MWR Happenings

Morale, Welfare & Recreation

Morale, Welfare and Recreation Advertising Opportunities!

NAVY Corporate Sponsor & Partnership Program WORLD-WIDE

The Yokosuka Morale, Welfare and Recreation (MWR) Corporate Sponsor and Partnership Program provides maximum exposure for your company's product or service. This is a cost-effective advertising avenue to easily reach thousands of potential customers in the Kanto area.

*For details on how to **"get on board"** and grow your military market share call the MWR Marketing Office at 243-1254.*

Child and Youth Behavioral Program:

Supporting Military Children and Youth and Those Who Support Them

This summer MWR will provide a new FREE service to CFA Yokosuka.

When Ships pull out it often leaves youth with a sense of loss and confusion. The Military & Family Life Consultant can meet with families/children to provide confidential short-term problem-solving support to help partner with the existing support services here in Yokosuka.

Services are private with the exception of duty-to-warn situations (no records are kept).If you or someone you know could benefit from this FREE service please set up an appointment with Yokosuka's Consultant.

Call 080-4042-1997 or leave a message at 241-4904.

Looking to Conquer Mt. Fuji this Summer?

Well you better hurry then...the Mt. Fuji climbing season ends August 26! For more information about MWR trips and safety briefs, call the Outdoor Recreation Center at 243-5732.

Splash and Dash

Saturday, August 15 at Seahawk Natatorium Adults at 0830 and Youth at 0930

This event is great for participants as well as spectators. Come join the fun with the Navy Fitness team, run 5k, swim 400 meters and then run 3k. Run it as an individual or as a team! No pre-registration or entry fee required, just sign up at the event. Call Fitness & Wellness at 241-4486 for details.

Volunteers Needed

Youth Sports is always looking for volunteers. If you are interested in helping out by being a coach, sports official, team parent or just help set up, contact your local Youth Sports Office.

Sunday, August 16 from 1430 to 1930

We are looking for U.S. swimmers to participate in this race. Immediately after the race, enjoy an International BBQ and a fun summer evening with our Japanese swimmers.

For more information call 243-4731.

International Programs

Jeff Galloway's Running School

Saturday, August 15 from 1200 to 1700 at Purdy Gym

Join Jeff Galloway, U.S. Olympian and founder of the Jeff Galloway Marathon Training Program

Register today to learn how to:

- Improve your fitness without spending a lot of time or incurring injury.
- Improve your run time for the Navy PRT.
- Extend your endurance to any distance, including half and full marathons.
- Utilize proper nutrition to achieve your optimal athletic performance.
- Get started and stay motivated throughout the training process.
- Measure your success and adjust your training accordingly.
- Use running drills to improve running form and efficiency.
- Reduce muscle fatigue after long, hard workouts.

Japanese nationals are welcome to attend. Call the MWR Fitness & Wellness Office at 241-4486 for more information and reserve your spot today. $50 per person.

Captain's Cup Co-Rec Soccer

Saturday, August 22 at 0900 at Berkey Soccer Field

Teams must register by Wednesday, August 19 at 1700 at the Adult Sports Office located on the third floor of the James D. Kelly Fleet Recreation Center. Coach's/Captain's meeting on Thursday, August 20 at 1100 or 1700 at the Adult Sports Office. Participants must play with their own command.

Adult Sports

NEGISHI OPEN BASE BON ODORI FESTIVAL

Saturday, August 22 from 1500 to 2100

Join MWR and Negishi Community for a day of fun and excitement! Highlights include traditional Japanese song and dance performances, food and beverage booths, game booths and live music throughout the day.

For more information please call 242-4120 or (045)281-4120.

LABOR DAY SUPER BINGO

$60,000 in 55 NUMBERS OR LESS

WITH $40,000 GUARANTEED CONSOLATION PRIZE

SUNDAY, SEPTEMBER 6

AT JAMES D. KELLY FLEET RECREATION GYM

Join us for Super Bingo for a chance to win some cold cash.

Open to All Hands 18 years old and up.

Tickets are $90 in advance (good for one bingo package) and $120 at the door. Additional packages are $55. Participants must purchase one package for entry. Advance tickets available at Yokosuka clubs, Ikego Club Takemiya, Negishi All Hands' Club, Camp Zama Community Club, Atsugi Club Trilogy and Yokosuka ITT office.

Advance tickets are for bingo packages and can not be exchanged for electronic handsets. Tickets on sale until close of business on Saturday, September 5.

SOFA-sponsored personnel and their guests may play; however, only SOFA-sponsored personnel may sign for prizes. Children, non-players and immediate family members of the staff are prohibited. Outside food and beverages are prohibited. Food and beverages available for sale inside the gym at 1000.