

# Sports

## Rules of the game

**Points and Outs** - Points are scored only by the serving side. Losing the serve is called an "out" in singles and a "handout" in doubles.

**Game** - A game is won by the side first scoring 15 points.

**Match** - A match is won by the first side winning two games. The third game, if necessary, of a match is played to 11 points.

## Serving

**Dead Ball Serve** - A dead ball serve results in no penalty and the serve results in no penalty and server is given another serve without canceling a prior illegal serve.

**Fault Serve** - Two fault serves result in a sideout.

**Out Serves** - An out serve results in a sideout.

**Dead Ball Serves** - Dead ball serves do not cancel any previous illegal serve. They occur when an otherwise legal serve:

# Racquetball for better health

2nd Lt. Dan Henry

2nd Lt. Jourdan Kintz

## Court dimensions

**Short Line** - The short line is midway between and is parallel with the front and back walls dividing the court into equal front and back courts.

**Service Line** - The service line is parallel with and located five feet in front of the short line.

**Service Zone** - The service zone is the space between the outer edges of the

short and service lines.

**Service Boxes** - A service box is located at each end of the service zone by lines 18 inches from and parallel with each side wall.

**Receiving Lines** - Five feet back of the short line, vertical lines shall be marked on each side wall extending three inches from the floor.

Graphic by Spc. Marques Hunt  
Photos by Pat Young

# Staying fit through high-speed competition

Pat Young  
Frontline staff

Caro, Jordan and Newman Fitness Centers each feature racquetball courts capable of providing a great workout as well as healthy competition.

2nd Lt. Dan Henry and 2nd Lt. Jourdan Kintz, both from 6th Battalion, 8th Cavalry use one of Newman Fitness Center's three courts weekly, to supplement their regular exercise routine.

"It's a great cardio-vascular workout," said Henry as he broke from a highly contested match with his friend and co-worker. "You can compete while getting a workout."

Before hitting the court again, Kintz explained it was good physiologically too.

"You can relieve stress, and take out some aggression by hitting the ball around,"

Kintz said.

The game is fast pace, but the game is simple. The United States Racquetball Association Rulebook says the sport is played with two or four player, singles or doubles respectively, with a non-tournament variation commonly called cut-throat played with three people.

The game is played on a court that is 20-

feet wide, 40 feet long and 20 feet high, and has a back wall that is at least 12 feet high.

Although all Stewart and Hunter fitness centers have all the equipment you need to play, some players elect to have their own. All you need to have is a strung racquetball racket, regulation ball, protective goggles and some rules.

The rulebook website, found online at <http://usra.org/rulebook>, explains the game is played with three matches, with the first two played to 15 points, and a third matched played to 11 in case of a tie breaker.

Points are scored only by the serving side. The server can score an ace, when the ball is legally served so the other team doesn't return it, or if the "rally" is played until the opponents can't return the ball to the front wall before the ball strikes the floor twice.

Losing the serve is called a side-out in singles. In doubles, when the first server loses the serve, it is called a handout, it is then his partners turn to serve. When he hand-out, it's called a side-out, and it's the other teams rally.

The serve can be lost by failing to return the ball to the front wall before it strikes the floor twice or by faults.

The website explains sometime equip-

ment failure like a busted ball or slippery surface may cause the play to be disrupted, this is called a dead ball, and the server has a second opportunity to serve without a penalty.

If the server gets two faults such as foot faults, short serve faults, or three-wall faults, ceiling-serves, long serves or screen serves.

A foot fault occurs when any part of the serving team, person or equipment is outside the serving area before the ball is served.

A short service occurs if the ball is served and it rebounds of the front wall to strike the floor before the serve line, whether or not it strikes a side wall first.

A three-wall serve is where the served ball rebounds from the front wall and strikes both side walls before touching the floor. Similarly a ceiling serve is when the served ball first hits the front wall, then touches the ceiling before hitting the floor. Also, long serves are a fault, where the ball rebounds from the front wall and strikes the rear wall before striking the ground.

The servers must be careful of a screen serve, which occurs when the served ball first hits the front wall and on the rebound passes so closely to the server, or server's partner in doubles, that it prevents the

receiver from having a clear view of the ball. The receiver is obligated to take up good court position, near center court, to obtain that view. In on the serve, the opponent calls screen ball, the server will be allowed one more opportunity to hit a legal serve. The second consecutive screen is an out.

The serving can't serve before the receiver is ready. A missed serve attempt, fake or balked serve, results in a fault.

A player on the receiving side may not intentionally catch or touch a served ball, such as an apparently long or short serve until the ball has touched the floor for a second time. Violation results in a point.

After a legal serve the opponent must strike the ball on the fly or after the first bounce, and before the ball touches the floor the second time; and return the ball to the front wall, either directly or after touching one or both side walls, the back wall or the ceiling, or any combination of those surfaces. A returned ball must touch the front wall before touching the floor. Failure to return a serve results in a point for the server.

Although additional rules are available online, interested community members can learn more by visiting their local fitness center.

## Basketball Championship

Newman Fitness Center, Building 439

135th QM |  
6:30 p.m., Court 1  
March 19, 2007  
HHB 1/9FA

6:30 p.m., Court 3  
March 20, 2007

7:30 p.m. March 22

7:30 p.m., Court 3  
March 20, 2007

A 603D BSB  
7:30 p.m., Court 1  
March 19, 2007  
HHC 2nd BCT

B 603D BSB  
7:30 p.m., Court 3  
March 19, 2007  
Aco 703D BSB

If you can't make it, watch it live on Marne TV

1-30th IN  
6:30 p.m., Court 3  
March 19, 2007  
G co 703D BSB



# New staff fits in at Newman Fitness Center



Pat Young

**Anthony Poore, Sports and Fitness Specialist, is Newman Fitness Centers newest employee.**

**Pat Young**  
Frontline Staff

Striving to provide the best service to community members, Newman Fitness Center has added a new staff to help keep pace with equipment and program upgrades.

Anthony Poore, the new Sports and Fitness Specialist joins the Newman team following his recent internship with the Non-Appropriated Funds Training Management Program in Fort Knox, Kentucky.

Poore has a Bachelors Degree from the University of Louisville, Kentucky and understands military life.

"I grew up around the Morale, Welfare and Recreation program," Poore said. "My mother was a director at Fort Knox, and I was involved in all the programs. I played a lot of sports and never got it out of my system."

Aside from his training, Poore enjoys baseball and golf. He played pitcher and shortstop in high school, and was an assistant Golf-pro in South Florida. In golf, he like the irons, but understands the short-game.

Poore hopes other people do sports because they enjoy it, but understands the other benefits besides recreation.

"It encourages social interaction and helps relieve stress," Poore said.

The new sports fitness specialist understands Newman is a customer driven activity and encourages people to come in and talk to him. He wants to find out what community members want in their sports programs to better meet their needs.

Poore, will help reinforce Newman's already vigorous programs according to Jake Battle, MWR Fitness Director.

"I look forward to tutoring and working with Poore,"

Battle said. "I think he will bring some new ideas to the table and be a vital part in taking us to the next level. The ultimate goal is to provide world-class facilities and programs to the world's best Soldiers."

## Liberty County Recreation Department programs

### Sign up for youth baseball and softball

Ages: 4-17 as of May 1, Cost: \$18 per child  
Registration Deadline: 6 p.m., March 23.  
Volunteer coaches are needed for all teams.

### Forming adult softball teams

Team entries are now being accepted for adult softball. Divisions include men's open, women's open, coed, church, industrial, and 40 and older. Individuals looking for a team may register at LCRD, or call 448-LCRD.

### Get ready for spring camp

Register now for the 2007 LCRD Spring Camp. The camp will be conducted March 12-16, for ages 6-13, during Spring Break for Liberty County Schools.

### Summer programs are available

Registration for summer programs will begin May 1.

Programs include day camp, swim lessons, sports camps, swim team, golf team, and more!

### Check us out on-line

Check our new on-line services for program registration or facility reservations at our web site, [www.lcrd.net](http://www.lcrd.net). For additional information, call 876-5359 or 448-LCRD.

### Community KidsFest, Tiger 5k run

The entire community - especially the children, are invited to come participate, eat, play games, run and do much more at the Community Kidsfest. Festivities are 8 a.m. to 5 p.m., March 24 at Liberty County Recreation off Highway 84.

Events include:

- \* Festival booths-food, fun and games
- \* 5K road race and one mile fun run/walk
- \* 3 on 3 basketball
- \* Step show

## Intramural Basketball Regular Season Final Standings

### Southeastern Conference

	Won	Lost	PCT
A Co 703d BSB	8	3	0.727
HHC 4/3 BSTB	5	4	0.555
15 ASOS	3	4	0.429
HHB 1/9 FA	5	2	0.714
D Co 3/7 Inf	4	4	0.500
E Co 26th BSB	2	2	0.500
E Co 1/64 AR	1	3	0.250

### Liberty Conference

	Won	Lost	PCT
1/30 Inf	5	0	1.000
HHC 2d BCT	6	1	0.857
B Co 4/64 AR	2	3	0.500
D Trp 3/7 Cav	2	4	0.333
F Co 26 BSB	2	4	0.333
B 1/9 FA	1	5	0.166
E Co 3/7 Inf	0	0	0.000

### Freedom Conference

	Won	Lost	PCT
A Co 3d BSB	7	1	0.875
135th QM Co	7	1	0.875
DET 2/3 SIG Co	7	2	0.777
G Co 703 BSB	7	2	0.777
HHC 3/7 Inf	4	3	0.571
A Btry 1/41 FA	4	4	0.500
D Co 703 BSB	3	6	0.333
B Co 2/3 BTB	2	4	0.333
HQ Co 1/306th Inf	2	4	0.333
HHC 1/64 AR	2	7	0.222
HHB 1/64 AR	2	7	0.222
HHC 26 BSB	0	4	0.000

### Hunter AFF Conference

	Won	Lost	PCT
A Co 603d ASB	10	0	1.000
B Co 603d ASB	12	1	0.923
DFAC	10	2	0.833
E Co 3/3 Avn	6	2	0.750
C Co 2/3 Avn	8	3	0.727
512 QM Co	7	3	0.700
Avn BDE	7	5	0.583
E Co 1/3 Avn	4	3	0.571
Corps of Eng	5	8	0.385
514 Eng	4	7	0.364
C Co 603 ASB	2	10	0.167
HHC 160 SOAR	3	15	0.167
202 QM Co	0	13	0.000

# Army Baseball diamond notes

[www.goarmysports.com](http://www.goarmysports.com)

WEST POINT, N.Y. – Army stands at 3-6 after salvaging the final game of its three-game weekend series against UNC Greensboro. The Black Knights have dropped two of three games in each of their first three series this season against solid competition. Army has carried similar records to Florida each of the past three years, opening 2-7 last season, 1-5 in 2005 and 3-6 in 2004.

The Black Knights finished with at least 30 victories each of those years. Army came close to taking two of three against the Spartans this weekend, as senior All-America left-hander Nick Hill suffered a tough-luck loss on Friday. Hill allowed just two runs over six innings, while striking out 10 for the second straight game.

Hill boasts 261 career strikeouts, surpassing the total of 259 established by Justin Kashner (USMA '05) from 2002 through 2005. Hill has allowed just three earned runs over 18.0 innings of work this season, while striking out 25 and walking only six. He stands 1-1 on the season.

Cole White, shifted to second base in

recent weeks, enjoyed another outstanding series versus UNC Greensboro. The power-hitting junior batted .500 with two runs scored, one double and two triples. White paced Army's Sunday win over the Spartans with a 4-for-5 effort at the plate. He doubled, tripled twice and scored two runs.

Last week's Patriot League Player of the Week also fired two scoreless innings out of the bullpen to preserve the Black Knights' 9-1 victory. White currently leads the club with a .536 batting average. He has ripped three doubles, three triples and one home run. All those figures top the team. White has piled up 27 total bases and boasts a flashy .946 slugging percentage through nine contests. He also owns a .606 on-base percentage sophomore second baseman Tony Capozzi ranks as the only other Army player with a batting average above .300. He is batting .414 and has hit safely in eight of nine games to date.

Junior center fielder Caleb Love tops the team with six runs batted in. Love enjoyed a career-best showing at the plate Sunday, finishing 4-for-6 with two runs scored and two runs batted in. That effort raised his seasonal batting average to .263.

Junior left-hander Drew Clothier continues to emerge as a force in Army's starting pitching rotation. Clothier enjoyed the finest showing of his collegiate career against UNC Greensboro on Sunday, firing seven solid innings to earn the victory.

Clothier permitted only one unearned run during his impressive stint, yielding eight base hits (all singles), while striking out five and walking two. Clothier (1-0) lowered his seasonal earned run average to 1.10 in the process and took a large step towards solidifying the fourth starting spot in head coach Joe Sottolano's Patriot League pitching rotation.

Senior Milan Dinga continues to work exclusively in the outfield as he continues to rehabilitate his Army from minor off-season surgery. Army's All-America closer could see his first work off the pitcher's mound during the Black Knights' impending trip to Florida.

Army sports a team batting average of .252 and a team ERA of 4.82. The Black Knights rate as the only team in the nation to rank in the top eight nationally of team earned run average each of the past two seasons.

# Army Baseball heads to Florida for Spring trip

[www.goarmysports.com](http://www.goarmysports.com)

TAMPA, Fla. – Army's baseball team escaped the frozen Northeast tundra on Thursday afternoon, heading to the warmer climate of Florida as the Black Knights embarked on a nine-day journey to the Tampa area for its spring trip.

The Black Knights touched down at Tampa International Airport on Thursday evening, carrying with them a 3-6 record built against a challenging early season schedule that has included the likes of Sam Houston State, Wofford and UNC Greensboro. Those three teams have combined for a 29-14 record so far this season. With a but a few breaks, Army could stand 5-4 against those schools, having lost one contest against Wofford in extra innings and another to UNC Greensboro after the potential tying run was thrown out at the plate in the top of the ninth inning.

While Army head coach Joe Sottolano would like nothing more than to see his club's overall victory total double, or even triple, over the next week, he is looking at the advancing stretch of days in warm weather as a golden opportunity to craft his squad.

"It's a great chance for us to get out and concentrate on baseball for nine days," states Sottolano. "It gives our players and the team as a whole the ability to develop in every aspect of the game. For our coaching staff, it gives us a feel of where we are as a team. We've certainly made strides every week. We've played against some good offensive clubs. I feel like we're heading in a real good direction. Now is the time that we're going to see the most progression within our team. This is a fun time for our guys. This is when we actually see our club come together. We'd like to see most, if not all, of our questions answered by the time we head back north. We'll make some subtle changes throughout the course of the year, but for the most part, we usually leave Florida with a good feeling of the roles people are going to play throughout the course of the year. The team is faced with a tough and demanding schedule this year and we

look forward to meeting those challenges head-on."

As has been the case for more than a decade, Army will serve as the guests of the New York Yankees while in Tampa, working out at the Yankees' minor league complex, just a line-drive away from Legends Field. The chance to work side-by-side with future and present major league stars provides an invaluable experience according to Army's eighth-year field boss.

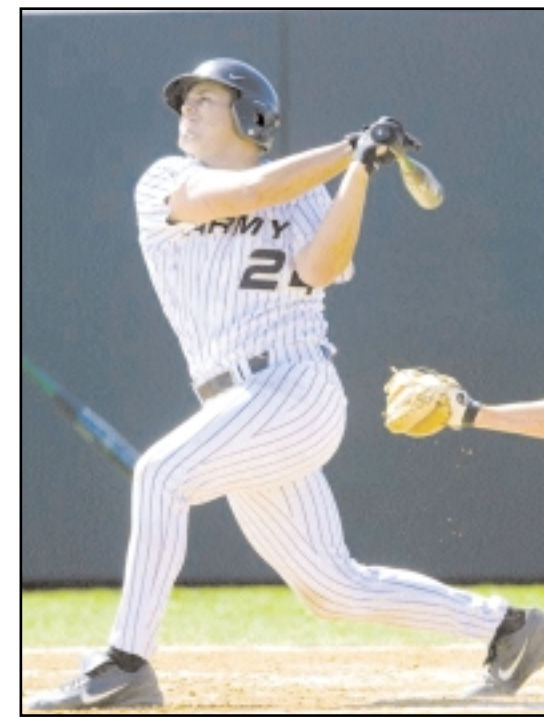
"It's an opportunity for our young men to see how professionals go about their business every single day – how they respect the game of baseball. I think that West Point and the New York Yankees have a real strong bond and this is a great chance for us to share some time together. We're very grateful for everything they do for us."

Following Friday's full team workout at the minor league complex (beginning at 3:30 p.m.), Army will kick off their game schedule in Florida with a split-double-header against Georgetown (2:30 p.m.) and Eastern Kentucky (7 p.m.) in Bradenton on Saturday.



Courtesy Photo

**Tony Capozzi**



Courtesy Photo

**Chris Simmons**

# Women's team selected as 'V Foundation' finalist

## Army Athletic Communications

CARY, N.C. – The V Foundation for Cancer Research has announced the nine finalists for the seventh annual V Foundation Comeback Award, and the Army women's basketball team is among them. The award is presented in conjunction with ESPN and the recipient will be announced during ESPN's Final Four/NIT weekend coverage.

The other eight finalists are: Warren Carter, University of Illinois; Kaitlyn McCormick, Bethany College; Ashley McMillen, Syracuse University; Lauren Mueller, Converse College; Michael Neal, University of Oklahoma; Ralphanee' Peyton, Wayne State University; Ann-Marie Torp, Metro State College; Whitney Tyrriver, University of Wisconsin Oshkosh.

The annual award is open to men and women collegiate basketball student-athletes in all NCAA divisions. It is awarded to an individual or a team who has accomplished a personal triumph in the face of true adversity, be it in health, life or moral dilemma.

The award is presented in memory of Jim Valvano, the late basketball coach and ESPN commentator, whose personal battle with cancer inspired the creation of The V

Foundation. In his memorable speech at ESPN's inaugural ESPY Awards announcing the creation of The V Foundation, Valvano's "Don't Give Up. . . Don't Ever Give Up!" motto created a legacy from which the Comeback Award has been created.

The 2007 recipient will be selected by an eight-member sub-committee of The V Foundation Board of Directors. Past recipients of the award are Purdue's Katie Douglas (2001), Western Michigan's Kristin Koetsier (2002), Arizona State's Justin Allen (2003), Texas' Jamie Carey (2004), Washington's Kayla Burt (2005), and Western Washington's Grant Dykstra (2006).

Just 17 days after Army's Cinderella run to its first-ever NCAA Tournament, the team suffered a devastating loss when 28-year-old head coach Maggie Dixon died suddenly. The squad faced an emotional challenge not only to follow in Dixon's footsteps, but to keep her memory alive and still move forward.

The team, under head coach Dave Magarity, engaged in opportunities to keep Coach Dixon's legacy going and memory strong. Returning 14 letterwinners, Army posted a 24-6 season record this year, compiling a new record for wins by the team at the Division I level.



Courtesy Photo

*The Army women's basketball team is among the nine finalists for the seventh annual V Foundation Comeback Award.*

# Chris Abalo Tabbed Army Athlete Of The Week



Courtesy Photo

**Chris Abalo**

## Army Athletic Communications

WEST POINT, N.Y. – Rifleman Chris Abalo was chosen the Army Athletic Association's "Athlete of the Week" following his outstanding performance over the weekend at the NCAA Championships, where he led Army to runner-up honors along with being chosen as the "Shooter of the Match". It is the third time this season that Abalo has been chosen for AAA honors, and fourth time a rifleman has garnered this award.

The Collegiate Rifle Coaches Association selected Abalo as "Shooter of the Match" from an impressive list of candidates at the NCAA Championships. The Army junior shined in both disciplines after finishing third in the air rifle finals and fourth in

smallbore to become the first Black Knight to receive this award.

Competing in the final relay in the team competition in smallbore, Abalo lifted the Black Knights from third place into second place, overcoming a 14-point deficit, to close to the gap to one point behind defending champion and host UAF, 2308-2307, the first day. His 584 was the highest score fired heading into the qualifying finals, where he shot a 92.1 to finish fourth with a 676.1.

In the air rifle discipline the next day, the Glendora, Calif., native headed into the finals in sixth place with a qualifying score of 588. He outpointed the field with the highest score of 103.2 to jump three spots to claim the bronze medal with a 691.2. Jacksonville State's Michael Dickinson won

the air rifle title with a 692.2, while runner up UAF's Matthias Dierolf's 691.4 was only two-tenths of a point ahead of Abalo.

The third-place effort in air rifle is the highest placing by Abalo at the NAAs, where he has finished among the Top 6 five times.

He copped fourth-place finishes in smallbore twice (2005 and 2007) along with a sixth in smallbore last year, while claiming fourth-place in air rifle in 2005 and third this year.

Army finished runner-up with a 4644 at the NCAA Championships behind Alaska Fairbanks' 4662 winning score.

The Black Knights' finish is the second highest in school history, trailing the 2005 team that captured Army's first-ever NCAA title.



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