



Uplifting the Spirits of the Coast Guard Family



We Serve Where You Work ♦ Play ♦ Stay



2019 MLK



Basketball Tournament

March 19th-22nd



Tuesday, March 19th (5 Games)

GAMES	TIMES	TEAMS	WINNER/SCORE
1	0900-1030	YORKTOWN #2 VS LANTAREA	
2	1030-1200	HONOR GUARD VS CAPE MAY	
3	1200-1330	PORTSMOUTH VS ST. PETE	
4	1330-1500	MIAMI VS YORKTOWN #1	
5 USAA-Half Court Shot at half time	1500-1630	BALTIMORE VS WINNER GAME #1	
6	1630-1800	WINNER GAME 2 VS ELIZABETH CITY	
Navy Federal/ Pizza Hut sponsor 3 point shoot-out	Immediately following Game 6	PLAYERS AND FANS ARE ELIGIBLE TO COMPETE	



2019 MLK



Basketball Tournament March 19th-22nd



Wednesday, March 20th (5 Games)

GAMES	TIMES	TEAMS	WINNER/SCORE
7	0900-1030	LOSER GAME 4 VS LOSER GAME 1	
8	1030-1200	LOSER GAME 3 VS LOSER GAME 2	
9 Half time-1st Command half- court shot	1200-1330	WINNER GAME 5 VS WINNER GAME 3	
EPIC/LDAC LEADERSHIP	1300-1400	WASHINGTON AUDITORIUM	
10	1430-1600	WINNER GAME 4 VS WINNER GAME 6	
Sponsored by Navy Federal Credit Union	Immediately following Game 10	Final Round 3-Point Shoot Out	
Sponsored by Buffalo Wild Wings	1730-1830	Players Dinner	



2019 MLK



Basketball Tournament

March 19th-22nd



Thursday, March 21st (4 Games)

GAMES	TIMES	TEAMS	WINNER/SCORE
11	0900-1030	WINNER GAME 7 VS LOSER GAME 6	
12	1030-1200	LOSER GAME 5 VS WINNER GAME 8	
13	1200-1330	LOSER GAME 9 VS WINNER GAME 11	
14	1330-1500	LOSER GAME 10 VS WINNER GAME 12	
15 Half time-Larry King Law- half court shot	1500-1630	WINNER GAME 9 VS WINNER GAME 10	
16	1630-1800	WINNER GAME 13 VS WINNER GAME 14	



2019 MLK



Basketball Tournament

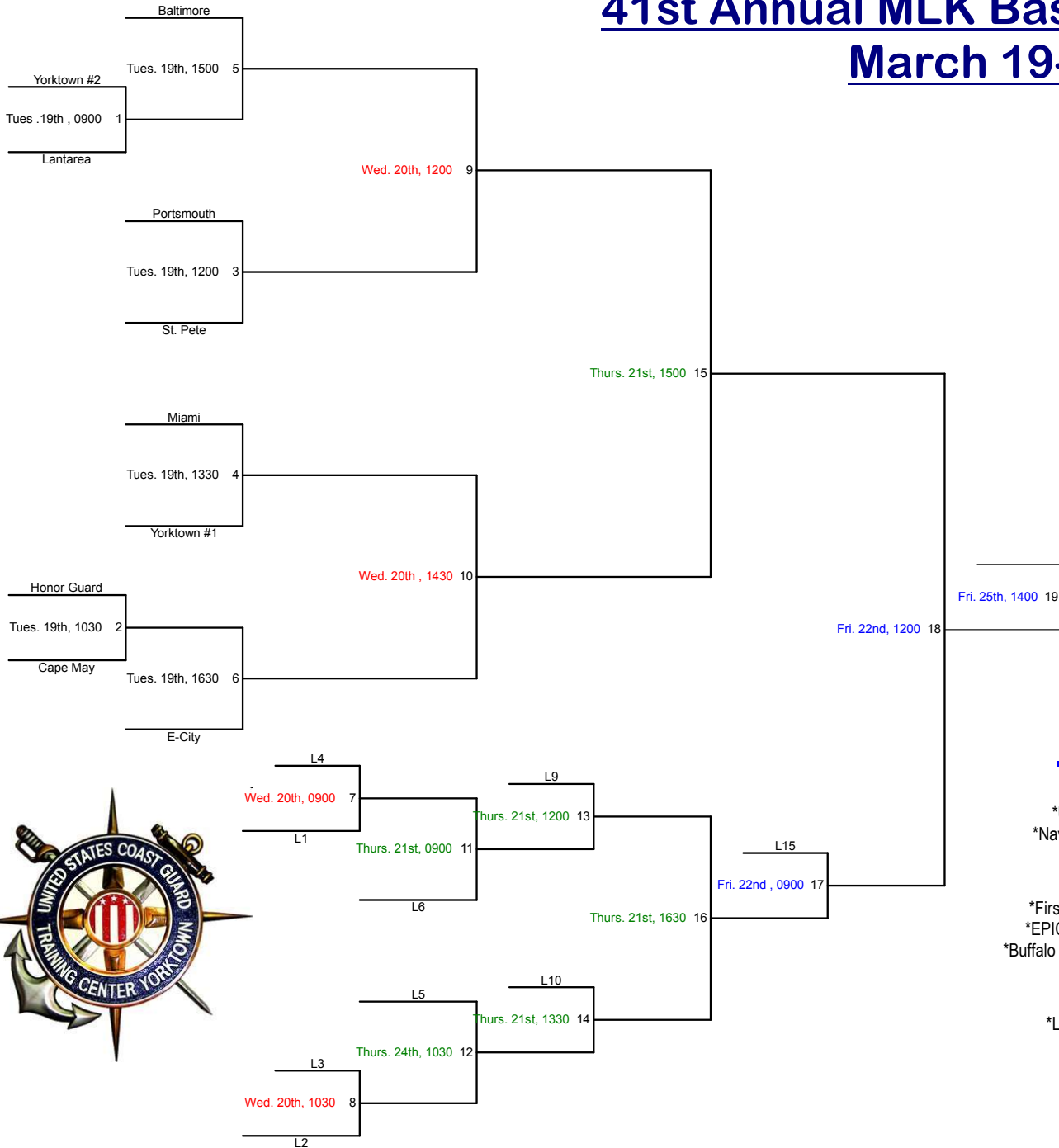
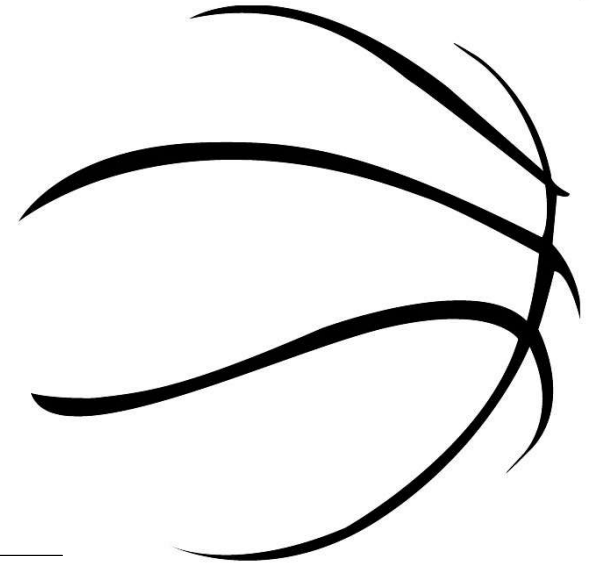
March 19th-22nd



Friday, March 22nd (4 Games)

GAMES	TIMES	TEAMS	WINNER/SCORE
17	0900-1030	LOSER GAME 15 VS WINNER GAME 16	
THROW BACK	1030-1200	THROWBACK 1 VS THROWBACK 2	
16 CHAMPIONSHIP	1200-1330	WINNER GAME 15 VS WINNER GAME 17	
18 "IF" GAME	1400-1530	LOSER GAME 18 VS WINNER GAME 18	

41st Annual MLK Basketball Tournament March 19-22, 2019



Special Events

TUESDAY

- *USAA Half Court Shot Competition @ halftime of game #5
- *Navy Federal & Pizza Hut 3 Point Shootout after game #6 (1730)

WEDNESDAY

- *First Command Half Court Shot Competition @ Halftime of game #9
- *EPIC/LDAC Leadership Presentation from 1300-1400 @ Wash. Aud.
- *Buffalo Wild Wings Players Dinner & Social Event @ 1800 in Newport News

THURSDAY

- *Larry King Law Half Court Competition @ halftime of game #15

FRIDAY

- *Old Timers Throw Back game @ 1030



Where to?

American Forces Travel is the official leisure travel website for Morale, Welfare and Recreation (MWR).

4 Simple Steps

GET STARTED:

- Visit www.americanforcetravel.com
- Click "Get Started"
- Verify Eligibility
- Start Traveling



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For more details, contact your Tickets and Travel Office or visit

www.americanforcetravel.com

*For Eligible Patrons

Wizards vs. Celtics Basketball Trip

Date: 4/9/19

Time: 19:00

Location:
Capital One Arena
601 F Street, N.W.
Washington D.C.



**\$100 Tickets
Mid-Court Seats!!**

MWR is pleased to offer discount tickets and transportation for the upcoming Washington Wizards vs. Boston Celtics Game!!

**Free \$25 Food and
Drink Voucher!!**

USCG-TRACEN Yorktown MWR



Ticket Price:

- Mid-Court Seats, \$25 food and beverage voucher to use on anything in concessions and transportation included!!
- Seats in first section of level 201 (mid-court) \$100 Ea

Deadline to Purchase Tickets: 4/5/19

Van Departure Time: 15:00 From in front of the Gym

Return Time: 12:00 (Estimate)

**Tickets Available for all TRACEN Yorktown Personnel,
Students, and CG Dependents**

Payment due upon registration at the MWR Ticket Office
Visa/MasterCard/Cash/Check accepted.
Contact Jeff Wapner at X-2222 for more information.



WIZARDS

Movies at Washington Auditorium

Address
1 U.S. Coast Guard Training Center
End of Hamilton Road
Yorktown, Virginia 23690-5000 United States
movieyorktownmwr@gmail.com

Schedule

March 14th - 26th

Thursday 14th - 6:30 The Prodigy R
Saturday 16th - 6:30 Miss Bala PG13
Sunday 17th - 6:30 Isn't It Romantic PG13
Tuesday 19th - 6:30 Alita: Battle Angel PG13
Thursday 21st - 6:30 Isn't It Romantic PG13
Saturday 23rd - 1:00 How To Train Your Dragon: The Hidden World PG
Saturday 23rd - 6:30 Alita: Battle Angel PG13
Sunday 24th - 6:30 How To Train Your Dragon: The Hidden World PG
Tuesday 26th - 6:30 Happy Death Day 2U PG13

Prices

Tickets

6:30pm Showing

Adult \$3

Child 6-12 \$2

5 & under free

Concessions

Popcorn \$3

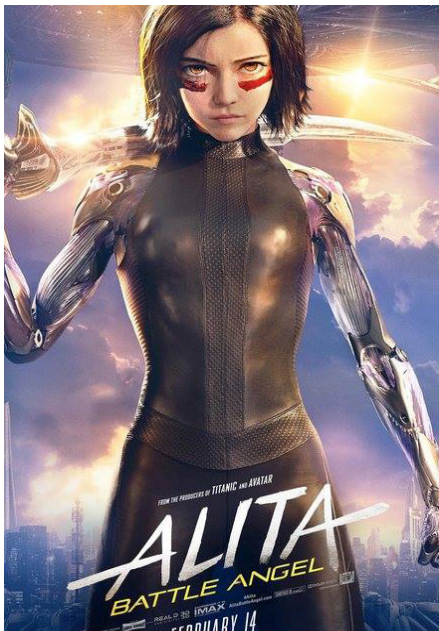
Drink \$2

Candy \$3

Movie Bundle \$10



Ticket, Popcorn, Drink & Candy

Featured Movie



- View the full movie schedule at www.navymwr.org/movies/
- Doors open 30 minutes prior to movie show time.
- No outside food or drinks, concessions are provided on site.
- Cash & Credit Cards are accepted for admission and snacks.
- Schedule is subject to change without notice.

March 2019

	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
<p>Now available.... Wellbeats Located in the Aerobics room</p> 	4	5 Power Yoga 1145 – 1245 Lunch Time Walk 1130	6 *Voluntary Weigh-In 0800-1200	7 Power Yoga 1145 – 1245 Lunch Time Walk 1130	8 Kickboxing 1130 – 1230	9
	10 *These activities are limited to TCY Biggest Loser participants.	11 Full Body Circuit 1130 – 1230	12 0755 - Morale Committee Shamrock Shuffle Walk/Run Power Yoga 1145 – 1245 Lunch Time Walk *Rowing Challenge 0800-1600	13 Full Body Circuit 1130 – 1230	14 Power Yoga 1145 – 1245 Lunch Time Walk 1130 *Rowing Challenge 0800-1600	15 Kickboxing 1130 – 1230
17 Happy St. Patrick's Day 	18 Full Body Circuit 1130 – 1230	19 Power Yoga 1145 – 1245 Lunch Time Walk 1130	20 Full Body Circuit 1130 – 1230	21 Power Yoga 1145 – 1245 Lunch Time Walk 1130	22 Kickboxing 1130 – 1230	23
24 31	25 Full Body Circuit 1130 – 1230	26 Power Yoga 1145 – 1245 Lunch Time Walk 1130	27 LAST CHANCE WORKOUT 1130 – 1230	28 Power Yoga 1145 – 1245 Lunch Time Walk 1130	29 Kickboxing 1130 – 1230	30

How to book choicehotels.com

No Federal Government Endorsement
Save 15% Best Available Rate Below Steps

ChoiceHotels.com

Search

City, Attraction, Address, Airport, Zip or Hotel Code

Check-In 10/10/13 Check-Out 10/11/13 Rooms 1 Adults 1 Children 0

Select Rate

- Best Available Rate
- Senior Rate
- AAA/CAA Program Rate*
- Choice Privileges Reward Night
- Government/Military Rate
- State Government Rate
- Special Rate/Corp ID***

Enter ID: 00230410

Submit

Close

Guarantee just got better! » Find a lower Internet rate. Get a free night.*

From the Select Rate drop down menu choose Special Rate/Corp ID* >put your ID # in the box>click Submit 00230410

Search

City, Attraction, Address, Airport, Zip or Hotel Code

Check-In 10/10/13 Check-Out 10/11/13 Rooms 1 Adults 1 Children 0

Select Rate

- Best Available Rate
- Senior Rate
- AAA/CAA Program Rate*
- Choice Privileges Reward Night
- Government/Military Rate
- State Government Rate
- Special Rate/Corp ID***

Please confirm ID: EGLIN AFB FL 101

Yes, Confirm

Close

You will see the name of the base>click on Yes, Confirm

In the Select Rate window you will see Preferred Customer Savings Rate

Search

City, Attraction, Address, Airport, Zip or Hotel Code

Check-In 10/10/13 Check-Out 10/11/13 Rooms 1 Adults 1 Children 0

Select Rate

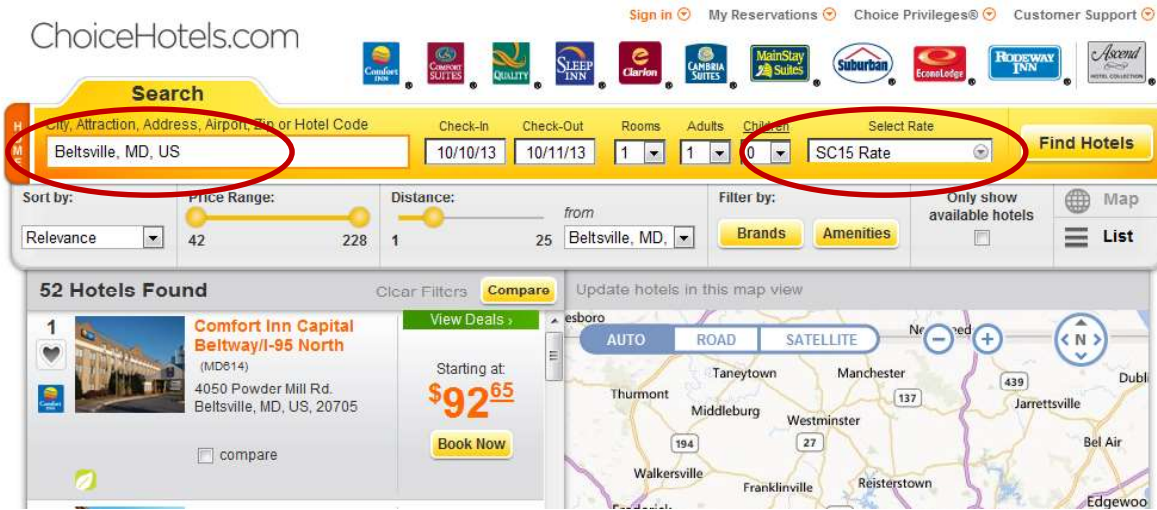
Preferred Customer Savings Rate

Find Hotels

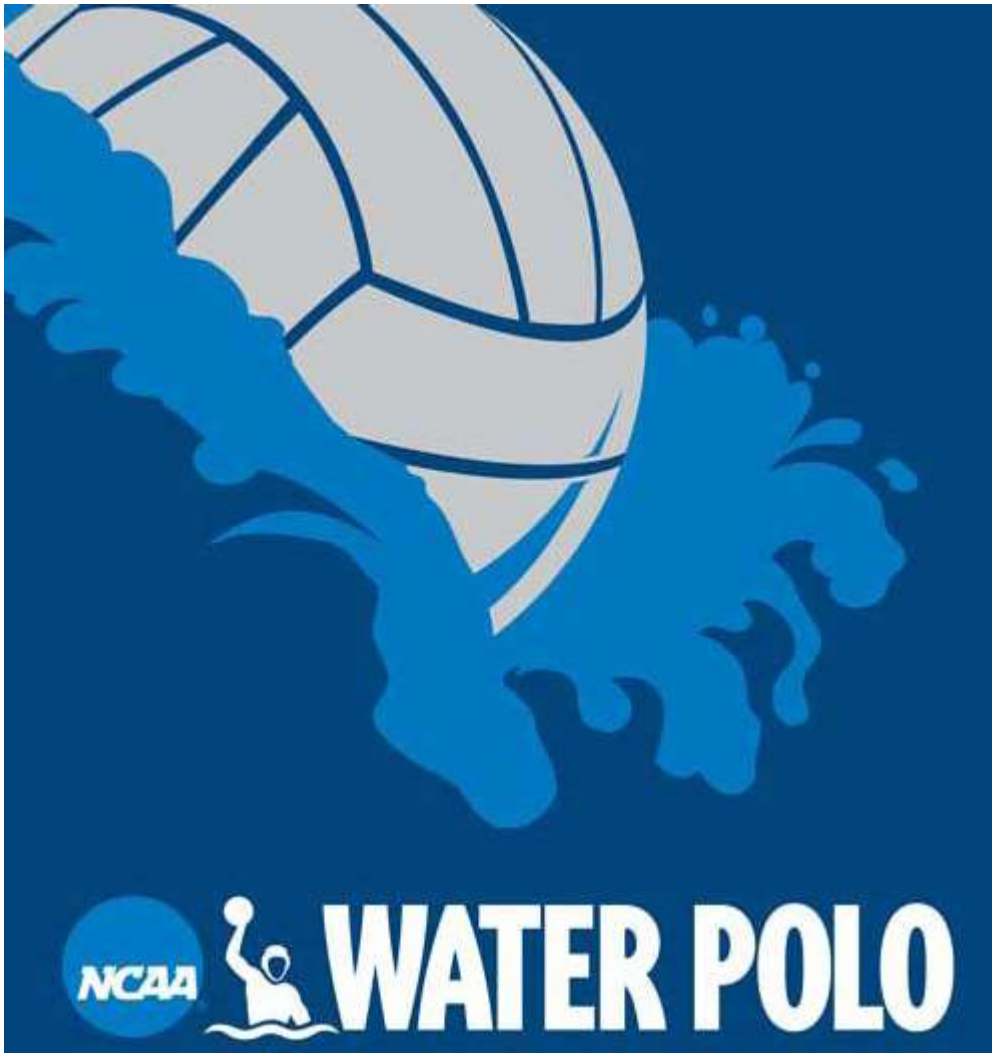
(over)

Put destination in Search window>click on Find Hotels

You will see SC15 Rate in the Select Rate window indicating you are getting a 15% discount.



Continue to book as usual.



U.S. COAST GUARD
Training Center Yorktown

FOR MORE INFORMATION CONTACT THE SPORTS OFFICE X 2312

PICK-UP GAMES

WEDNESDAY NIGHTS 2000



**GET 15% OFF
YOUR STAY**

BOOKING CODE

621554

Team MWR



Geared Up *To* Serve!

Coast Guard Training Center Yorktown
1 U.S. Coast Guard Training Center
MWR Section – Gym
Yorktown, VA 23690
(757) 856-2009



Watch Station: (757) 856-2128 CFC #48220 WebSeek: CG Yorktown MWR