

OCTOBER - DECEMBER 2025

NA KOA CALENDAR OF EVENTS

MCSCS
SEMPER FIT

OCTOBER

- 2 New Arrivals Orientation
- 8 Warrior Athlete Competition (Teams of 4)
- 11 SMP Video Game Tournament
- 16 Pool Tournament
- 17 Norwegian Foot March
- 31 Pacific Heat HERO WOD

NOVEMBER

- 6 New Arrivals Orientation
- 20 SMP Pool Tournament
- 21 Education Fair
- 22 Turkey Trot 5k/10k
- 28 Sentinel HERO WOD

DECEMBER

- 4 New Arrivals Orientation
- 18 SMP Pool Tournament
- 19 Harbor Guard HERO WOD
- 20 Jingle Bell Jog



LEARN MORE ABOUT THE NA KOA CUP

YEARLONG UNIT COMPETITION FOR PRIDE & PRIZES

Questions? (808) 254-7590

**Dates and times subject to change*

COMMANDER'S
NA KOA
CUP



Coca-Cola HAWAII
A SUBSIDIARY OF THE **CDOM** CORPORATION

NO DoD or USMC endorsement intended.

ONGOING

CO Race Series

Send a picture to Semper Fit of your CO and SgtMaj together at one of the races.

Contact: (808) 254-7590

Single Marine Program

- E8 or higher attend SMP Council Meetings
- Volunteer Opportunities

SMSP Contact: (808) 254-7593

Beast Board

Get on the board.

Contact: (808) 254-7473

Intramural Sports

Weekly Run Club.

Contact 808-254-7591

Health Promotions Classes

Contact HP Educator: (808) 254-7473

Semper Fit Gym

Volunteer Opportunities.

Contact: (808) 254-7597

Marine & Family Programs

- Attend a Marine Corps Family Team Building LifeSkills Class
- Attend any Personal Financial Management Program class
- Schedule in-unit Family Advocacy, New Parent Support, Community Counseling, or Substance Assessment Counseling Center brief/training
- Invite Family Advocacy Program or Substance Assessment Counseling Center to a unit event



**Current Unit
Standings & How
to Earn Points**