



SPORTS & RECREATION

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World-class Army athletes make Winter Olympics team



Tim Hipps, FMWRC Public Affairs

Army National Guard Outstanding Athlete Program bobsled pilot Sgt. Mike Kohn (front right) leads his four-man squad at the start of a U.S. World Cup Team Trials race at Park City, Utah, Oct. 24. Sergeant Kohn will drive Team USA III sleds in both two-man and four-man competitions at the XXI Olympic Winter Games in Whistler, British Columbia, Canada. Sergeant Kohn, a former member of the U.S. Army World Class Athlete Program, won a bronze medal at the 2002 Olympic Winter Games.

Tim Hipps
FMWRC Public Affairs

ALEXANDRIA, Va. – Seven current and former members of the U.S. Army World Class Athlete Program have earned spots on Team USA for the XXI Olympic Winter Games, scheduled for Feb. 12-28 in Vancouver and Whistler, British Columbia, Canada.

Five current and former WCAP bobsledders, along with U.S. men's assistant bobsled coach Sgt. Bill Tavares, will tackle one of the world's fastest tracks in Whistler, site of the bobsleigh competition Feb. 20 through 27.

WCAP biathlete Sgt. Jeremy Teela earned a spot on his third consecutive U.S. Olympic Team in

biathlon, a combination of cross-country ski racing and rifle shooting from standing and prone positions. Five men's biathlon races of different distances will be staged Feb. 14 through 26 in Whistler, site of the best performance of Teela's career last year.

Four of the six U.S. men's and women's bobsled pilots learned the tricks of their trade while serving in WCAP under the tutelage of five-time Olympian Sgt. Tavares, who will assist U.S. men's bobsled head coach Brian Shimer.

Sergeant John Napier of Lake Placid, N.Y., will drive Team USA II's four-man sled. His WCAP teammate, 1st Lt. Chris Fogt of Alpine, Utah, will be among that crew, joined by Chuck Berkley of Clayton,

Calif., and Steve Langton of Melrose, Mass.

Sergeant Napier also will pilot USA II in the two-man competition with Langton aboard.

Sergeant Mike Kohn, a member of the National Guard Outstanding Athlete Program, was one of Sgt. Napier's boyhood idols. A former WCAP bobsledder, Sgt. Kohn will drive Team USA III's four-man sled with the crew of Jamie Moriarty of Winnetka, Ill., Bill Schuffenhauer of Orem, Utah, and Nick Cunningham of Monterey, Calif.

Reigning four-man world champion Steven Holcomb, a former WCAP pilot from Park City, Utah; will drive the Team USA I sled, backed by Justin Olsen of San Antonio, Steve Mesler of Buffalo, N.Y.; and Curt Tomasevich of Shelby, Neb.

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FMWR announces events for Super Bowl Sunday

Bob Mathews
FMWR Marketing

From Club Stewart to Rocky's Zone and the bowling centers, Family, Morale Welfare and Recreation facilities plan to make the Super Bowl XLIV weekend a special one for Soldiers, Families and Retirees.

Miami will be the site of the 44th meeting Feb. 7 of the NFC and AFC titleholders to decide which will be the champion of the National Football League for 2010.

Here is the FMWR lineup for that weekend:

On Saturday, Feb. 6, the UFC 109 Relentless fights will launch the Super Weekend @ Club Stewart. The event will feature Couture vs. Coleman, Koscheck vs Thiago and Nogueira vs Vera. Doors open at 8:30 p.m. and the fights start at 9 p.m. Admission is \$5. Nachos are free. Wings and hot dogs will be available for purchase and there will be specials on drinks.

Then, on Feb. 7, join us in the Club Stewart ballroom for the Super Bowl. There is no cover charge. Doors open at 5:30 p.m. and the kickoff is scheduled for 6:15 p.m. A small party menu will be available and Super

Bowl drink specials will be offered. For details, call 368-2212.

Rocky's Zone Soldiers Recreation Center opens at noon Feb. 7 to begin an all-day "Super Bowl Party" event featuring fun, games and prizes. Call and reserve your spot in the NFL Madden Xbox tournament at 2 p.m. There will be door prizes during the game, but you must be present to win. Soldiers are invited to bring a guest and enjoy Super Bowl XLIV, which has a scheduled 6:15 p.m. kickoff. Get the best seat in the house at one of the big screen TVs. Register to watch the game in the Sky Box. For details, call 767-8715.

Stewart Lanes Bowling Center will celebrate "Super Bowl Sunday" with \$1.75 games all day and free shoe rental while you watch Super Bowl XLIV on televisions throughout the facility in building 450. Hours are 11:30 a.m. to 9 p.m. Special prizes for special bowlers. For details, call 767-4273.

Hunter Lanes, building 1280, will celebrate the Super Bowl from 6-10 p.m. with \$1.75 games and free popcorn while you watch Super Bowl XLIV on televisions throughout the facility. For details, call 767-4273.

CSF extended to Families

Army News Service

Family Members play a significant role in a Soldier's life by supporting their resilience and well-being. This is why Family Members now have the opportunity to participate in the Comprehensive Soldier Fitness (CSF) program by taking the Global Assessment Tool and self-development modules.

CSF is a holistic fitness program for Soldiers, Family Members and Army Civilians that is designed to enhance performance and build resilience. Participation in the CSF program begins with the Global Assessment Tool, an online, confidential survey that measures a person's level of strength in four dimensions: social, spiritual, emotional and family.

The Army worked in conjunction with national experts along with military psychologists to establish this program and to develop self-directed training designed for Family Members.

Soldiers received initial access to the Global Assessment Tool (GAT) and the online self-development training modules in October 2009. As the program has evolved, these elements have become available for Family Members, as well.

The GAT is available to Family Members now by visiting Comprehensive Soldier Fitness Web site. Once the GAT is complete, Family Members will be able

to immediately access the tools and training designed to enhance their resilience.

Ultimately, all Soldiers will undergo this assessment as they begin their military service, and periodically throughout their careers. Recognizing that strong, resilient families are essential to the Army, Family Members will be highly encouraged to avail themselves of the program and its tools for enhancing resilience.

The Army also recognizes the critical role Army Civilians play in strengthening our nation. A similar assessment tool and self-development modules will be made available to this group in March 2010.

Though not mandatory for Family Members, it is strongly encouraged for them to participate in the CSF program in conjunction with their Soldier in order to maximize the benefits to the entire family. The online training in the dimensions of strength will enhance and optimize one's personal resilience as well as one's relationships with others. These attributes will better prepare them to meet the ambiguous and unpredictable challenges of their personal and professional lives, and help restore balance to the Army and our Army Families.

For more information, visit the Comprehensive Soldier Fitness Web site at www.army.mil/csfc.

Stewart-Hunter Intramural Basketball

MARNE CONFERENCE

SCORES AND LEADING SCORERS

Games Jan. 21

92nd EN Bn. 52, FMWR Library 37
92nd EN Bn.
McKnight, 22 points
FMWR Library
Marshall, 17 points

135th QM Co. 47, 24th Ord. Co. 36
135th QM Co.
George, 20 points
24th Ord. Co.
Gill, 18 points

Games Jan. 25

92nd EN Bn. 61, FMWR Library 51
92nd EN Bn.
Jay, 22 points
FMWR Library
Ratcliffe, 14 points

87th CSSB 49, 135th QM Co. 34
87th CSSB
Redd, 17 points
135th QM Co.
Bogan, 15 points

ROCKY CONFERENCE

SCORES AND LEADING SCORERS

Games Jan. 21

MEDDAC 46, 92nd EN Bn. 19
MEDDAC
Moore, 11 points
92nd EN Bn.
Walker, 5 points

HD 385th MP Co. 39, 92nd CHEM Co. 38
HD 385th MP Co.
Reed, 12 points
92nd CHEM Co.
Allen, 17 points

Games Jan. 25

92nd CHEM Co. 45, HQ 92nd EN Bn. 34
92nd CHEM Co.
Allen, 13 points
HQ 92nd EN Co.
Thomas, 16 points

MEDDAC 44, 554th EN Co. 24
MEDDAC
H, 13 points
554th EN Co.
Gibson, 7 points

Marne Conference

	WON	LOST	PCT
1. 87th CSSB	6	0	1.000
2t. 135th QM Co.	3	3	.500
2t. 984th Eng. Co.	3	3	.500
4. HQ 6/8 CAV	1	1	.500
5t. FMWR Library	2	3	.400
5t. 92nd EN Bn.	2	3	.400
7t. 24th ORD Co.	2	4	.333
7t. 526th EN Co.	2	4	.333

Rocky Conference

	WON	LOST	PCT
1. B Co. WTU	2	0	1.000
2. HD 385th MP Co.	4	1	.800
3. MEDDAC	3	1	.750
4. 92nd Chem Co.	2	1	.666
5. HQ 92nd EN Co.	2	3	.400
6. 24th Finance Co.	1	2	.333
7. 554th EN Co.	1	3	.250
8. 90th HR Co.	0	4	.000

Hunter Army Airfield Conference

	WON	LOST	PCT
1. 1/10 ATK	8	0	1.000
2. 473rd QM Co.	8	1	.888
3. USCG	4	2	.666
4. 416th Trans. Co.	5	3	.625
5. 512th QM Co.	4	4	.500
6. 110th QM Co.	3	3	.500
7. Savannah Corps Eng	2	5	.285
8. USMC	1	3	.250
9. 10th Trans. Co.	1	5	.200

HUNTER CONFERENCE

SCORES

Games Jan 19 and 21

512th QM Co. 45, Savannah Corps Eng, 34

1/10 ATK 48, 224th MI Bn. 44

OLYMPICS

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On the women's side, former WCAP bobsledder Sgt. Shauna Rohbock of the Army National Guard Outstanding Athlete Program will pilot Team USA I. A 2006 Olympic silver medalist who teamed with Valerie Fleming in Torino, Italy, Sgt. Rohbock, of Park City, Utah, will be joined by Michelle Rzepka of Novi, Mich., in America's top-rated women's sled.

Sergeant Rohbock led the U.S. women with a fifth-place finish at the World Cup event Jan. 16 in St. Moritz, Switzerland.

The Germans swept the podium spots in a closely contested race.

Sergeant Rohbock and Rzepka posted identical start times of 5.64 seconds and runs of 1:07.87 and 1:07.70 for a combined time of 2:15.57.

Only two nations were granted three sleds in the 2010 Olympic women's bobsled competition. Germany locked up the first spot earlier in the season based on points, but the second nation to qualify a third sled came down to a battle between Canadian Amanda Stepenko and U.S. pilot Schaaf, who secured her Olympic berth with two solid runs in St. Moritz.

For more information, visit Team Stewart online at www.stewart.army.mil

TIME OUT! Dealing with a loss

Commentary by Jennifer Hartwig
Fort Stewart Public Affairs

In the wake of the Vikings and Jets defeats on Sunday in their respective conference championship games, I got to thinking about how we take losses as sports fans.

As I wrote last week, my husband is a die-hard Vikings fan. Thus, he has dealt with a lot of losses in his life. Not just losses, but those gut-punch losses. You know the kind, where you think they have a chance, and then they, say, are marching down the field with two minutes left in a tie game, and they get a penalty for 12 men in the huddle and

consequently are forced to throw the ball, and the quarterback is pressing and throws it right to the other team, sending it into overtime where they lose.

Anyway, as he paced around our house in his Jared Allen jersey, he kept waiting for the worst to happen. In the end, it did. The worst part is, they came so close – he thought the streak might actually be ending... and just like that, Favre threw an interception that sent the game into overtime.

Suffice to say, Sunday's loss hit him particularly hard. He was moping around the house, couldn't fall asleep, and had to call his dad, brother and every one of his friends back home in

Minnesota to commiserate.

At first I was sympathetic – after all, in his lifetime he's never seen the Vikings go to the Super Bowl, and he's had to watch them lose in the NFL championship now five times. Then I started thinking, "Geez buddy, get over it – it's just a game." But then I thought, is it really wrong to be so passionate about something?

It certainly isn't life or death, and if the moping lasts more than a day or so it will be considered overboard, but really, doesn't it say something about a fan who is that fervent about their team?

As an intense fan myself, I think having a love for a team that borders on

unhealthy adds a little something to life. It gives you something to look forward to, something to put some of your pent-up energy into, and, really, just something to maybe believe in.

So before you give your buddy a hard time about being so down over "just a game," take a second to think about all of the time he or she spends following their team, all of the money they've probably spent on team apparel, going to games, paying for "NFL Ticket," and hosting game parties, and all of the emotion they put into hoping for a win.

Yes, it's just a game... but why chastise someone for being passionate?

SPORTS & RECREATION BRIEFS

Volleyball registration opens Feb 1

Registration is Monday 1 through March 18 for those interested in playing Intramural Volleyball or on in a Family Readiness Group Women's Volleyball League at Fort Stewart or Hunter Army Airfield.

Play will be at Newman Fitness Center and Tominac Fitness Center, March 29-April 29. Game times at Fort Stewart will be 6 p.m. and 7 p.m. Hunter games will start at 6:30 p.m.

There is no charge for play at Stewart or Hunter. Companies interested in playing should submit a memo with information for the company, including the coach's name and telephone number at Bennett Sports Complex, building 471, at Stewart; or Squires Sports Complex, building 1460, at Hunter.

Family Readiness Groups interested in playing in a women's volleyball league should contact the Fort Stewart Sports Office at 767-8238 or Hunter Sports Office at 315-4160.

At Fort Stewart, coaches/players meetings will be held at 2 p.m., March 24 for FRG women's play; and at 2 p.m., March 25 for men's play. Both meetings will be in the Bennett Sports Complex Office.

A date and time for the coaches/players meeting at Hunter will be chosen later. For more information, contact Randy Walker at 767-8238 (Fort Stewart) and Michael Hughes at 315-4160 (Hunter).

First Tee, CYSS offer free golf lessons

Child, Youth & School Services has partnered with the First Tee program to bring, through Golf, an exciting opportunity for youth at Hunter Army Airfield.

First Tee aims to introduce young people to the game of golf; but more importantly, to promote character development and life-enhancing values through the game.

The First Tee program is offering FREE 6 week sessions to CYSS youth, ages 5-18. Hunter Army Airfield classes will begin Tuesday. Target Level I classes will be held Tuesdays from 5:15 to 5:45 p.m. for 5 to 7 year olds and 6 to 7 p.m. for 8 to 18 year olds. Target Level II classes will be held Thursday from 5:15 to 5:45 p.m. for 5 to 7 year olds and 6 to 7 p.m. for 8 to 18 year olds. To register please stop by the CYSS Central Registration Office, building 1286, Hunter Army Airfield, phone 315-5425.

Free basketball admission, tonight

All servicemembers and their Families will receive free admission with military ID to the Georgia Southern University vs. The Citadel men's basketball game at 7 p.m., tonight, as part of Georgia Southern Military Appreciation Day.

Present your military ID at Hanner Fieldhouse ticket office on Herty Drive, Georgia Southern University entrance, off GA Hwy 67 (Fair Road), Statesboro, Ga. The Georgia Southern Band and Cheerleaders will be in attendance and the R.O.T.C. Color Guard presentation of the Colors and Static Displays throughout Hanner Fieldhouse. For more information, call Georgia Southern Sports Ticket Office (800) 478-9467 or FMWR Leisure Travel Office at 767-2841.

Parent supervision required at Newman

Effective immediately, children 13-15 years old who are Family Members of Soldiers, retirees or Army Civilians must be accompanied by a parent or guardian when using the Newman Fitness Center, and they must be participating in the same activity and under the direct supervision of that parent or guardian.

A reminder that Jordan Youth Gym designed for the needs of our youth is available for children grades 1-12.

Children, 5th grade and below, must be accompanied by parents. Each piece of equipment is age appropriate and may be upgraded for adult use dependent on weight being used.

For those who desire parental involvement, the program is designed for parents to exercise along with their child on the same equipment. For more information, call the Newman Fitness Center at 767-3031 or Jordan Youth Gym at 767-5079.

Yoga classes offered twice a week

Tominac Fitness Center on Hunter Army Airfield now offers yoga classes twice a week, Mondays from 11:30 a.m. to 12:30 p.m., and Thursdays from 6-7 p.m. Start your new year off right and get fit with yoga. All levels, from first timers to experienced yoga practitioners, are welcome. For more information, contact the Tominac Fitness Center, 314 Billy Mitchell, building 919, at (912) 315-5078/6351.

Free Aquatic Fitness classes offered

Free Aquatic Fitness Classes are offered at the Newman Fitness Center. Classes will be held in shallow water Mondays and Thursdays, from 6-7 p.m. Classes will be held in deep water Tuesdays and Thursdays, from 9-10 a.m. Flotation belts are worn for safety.

Basketball coaches needed

Fort Stewart Youth Sports still needs a basketball coach for the upcoming season. We have the teams formed but only need one more coach. What a great experience in giving back to our children! Thank you to those that responded to the last request and signed-up. For more information, call 767-9240 or 767-9270 or visit Jordan Youth Gym, building 608 and fill out a volunteer form.