

NAVAL DISTRICT WASHINGTON

# Admiral's Cup

## FOR SPORTS EXCELLENCE PROGRAM

### REPRESENT YOUR INSTALLATION BY COMPETING IN THE ADMIRAL'S CUP!

Each installation will send an individuals or teams to participate in each sport. Points will be awarded for participation as well as top three places. Overall winner will be given the Admiral's Cup at the end of the season for bragging rights until the next season.



#### Volleyball

(Co-ed)

**SATURDAY, MAY 6**  
at NSA Bethesda



#### Softball

(Co-ed)

**SATURDAY, SEPT. 23**  
at NAS Patuxent River



#### Soccer

(Co-ed)

**SATURDAY, JUNE 24**  
at NSA Bethesda



#### Flag Football

(Co-ed)

**SATURDAY, NOV. 4**  
at Joint Base Anacostia-Bolling



#### Bowling

(Individual and Co-ed)

**SATURDAY, JULY 22**  
at NSF Dahlgren



#### Racquetball

(Individual Men/Women)

**SATURDAY, DEC. 9**  
at NAS Patuxent River

# FREE

### REGISTER AT YOUR LOCAL FITNESS CENTER.

Team and individual awards presented to first place and runners-up.  
Food provided to team/individual participants at all events



Open to all DoD ID Cardholders

For more information, or to find your local  
Fitness Center, visit [www.navymwrndw.com](http://www.navymwrndw.com)

STAY  
CONNECTED



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@NAVDISTRICTMWR