



2023 - 2024 CAPTAIN'S CUP SPORTS PROGRAM

SPORT	MEETING	START	TOURNAMENT	PHONE	RULES
Basketball (Afloat)	October 17, 2023	November 13, 2023	February 12-15 , 2024	757-444-7218	NFSHSA
Basketball (Ashore)	October 17, 2023	November 13, 2023	February 12-15 , 2024	757-444-7218	NFSHSA
30 & Over Basketball	October 17, 2023	November 13, 2023	February 12-15 , 2024	757-444-1249	NFSHSA
Volleyball	February 6, 2024	March 4, 2024	April 15-18, 2024	757-444-7218	USVA
Spring Soccer	March 11, 2024	April 8, 2024	June 3-6, 2024	757-444-1249	FIFA
Tennis Ladder	N/A	N/A	June 17 to July 11, 2024	757-444-1249	AARA
Spring Softball (Afloat)	March 26, 2024	April 22, 2024	July 8-11 , 2024	757-444-7218	ASA
Spring Softball (Ashore)	March 26, 2024	April 22, 2024	July 8-11 , 2024	757-444-7218	ASA
Lunchtime Bowling	N/A	N/A	July 8-11 , 2024	757-444-1249	USBC
Summer Basketball	May 7, 2024	June 3, 2024	July 22-25, 2024	757-444-7218	NFSHSA
30 & Over Basketball	May 7, 2024	June 3, 2024	July 22-25, 2024	757-444-1249	NFSHSA
Flag Football	July 23, 2024	August 12, 2024	October 7-10, 2024	757-444-1249	NIRSA
Fall Softball	August 6, 2024	September 9, 2024	October 21-24, 2024	757-444-7218	ASA
Fall Soccer	August 20, 2024	September 16, 2024	November 18-21, 2024	757-444-1249	FIFA
Racquetball Ladder	N/A	N/A	October 21-24, 2024	757-444-1249	AARA



Organizational meetings will be held at Pierside Bowling Center, Bldg. CEP-127, at 10:30 a.m. unless otherwise determined. Open to active duty and DoD stationed on Naval Station Norfolk. All leagues, challenges and tournaments are co-ed.