



NOVEMBER '24- JANUARY '25 CALENDAR

NOVEMBER

- 21 SMP Pool Tournament
- 23 CO Race Series: Turkey Trot
- 27 OTB: SMP Turkey Bash - Madden 25 Turkey Bowl
- 30 OTB - HITT: Hero WOD - Collin



DECEMBER



- 1-17 Off the Blotter (OTB)
- 30 HITT: Hero WOD - The Don



JANUARY

- 10 CO Race Series: Moonlight Run
- 13 IM Sports: Basketball Season begins
- 16 SMP Pool Tournament
- 18 SMP Video Game Tournament
- 25 HITT: Hero WOD
- 28 IM Sports: Ultimate Frisbee Season begins



ONGOING EVENTS

NA KOA OVERVIEW & CURRENT SCORES >>>

*no DoD or USMC endorsement intended. Schedule subject to change.



Single Marine Program

- SMP Council Meetings
 - Senior Enlisted Advisor or alternate E8
 - Email kbaysmsp@usmc-mccs.org for dates
- Volunteer Opportunities
 - For dates: hawaii.usmc-mccs.org/smp
- SMSP Contact: 808-254-7593

Health Promotions Classes

- Contact HP Educator: 808-254-7473

SemperFit Gym Volunteer Opportunities

- Contact 808-254-7597

Beast Board ~ Make it onto the board

- Contact 808-254-7473



VOL '24

OFF THE BLOTTER



Presented by



2024 LINE UP

NOVEMBER

- 27 SMP Turkey Bash - Madden 25 Turkey Bowl
- 30 HITT: Hero WOD - Collin

DECEMBER

- 2-4 IM Sports: Pickleball, 1100-1300, MCBH Tennis Courts
- 7 HITT: Weightlifting Competition, Human Performance Center
- 10-11 IM Sports: Kickball, 1100-1300, PMO Field
- 12 SMP Ugly Sweater Pool Tournament, 1830, Kahuna's
- 12 IM Sports: Home Run Derby, 1100-1300 Annex Field
- 16 IM Sports: Basketball Shooting Competition, 1800, Semper Fit Gym
- 17 IM Sports: Volleyball Tournament, 1800

*Dates, times and event details subject to change



REGISTER

IM SPORTS



HITT EVENTS



SMP EVENTS



*no DoD or USMC endorsement intended

Questions? 808-254-7590



Follow @semperfithawaii



HOW TO EARN POINTS - BY PROGRAM

CO RACE SERIES

- 5 points per entry (includes family)
 ~ Contact: 808-254-7590

HEALTH PROMOTION

- 50 points per Class (sleep, stress mgt, sexual health, tobacco cessation, nutrition, weight mgt, injury prevention)
 ~ Contact 808-254-7473

HITT

- 100 points
 - 1st place HITT Competition
 - 1st place Weightlifting Competition
 - 75 points
 - 2nd place HITT Competition
 - 2nd place Weightlifting Competition
 - 50 points
 - 3rd place HITT Competition
 - 3rd place Weightlifting Competition
 - Beast Board placement
 - (Max 1x per category/person)
 - 20 points
 - HITT Competition per entry
 - 10 points
 - Weightlifting Competition per entry
 - Gym Clean-up (Max 2/unit/day)
 - HERO WOD per entry
- ~ Contact 808-254-7597

INTRAMURAL SPORTS

- 200 points 1st place (per team)
- 150 points 2nd place (per team)
- 100 points 3rd place (per team)
- 100 points per entry (and finish) of sport (only 1 designated team for points)
 ~ Contact: 808-254-7591

SMSP

- 100 points
 - E-8/higher, attend Council Meeting
 - 1 max/unit, per mtg
- 75 points
 - 1st place Video Game Tournament*
 - 1st place Pool Tournament*
- 50 points
 - 2nd place Video Game Tournament*
 - 2nd place Pool Tournament*
- 25 points
 - 3rd place Video Game Tournament*
 - 3rd place Pool Tournament*
- 20 points
 - Video Game Tournament per entry*
 - Pool Tournament per entry*
- 10 points Volunteer event*

*Limit to 2 max/unit/event

~ Contact: 808-254-7593

CO RACES



HEALTH



IM SPORTS



HITT EVENTS



SMP EVENTS



OVERVIEW

