

# Troops take to the mat

Debi Meadows  
Frontline Contributor

Soldiers from three brigades spent last week grappling hand to hand with their uniform jackets turned inside out, learning basic combatives techniques at Fort Stewart's Caro Gym.

Thirty eight Soldiers from 3rd Squadron, 7th Cavalry, 2nd Brigade Combat Team; 3rd Battalion, 7th Infantry, 4th BCT; and 188th Infantry Brigade completed Level I combatives training conducted by master trainers of 1st Battalion, 306th Infantry, 188th Infantry Brigade.

"The hand-to-hand grappling helps build esteem, confidence, and gets (Soldiers) ready for Iraq," said Spc. Brad Tilley, Troop A, 3/7 Cav., one of the seven Soldiers from Troop A who participated in the course.

The Chief of Staff of the Army approved the Modern Army Combatives Program under the Task Force Soldier initiative, directing every Soldier experience actual hands on combatives training prior to deploying. The

purpose of combatives, billed as "Innovative Training for the Modern Battlefield" on the Infantry home page, is to provide Soldiers with confidence in their ability to employ effective combative techniques.

During the 40-hour Level I course, the students covered basic ground-fighting techniques that builds a fundamental understanding of a dominant body position. Ground fighting is also where technique can most easily be used to overcome size and strength.

"The training gives them the confidence and ability as a Soldier to take the fight to the enemy," said Sgt. 1st Class Alan W. Adams, Master Combative Instructor, 1/306th Inf. "We are hoping to set up a permanent combatives training course here at Fort Stewart."

After five days of training, the students compete, not only against each other but against the evaluations of the instructors. At the end, they are sweaty, bruised, and tired, but grinning and proud of their achievements.

Debi Meadows

**Students grapple for ground defensive position control while learn basic combatives techniques to enhance self confidence and Army warrior skills.**



Lt. Col. Valerie Meadows

**Sergeant First Class Alan W. Adams, a combatives instructor with the 188th Infantry Brigade, helps train Soldiers on combatives back drills Feb. 11 at Caro Gym.**



Courtesy photo

## Run boosts deployed Soldiers' morale

**Soldiers from 1st Battalion, 10th Aviation Regiment, Tiger Sharks, participate in the Multi-National Division North Great Aloha Run, Feb. 8 on Contingency Operating Base Speicher, Iraq.**

# Jake's Body Shop: Give your exercise routine a punch

**Jake Battle**  
DMWR Fitness Director

Maintaining enthusiasm is the key to a consistent, healthy exercise program. While many people are excited about starting a workout routine, the motivation to get in shape often fades after a few weeks.

Fortunately, this doesn't have to be true for you. Here are several ways to help you find exercise success.

## It's all attitude

Let your attitude do all the work for you. Staying positive can carry you much further than beating yourself up.

If you are not careful, you will

defeat yourself before you ever put on your tennis shoes. Don't give in to thoughts like, "I'm too tired to exercise," or "Everybody at the fitness center will be younger."

Instead, tell yourself, "I am going to have so much more energy once I get in shape," or "I will feel younger when I start exercising."

## Open your mind

If you don't feel like jogging or lifting weights, try something different. Even if you are in the habit of jogging a mile or two or swimming a



## Exercise for you

Many people work out for negative reasons. Maybe your father died of a heart attack or the women in your family tend to be overweight.

These motivations will make it

certain number of laps, you can still be flexible in your routine.

When you don't feel like exercising, do a less intense workout. Walk through your neighborhood or ride a bike. You can still get a great workout without feeling guilty.

harder for you to stick with a long-term program. Find new reasons to exercise. Think of how successful you will feel or how much you are doing for your body on a day-to-day basis.

## Fire the critic

One sure way to lose all motivation is to be too hard on yourself. Don't compare yourself to everyone around you, or tell yourself you'll never master a new technique.

When you start to put yourself down, think of the benefits you have already gained.

You can start an exercise program and stick with it. The satisfaction you feel will make it worth the effort.

# FPCA takes region, local schools win

**Patty Leon**  
Coastal Courier

The third attempt was a charm for the First Presbyterian Christian Academy Highlanders as the boys varsity squad took its third victory against Bethesda Friday in Milledgeville, earning the GISA Region 2-A championship. FPCA won 73-68 in overtime.

The rest of the local high schools also finished their regular seasons with victories. The Liberty County Panthers defeated Richmond Hill, 69-57, and the Tigers pulled out a win at home, beating Johnson High School 58-53. The Long County Blue Tide earned a victory over Jeff Davis, 74-38.

The Lady Panthers downed the Richmond Hill Lady Wildcats, 52-49, and the Lady Tigers defeated the Lady Atomsmashers by a 26 point spread, 60-34. The Lady Tide beat the Lady Yellow Jackets, 51-39.

## Highlanders

Highlander coach Darrell West said his key players, Joey Bell, Mike Brown, Terrence Alston, A.J. Ansley and Hakeem Golden, stepped up their games, adding that Josh Rodgers played like he had never seen, and he congratulated Brown for hitting more 3-pointers than the coach could keep track of.

Bell forced the game into overtime when Bethesda sent him to the line and he nailed two free

throws.

Brown finished the night with 24 points. Ansley added 16.

The Highlanders will play in the first round of the state playoffs at 7 p.m. tonight at Andrews College in Cuthbert against Region 3's fourth-place team, Randolph Southern.

The Highlanders are still undefeated with an overall record of 21-0 and a region record of 10-0.

## Tigers

The Lady Tigers started slow but never lost their lead as they went on to defeat the Lady Atomsmashers 60-34 in front of a home crowd on seniors' night. They are 21-4 overall and on top of Region 3-A with a 13-1 record.

The Tiger boys improve to 11-12 overall and 8-6 in Region 3-A with a 58-53 win over the Johnson High Atomsmashers.

Tiger coach Pete Woodard said his team needs to follow the same game plan when they open region playoffs against Johnson in their third match of the season. With clean slates and each team chasing a region title and state seed, it's anyone's game.

## Panthers

Jordan McRae paced the Panther offense, scoring a game-high 26 points. He led the team to its 69-57 win at Richmond Hill against the Wildcats. Rion

Brown chipped in 11 points as the Panthers closed the regular season in second place in Region 3-AAA, behind Washington County. They finished 18-4 overall and 9-3 in the region.

The Lady Panthers finished 14-8 overall and 7-5 in the region after edging out a 3-point win against the Lady Wildcats, 52-49. Beating the Lady Wildcats twice should ensure a third-place spot for the Lady Panthers.

## Tide

The Long County High School boys' basketball team secured the top spot in Region 2-AA with a win Friday night. The Blue Tide traveled to Hazlehurst and took on Jeff Davis High School. The Ludowici team beat the Yellow Jacket, 74-38.

Justin Boyd led the Tide with 16 points.

The win was the 16th in a row for Long County and helped the boys to an impressive 14-2 region record. Their overall record is currently 18-5, and they are ranked No. 9 in the state in the *GaSports.com/GACA* coaches' poll.

The boys played the 4-AAAA Glynn Academy Red Terrors last night in Ludowici to wrap up their season, but results from that game were not available at press time.

The Lady Tide defeated the Lady Yellow Jackets 51-39. Their 14-9 and 12-4 records have them in second place in the region behind Brantley County.

## 2009 Intramural Basketball

### ROCKY CONFERENCE

Date	Time	Court	Teams
Tonight	6:30 p.m.	1	2-3 BTB vs. 3rd Sig.
	7:30 p.m.	1	554th Eng.(B) vs. HHC 26 BSB
	8:30 p.m.	1	Co. B, 1/41 FA vs. Co. G, 1/41
	6:30 p.m.	2	Co. A, 3rd SB vs. HHB, 1/41 FA
	7:30 p.m.	2	984th Eng. vs. 87th CSSB
	8:30 p.m.	2	Co. A, 5/7 Cav. vs. 90th HR
Feb. 23	6:30 p.m.	1	HHB, 1/41 FA vs. Co. G, 1/41 FA
	7:30 p.m.	1	90th HRC vs. 87th CSSB
	8:30 p.m.	1	984th Eng. vs. 3rd Sig.
	6:30 p.m.	2	554th Eng. (B) vs. 2/3 BTB
	7:30 p.m.	2	Co. B, 1/41 FA vs. HHC, 26 BSB
	8:30 p.m.	2	Co. A, 5/7 Cav. vs. 3rd SB
Feb. 23	6:30 p.m.	1	HHB, 1/41 FA vs. Co. G, 1/41 FA
	7:30 p.m.	1	90th HRC vs. 87th CSSB
	8:30 p.m.	1	984th Eng. vs. 3rd SIG
	6:30 p.m.	2	554th Eng. (B) vs. 2-3 BTB
	7:30 p.m.	2	Co. B, 1/41 FA vs. HHC 26th
	8:30 p.m.	2	Co. A, 5/7 Cav. vs. Co. A, 3rd SB
Feb. 25	6:30 p.m.	1	554th Eng. (B) vs. HHB, 1/41 FA
	7:30 p.m.	1	Co. B, 1/41 FA vs. 87th CSSB
	8:30 p.m.	1	984th Eng. vs. Co. G, 1/41 FA
	6:30 p.m.	2	Co. A, 5/7 Cav. vs. 26th BSB
	7:30 p.m.	2	Co. A, 3rd SB vs. 2-3 BTB
	8:30 p.m.	2	90th HRC vs. 3rd SIG
Feb. 26	6:30 p.m.	1	554th EN (B) vs. 87th CSSB
	7:30 p.m.	1	HHB, 1/41 FA vs. 3rd SIG
	8:30 p.m.	1	5/7 Cav. vs. Co. G, 1/41 FA
	6:30 p.m.	2	984th Eng. vs. 90th HRC
	7:30 p.m.	2	Co. A, 3rd SB vs. 26th BSB
	8:30 p.m.	2	Co. B, 1/41 FA vs. 2-3 BTB

### HUNTER CONFERENCE

Date	Teams	Times
Tonight	Co. F, 2/3 Avn. vs. 473rd Qm	6:30 p.m.
	USMC vs. Co. B, 603rd Avn.	7:30 p.m.
Feb. 23	Co. A, 603rd vs. Co. C, 603rd	6:30 p.m.
	24th Ord. vs. 2/3rd Avn.	7:30 p.m.
Feb. 24	HHC, 3rd CAB vs. Corps of Eng.	6:30 p.m.
	HHC, 260th QM vs. 1/3rd Avn.	7:30 p.m.
Feb. 25	Co. B, 169th vs. 473rd QM	6:30 p.m.
	3/160th SOAR vs. Co. F, 2/3 Avn.	7:30 p.m.
Feb. 26	USMC vs. Co. C, 603rd Avn.	6:30 p.m.
	Co. B, 603rd Avn. vs. 2/3rd Avn.	7:30 p.m.
March 2	Co. A, 603rd Avn. vs. Corps of Eng.	6:30 p.m.
	24th Ord. vs. 1/3rd Avn.	7:30 p.m.
March 3	HHC, 3rd CAB vs. 473rd QM	6:30 p.m.
	HHC, 260th QM vs. Co. F, 2/3rd Avn.	7:30 p.m.
March 4	Co. B, 169th vs. 3/160th SOAR	6:30 p.m.
	USMC vs. 2/3rd Avn.	7:30 p.m.
March 9	Co. A, 603rd Avn. vs. 473rd QM	6:30 p.m.
	24th Ord. vs. Co. F, 2/3rd Avn.	7:30 p.m.

## Rocky Conference Standings

Team	Won	Loss	Percentage
Co. A, 3rd SB	6	1	0.857
87th CSSB	5	2	0.714
3rd Sig.	5	2	0.714
90th HRC	5	2	0.714
2-3 BTB	5	2	0.714
984th Eng.	5	3	0.625
Co. B, 1/64 AR	3	3	0.500
HHB, 1/41 FA	3	5	0.375
554th Eng. (B)	2	5	0.285
HHC, 26th BSB	2	6	0.250
Co. G, 1/41 FA	1	10	0.090

## Marne Conference Standings

Team	Won	Loss	Percentage
1/30 Inf.	10	0	1.000
Co. B, WTU	8	2	0.800
Co. A, 1/41 FA	7	2	0.777
1/64 AR	7	3	0.700
Co. A, 1/9 FA	7	3	0.700
MEDDAC	6	4	0.600
HHC, 1-3 BTB	3	6	0.333
Co. A, 26th BSB	3	6	0.333
HHC, 2/7 Inf.	3	7	0.300
Co. E, 3/69 AR	2	8	0.200
Troop B, 5/7 Cav.	2	9	0.181
554th Eng. (A)	1	9	0.010

## Hunter Conference Standings

Team	Won	Loss	Percentage
HHC, 260th QM	7	0	1.000
Co. B, 603rd Avn.	9	1	0.900
Co. A, 603rd Avn.	8	2	0.800
2/3 Avn.	6	2	0.750
1/3rd Avn.	6	5	0.550
USMC	5	5	0.500
473rd QM	4	5	0.440
Corps of Eng.	4	5	0.440
3/160th SOAR	4	6	0.400
Co. B, 169th	2	6	0.250
24th Ord. Co.	2	6	0.250
HHC, 3rd CAB	2	7	0.222
Co. C, 603rd Avn.	0	8	0.000

For more information, contact the Fort Stewart sports office at 767-8238 or the Hunter sports office at 315-4160.

Check out the Frontline online at  
[www.stewart.army.mil](http://www.stewart.army.mil).