



Photos by Sgt. Tanya Polk

The former cardio room at Newman is expected to gain 15 to 20 more pieces of state-of-the-art equipment as the weight machines will move to a newly constructed weight room

Fort Stewart's fitness center gets more than face lift

Sgt. Tanya Polk
Editor

In keeping with the high demand of physical fitness for Soldiers and Family members on Fort Stewart, Newman Fitness Center is undergoing several renovations.

This face lift is part of several projects Stewart and Hunter Army Airfield has adopted to improve the quality of life for its tenants.

Newman has undergone several improvements over the last year that is now accessible to include a juice bar (Smooth Operator), however two major multi-thousand dollar projects are currently under construction.

One of these heavy projects is the expansion of the fitness center's weight room.

According to Jake Battle, Directorate of Morale, Welfare and Recreation fitness director, the weight room is being expanded an additional 3,500 square feet to encompass more equipment and to increase the room's capacity by 50 to 60 people at any given time.

Battle said the new weight room will house mostly selectorized machines- machines already equipped with weights that can be altered by the pull of a pin. Cable machines and free weights will also be available to provide for a total body workout.

Additionally, Battle said the weight room will have more abdominal machines and mirrors.

The extra weight-room space also allows Newman to expand the capacity of its cardio room. Battle said an estimated 15 to 20 more cardio machines will be added to the cardio room in place of the weight machines the room currently houses.

Not only will the cardio and weight rooms be separated, but Newman will also have a separate fitness room for aerobic classes.

Currently, the aerobic classes are taught in the facility's indoor basketball area.

Battle said the new aerobic room will allow people to play

basketball while classes are being taught.

"(Also,) the new fitness room will allow us (Newman staff) to adjust the times that we're able to offer the classes, which means we'll be able to offer more in the afternoon - which directly affects the Soldiers work schedules," Battle said.

Newman currently teaches step aerobics, kickboxing, body toning and Pilates. Battle said the center is planning to add Yoga and spin classes to the aerobic program as well.

Both the weight room and aerobics room are expected to be complete and ready for use by August.

Newman Pool was recently renovated. Renovations included a new deck and a 24 by 24 foot Marne Patch on one of the walls. Additionally, the pool was drained and thoroughly cleaned.

Newman Pool now caters to the Warriors in Transition therapy and pregnancy physical training, offers drown proofing, open swim, lap swim and aqua aerobics. The pool is open Monday, Thursday and Friday from 5 a.m. to 8 p.m. and Tuesday and Wednesday from 5 a.m. to 1 p.m. On Saturdays, Sundays and training holidays, the pool hours are noon to 8 p.m. For more information on Newman Pool, call 767-3034.

For those Soldiers and Family members with young children, Newman also offers child care services. The in-house day care center is open Monday, Wednesday and Friday from 8:30 a.m. to 12:30 p.m.; and Tuesday and Thursday from 8:30 to 10:30 a.m. and from 4 to 6 p.m. The child must be enrolled through Child and Youth Services. For more information, call 767-2312.

Approximately 200 more parking spaces have also been added to Newman's parking lot to accommodate the Soldiers and their Family member.

Completion of all renovations to Newman is expected by August.

Newman Fitness Center is open Monday through Friday, 5 a.m. to 10 p.m.; Saturday 9 a.m. to 9 p.m. and Sundays and training holidays from noon to 9 p.m. The center is open for ID card holders, age 17 and older. For more information, call 767-3031.



Above: Newman Pool's recent renovations include a 24 foot by 24 foot Marne Patch and a resurfaced deck.

Left: The Smooth Operator specializes in energy drinks, protein shakes and health-oriented products. They offer a wide assortment of products and provide nutrition facts on displays, with on-hand fitness magazines



Fifteen Army hockey players earn academic honor

Special to the Frontline

WEST POINT, N.Y. – Goalie Jay Clark was named to the Academic All-Star Team and 15 Army hockey players were honored as the Atlantic Hockey Association announced its All-Academic Team.



Courtesy photo

Jay Clark posted the top grade-point average among Atlantic Hockey Association goalies.

Clark, a freshman, posted the top grade-point average among goalies in the conference to earn a spot on the All-Star Team.

A total of 129 players were honored by the conference, eclipsing the mark of 124 a year ago. Twelve players have been honored for the fourth straight season, 14 are appearing for a third time and 42 earned their second honor.

Mike Field of American International and Brent Franklin of Holy Cross both posted 4.0 grade-point averages and were named the Top Scholar Athlete.

To qualify for the Atlantic Hockey All-Academic Team, an individual must post a 3.0 grade point average or higher in all of the academic periods during which his team was actively competing. Atlantic Hockey's Top Scholar Athlete is an award given annually to the player or players who achieves the highest grade point average over the course of the academic semesters of competition. Bryce Hollweg, who graduated from West Point in May, was last year's winner.

Aaron Anderson, Chris Colvin, Luke Flicek, Hollweg and Ian McDougall all represented Army for the fourth straight season on the team while Josh Kassel and Will Ryan are made their

third appearances. Zach McKelvie and Ken Rowe both earned the honor for the second straight season with Clark, Matt Hickey, Biff McNally, Eric Sefchik, Joe Spracklen and Mark Tilch on the team for the first time.

Anderson, Colvin, Flicek, Hollweg, McDougall and McNally all graduated in May while Kassel, Hickey, Ryan, Tilch and McKelvie will be seniors. Clark just completed his freshman season while Sefchik and Spracklen will be juniors. Rowe is entering his junior year academically but has exhausted his eligibility after playing at Wisconsin for two seasons before transferring.

Army had 11 players honored following the 2006-07 season with Hollweg being presented with the Scholar-Athlete Award.

The Black Knights will open their 2008-09 season October 18 when they host Merrimack at Tate Rink.

Top Scholar Athlete

Brent Franklin, Holy Cross

Mike Field, American Int'l

Academic All-Star Team

Jay Clark, G, Army

Brent Franklin, D, Holy Cross

Matt Fennell, D, Mercyhurst

Mike Field, F, American Int'l

Nick Kary, F, Sacred Heart

Dean Yakura, F, American Int'l

Junior javelin thrower named Academic All-American

Special to the Frontline

NOTRE DAME, Ind. – Junior javelin thrower Kevin Kumlien became the fourth Army athlete to be named to an elite list of ESPN The Magazine/CoSIDA Academic All-Americans during the 2007-08 academic year. On June 24, the track and field star earned second team Academic All-American honors after earning first team laurels for District I in early June, which advanced him to the national ballot.

The Academic All-American honor caps an impressive list of academic and athletic accomplishments for Kumlien during his junior campaign. Certainly among the highlights, Kumlien was named the Patriot League Scholar-Athlete of the Year for men's track and field in

May after carrying a 3.78 cumulative grade-point average as a Management major. First Team Academic All-District I plaudits followed, along with this national honor.

A native of Bozeman, Mont., Kumlien was the top collegiate finisher in the javelin in every meet he entered this season. He won the USF Bulls Invitational, the Dick Shea Invite and the Army-Navy meet while posting IC4A qualifying throws in each event. Kumlien suffered a season-ending injury just before the Patriot League meet, halting what had been a standout season.

"Kevin is such a good kid and a hard worker," said head coach Jerry Quiller. "You absolutely hate to see an athlete go down like that. We're

extremely proud of him for the way he handled himself and are equally proud of his academic and athletic progress here at the academy."

Kumlien joins three other athletes from West Point to garner Academic All-American status, including A.J. Glubzinski and Dan Newell of the men's soccer team and Sarah Goss of the women's soccer team.

To be eligible, a student-athlete must be a varsity starter or key reserve, maintain a cumulative grade-point average of 3.20 on a scale of 4.00, have reached sophomore athletic and academic standings at his/her current institution and be nominated by his/her sports information director.

Since the program's inception in 1952, CoSIDA has bestowed Academic All-



Kevin Kumlien

Jake's Body Shop

Punch up your exercise routine

Jake Battle
DMWR Fitness Coordinator

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 than I."

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 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.

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 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.

Ready for results

1. Replace negative thinking with positive thinking.
2. Be flexible. Don't always feel like you have to complete a certain regimen.
3. Relax. Don't expect yourself to be perfect immediately.



Jake Battle

2008 Intramural Softball Standings

Co-ed Softball	Won	Lost	PCT
293 MP	4	1	80 percent
3rd STB	3	2	60 percent
MISFITS	3	2	60 percent
385 MP	0	5	0 percent

Marne Conference	Won	Lost	PCT
Co. A, 1/41FA	7	0	100 percent
Co. A, 3rd BSB	6	1	86 percent
HQ, 5/7CAV	5	2	71 percent
HHC, 3/69AR (A)	3	4	43 percent
Co. A, 5/7 CAV	2	3	40 percent
Co. A, 3/69 AR	2	5	29 percent
HHC 2/7 Inf.	1	3	25 percent
HHC, 3/69AR (B)	0	3	0 percent
Co. C, 3/69AR	0	7	0 percent

Rocky Conference	Won	Lost	PCT
FIREDAW	9	1	90 percent
MEDDAC	8	2	80 percent
526th Eng	7	2	78 percent
293 MP	5	4	55 percent
139th MP	4	5	44 percent
3rd STB	4	5	44 percent
HHC 1-3 BCT	3	5	37 percent
15 ASOS	3	6	33 percent
DES	1	7	12 percent
385th MP	1	8	11 percent

Hunter Softball Conference	Won	Lost	PCT
514th Eng.	18	0	100 percent
Rigger Platoon	10	2	83 percent
224th MI BN	10	6	62 percent
USMC	6	5	55 percent
D Co., 3/3 Avn	5	7	42 percent
110th QM	4	11	36 percent
E Co., 3/3 Avn	2	8	20 percent
10th Trans	1	14	7 percent

Fort Stewart CO-ED

Date	Time	Field #	Teams
July 8	6:30 p.m.	1	293 MP vs. 385th MP
	7:30 p.m.	1	Misfits vs. 3rd STB
July 10	6:30 p.m.	1	3rd STB vs. 293rd MP
	7:30 p.m.	1	Misfits vs. 3rd STB
July 15	6:30 p.m.	1	3rd STB vs. 385th MP
	7:30 p.m.	1	293rd MP vs. Misfits