

# 2024 PROGRAMS & EVENTS

DATES AND TIMES SUBJECT TO CHANGE! Please call the Fitness Center at (805) 606-3832 to confirm!  
Visit us Online at [www.vandenbergss.com/fitness](http://www.vandenbergss.com/fitness) & [facebook.com/30FSSFitness](https://facebook.com/30FSSFitness)

Date	Events/Program	POC
<b>JANUARY</b>		
01 JAN	Men's Soccer Athlete Applications Open	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
11 JAN	Intramural Winter Softball - Coach Meeting / LOI Due	Sal Rodriguez, 606-3832
17 JAN	Intramural Basketball - Coach Meeting / LOI Due	Sal Rodriguez, 606-3832
22 JAN	Intramural Winter Softball Tentative Start Date	Sal Rodriguez, 606-3832
22 JAN	Intramural Basketball Tentative Start Date	Sal Rodriguez, 606-3832
25 JAN	Resolutions 5K Run, 1600	Sandra Marquez, 606-3832
31 JAN	Varsity Soccer Coaches Meeting	Sal Rodriguez, 606-3832
<b>FEBRUARY</b>		
<i>Start Training Now - Duathlon in April</i>		
01 FEB	M/W Bowling Athlete Applications Open	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
07 FEB	Varsity Softball Coaches Resume Due	Sal Rodriguez, 606-3832
15 FEB	Men's Soccer Athlete Applications Due	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
19 FEB	PTL Meeting 1st Qtr. @1300	Tom Anastasio, 606-3832
19 FEB	Varsity Softball Coaches Meeting	Sal Rodriguez, 606-3832
29 FEB	Varsity Soccer Tentative Season Start Date	Sal Rodriguez, 606-3832
<b>MARCH</b>		
01 MAR	Triathlon (M/W) Application Open	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
07 MAR	3 v 3 Basketball Tournament	Sal Rodriguez, 606-3832
07 MAR	Intramural Soccer - Coach Meeting / LOI Due	Sal Rodriguez, 606-3832
07 MAR	Intramural Volleyball - Coach Meeting / LOI Due	Sal Rodriguez, 606-3832
12 MAR	Ping-Pong Tournament	Sal Rodriguez, 606-3832
13 MAR	3 Point Contest, 1600	Sal Rodriguez, 606-3832
14 MAR	Varsity Softball Tentative Season Start Date	Sal Rodriguez, 606-3832
15 MAR	Bowling (M/W) Applications Due	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
16 MAR	3 v 3 Soccer Tournament, 1100	Sal Rodriguez, 606-3832

Date	Events/Program	POC
<b>APRIL</b>		
02 APR	Intramural Soccer Season Tentative Start Date	Sal Rodriguez, 606-3832
02 APR	Intramural Volleyball Season Tentative Start Date	Sal Rodriguez, 606-3832
11 APR	Triple T 5K Track to Trail	Sandra Marquez, 606-3832
15 APR	Air Force Marathon (M/W) Applications Open	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
15 APR	Triathlon (M/W) Applications Due	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
17 APR	Pickleball Tournament, 1600	Sal Rodriguez, 606-3832
20 APR	Duathlon, 0800	Sandra Marquez, 606-3832
<b>MAY</b>		
<i>Start Training Now - Triathlon in August</i>		
09 MAY	Intramural Trap and Skeet - Coach Meeting / LOI Due	Sal Rodriguez, 606-3832
15 MAY	Women's Softball Athlete Applications Open	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
15 MAY	Men's Softball Athlete Applications Open	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
20 MAY	PTL Meeting 2nd Qtr. @1300	Tom Anastasio, 606-3832
20 MAY	Intramural Trap and Skeet Season Tentative Start Date	Sal Rodriguez, 606-3832
23 MAY	Intramural Softball Coaches Meeting / LOI Due	Sal Rodriguez, 606-3832
29 MAY	MURPH WOD	Sandra Marquez, 606-3832
30 MAY	Air Force Marathon (M/W) Applications Due	<a href="https://www.dafsports.com">https://www.dafsports.com</a>

DEPARTMENT OF THE AIR FORCE



**FITNESS & SPORTS**

## CALENDAR KEY

- Fitness Center Events & Programs
- Varsity & Intramural Sports Programs
- Incentive Programs
- Inclusive Programs
- Air Force Wide Programs (Not at VAFB)

# 2024 PROGRAMS & EVENTS CONTINUED

Date	Events/Program	POC
<b>JUNE</b>		
<i>Start Training Now - Marathon in September</i>		
10 JUN	Home Run Derby	Sal Rodriguez, 606-3832
11 JUN	Intramural Summer Softball Season Tentative Start Date	Sal Rodriguez, 606-3832
13 JUN	Summer Jams 3 on 3 Basketball Tournament	Sal Rodriguez, 606-3832
15 JUN	Basketball (M/W) Applications Open	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
15 JUN	Volleyball (M/W) Applications Due	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
30 JUN	Women's Softball Athlete Applications Due	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
30 JUN	Men's Softball Athletes Application Due	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
<b>JULY</b>		
<i>Start Training Now - T-Minus 10 Miler in December</i>		
01 JUL	Armed Force Marathon (M/W) Applications Open	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
17 JUL	Ultimate Frisbee Tournament, 1600	Sal Rodriguez, 606-3832
25 JUL	Summer Fun Trail Run, 1600	Sandra Marquez, 606-3832
30 JUL	Volleyball (M/W) Applications Due	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
30 JUL	Basketball (M/W) Applications Due	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
<b>AUGUST</b>		
08 AUG	Varsity Basketball Coaches Resumes Due	Sal Rodriguez, 606-3832
15 AUG	Armed Force Marathon (M/W) Applications Due	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
15 AUG	Varsity Volleyball Coach Resumes Due	Sal Rodriguez, 606-3832
17 AUG	Triathlon, 0800	Sandra Marquez, 606-3832
30 AUG	Athlete of the Year Nomination Packets Disseminated	Sal Rodriguez, 606-3832
<b>SEPTEMBER</b>		
02 SEP	Intramural Bowling Coach Meeting / LOI Due	Tom Anastasio, 606-3832
04 SEP	Varsity Volleyball Coaches Meeting	Sandra Marquez, 606-3832
09 SEP	Varsity Basketball Tentative Start Date	Sal Rodriguez, 606-3832
11 SEP	Cornhole Tournament, 1600	Sal Rodriguez, 606-3832
12 SEP	Intramural Trap & Skeet Coach Meeting / LOI Due	Sal Rodriguez, 606-3832
12 SEP	Flag Football Coach Meet / LOI Due	Sal Rodriguez, 606-3832
14 SEP	Intramural Bowling Season Tentative Start Date	Sal Rodriguez, 606-3832
18 SEP	Varsity Volleyball Tentative Start Date	Sal Rodriguez, 606-3832
21 SEP	Marathon, 0800	Sandra Marquez, 606-3832
23 SEP	Intramural Flag Football Season Tentative Season Start Date	Sal Rodriguez, 606-3832
30 SEP	VSFB Athlete of the Year Packets Due	Sal Rodriguez, 606-3832

Date	Events/Program	POC
<b>OCTOBER</b>		
15 OCT	VSFB Athlete of the Year Winners Announced	Gerard Hicks, 606-3832
17 OCT	Power-lifting Competition, 1600	Sal Rodriguez, 606-3832
<b>NOVEMBER</b>		
<i>VAFB Athlete of the Year Forms Go Out</i>		
01-30 NOV	Exercise Feast - Workout for Prizes	Sandra Marquez, 606-3832
14 NOV	Turkey Trot 5K Fun Run/Walk, 1600	Sandra Marquez, 606-3832
21 NOV	Wrestling (M/W) Applications Open	<a href="https://www.dafsports.com">https://www.dafsports.com</a>
21 NOV	PTL Meeting 4th Qtr. @1300	Tom Anastasio, 606-3832
<b>DECEMBER</b>		
01-31 DEC	Walk Through the Holidays Incentive Program	Sandra Marquez, 606-3832
14 DEC	T-Minus 10 Miler	Sandra Marquez, 606-3832

- Monthly Schedules -  
- Group Fitness Schedules -  
- Event Flyers -

Available throughout the year at the  
Fitness Center and Online at  
[www.vandenbergfss.com](http://www.vandenbergfss.com)

## DON'T FORGET!



The Fitness Center is home to **Drink Fit** to  
quench that post-workout thirst

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