



# Fitness and Sports Newsletter

Mar-Apr  
2026  
Issue #30

For more information, visit <https://www.wrightpattfss.com/> or @WrightPattFitness on Facebook

## Recent Fitness & Sports Events

### Indoor Triathlon

The indoor triathlon was full of multiple participants competing during different heats in a chance to win this years row, bike and run competition. Starting early in the morning at 0600 participants pushed each other on each station. Participants began on our rowing machines and had two minutes in between to rotate to the next station. They then completed another 15 minute bike ride before transitioning to our final station, the run.

### Intramural Basketball

This year's intramural basketball season is coming to an end with only two weeks remaining. All remaining games will be played at Wright Field Fitness Center. Come out and watch some exciting and competitive basketball and support your squadron to victory. The playoff will be starting March 10<sup>th</sup> with winning teams plays each consecutive day until the finals on March 12<sup>th</sup>.

### Powerlifting

This year's power lifting competition was held on Friday 23 January. The turnout was good and the competition was great! Participants competed in a bench, squat and deadlift competition. Our winner this year was Capt. Elijah Morrison.



### Dive in Movie

FITNESS & SPORTS PRESENTS:

**DIVE-IN MOVIE**  
AT DODGE INDOOR POOL

Featuring: *How To Train Your Dragon (2025)*

**FEBRUARY 20**  
6:30 - 9 PM

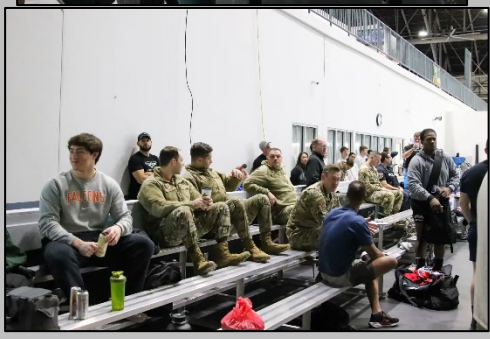
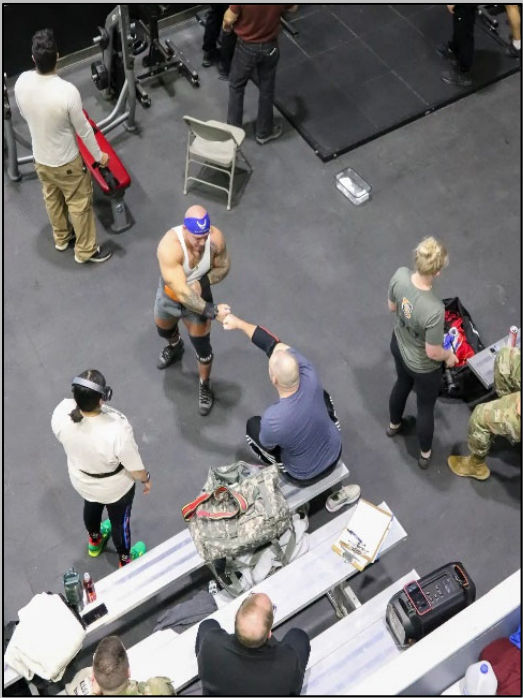
FREE REPRESENTMENTS / OPEN TO ALL AGES

Registration Required  
Scan the QR Code to sign up today!  
Open to Active Duty, Civilians, Dependents & Retirees

FOR QUESTIONS, CALL (937) 257-4225

FSS

This year's Dive in Movie was How to Train your Dragon and had an excellent turnout. With over 86 sign-ups, the pool is always a hit during this time of the year as people are able to swim and enjoy a good movie at the same time.



## Upcoming Fitness & Sports Events

FITNESS & SPORTS PRESENTS:

# 7th ANNUAL PING PONG TOURNAMENT

**MARCH 12**  
5 - 8 PM · WRIGHT FIELD FITNESS

- SINGLE ELIMINATION
- PRIZES FOR TOP PERFORMER & RUNNER-UP
- LIGHT REFRESHMENTS

SCAN QR CODE TO SIGN UP!  
REGISTRATION: NOW - MARCH 10

For more information, call (937) 904-9381



## Intramural Volleyball

Interested in indoor volleyball? This year's intramural season is set to begin March so hurry and get your registration in. Teams of four will play on the indoor volleyball court located in Jarvis Gym. If you are interested in joining before it is too late contact the sports office at 937-904-9409 or email our Sports Program manager Philip Donald via email at philip.donald@us.af.mil.

WRIGHT-PATTERSON AIR FORCE BASE  
**2026 - 2027 INTRAMURAL SPORTS CALENDER**

### INDOOR VOLLEYBALL

SEASON: MARCH - MAY 2026 · TUESDAYS & THURSDAYS

### SOFTBALL

SEASON: JUNE - AUGUST 2026 · MONDAYS & WEDNESDAYS

### FLAG FOOTBALL

SEASON: AUGUST - OCTOBER 2026 · THURSDAYS

### BASKETBALL

SEASON: DECEMBER 2026 - MARCH 2027 · TUESDAYS

OPEN TO ALL MILITARY, DoD CIVILIANS AND RETIREES AGES 18+

For more information regarding intramural sports leagues, please call (937) 656-5961 or visit WrightPattFSS.com



## DAF Wrestling

Wright Patterson Air Force Base is hosting the Department of the Air Force Wrestling tryouts from 25 FEB to 11 MAR. After all final cuts are made, the men and women's teams will travel down to Fort Bliss where they will compete against the other military branches to see who can come out on top and take home the gold! Go Air Force!



FITNESS & SPORTS PRESENTS:

# CALL OF DUTY

## FREE-FOR-ALL TOURNAMENT



**APRIL 3** 5-8 PM · ROCKERS LOUNGE  
FEATURING: Open Play (Smash Bros. & Mario Kart) · Door Prizes · Free Refreshments Provided  
GRAND PRIZE: Xbox Series X



Open to Military personnel, DoD Civilians, Dependents 18+, Retirees and Veterans.



SCAN QR CODE TO REGISTER TODAY!

