



2012 Sports Calendar



SPORT	ORGANIZATIONAL MEETING	TENTATIVE START DATE
New Year's 5K Resolution Run**	None	1/21/12, Fitness Center @ 1100
Volleyball	2/29/12, Fitness Center @ 1300	3/12/12
5K Run	None	3/17/12, Fitness Center @ 1100
Duathlon**	None	4/14/12, Fitness Center @ 0900
Softball	4/10/12, Fitness Center @ 1300	4/30/12
Golf	4/11/12, Golf Course @1300	5/1/12
Bench Press (Schwartz)	None	6/5/12, Fitness Center @ 1630
10K Run	None	6/16/12, Fitness Center @ 0900
Triathlon	None	7/14/12, Fitness Center @ 0800
Football	8/15/12, Fitness Center @ 1300	9/10/12
Bowling	9/11/12, McCain Rec Center @ 1600	9/25/12
5 Mile Cross Country Run	None	10/20/12, Fitness Center @ 0900
Racquetball	10/10/12, Fitness Center @ 1300	10/29/12
Basketball	10/24/12, Fitness Center @ 1300	11/13/12

Listed below are non-scheduled events that may be offered during the year as non-Captain's Cup events:

Badminton, Horseshoes, Table Tennis, Swim Meets, Bench Press, Extreme Obstacle Challenge, Beach Volleyball, 3-2 Softball Tournament, Free Throw Contest, 3-Point Shoot Out, Open Racquetball, Table Tennis, Track & Field Events

NOTE: Players and coaches are strongly encouraged to attend organizational meetings. Deadlines for rosters, etc. will definitely be enforced. Coaches/players will have significant program input at organizational meetings.

NOTE: New Ideas for Program Events...Please Contact the Sports Coordinator

Fitness Center Hours of Operation:

Monday – Friday:

0530 – 2100 (October – March)

0530 – 2000 (April – September)

Saturday, Sunday & Holidays: 1100 – 1800

----All Facility & Court reservations are taken at Ext. #2379----

Basketball Courts,
Volleyball Courts, Softball Fields, Football Fields

----Swimming Pool Party Reservations are taken at Ext. 3384/2379----

** Open recreation events (not counting toward Captain's Cup Points)

Sonny Montgomery Fitness Center Staff

Title	Contact	Ph. Number	Email
Sports Coordinator	Angelia Caines	(601) 679-2367	Angelia.Caines@navy.mil
Sports Coordinator	Willie Frazier (Jan.-April 2012)	(601) 679-2367	Willie.I.Frazier@navy.mil
Athletic Field Maintenance	James Applon	(601) 679-2367	James.Applon@navy.mil
Fitness Coordinator	Beth Stephens	(601) 679-2367	Beth.Stephens@navy.mil
Fitness Center Lead	Lea Cook	(601) 679-2379	
Front Desk/Gear Issue		(601) 679-2379	
Fax #		(601) 679-3152	



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