

# Programs Events & 2014

Date	Events/Programs	POC
JANUARY		
07 JAN	5K Morning Run, 0700	Sandra Marquez, 606-3832
07 JAN	Varsity Basketball - Coaches Meeting	Tom Anastasio, 606-3834
07 JAN	Coaches Meeting/Intramural Basketball LOI Due	Sal Rodriguez, 606-3832
07 JAN	Taekwondo 303 Due	Sal Rodriguez, 606-3832
08 JAN	Intramural Winter Softball - Coaches Meeting / LOI Due	Sal Rodriguez, 606-3832
10 JAN	Beginner Weight Training, 0900 - 1000	Tom Anastasio, 606-3834
13 JAN	Intramural Basketball Season Starts	Tom Anastasio, 606-3834
14 JAN	Intramural Winter Softball Season Starts	Sal Rodriguez, 606-3832
14 JAN	Blood Pressure- Self Check, 1000-1200	Tom Anastasio, 606-3834
14 JAN	Basketball 303 Due (W)	Sal Rodriguez, 606-3832
22 JAN	Body - Weight, Fat & Mass Index , 1000 - 1200	Sandra Marquez, 606-3832
31 JAN	Resiliency Run - Chapel	Chaplain Brown, 606-5773

Date	Events/Programs	POC
FEBRUARY		
05 FEB	5k Morning PT Run 0700	Tom Anastasio, 606-3834
11 FEB	Introduction to Weights, 0900 - 1000	Tom Anastasio, 606-3834
12 FEB	Coaches Meeting/Intramural Racquetball LOI Due	Sal Rodriguez, 606-3832
13 FEB	Blood Pressure-Self Check, 1000-1200	Tom Anastasio, 606-3834
14 FEB	Run with Your Valentine 5K Fun Run/Walk, 1200	Sandra Marquez, 606-3832
14 FEB	PTL and Sports Rep meeting 1400	Sandra Marquez, 606-3832
17 FEB	Intramural Racquetball - Season Starts	Sal Rodriguez, 606-3832
19 FEB	2nd Quarter Sports Advisory Council Meeting 1400	Sal Rodriguez, 606-3832
25 FEB	Body- Weight, Fat & Mass Index, 1000-1200	Sandra Marquez, 606-3832
26 FEB	Inclusive Program-Ability Based Personal Training, 1800	Tom Anastasio, 606-3834

Date	Events/Programs	POC
MARCH		
01 MAR	Volleyball 303 Due (M and W)	Sal Rodriguez, 606-3832
01 MAR	Orienteering 303 Due	Sal Rodriguez, 606-3832
05 MAR	5k Morning PT Run 0700	Tom Anastasio, 606-3834
10 MAR	Blood Pressure – Self Check, 1000 - 1200	Sandra Marquez, 606-3832
10 MAR	Soccer 303 Due (W)	Sal Rodriguez, 606-3832
14 MAR	Inclusive Program Weight Training for Beginners, 1300 - 1400	Tom Anastasio, 606-3834
18 MAR	Coaches Meeting/Intramural Soccer LOI Due	Sal Rodriguez, 606-3832
19 MAR	Coaches Meeting/Intramural Volleyball LOI Due	Sal Rodriguez, 606-3832
20 MAR	5k Cancer Awareness Run 1530	Sandra Marquez, 606-3832
20 MAR	Bowling 303 Due	Sal Rodriguez, 606-3832
24 MAR	Intramural Volleyball Season Starts	Sal Rodriguez, 606-3832
25 MAR	Body - Weight, Fat & Mass Index , 1000 - 1200	Sandra Marquez, 606-3832

Date	Events/Programs	POC
APRIL		
05 APR	Duathlon 0900 (Run 5k – Bike 20k – Run 5k)	Sandra Marquez, 606-3832
05 APR	Registration Starts America's Armed Forces Kids Run/Adults 5k (Event in May)	Tom Anastasio, 606-3834
09 APR	Introduction to Weights, 1300 – 1400	Tom Anastasio, 606-3834
11 APR	5k Morning Run 0700	Sandra Marquez, 606-3832
11 APR	Triathlon 303 Due	Sal Rodriguez, 606-3832
16 APR	Blood Pressure – Self Check, 1000 – 1200	Tom Anastasio, 606-3834
16 APR	Racquetball 303 Due	Sal Rodriguez, 606-3832
19 APR	1.5 Mile Family Easter Hunt Fun Trail Run/Walk 1000	Sandra Marquez, 606-3832
29 APR	Body- Weight, Fat & Mass Index, 1000-1200	Tom Anastasio, 606-3834

Date	Events/Programs	POC
MAY		
TBA	May Fitness Day	Tom Anastasio, 606-3834
01 MAY	Walk the Pounds Away in May (1-31 May)	Sandra Marquez, 606-3832
06 MAY	Intramural Golf - Coach Meeting / LOI Due	Sal Rodriguez, 606-3832
06 MAY	Soccer 303 (M) Due	Sal Rodriguez, 606-3832
07 MAY	Coaches Meeting/Intramural Trap and Skeet Exhibition LOI Due	Sal Rodriguez, 606-3832
08 MAY	Introduction to Weights, 1300 – 1400	Sandra Marquez, 606-3832
12 MAY	Blood Pressure- Self Checks, 1000-1200	Sandra Marquez, 606-3832
12 MAY	Intramural Trap and Skeet League Starts/ Intramural Golf Season Starts	Sal Rodriguez, 606-3832
12 MAY	Bike to Work Week (12 - 16 May)	Sandra Marquez, 606-3832
14 MAY	Inclusive Program – Free Throw Contest, 1400	Tom Anastasio, 606-3834
14 MAY	3rd Quarter Sports Advisory Council Meeting 1400	Tom Anastasio, 606-3834
15 MAY	PTL and Sports Rep meeting, 1400	Sal Rodriguez, 606-3832
TBD	America's Armed Forces Kids Run/Adult 5K	Tawny Toscano, 606-2152
20 MAY	Body - Weight, Fat & Mass Index , 1000 - 1200	Tom Anastasio, 606-3834
22 MAY	Summer Kick Off 5k Run/Walk 1530	Sandra Marquez, 606-3832
28 MAY	Coaches Meeting/Intramural Over 30 Basketball LOI Due	Sal Rodriguez, 606-3832

Date	Events/Programs	POC
JUNE		
02 JUN	Ironman Month (2 – 30 June)	Tom Anastasio, 606-3834
03 JUN	Intramural Over 30 Basketball Season Starts	Sal Rodriguez, 606-3832
04 JUN	Intramural Summer Softball Season- Coaches Meeting/ LOI Due	Sal Rodriguez, 606-3832
06 JUN	All Night Softball 1700 to TBD	Sandra Marquez, 606-3832
09 JUN	Ironman 303 Due	Sandra Marquez, 606-3832
09 JUN	Intramural Summer Softball Season Starts	Sal Rodriguez, 606-3832

## CALENDAR KEY

- Varsity & Intramural Sports Programs
- Health & Wellness Center Sponsored (held at Fitness Center)
- Fitness Center Programs

## NOTES:

\*\* Height, Weight and Body Comp using our Tanita scale



# 2014 PROGRAMS & EVENTS CONTINUED

10 JUN	My First Triathlon Program	Tom Anastasio, 606-3834
11 JUN	Blood Pressure – Self Check, 1000 - 1200	Sandra Marquez, 606-3832
12 JUN	Introduction to Weights, 1300-1400	Sandra Marquez, 606-3832
18 JUN	Fitness Center Open House 1700	Tom Anastasio, 606-3834
25 JUN	Afternoon PT 5K Run,1530	Sandra Marquez, 606-3832
<b>JULY</b>		
02 JUL	Red, White and Blue 5K Run/Walk,1200	Sandra Marquez, 606-3832
08 JUL	Introduction to Weights, 1300 - 1400	Sandra Marquez, 606-3832
10 JUL	Blood Pressure-Self Checks, 1000-1200	Sandra Marquez, 606-3832
10 JUL	Rugby 7's 303 Due	Sal Rodriguez, 606-3832
10 JUL	Softball 303 Due (M and F)	Sal Rodriguez, 606-3832
16 JUL	Inclusive Program – You and a Personal Trainer, 1800	Sandra Marquez, 606-3832
16 JUL	Armed Forces Marathon 303 Due	Sal Rodriguez, 606-3832
22 JUL	Introduction to TRX, 1600	Sandra Marquez, 606-3832
22 JUL	Track and Field 303 Due	Sal Rodriguez, 606-3832
26 JUL	Body- Weight, Fat & Mass Index, 1000-1200	Tom Anastasio, 606-3834
<b>Date</b>	<b>Events/Programs</b>	<b>POC</b>
<b>AUGUST</b>		
TBA	Lose 2 Win	Sandra Marquez, 606-3832
05 AUG	Introductin to Weights, 1300-1400	Sandra Marquez, 606-3832
05 AUG	Taekwondo 303 Due	Sal Rodriguez, 606-3832
05 AUG	Golf 303 Due (M and F)	Sal Rodriguez, 606-3832
13 AUG	Blood Pressure – Self Check, 1000 - 1200	Tom Anastasio, 606-3834
14 AUG	5k Morning Run 0700	Tom Anastasio, 606-3834
20 AUG	4th Quarter Sports Advisory Council Meeting 1400	Tom Anastasio, 606-3834
21 AUG	PTL Meeting 1400	Tom Anastasio, 606-3834
26 AUG	Body - Weight, Fat & Mass Index , 1000 - 1200	Sal Rodriguez, 606-3832
26 AUG	Basketball 303 Due (M)	Tom Anastasio, 606-3834
<b>Date</b>	<b>Events/Programs</b>	<b>POC</b>
<b>SEPTEMBER</b>		
04 SEP	Coaches Meeting/Intramural Bowling League LOI Due	Sal Rodriguez, 606-3832
06 SEP	Triathlon 0900	Sandra Marquez, 606-3832
08 SEP	Marathon Week – 26.2 Miles (8 – 15 Sep)	Sandra Marquez, 606-3832
10 SEP	Coaches Meeting/Intramural Trap and Skeet(Fall) LOI Due	Sal Rodriguez, 606-3832
11 SEP	9/11 Memorial 5K Run/Walk, 1200	Tom Anastasio, 606-3834
15 SEP	Intramural Bowling League Season Starts	Sal Rodriguez, 606-3832
17 SEP	Coaches Meeting/Intramural Flag Football LOI Due	Sal Rodriguez, 606-3832
18 SEP	Introduction to Weights, 1300 - 1400	Tom Anastasio, 606-3834
TBD	Air Force Marathon Wright-Patterson AFB, Ohio	Tom Anastasio, 606-3834
22 SEP	Intramural Flag Football Season Starts	Sal Rodriguez, 606-3832
23 SEP	5k Suicide Prevention Awareness Run 1530	Tom Anastasio, 606-3834
25 SEP	Introduction to TRX, 1600	Tom Anastasio, 606-3834
30 SEP	Body - Weight, Fat & Mass Index , 1000 - 1200	Tom Anastasio, 606-3834

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- Fitness Center Programs

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<b>OCTOBER</b>		
07 OCT	Introduction to Weights, 1300 - 1400	Tom Anastasio, 606-3834
09 OCT	Blood Pressure – Self Check, 1000 - 1200	Sandra Marquez, 606-3832
15 OCT	5k Breast Cancer Awareness Run 1530	Sandra Marquez, 606-3832
16 OCT	Body - Weight, Fat & Mass Index , 1000 - 1200	Tom Anastasio, 606-3834
22 OCT	Inclusive Program – Corn Hole Tournament, 1300	Sandra Marquez, 606-3832
26 OCT	1.5 Mile Family Trick or Treat Fun Trail Run/Walk, 1000	Sandra Marquez, 606-3832
31 OCT	Fun Costume (5K Run/Walk), 1200	Tom Anastasio, 606-3834
<b>NOVEMBER</b>		
	VAFB Athlete of the Year, Nomination Forms Go Out	Sal Rodriguez, 606-3832
04 NOV	5k Morning PT Run 0700	Sandra Marquez, 606-3832
05 NOV	Blood Pressure- Self Checks, 1000-1200	Sandra Marquez, 606-3832
13 NOV	Introduction to Weights, 1300-1400	Tom Anastasio, 606-3834
19 NOV	1st Quarter Sports Advisory Council Meeting 1400	Sandra Marquez, 606-3832
26 NOV	Run Now-FEAST Later 5K Fun Run/Walk, 1200	Sandra Marquez, 606-3832
28 NOV	Body - Weight, Fat & Mass Index , 1000 - 1200	Tom Anastasio, 606-3834
<b>DECEMBER</b>		
	Walk Through the Holidays	Sandra Marquez, 606-3832
02 DEC	5K Morning Run, 0700	Tom Anastasio, 606-3834
08 DEC	Twelve Days of Fitness Christmas (8 Dec – 19 Dec)	Tom Anastasio, 606-3834
11 DEC	Blood Pressure – Self Check, 1000 - 1200	Sandra Marquez, 606-3832
16 DEC	Introduction to Weights, 1300 - 1400	Sandra Marquez, 606-3832
23 DEC	Winter Wonderland Holiday 5K Run/Walk, 1200	Tom Anastasio, 606-3834
30 DEC	Body - Weight, Fat & Mass Index , 1000 - 1200	Tom Anastasio, 606-3834

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