

# 2019 Captain's Cup Ultimate Frisbee League

**Co-ed Captain's Cup Ultimate Frisbee League that each command will compete for league champion and points for the Captain's Cup Trophy. Team registration can be picked up at the front desk of Joe Dugger Fitness Center.**

## **Individual/team participation guidelines:**

- Eligible participants must be 18 years of age or older
- Open to all Active Duty military, reservists, retirees, dependents, and DoD contractors affiliated with NSA Mid-South
- Must have a current and valid ID card that grants access to NSA Mid-South base and facilities
- All teams must be comprised of a single command affiliation
- NO EXCEPTIONS

## **Captain's meeting:**

Wednesday, March 13 at Noon in the N-82 Gym.

## **Season begins:**

Monday, March 18

## **Games will be played:**

Monday and Wednesday at 1110 and 1210 at the Multi-purpose Grass Fields 1 & 2 and Turf Field.

## **How to sign up:**

Team registration forms can be picked up at the front desk of Joe Dugger Fitness Center.



[www.facebook.com/groups/FitnessandSportMidSouth](http://www.facebook.com/groups/FitnessandSportMidSouth)



For more information or to sign up for activity contact:

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