

New Year, New Me Challenge 17 Jan – 17 March

SrA Bell Fitness Center teams up with Health Promotions to conduct an 8-week wellness Challenge. Winners will be determined by who makes the most progress within the 8-weeks (Male& Female). Additionally, there will be a mid-challenge check in on 14 Feb 2023. A spread sheet will be created to track each participant's gender, height, weight, "in-body" assessment and any additional limitations (waivers). Each participant must attend (2) aerobics classes and join fit-2-fight for the 8-week period.

Dodgeball Tournament Eagles vs. Chiefs/ Jan 18 – 3pm

Teams comprised of 6 players each will compete in a round-robin tournament to claim the dodgeball champion title!

Shoot for My Heart/ Feb 10 /1230pm

Basketball Knockout tournament to celebrate Valentine's Day! Teams of 2 participate in 4 rounds of knockout.

Eagles vs. Chief Push-Up Challenge/Mar 17, 3pm

Teams of 2-3 participants compete by doing as many push-ups as possible within 1-minute increments to demonstrate the strength of the Irish!

Wallyball Wars Eagles vs. Chiefs Apr 14/1500 (Wallyball Courts)

Teams of 5 players compete in a round-robin tournament for Wallyball Championship!

12th Sports Day May 12/ ALL DAY)

One FULL DAY of mini tournaments, games, food & fun! This is an annual event that helps to boost morale and bring the Barksdale AFB family together all at one time! A great day of Resiliency to boost the social, spiritual and physical pillars.

Eagles vs Chief 5v5 Soccer Tournament/ Jun 12 / 530pm

Teams of 5 compete in 3-point soccer games for the title of 5v5 Soccer Champions! Prizes awarded to the winning teams' players! Eagles versus Chiefs kick off the tourney, all other teams will play after.

Summer Bod Power-Lifting Competition Jul 22/9am-3pm

Single lifter. Three different weight classes-light, medium, and heavy. Each participant must conduct all lifts-squat, bench press, and deadlift. The member has three tries to get their one max repetition in. Scores are based on the best of 3 lifts. Fitness center spotters provided for your safety.

Eagles vs. Chiefs Homerun Derby Aug 18 /7am

Softball game between Colonels and Chiefs to raise morale and determine who really has the Strong arm! The winning team receives the annual Homerun Derby Trophy and holds the title as the Homerun Derby Champions until 2024! Eagles 7 Chiefs play first, all other teams will play after.

9/11 Stair Challenge Sep 5-11 / self paced

In honor of the firefighters that gave the ultimate sacrifice on 9/11, participants have a week to compete in the challenge. Either climb 110 floors to represent the total floors in the towers or climb 2,996 steps to represent the total lives lost that day. Completed throughout the week. Record time and steps on score board.

Laps For Life Sep

Participants can complete 22 laps to raise suicide awareness & promote professional mental health.

Football Combine Oct 13/530pm

A combination of different football drills where participants perform at a high level. Football drills consists of quarterback (throwing ball), receivers (catching), and running back (run routes).