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playoffs begin this
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THE FRONTLINE

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FAT, GETS FIT**

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SPORTS & RECREATION

FEBRUARY 25, 2010

Soldiers enjoy the snow of the Smoky Mountains

Spc. Gaelen Lowers
3rd Sustainment Bde. Public Affairs

There are a lot of recreational activities, sports and events that people in certain areas cannot enjoy due to the climates in which they live.

However, Fort Stewart Soldiers experienced something new that many around the area have never been able to experience firsthand.

The installation Better Opportunities for Single Soldiers program provided Soldiers an opportunity to head up to Gatlinburg, Tenn. for a weekend of snowboarding and skiing on the Smokey Mountains at Ober Gatlinburg Ski Resort and Amusement Park, Feb. 19-21.

"The Soldiers were able to experience something that a lot of Soldiers never get exposed to," said Staff Sgt. Phillip Phinisee, BOSS vice president. He added that he was a little sore but enjoyed himself immensely. "I, personally, have never seen skiing in Georgia unless I watch it on TV."

For some Soldiers, skiing and snowboarding was a favorite pastime of theirs before they joined the Army, and have not been able to enjoy that activity in quite a long time.

"I haven't skied in a few years, and I never thought I would be able to ski in Georgia," said Spc. Preston Briggs, Company A, 4-3 Brigade Special Troops Battalion, a Michigan native who has been snowboarding countless times.

For many of the Soldiers, it was their first time on the slopes. Soldiers like Spc. Bernard Brosam, Headquarters and Headquarters Company, U.S. Army Garrison, were excited about their first time to try it out.

"It was the first time for a lot of us. Some were experienced and some weren't," said Spc. Brosam. "It was beautiful. There were a lot of people and a



Spc. Gaelen Lowers

Soldiers participating in the BOSS Gatlinburg, Tenn. ski trip learn the basics of snowboarding during a one-hour lesson to learn fundamentals at Ober Gatlinburg Ski Resort and Amusement Park, Feb. 19-21.

lot of interesting faces. It was a very unique experience. Not many people you come across say they have been skiing or snowboarding. It looks fun and entertaining seeing them on TV doing tricks. So when you get out there you want to see what you can do. I would definitely recommend it."

The BOSS program holds a lot of these types of trips, said Staff Sgt. Phinisee.

It gives the Soldiers a chance to experience things they may not ever have before or enjoy things that they liked to do before they joined the Army.

"Our trip ideas basically come from the minds

of Soldiers; things they want to do, things they used to do before they came in the Army, or just things they love to do," said Staff Sgt. Phinisee. "We try to incorporate those things into the BOSS program so that they can get out and do those things at a relatively low cost."

The trips are great morale boosters for Soldiers, he continued. They allow the Soldiers to get out of the barracks and go do things. For the Soldiers who went on the trip, the consensus was the same and summed up best by Spc. Brosam.

"It was a great trip," he said. "We were able to go out, have a good time and really unwind. I definitely want to come back and do it again."



Tim Hipps

Army World Class Athlete Program bobsled pilot Sgt. John Napier drives through Corner 16 in the Olympic two-man bobsled finals at Whistler Sliding Centre, Feb. 20. Napier teamed with Steve Langton to finish 10th in the event with a four-run combined time of 3 minutes, 29.40 seconds.

Soldier shines in Olympic bobsled

By Tim Hipps
FMWRC Public Affairs

WHISTLER, British Columbia – Sergeant John Napier reacted like a six-year-old boy on Christmas morning after he drove Team USA II to a 10th-place finish in the Olympic two-man bobsled event at Whistler Sliding Centre, Feb. 20-21.

Sergeant Napier, a bobsled pilot in the U.S. Army World Class Athlete Program, teamed with Steve Langton for a four-run combined time of 3 minutes, 29.40 seconds in their Olympic debut on the fastest bobsled track in the world.

"Steve and I are just having the times of our lives," said Sgt. Napier, 23, who began bobsledding at age 8 on his hometown track in Lake Placid, N.Y. "It's so much fun being out here with the crowd and the spectators and the support. The organizing committee makes it a blast.

"It's probably the most fun I'll ever have in bobsled." His smile revealed that sentiment when he climbed from the sled and waved to adoring fans who were chanting "USA! USA! USA!"

Team USA II powered off the starting blocks in 4.91 and 4.93 seconds for runs of 52.31 and 52.36 seconds respectively.

"The first thing that crossed my mind when I crossed the finish line was, 'Man, I want to do this again,'" said Langton, 26, of Melrose, Mass. "I'm really happy with a top-10 finish. I think we did really well, and I'm looking forward to doing even better next week. I feel like we have a really good shot at the medals in four-man."

Olympic four-man competition is scheduled for Friday and Saturday.

Sergeant Napier loves the speed generated on the 1,450-meter track that features a 148-meter vertical drop. It cost \$104.9-million (Canadian) to build.

"I just love the toughness," Sgt. Napier said. "I love the speed."

He realizes, however, that sleds are running on the cutting edge.

"I'm not sure how much faster and how much harder I can drive," he said. "Are we going to live in fear of that or are we going to accept it? Or you can quit, which is the third option. It's fast. It's challenging. That's why most of us do it. I love it and I live for the fear and the rush."

Sergeant Napier also is ecstatic about representing troops worldwide at the XXI Olympic Winter Games.

"I got an e-mail yesterday from a troop I didn't know and I've never met in my life," Sgt. Napier said. "He said, 'Hey, I just want to commend you on what you're doing. I notice you're an athlete, you're an Army athlete, and you're a Christian athlete.' He said 'I got blown up by an IED attack last year, and I'm out of the Army right now.' I'm not sure of the extent of his injuries, but he said 'getting blown up sucks, but you make it worth it by what you're doing for the Army and how you're representing makes it worth it.'"

"I realized at that point the only way I can lose is to hold my head low as any finisher, whether I make it downwind, crash and get last place, the only way I can lose is if I don't try my hardest or hold my head down low. So I'm going to hold it high, and I'm going to represent for the Army for that Soldier and many other Soldiers overseas right now."

Four-time Olympic gold medalist Andre Lange of Germany teamed with Kevin Kuske to win the gold medal with a four-run time of 3:26.65.

FMWR to hold 50-Bird Skeet tournament, Saturday

Registration will continue until 30 minutes before the 8 a.m. start on Saturday for the 50-Bird Skeet Tournament at the Fort Stewart Skeet and Trap Range, building 8332.

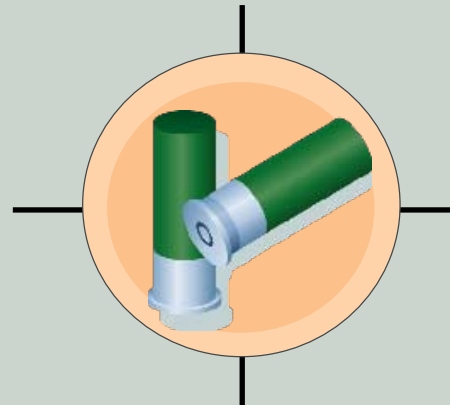
A pre-tournament "Marne Muster" will be held at 5:30 p.m., today to discuss rules and set up shooting brackets.

The event is open to Soldiers, Family Members, retirees, DOD Civilians and their guests. Registration is \$20 per shooter. Free food will be provided.

Shooters will compete in six divisions: Rocky (experts); Dogface (intermediate); Iron Mike (novice); Annie Oakley (women), Bullwinkle (youth ages 12 to 17), and the B.O.S.S. Single Soldiers Division. The BOSS division was added for this event.

Prizes to be offered in each division are: first, \$40; second, \$30 and third, \$20. There must be five competitors for all three places to be awarded in a division, Moore said. The highest single round score in each division will win an extra \$10 prize.

Participants can register at the Fort Stewart and Hunter Army Airfield Skeet and Trap Ranges or Outdoor Recreation facilities. For more information, call 435-8219 or 767-2515.



Stewart-Hunter Intramural Basketball

CONFERENCE STANDINGS

FORT STEWART

SCORES AND LEADING SCORERS

Games Feb. 22 - First Round of Playoffs

MEDDAC 45, 92nd EN Bn. 39

MEDDAC

Hugley, 13 points

92nd EN Bn.

McKnight, 14 points

135th QM Co. 2, B Co. WTU 0 (forfeit)

87th CSSB 54, HQ 92nd EN 39

87th CSSB

Campbell, 12 points

HQ 92nd EN

Nelams, 11 points

984th EN Co. 30, HD 385th MP 23

984th EN Co.

Love, 16 points

HD 385th MP

Reed, 9 points

HUNTER

SCORES AND LEADING SCORERS

Games Feb. 23 - First Round of Playoffs

USMC 34, 473rd QM Co. 31

416th TRANS Co. 47, 512th QM Co. 40

Savannah Corps of Eng. 41, 110th QM Co. 40

FINAL

Marne Conference

	WON	LOST	PCT
1. 87th CSSB	10	0	1.000
2. 92nd EN Bn.	6	3	.667
3. 984th EN Co.	5	5	.500
4t. 135th MW Co.	4	5	.444
4t. FMWR Library	3	5	.444
5. 526th EN Co.	3	5	.375
6. 24th ORD Co.	3	6	.250
7. HQ 6/8 CAV	1	6	.177

Rocky Conference

	WON	LOST	PCT
1. B Co. WTU	8	0	1.000
2. HD 385th MP Co.	6	1	.833
3. MEDDAC	7	2	.778
5. HQ 92nd EN Co.	5	5	.500
4. 92nd Chem Co.	4	5	.444
6. 554th EN Co.	2	6	.250
7. 90th HR Co.	1	7	.125
8. 24th Finance Co.	1	7	.125

SPORTS & RECREATION BRIEFS

They CYSS Central Registration, building 443, Gulick Avenue is open Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m., and Wednesdays from 9 a.m. to 6 p.m., for sign-up. For additional information, call the Youth Sports Office at Jordan Youth Gym at 767-4371.

CYSS Track and Field

The CYSS Track program begins early March and runs through end of May. Age groups are divided into boys and girls teams who will compete separately. Teams will travel to compete with other track teams in the greater surrounding community. In-house track meets and practices will be conducted at Stewart's "Quick Track" located on the corner of W. 6th St. and Bundy Ave. Athletes with best

scores overall will eventually be combined into one team to participate in GRPA District & State Track Meets. Age groups: 7-8, 9-10, 11-12, 13-14.

CYSS Spring soccer

Spring soccer starts in early March and runs through late April. Games played either Mondays & Wednesdays, or Tuesdays & Thursdays, depending on tentative schedule. Evaluations to evenly match each team will be held on the large soccer field at Davis Ave beginning at 5:30 p.m. for the following co-ed age divisions/dates:

Evaluations: Ages 6-7, Tues. March 2; Ages 8-9: Wed. March 3; Ages 10-11 & 12-13, Thur. March 4; Ages 4-5, no evaluation required for the age 4-5 year-old league.

Teams divided according to age/gender. Coaches will notify the parents of the team on which their child has been placed.

NOTE: Current sports physical is required when registering for CYSS programs, and must not expire before the program ends.

Volunteer coaches needed

Volunteers to act as coaches are needed for both track and field, as well as spring soccer. If you are interested in being involved, please call 767-2312 or 767-4371. Meeting is scheduled for all volunteers who would like to coach, at Jordan Youth Gym, building 608 on W. 6th St., at 6 p.m., March 2.

BOBSLED

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Former WCAP and current Army National Guard Outstanding Athlete Program bobsled driver Mike Kohn, 37, of Chantilly, Va., teamed with Nick Cunningham, 24, of Monterey, Calif., to finish 12th with a time of 3:29.78 in USA III. Germany and the United States were the only two nations to qualify three sleds for the 2010 Vancouver Olympics.

"Top 12 at the Olympic Games: there's worse things in the world for a 37-year-old washed up guy," Kohn said. "I feel pretty good. I felt confident on the track and got Nick some experience. It's a great day to be out here with my Family represent-

ing the Olympic Games."

"This is the only competition that brings the world together and it's all for a sporting event," Cunningham added. "This is absolutely amazing. To be standing here wearing the stars and stripes is a dream come true."

Former WCAP driver Steve Holcomb, 29, the reigning world champion in four-man competition from Park City, Utah, drove USA I to a sixth-place finish with Curt Tomasevich, 29, of Shelby, Neb., aboard with a time of 3:27.94.

"I'd like to say that we were just gearing up for four-

man, but we came out here to win just like everybody else," Holcomb said. "We gave it everything we had.

"I drove well. We had two good pushes and the sleds are fast. The Germans had something we didn't today and that's why they won."

Olympic bobsled action resumes with four-man competition Friday and Saturday. Holcomb and his four-man crew broke the United States' 50-year World Championship medal drought by winning the 2009 crown. Their goal is to win four-man Olympic gold for Team USA for the first time since Francis Tyler struck gold in 1948.

Fit Nation: 203rd BSB Soldiers fight the fat

Sgt. Ben Hutto
3rd HBCT Public Affairs Office

FORWARD OPERATING BASE KALSU, Iraq – Command Sergeant Major Spencer Gray saw a problem in his battalion, the 203rd Brigade Support Battalion, 3rd Heavy Brigade Combat Team, 3rd Infantry Division.

"I watched the same Soldiers going on the over-weight program over and over again," he said. "I decided something needed to be done, and we made it a battalion-wide effort."

From that moment, the 203rd BSB's Fit Nation program was born.

"I remember it like it was yesterday; We started off with the usual stretches to warm up and then the fun really started," said Pfc. Jordan Hubbard. "We ran up and down hills for about 30 minute's non-stop. Then we ran sprints against one another for about 10 minutes. Physical Training still wasn't over, however. We then did interval training with no one falling back.

"It sounds like a good workout, but the pain endured long after it was over" Pfc. Hubbard continued. "My legs were sore for the entire day; not to mention how they felt the next day."

Soldiers in the program quickly realized it wasn't going to be easy.

"When we came to Fit Nation, there were going to be no easy days," said Spc. Chris Sanchez. "That's where Fit Nation separates itself from company level PT. Company level PT is a system. You form up and stretch for about 10 minutes. Then you probably run for about 20 minutes and cool down for about 15 minutes and that's it.

"In Fit Nation, you stretch before Command Sgt. Maj. Gray comes out so when he comes, you're ready to go. That's when he pushes you to give everything you have; to help you perform at your highest level. Command Sgt. Maj. Gray doesn't just run; he likes variety. We do ruck marches, interval training, circuit training, power walking, and even Taebo. He has no set PT Schedule for Fit Nation because he doesn't want us to know what we're doing the next day. Kind of like a surprise, this is a good thing. Not knowing what you're doing the next day makes it more fun for the Soldiers."

Command Sergeant Major Gray understood that many of the Soldiers struggling with their weight weren't happy about it.

He knew many were ashamed of their trouble. He decided he needed to find a way to contribute to their self-esteem before he could help them re-sculpt their bodies.

"I went ahead and took out the word over-weight program," Command Sgt. Maj. Gray said. "I wanted to give our Soldiers ownership of something they



Sgt. Ben Hutto

Private First Class Jordan Hubbard, 203rd Brigade Support Battalion, 3rd HBCT, 3rd ID, does push-ups following a four-mile run at FOB Kalsu, Iraq, Feb. 19. He is a part of Fit Nation, 203rd BSB's special weight loss program designed to help Soldier's lose the weight they are struggling with, and keep it off.

could be proud of and was geared toward them. I wanted them to be proud of the program, not ashamed of it."

"We sat down at a meeting with Command Sgt. Maj. Gray once I was put on the Fit Nation Program, and he simply told us that within the next 12 months of the deployment, if we didn't make any improvements to remove ourselves off the overweight program, we would be separated from the Army," said Spc. Andrea Sneed. "I am a single parent, so from that point on I knew I had to make a major change and fast."

"My first experience on Fit Nation was awful. We had a 3-mile ruck march. All I could think about after that was what excuse I could come up with every other day so I would not have to do PT," Spc. Sneed said. "I wasn't good at running at all. I would be one of the few people that would always come in towards the end of a run. Now, four months later, I am proud to say I have made a complete 360 degree turn around. I have a better attitude, I am in better shape, and now I enjoy going to PT every day. It was rough but I reached my goal. I now weigh 144 lbs. Instead of being that person way in the back, I am now that person running right next to Command Sgt. Maj. Gray in the front."

Command Sergeant Major Gray believes what his Soldiers eat is just as important as the exercises they do.

"We sat down with everyone in the program and gave them a nutrition class," he said. "What you eat is just as important as exercise. You can't put junk into a fine-tuned machine and expect it to run efficiently."

According to Spc. Melanie Dickerson, Command Sgt. Maj. Gray not only focuses on the physical fitness aspect, he also focuses on nutrition

"Sergeant Major Gray will pull us together after PT and ask us what we ate the day before. If you cheated yourself, this will make you feel bad and help you eat better the next day," she said. "Sergeant Maj. Gray tells us what we should eat and what we should stay away from. He will check your plate to see what is on it daily. If he doesn't like what he sees, he will make you go get another plate with healthier foods on it."

Since coming to Iraq, the Soldiers on the Fit Nation program have lost over 260 pounds and 63 percent body fat. A total of 26 Soldiers have come off the program in only three months.

Eight Soldiers that were unable to reenlist because of their weight, were able to have their flags removed and proudly raised their rights hands to re-enlist this deployment.

"This is not Sergeant Major Gray's program," said Command Sgt. Maj. Gray. "This is our program. It is amazing the ownership these Soldiers have taken of this program. To see Soldiers who have never met their weight standard show up and not even have to be taped because they are under their target weight is amazing to see. It is all due to their hard work. They should be proud."

Specialist Daniel D. Sparrow has seen the results.

"Fit Nation has helped me lose 18 pounds and six percent body fat in five or six weeks," he said. "It's a program that has inspired me to find the willpower to eat right and increase my metabolism back to where it was when I was a few years younger. Under Command Sgt. Maj. Gray's guidance and using his 'words of wisdom', I have found the motivation to get back into fighting shape again."

For Spc. China Edwards, the Soldier now has an appearance that she is proud of.

"I had begun to develop the trim military appearance and I was proud of it. The weight loss allowed me to become excited about being a Soldier in the United States Army because I was actually looking like a Soldier again," Spc. Edwards said. "I also improved in my running skills with the help of Sergeant Major and his staff coaching us during the runs. They also gave us breathing techniques to use so we would have control over our bodies and eliminate some of the exhaustion. Even though I became strong physically as part of Fit Nation, I also developed strength mentally.

"Fit Nation allowed me to strengthen myself mentally," Spc. Edwards continued. "The program helps me to recognize I can overcome any obstacle by applying myself. It allowed me to recognize my inner strength and capabilities. Fit Nation gave me a will of determination and dedication to improve myself for the organization."