

Intramural Sports

The intramural sports program allows individuals to compete in a variety of team sports, while representing their organization or command. It is structured to provide active duty, retirees, DoD civilians and family members the opportunity to participate in a wide variety of sports and physical activities that meet their diverse interests and needs; intramural sports is the competitive portion of MWR Sports and Fitness for all organizations or commands assigned to NS Everett. All intramural activities are open to both men and women.

Intramural Sports can be beneficial to those who participate. It not only provides Sailors with an opportunity to increase fitness and well being, but also provides the opportunity to gain valuable social skills and leadership qualities.

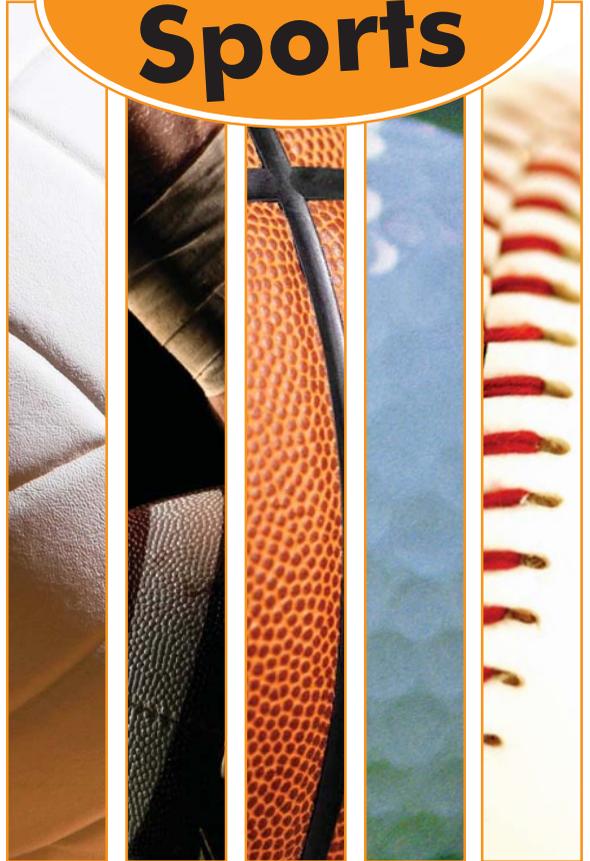
Annual Intramural Sports

All schedules are tentative and may change due to ship movements. For more information or to register, call the Intramural Sports Office at (425) 304-3935.

Although each league has some requirements, such as minimum number of team members (etc), league scheduling is flexible to allow maximum participation. Our program will accommodate for ship movements and work schedule conflicts. Even if your ship goes underway or you are sent TAD during the season, we encourage you to register a team to play.

Each Intramural Sports League is kicked off with a league information meeting. The following intramural leagues are offered at NAVSTA Everett throughout the year.

Intramural Sports



Sports Coordinator
425.304.3935

Office Hours
Monday-Thursday • 8am-4:30pm
Friday • 8am-2:30pm

• **Basketball**

(January-April)

Minimum of 8 individuals per team

Informational Meeting:

January 12 @ noon

Barracks #2029 Conference Room

League play begins January 24

Playoffs begin April 4

• **Softball**

(April-August)

Minimum of 12 individuals per team

Informational Meeting:

April 6 @ noon

Barracks #2029 Conference Room

League play begins April 18

Playoffs begin July 18

• **Spring Golf**

(April-August)

Minimum of 4 individuals per team

Informational Meeting:

April 13 @ noon

Barracks #2029 Conference Room

League play begins April 25

• **Flag Football**

(August-November)

Minimum of 10 individuals per team

Informational Meeting:

August 3 @ noon

Barracks #2029 Conference Room

League play begins August 15

Playoffs begin October 31

• **Fall Golf**

(August-October)

Minimum of 4 individuals per team

Informational Meeting:

August 10 @ noon

Barracks #2029 Conference Room

League play begins August 23

• **Volleyball**

(October-December)

Minimum of 8 individuals per team

Informational Meeting:

October 5 @ noon

Barracks #2029 Conference Room

League play begins October 17

Playoffs begin December 5