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# SPORTS & RECREATION

JULY 23, 2009

## 3rd ID Soldier earns trophy at World Tournament

**Spc. Gaelen Lowers**  
3rd Sustainment Bde.

Captain Amanda Psiaki, 24th Finance Company, Special Troops Battalion, 3rd Sustainment Brigade, has many loves in her life. She loves her husband, she loves the Army and she loves her Family, but there is one love in her life that has taken her places that most will never visit in a lifetime. That love is volleyball.

She started her volleyball career in 8th grade in Greenville, S.C.

"That is where I fell in love with the sport," said Capt. Psiaki. "I played through high school and wanted to go to college to play."

She was recruited to the United States Military Academy at West Point to play volleyball, and after college, she was placed on active duty with 24th Finance Co. who was on its way to Iraq for deployment.

Captain Psiaki, who redeployed in February from a 15-month tour of duty, reported to Fort Bragg in May for volleyball training camp. The All Army Volleyball Team trained for a month to prepare for the All Armed Forces Women's Volleyball Tournament in early June. During the training camp, Capt. Psiaki was named the team captain for the Army team and earned a spot as an outside hitter on the court. The Army, Navy, Coast Guard, Air Force and Marine volleyball teams then traveled to the Marine Corps Air Station at Cherry Point, N.C. for the competition. While the Army team did not win the tournament, her outstanding efforts were recognized with a selection to the seven-member, All-Tournament Team. Additionally, she was selected to travel to Rio de Janeiro, Brazil as one of the 12 members of the All Armed Forces Volleyball Team.

The team practiced together at MCAS Cherry Point, N.C. before embarking to the 30th Conseil International Sport Militaire World Military Volleyball Championships. Thirteen countries were represented at the military's version of the Olympics for Volleyball. Participating countries included Brazil, Canada, China, Finland, Germany, Greece, India, Iran, Italy, Netherlands, Qatar, Venezuela and the United States.

Of those thirteen countries, six had women's teams; Canada, Germany, Greece, Italy, Netherlands and the United States of America.



Spc. Gaelen Lowers

**Army Captain Amanda Psiaki (left), STB, 3rd Sustainment Bde., and Coast Guard officer Lt. j.g. Lucy Danley from the USA both go for the ball in their match against The Netherlands.**

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## Tominac class helps mold future gymnasts



Kaytrina Curtis

**Five children practice backbends their first day of a Child and Youth School Services sponsored class at Hunter Army Airfield's Tominac Fitness center, July 13.**

**Kaytrina Curtis**  
Hunter Public Affairs

Future gymnasts ages 4-13 bent over backward to show off their novice skills on the first day of gymnastics camp at Hunter Army Airfield's Tominac Fitness Center, July 13.

The class, taught by Deborah Reynolds, which continued through July 17, was sponsored by the Fort Stewart Child and Youth School Services.

Reynolds said the Hunter class of five beginners learned the basics of gymnastics. They learned how to do handstands, cartwheels, backbends and splits. She said safety is important in any gymnastics class, and the Hunter class is no exception.

"When they do handstands, one of the main things they learn is to catch

themselves if they start to fall," Reynolds said. "In everyday life we fall. We learn how to catch ourselves, wipe ourselves off and get back up."

Parents are encouraged to watch on-going CYSS classes to find a good fit for their child.

"Gymnastics is not for everyone. It's a lot of hard work," Reynolds said. "Not all children are physically able to do some of the stuff, so (parents) need to come in and observe a class and see how their child responds."

Reynolds also teaches her Fort Stewart students how to use the uneven bars, back bars, balance beam and the floor.

Parents can find out more information about CYSS programs and classes such as gymnastics by contacting Amber Vega on Stewart at 767-6071 or Julie Isaza on Hunter at 315-5708.

## Pro football player camp instills discipline in local youth

**Patty Leon**  
Coastal Courier

Ladder drills, up/downs, tackling pads and a lot of laughter were at the forefront of Thursday morning's session on the first day of the 2009 Cedric Dickerson Football Camp at Long Bell Stadium in Hinesville. With nearly 40 kids in attendance, professional football player Cedric Dickerson, his cousin and Cincinnati Bengals draft pick Michael Johnson and cousin and semi-professional player Chris Jones, led the campers through drill stations, working on the fundamentals of football.

"When I was growing up, we didn't have any programs like this," Jones said, explaining why he comes back to coach every year. "This gives them more of an opportunity to have a better shot of playing ball. It's a chance to get them outside, instead of playing video games, and be active."

Jones said football instills discipline and teaches children to use and develop the skills they have.

"You learn to use your mind and how to follow before you can lead," he said.

Dickerson, Jones and Johnson are all from Selma, Ala. Dickerson moved to the Hinesville area as a youngster and played football at Liberty County High School before heading to college at Valdosta State. Professionally, Dickerson played for the Winnipeg Bombers Canadian football team.

Johnson attended Georgia Tech and graduated in 2008. He played alongside former Bradwell Tiger turned New England Patriots linebacker Gary Guyton.

Jones played at Georgia State then went into the semi-pro league before sustaining an injury that ended his football career.

Johnson said he took time from

prepping for the NFL because he loves having fun with the children.

"The opportunity to come back out here and have fun and work with the kids and teach them something like it was taught to me," Johnson said. "They are fun to be around and they have some much energy, they enjoy playing ball and being young and they make me feel young."

"It's great and it really has generated a lot of excitement," LCRD Director Jimmy Martin said of Dickerson's camp. "Cedric always brings top-notch players to help him. This year, he has a relative who plays for the Cincinnati Bengals and a lot of people get excited when an NFL player shows up. It's mostly younger kids, which is good because it gets them excited about football. And it leads in well to our football season because we begin registration on Aug. 1, so it's a natural transition for us in to that program."



Patty Leon

**Former professional football player and LCHS Panther alumnus Cedric Dickerson helps a camper through a ladder drill during the first morning of football camp at Long Bell Stadium.**

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# Jake's Body Shop

**Jake Battle**

*DMWR Fitness Director*

To get the full benefit of exercise, you have to exercise regularly. Exercising regularly is easier when it becomes part of your schedule. That way, you don't have to make a decision each time - it becomes a habit.

So, do not take a chance on wasting valuable time and energy by starting off on the wrong foot. Just as using a good map tells you how to find your destination, be sure you plan before you start your exercise program.

## Exercising your heart

Your heart is a muscle, just as your

arm or leg has muscles. And, just like your arm and leg muscles, your heart needs exercise to be strong and work at its best. When you exercise your arm and leg muscles, they get stronger and firmer.

When you exercise your heart, its new strength pumps more blood through your body with less effort. A stronger heart can help you wake up rested, looking forward to your day. It can also give you more energy.

Exercising your heart is simple. All it takes is moving your body until your heart beats faster than it does when you're sedentary. But there is more to



# Three exercise secrets

helping your heart get stronger. There are three guidelines that your exercise must meet to give our heart the right exercise:

## Getting exercise results

1. You need to exercise (get your heart to beat faster) a minimum of three times a week with no more than two days of rest between exercise sessions.

2. You need to have your heart rate beating at its target speed. Generally, this is when you are breathing hard and sweating. Be careful, though. If your

heart rate is higher than your target heart rate, you could be so tired and winded that you will have to stop to catch your breath. Then your heart rate will fall, and it could be unsafe for your heart.

3. Keep your heart rate in your target heart rate a minimum of 20 minutes without resting.

These guidelines represent the minimum. You need at least this much effort to exercise your heart and to look and feel your best.

*This article is not intended to provide individual advice, which should be obtained from your health care professional.*

## VOLLEYBALL

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During her time on the All Armed Forces Volleyball Team, Capt. Psiaki played as the team's libero, who is, generally, the most skilled defensive player on the team.

The libero is not allowed to serve and must wear a contrasting jersey color from the rest of their teammates.

She had an impressive 104 digs during the tournament with an outstanding 4.52 digs per game

average.

Digging is the ability to prevent the ball from touching one's court after a spike or attack, particularly a ball that is nearly touching the ground.

At the end of the CISM Volleyball Tournament, the USA Women's Team played for the bronze medal but lost to Greece in four sets.

While the USA Women's Team was not on the podium for a medal, Capt. Psiaki's performance on

the court earned her a trophy as the best libero in the tournament.

Captain Psiaki is now back at Fort Stewart as the budgeting officer for her unit. She is not currently on any volleyball team or in any league but is looking for her next challenge.

"I would like to join a beach league or a rec league around Savannah," she said. "I just want to play volleyball some more because I love the game."

# Hunter GC kicks off Golf Scramble

Kaytrina Curtis

**Hunter Army Airfield Garrison Commander Lt. Col. Jose Aguilar prepares to tee-off at the first hole during the garrison commander golf scramble, July 17. Thirty-two players comprising eight teams competed in the event at the Hunter Golf Club. The next Hunter golf event is planned for Aug. 14. Registration is on-going.**



# Outreach program provides mentoring opportunity

**Spc. Michael Adams**  
3rd ID Public Affairs

Southeast Georgia has many activities for Soldiers and civilians to do in their spare time.

One Allenhurst resident is giving off-duty Soldiers and residents of the area an opportunity to both have fun and mentor young adults.

Cedric Robertson of Allenhurst is starting up the Walthourville Outreach Program.

The new program provides children a place to play basketball and have a chance to have fun in a positive, encouraging atmosphere.

The league will be broken down into three age groups: 6-11, 11-15 and 15- 18.

"We're trying to give children something to do, keep them out of trouble and focused on their education," he said.

So far, four teams have joined the league and Robertson expects more to join.

Robertson said he is not creating the league to make the present better for the children and the community.

"All my life, I've been told children are the future," he said. "These kids today are my future.

"If we don't step up right now, today, and try to work with these kids now, our future is going to look pretty rough. So if we step up to the plate now, we have a chance of having a better future."

One community member in the league really enjoys playing basketball.

"We get to come out here, play ball and do some-

thing we like to do," said Shanice Walters, 16.

"It's a positive force. You have a place to go during the summer. You don't have to worry about getting

in trouble, just come out here and play ball."

Walters plans on going to college to major in anesthesiology when she graduates high school.



Photos by Spc. Michael Adams

**Above: Ben Martin drives against Adrian Gordon as Trevor Marion and William Walters, Jr. look on during a league game sponsored by the Walthourville Outreach Program, which provides children with a positive, safe environment and provide Soldiers a mentoring opportunity.**



**Left: Shanice Walters, 16, dribbles the ball as she looks for a teammates to pass it to or set up an opportunity to shoot. She and other teens and preteens are taking part in the new Walthourville Outreach Program started by Allenhurst resident, Cedric Robertson.**

## CAMP

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Johnson said football taught him to pay attention to the small details no matter how mundane they seemed.

"It may not seem like they are important now but the little things that you do, and other people may not do, can separate you from the crowd," he said. "It may be something as small as foot work and carry on to other things like finishing your homework on time, going to school and showing up for class every day and doing the right things. Being able to say no when you are offered drugs or alcohol is

going to allow you to rise above."

Johnson said whether getting ready for their first game, high school competition, college or the pros, it's all an attention to those small details.

"Again, it's the little things," he said. "Where you put your feet, your hands your eyes and what you look at, all those things make a huge difference between being an average or good player to being a great player. I feel like I can do those little things and become a great player."

Dickerson added, "It's all about hard work, dedication and doing

what is right. At the end of the day, my hard work and dedication gave me the opportunity to go to the next level. Going from high school to college, the first thing are the grades. If you don't have the grades, you don't get an opportunity to play in college. Going from college to the pros, it's about what you've learned and how you produce on the football field that will give you the opportunity."

Dickerson said he wants the kids in Liberty County to be known and respected.

"It means building the program

out here in Liberty County, whether they will attend Liberty County or Bradwell," he said. "I just want Liberty County to be respected as a whole as far as football is concerned. Valdosta and Lowndes get a lot of respect but I think we have the same type of athletes. It's all about getting them started at a younger age. In Valdosta you see kids who are four or five years old and they are already out there running around on the football field. That is something we need to start around here and that is what I try to do."