

Captain's Cup

2023

Fitness Forum

**Mondays and
Wednesdays**

6 p.m.

Volleyball

Starts Monday, Oct. 16

Rep your command and compete to win the coveted 2023 Captain's Cup trophy!

**Coaches meeting: Tuesday, Oct. 10, 3 p.m.
Support Site Fitness Forum, second floor**

Review of bylaws, rules and regulations. Coaches are strongly encouraged to attend.
Must be 18 years or older and out of high school to participate.

“All-Stars Tournament” will be held at the end of the season.

**Roster due no later than Thursday, Oct. 12.
No additions to rosters will be allowed.**



For more information, call 081-811-6528 / DSN 629-6528.