ensure processing is completed in a timely manner.

FITNESS SPECIAL EVENTS 2011

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EVENT	DATE	Time Check-In/Start	Registration Dates	FEE
Biggest Winner Kick Off	07 Jan 11	N/A	N/A	
Aerobathon – (Biggest Winner)	Sat, 22 Jan 11	0900-1200 hrs	Time of the event	Free
Biggest Winner Finale – Mini-Aerobathon & Award	Sat, 5 March 11	1000 hrs		
5K Spring Fling Unit Fitness Challenge Run**	Fri, 8 Apr 11	1100/1130 hrs	Time of event	Free
Armed Forces Family 5K Fun Run/Walk, strollers, kids	Sat, 21 May 11	0900/1000 hrs	Time of event	FAMILY - Free
5k/10k Summer Splash Unit Fitness Challenge Run**	Fri 17 June 11	1100/1130 hrs	N/A	
Bench Press Competition	Sat, 18 June 11	0800/0900 hrs	7-17 June 11	Free
Firecracker 5k Unit Fitness Challenge	Mon, 4 July 11	0800/0830 hrs	Week prior	FAMILY - free
Fitness Clue	July 1-30	N/A	Throughout the month	
Duathlon	Sat, 13 Aug 11	0800/0900 hrs	1 Jul – 13 Aug	\$15.00
Ital/Amer friendship games	3 Sept 11	1400 hrs	3 weeks prior	Free
5 th Annual Aviano Family 5k & ½ Marathon/ 1 mile kids run	Sun, 11 Sep 11	0800/0900	3 weeks prior	\$20.00-\$25.00
Trick or Treat Costume family Fun Run & Unit Fitness Challenge	Sat, 29 Oct 11	0900/1000 hrs	Week prior	FAMILY free
Family Turkey trot Fun Run 5k/10k	Sat, 19 Nov 11	0900/1000 hrs	Week prior	FAMILY - Free
Run the Boot	Nov 1-15 Dec 11	N/A	Throughout the month	Free

CERTIFICATION COURSES & WORKSHOPS (prices vary from \$99.00 - \$300 per course)

COURSE	DATE	REGISTRATION
Prenatal / Indoor cycling	March 5-6, 2011	Jan – Feb 20 deadline @ Dragon
Primary Group, Yoga, and Pilates	March 18-20, 2011	Jan – Mar 5 deadline @ Dragon
Personal Fitness Trainer Certification	March 25-27, 2011	Jan – Mar 10 deadline @ Dragon
Coopers personal Trainer/MEL Course	August 22-26	Limited slots \$500.00
Primary Group Exercise Certification \$99.00	Thurs 15 Sept 2011	August 1-31 @ Dragon MUST BUY TEXTBOOK IN ADVANCE
Step skills & Choreography Wksp \$99.00	Fri 16 Sept 2011	August 1-31 deadline @ Dragon
Step Certification \$99.00	Sat 17 Sept 2011	August 1-31 @ Dragon MUST BUY TEXTBOOK IN ADVANCE
Group Resistance Training \$99.00	Sun 18 Sept 2011	August 1-21 @ Dragon

**** AFAA class dates may change due to low enrollment numbers, so register early!!!!!!**

AS EVENTS NEAR, LOOK FOR POSTER WITH THE MOST CURRENT INFORMATION DISPLAYED AS INFO MAY SLIGHTLY CHANGE DUE TO UNFORSEEN CIRCUMSTANCES.

CALENDAR OF EVENTS BY MONTH FY 2011

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Golf Season Ends

JANUARY

- 07** – Biggest Winner Kick-off – Weigh-ins
- 22**– Aerobathon – Biggest Winner Event

FEBRUARY

- Basketball Season ends
- 26 /27**– Racquetball Tournament
- 28** - Intramural Volleyball Season begins

MARCH

- 5** – Biggest Winner Finale
- 11** – March Madness Superdraft Basketball Tourney
- 29** - Intramural Soccer Season begins
- Intramural Bowling ends

AFAA Classes

- 5-6** - Prenatal / Indoor cycling
- 18-20** - Primary Group, Yoga, and Pilates March
- 25- 27** - Personal Fitness Trainer Certification

APRIL

- 05** Intramural Golf Season begins
- Intramural Volleyball Season
- 8** – Spring Fling Fun Run
- 16**- Pasta Bowl Superdraft Volleyball Tourney
- 16-17 Road and Mountain Bike Race

MAY

- 2** - Intramural Softball Season begins
- 21** – 5K/10K Armed Forces Family Fun Run/Walk,

JUNE

- Intramural Softball
- 17** – 5K/10K Summer Splash Unit Run
- 18**– Bench Press Competition
- 24 - 26** - Dragon Open Softball Classic Tourney

JULY

- Intramural Softball
- 1**- Firecracker 5K Fun Run/Walk
- TBD**- Chiefs vs. Eagles Softball Game

AUGUST

- 13** - Duathlon
- 29** - Intramural Flag football begins

SEPTEMBER

- 3**- Italian American Friendship games – adult/ kids
- 11**- Sep – 5th Annual Aviano 5k Family & 1/2 Marathon Event-Kids 1 Mile Fun Run
- 16**- Sep – Intramural Cross Country season begins
- Intramural Flag football

OCTOBER

- Flag Football ends
- Intramural cross country ends
- 18** - Intramural Bowling begins
- 29**- 5K Trick or Treat Family Costumed Fun Run, strollers & kids

NOVEMBER

- 1**- Run the Boot Begins
- 19** – 5K Family Turkey Trot Fun Run, strollers, kids
- 28** - Intramural/Over 30 Basketball Season begins

DECEMBER

- Intramural/Over 30 Basketball
- 15- Run the Boot finale

*Scheduled to deconflict w/other 31 FSS activities.
Date subject to change.