



HARRIS HEALTH SYSTEM Q1 RECREATIONAL SPORTS LEAGUES (WINTER)			
Day	League Title	Location	Address
<u>Monday</u>	Coed Softball	Feld Park	6406 Ave. B, 77401
	Coed Flag Football	Quillian Rec Ctr	10570 Westpark, 77042
<u>Tuesday</u>	Coed Flag Football	Quillian Rec Ctr	10570 Westpark, 77042
<u>Wednesday</u>	Coed Flag Football	Quillian Rec Ctr	10570 Westpark, 77042
	Coed Softball	Katy City Park	5720 Franz Road, 77493
	Men's Softball	Feld Park	6406 Ave. B, 77401
<u>Thursday</u>	Bowling	Bowlmor Lanes	925 Bunker Hill, 77024
	Coed Softball	Feld Park	6406 Ave. B, 77401
	Men's Flag Football - Sugar Land	New Territory Sports Complex	5350 New Territory Blvd, 77479
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<u>Friday</u>	Coed Softball	Feld Park	6406 Ave. B, 77401
<u>Saturday</u>	No Leagues Offered		
<u>Sunday</u>	Coed Indoor Volleyball 4's - Rec/Int	F.A.S.T. Sports Complex	15400 Hempstead Rd., 77040
	Coed Softball Rec (Split locations)	Fall Creek Sports Complex	14300 Fall Creek View Dr, 77396
	Coed Softball Rec	Katy City Park	5720 Franz Road, 77493
	Men's Softball	Feld Park	6406 Ave. B, 77401

Reminders:

1. Read the [Employee Wellness Recreational Sports Participation Rules](#).

Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Employee Wellness at 713.566.6686 or via email at employeeewellness@harrishealth.org and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.



2. This calendar is for informational purposes only and is subject to change as SportsMonkey updates league start dates, times, locations etc. You can view leagues by visiting the Sportsmonkey website (www.sportsmonkey.com) and clicking on the “Sports” drop-down menu. Harris Health System registers teams for the following leagues: basketball, flag football, softball, sand volleyball, indoor volleyball and kickball. **You do not need to register your team on the Sportsmonkey website.** All you need to do is take note of which league you want to join.
3. Once you have selected the league that you wish to participate in, please fill out the [Team Registration Form](#) and send the completed form to [Employee Wellness](#) **AND** [Cory Johnston from Sports Monkey](#) if you want to play in an upcoming season.
 - Make sure to include the **specific league name** in your registration form so that you will be registered for the correct league. For example, “Wednesday Upper Recreational Volleyball 6’s” or “Men’s Intermediate Tuesday Basketball.” **Do not** just write “Volleyball” or “Basketball.”
4. Your team WILL NOT be registered if required information is missing from the [Team Registration Form](#).
5. Everyone on your team is required to have a [liability waiver](#) on file BEFORE the season starts. One waiver covers all participation for the full calendar year. Please submit ALL waivers with your team registration form.
6. Once we receive the completed team registration form and waivers for all team members, your team will be registered for your requested league.
7. For every game your team plays, the team captain(s) MUST fill out the Team Attendance Form, which will be sent to you after you are signed up. You MUST send the completed attendance form to employeeewellness@harrishealth.org within 7 days of each game played. If your attendance forms are not up to date when the season ends, your team WILL NOT be registered for the following season for any sport. All names should have an employee ID next to them, including spouses.

HARRIS HEALTH SYSTEM Q2 RECREATIONAL SPORTS LEAGUES (Spring)			
Day	League Title	Location	Address
<u>Monday</u>	Coed Softball	Feld Park	6406 Ave. B, 77401
	Coed 7-on-7 Soccer	TBD	TBD
	Coed Flag Football	Quillian Rec Ctr	10570 Westpark, 77042
<u>Tuesday</u>	Coed Flag Football	Quillian Rec Ctr	10570 Westpark, 77042
<u>Wednesday</u>	Coed Flag Football	Quillian Rec Ctr	10570 Westpark, 77042
	Coed Sand Volleyball 4's - Open Intermediate	Third Coast	5652 Forney, 77036
	Coed Sand Volleyball 4's - Upper Rec	Third Coast	5652 Forney, 77036
	Coed Sand Volleyball 6's - Rec	Third Coast	5652 Forney, 77036

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	Coed Softball	Katy City Park	5720 Franz Road, 77493
<u>Thursday</u>	Bowling	Bowlmor Lanes	925 Bunker Hill, 77024
	Coed Sand Volleyball 4's - Intermediate	Third Coast	5652 Forney, 77036
	Coed Sand Volleyball 4's - Rec	Third Coast	5652 Forney, 77036
	Golf	Wildcat Golf Club	12000 Almeda, 77045
	Men's Flag Football - Sugar Land	New Territory Sports Complex	5350 New Territory Blvd, 77479
<u>Friday</u>	Coed Softball	Feld Park	6406 Ave. B, 77401
<u>Saturday</u>	No Leagues Offered		
<u>Sunday</u>	Coed Sand Volleyball 4's	Sideout	2623 Keene St, 77009
	Coed Softball Rec (Split locations)	Fall Creek Sports Complex	14300 Fall Creek View Dr, 77396
	Coed Softball Rec	Katy City Park	5720 Franz Road, 77493
	Men's Softball	Feld Park	6406 Ave. B, 77401

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3. Once you have selected the league that you wish to participate in, please fill out the [Team Registration Form](#) and send the completed form to [Employee Wellness](#) AND [Cory Johnston from Sports Monkey](#) if you want to play in an upcoming season.
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4. Your team WILL NOT be registered if required information is missing from the [Team Registration Form](#).
5. Everyone on your team is required to have a [liability waiver](#) on file BEFORE the season starts. One waiver covers all participation for the full calendar year. Please submit ALL waivers with your team registration form.

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6. Once we receive the completed team registration form and waivers for all team members, your team will be registered for your requested league.
7. For every game your team plays, the team captain(s) MUST fill out the Team Attendance Form, which will be sent to you after you are signed up. You MUST send the completed attendance form to employeeewellness@harrishealth.org within 7 days of each game played. If your attendance forms are not up to date when the season ends, your team WILL NOT be registered for the following season for any sport. All names should have an employee ID next to them, including spouses.

HARRIS HEALTH SYSTEM Q3 RECREATIONAL SPORTS LEAGUES (Summer)			
Day	League Title	Location	Address
<u>Monday</u>	Coed Softball	Feld Park	6406 Ave. B, 77401
	Coed Flag Football	Quillian Rec Ctr	10570 Westpark, 77042
<u>Tuesday</u>	Coed Flag Football	Quillian Rec Ctr	10570 Westpark, 77042
<u>Wednesday</u>	Coed Flag Football	Quillian Rec Ctr	10570 Westpark, 77042
	Coed Sand Volleyball 4's - Open Intermediate	Third Coast	5652 Forney, 77036
	Coed Sand Volleyball 4's - Upper Rec	Third Coast	5652 Forney, 77036
	Coed Sand Volleyball 6's - Rec	Third Coast	5652 Forney, 77036
	Coed Softball	Katy City Park	5720 Franz Road, 77493
<u>Thursday</u>	Bowling	Bowlmor	925 Bunker Hill, 77024
	Coed Sand Volleyball 4's - Intermediate	Third Coast	5652 Forney, 77036
	Coed Sand Volleyball 4's - Rec	Third Coast	5652 Forney, 77036
	Golf	Wildcat Golf Club	12000 Almeda, 77045
	Men's Flag Football - Sugar Land	New Territory Sports Complex	5350 New Territory Blvd, 77479
<u>Friday</u>	Coed Softball	Feld Park	6406 Ave. B, 77401

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<u>Saturday</u>	No Leagues Offered		
<u>Sunday</u>	Coed Sand Volleyball 4's	Sideout	2623 Keene St, 77009
	Coed Sand Volleyball 6's	Sideout	2623 Keene St, 77009
	Coed Softball Rec	Fall Creek Sports Complex	14300 Fall Creek View Dr, 77396
	Coed Softball Rec	Katy City Park	5720 Franz Road,77493
	Mens Softball	Feld Park	6406 Ave. B,77401

Reminders:

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5. Everyone on your team is required to have a [liability waiver](#) on file BEFORE the season starts. One waiver covers all participation for the full calendar year. Please submit ALL waivers with your team registration form.
6. Once we receive the completed team registration form and waivers for all team members, your team will be registered for your requested league.
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HARRIS HEALTH SYSTEM Q4 RECREATIONAL SPORTS LEAGUES (Fall)

Day	League Title	Location	Address
<u>Monday</u>	Coed Softball	Feld Park	6406 Ave. B, 77401
	Coed Flag Football	Quillian Rec Ctr	10570 Westpark, 77042
<u>Tuesday</u>	Coed Flag Football	Quillian Rec Ctr	10570 Westpark, 77042
<u>Wednesday</u>	Coed Flag Football	Quillian Rec Ctr	10570 Westpark, 77042
	Coed Sand Volleyball 4's - Open Intermediate	Third Coast	5652 Forney, 77036
	Coed Sand Volleyball 4's - Upper Rec	Third Coast	5652 Forney, 77036
	Coed Sand Volleyball 6's - Rec	Third Coast	5652 Forney, 77036
	Coed Softball	Katy City Park	5720 Franz Road, 77493
<u>Thursday</u>	Bowling	Bowlmor	925 Bunker Hill, 77024
	Coed Sand Volleyball 4's - Intermediate	Third Coast	5652 Forney, 77036
	Coed Sand Volleyball 4's - Rec	Third Coast	5652 Forney, 77036
	Men's Flag Football - Sugar Land	New Territory Sports Complex	5350 New Territory Blvd, 77479
<u>Friday</u>	Coed Softball	Feld Park	6406 Ave. B, 77401
<u>Saturday</u>	No Leagues Offered		
<u>Sunday</u>	Coed Sand Volleyball 4's	Sideout	2623 Keene St, 77009
	Coed Softball Rec	Fall Creek Sports Complex	14300 Fall Creek View Dr, 77396
	Coed Softball Rec	Katy City Park	5720 Franz Road, 77493
	Mens Softball	Feld Park	6406 Ave. B, 77401

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