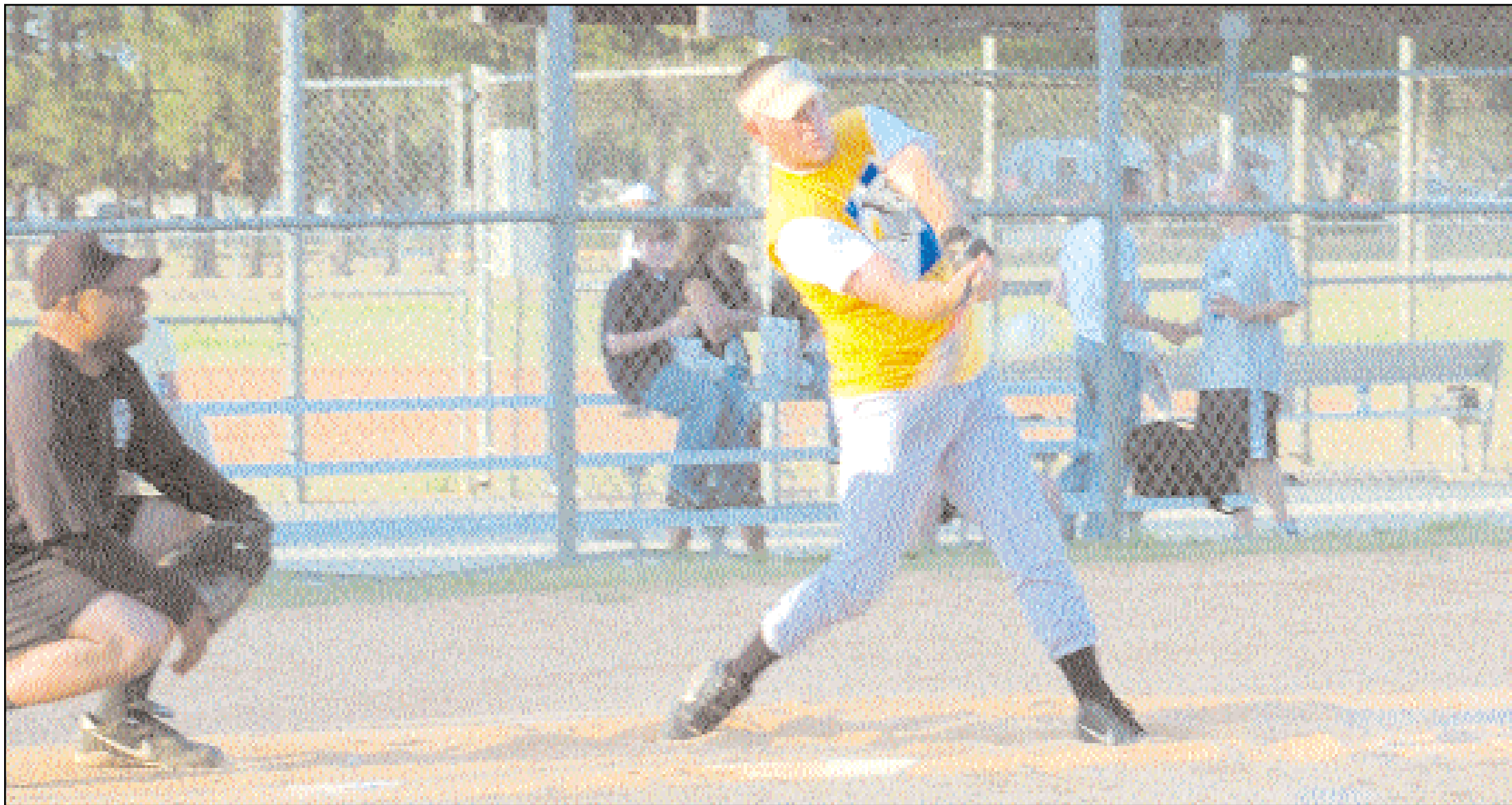


Sports



Pfc. Amanda McBride

Sgt. 1st Class Bruce Bradford, a player with the Cyclones, a softball team representing C Co., 4/64 Armor, swings at a pitch in a game against A Co., 3rd Bn., 7th Inf. Regiment at a Rocky Conference softball game at Fort Stewart, May 23. This was the first game of softball for most of the teams that played, all of whom recently returned from a rotation at the National Training Center at Fort Irwin, Calif. The 4th Brigade Combat Team prepares to deploy to Iraq in September, however a later deployment date means the teams will get to play a longer season.

4th BCT joins softball competition

Pfc Amanda McBride
4th BCT Public Affairs

The wind is blowing, the pitcher is ready and you are ready to swing. You hear the crowd cheering you on and you know it is your time to shine. You think of all the practice you have done and think about what you are about to do for the next 15 months and swing with all your might.

After the 4th Brigade Combat Team's return from the National Training Center in Fort Irwin, Calif., where Soldiers trained a month for their upcoming deployment, there is finally time for a fun and a competitive game of softball.

The 4th BCT's expected deployment date being pushed back to mid-September, has allowed the units within the brigade to play a longer season this year.

"The deployment's date change has allowed our team to be able to compete in this year's season," said Sgt. 1st Class

Anthony Smith, player in the "Cyclones," representing C Company, 4th Battalion, 64th Armored Regiment.

Soldiers were a little rusty returning to the field after a month at NTC, where there was no time to practice.

"We got back from NTC and played our first game on Tuesday without any organized training," said Smith.

Soldiers from 4/64 Armor, among Soldiers from other battalions, compete against one another for bragging rights and also to help lift their spirits.

"Softball is a great moral booster and helps build camaradery with the unit," said Smith.

With the majority of the 3rd Infantry Division supporting the Global War on Terrorism, not all of last season's players can join the softball competition.

"Many of our old core team members, who played with us before in the previous seasons, have been deployed," said Smith.

Throughout the game, Families and other Soldiers from the units cheered and supported their favorite team.

"There is a Family atmosphere here," said Smith. "The games are bringing all of the Families closer."

With constant training for their upcoming deployment, teams have to use time management skills to make room for practice in their busy schedules.

"Without a doubt training for the deployment comes first," said Smith. "Softball and everything else comes second."

Although each team wants to say they are the best, the game of softball is in some ways often considered a game of chance.

"Winning the game is luck," said Smith. "Any team can have a bad day. Every team has quality players."

Unit softball games are held Monday and Wednesday evenings at Stewart's softball fields.

Improvement builds high hopes for Hunter youth



Hunter's Summer Vance pounces on home plate at the 12-and-under YMCA youth baseball game at Islands YMCA, May 22. Vance made her way to home plate after 11-year-old outfielder Zach Joseph hit a home run.



Photos by Nondice Powell

Hunter Braves' outfielder twelve-year-old Summer Vance takes a crack at the ball at the 12 and under YMCA youth baseball game at Islands YMCA, May 22. Her hit allowed 11-year-old pitcher Caleb Ortiz-Joiner to make it to home plate.

Nondice Powell
Hunter Public Affairs

Children from the Hunter Army Airfield Community took to the baseball field for an ages 12-and-under game against Crumbley at the Islands YMCA, May 22. The game was a part of the youth baseball program hosted by the Chatham County YMCA.

Although they lost the game, 4-6, the children of the Hunter Braves referred to the game as the best of their season.

"Today we actually played really well," said 11-year-old Brittany Ward, who played third base. "This is probably the first game that we did really, good. I got on base. That was the first time."

Ward's teammate, 11-year-old Hunter Brink agreed to their improvement.

"We actually did pretty good," the first-baseman said.

"We lost by two points. That was our best game all

season."

Teamwork was their strategy, as the Braves used a combined effort to battle their opponent.

"This is the first time we really worked as a team and got really close to winning," said 10-year-old John Lynch, who played second base.

The children cheered each other on the entire game, and provided words of encouragement while teammates were at bat or on the field. At the end of the game, each team congratulated each other for a game well played.

"Our game was really fun even though we didn't have all our players," said 11-year-old catcher Nick Butler.

"Coming out here and playing with my teammates is the best," said Butler.

Win or lose, the youth athletes' expressions showed they enjoyed the opportunity just to come out to play baseball.

"It's pretty fun playing with all my teammates and meeting new friends," said Brink.

Soldier's strength lifts more than just weight

Spc. Ben Hutto
3rd HBCT Public Affairs

FORWARD OPERATING BASE HAMMER, Iraq -- While others rush back to their tents to relax, one Soldier rushes to the Desert Grille dining facility to grab a quick to-go plate.

"I'll need it for after my work out," said Spc. Derrian Richardson, a fire support specialist for the 3rd Heavy Brigade Combat Team.

Unlike many of his fellow Soldiers, who find reasons to skip a workout now and then, Richardson hits the gym six days a week.

"It's a stress-reliever after work, and it helps the time go by out here," he said.

On this day, the soft-spoken Soldier walks into the Morale, Welfare and Recreation weight room with his workout partner, Sgt. Germele Smith, the targeting noncommissioned officer for the 3rd Heavy Brigade Combat Team, and quickly finds a flat bench.

Many of the Soldiers around Richardson silently shake their heads in disbelief as Richardson puts 300 pounds on the bar and begins his warm up.

"Rich is a pusher," said Smith. "Just when you are on your last repetition and are fatigued physically, mentally and spiritually; he motivates you to get that last rep up."

Motivating others isn't Richardson's only strong point, however.

"He pushes himself harder than he does us," continued Smith. "His personal strength of will carries over in the weight room. He will not let himself down. Sometimes I think he's done and try to help him. In the middle of the rep, he will tell me not to touch the weight and he finds a way to get it up. It's amazing to watch."

Richardson has earned every ounce of his strength through hard work.

He started weight training eight years ago during his junior year of high school to help compete on the football field at West Mecklenburg High School.

"I was really small at the time, but I enjoyed it," said Richardson. "I've kept at it ever since."

Last year at Fort Stewart, Richardson's hard work paid off when he dominated his weight class at the bench press competition during Marne Week.

As many other competitors struggled with 250 pounds, Richardson added 50 pounds and easily lifted it.

"Nobody was near me," explained Richardson, who was entered in the 170-pound division of the competition. "That's why I only did that much. I wanted to bench a weight I was comfortable with. I could have done a lot more."

One of the surprising things about the Marne Week victory was that Richardson was thrown into it with a 24-hour's notice.

"I needed to provide a Soldier at the last minute, and I knew Rich would be the perfect choice," said Sgt. Steven McKissock, a noncommissioned officer with the 3rd HBCT's fire support element. "I didn't know he was going to be in a bench press competition. The company said they needed athletes, and I knew he would be a good choice. He's one of the guys that sets the standard at PT."

Both McKissock and Smith acknowledge Richardson as one of the driving forces behind the Brigade FSE's dogmatic weight room routine.

Richardson is quick to help the Soldiers he works with. From being a spotter to providing workout tips, he encourages everyone in his section.

"It's a bonding experience for us," said Richardson when

he was asked to explain why he and his section work out so much. "It has gotten us a lot closer. We all keep log books and compete against each other. During the week, we are constantly talking about what we are going to lift after work. We all want to come back and win bench press competitions in our weight divisions."

McKissock acknowledges that the competition between his Soldiers is one of the enjoyable things about this deployment.

"Each shift talks trash to the other one," said McKissock. "We all give each other a hard time and try to fire each other up. Well, everybody except for Rich. He doesn't need to do that, and we all know he's the man. He really helps everyone. He genuinely wants us all to be as big as he is."

Richardson's NCOs both agree that his dedication to getting bigger and stronger mirrors his dedication to being a good Soldier.

"His strongest asset is his discipline," said McKissock. "He's quick to do anything he's asked to do. I appreciate how he goes out and finds out how to do something without asking a million questions. He just gets his orders and executes."

Smith agrees with McKissock's assessment.

"Working next to him is more of a privilege," said Smith.

"You tell him once to do something and you don't have to worry about it. You know it will get done."

Smith also thinks that despite his rank, Richardson is an effective leader of those around him.

"He's humble, but he exceeds the standard as a Soldier and as a person," he explained. "He obtains and delivers knowledge in an effective way. Those are true skills of a good leader."

Smith is certain that Richardson's devotion to weight lifting has helped him as a Soldier.

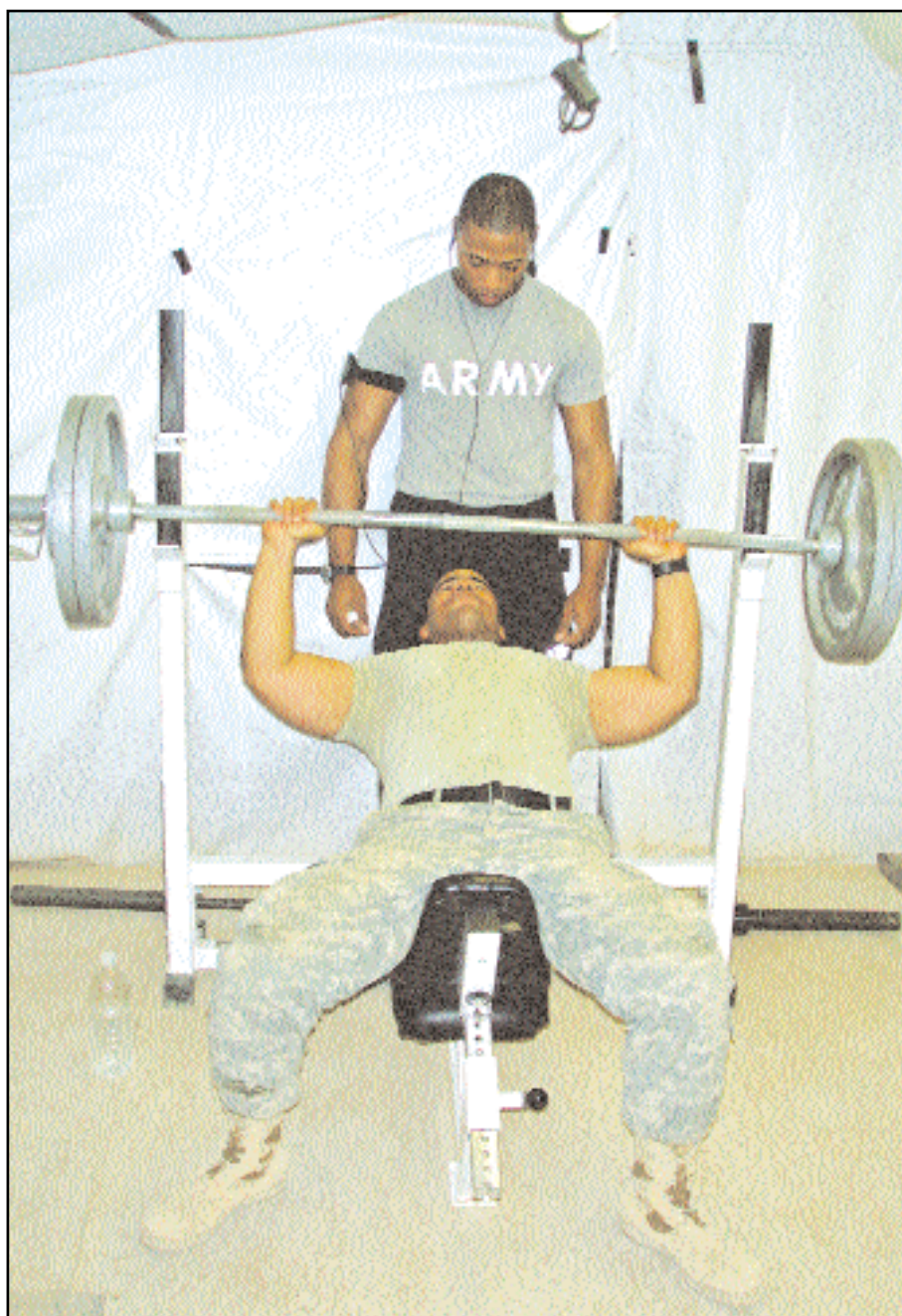
"Fatigue trains the mind as well as the body," he said. "It makes us stronger in every way. Rich is all about that."

Richardson has some lofty workout goals to achieve before he leaves FOB Hammer next year.

"I want to be able to bench 405 pounds, dead-lift 450 and squat 350," said the 180-pound Soldier.

His NCOs have no doubt he will achieve it.

"I don't put anything past him," laughed Smith. "If he says he's going to do it, he'll do it."



Spc. Ben Hutto

Spc. Derrian Richardson, a fire support specialist for the 3rd HBCT, works out as his workout partner, Sgt. Germele Smith, also with 3rd HBCT, spots him in the Morale, Welfare and Recreation weight room on FOB Hammer, Iraq.

Hunter volleys Gideon off the court

Special to the Frontline

Although, the Coast Guard was unable to participate due to Memorial Day weekend duties, there was a hard-fought match between Hunter Army Airfield's Volleyball Club and Gideon 300 of the Agape Family Life Center from Hardeeville, S.C.

Those who showed up (around 20 volleyball fans) witnessed Hunter Army Airfield defeat Gideon 300; 21-12, 17-21, 21-13 and 21-15 in a best three of five 21-point side-out scoring format.

Hunter jumped out to a quick lead in Game 1 behind the strong serving of Justin Varnes and a balanced attack from the entire roster.

The victory was a team effort. According to Coach James Ling, everyone on the roster played a role in the outcome of Game 1.

Game 2 was a different story, as Hunter came out of the

gate flat. Gideon 300 took advantage of poor passing and a lack of intensity by Hunter and jumped out to a 10-point advantage at 16-6. Hunter fought back to within 18-16 before falling 21-17.

"It is hard to win any game in which our team commits 10 service errors," said Ling.

"However, it's still a testament to this team's resolve to come back the way we did, make a run which shifted momentum back to our side for Game 3.

From the start of Game 3, Hunter showed the progress and skill which took them to victory in their previous meeting with Gideon 300 in Hardeeville a few weeks ago; and Game 1 of this match.

Led by Frantzson Francois and Ann Lindholm, Hunter jumped out to a 17-4 lead and never looked back. Games 4 and 5 were a mere formality as Hunter continued its domination of Gideon 300.

Hunter was led by Justin Varnes with 27 kills and

Frantzson Francois with 25 kills and 22 digs. Ann Lindholm and Sarah Padilla each had 24 assists.

Angela Davis contributed 15 kills and 12 digs. Every member on the Hunter roster recorded at least 10 digs in the match.

Gideon 300 was led by Leonel Robles with 23 kills and 30 digs, and Fort Stewart's Amber Propst with 30 assists.

A match is being worked out between Hunter and Stewart in the upcoming weeks.

The upcoming inter-service tournament is slated for at 9 a.m., June 23, at Hunter Fitness Center.



2007 INTRAMURAL SPORTS

Marne SCHEDULE

| | | | | | |
|-------------------------------------|-----------|---------|------------------------------------|-----------|---------|
| USAG MP Co. (B) vs USAG MP Co. (A) | 6:30 p.m. | June 4 | USAG MP Co. (B) vs 549th MP Co. | 6:30 p.m. | June 13 |
| 549th MP Co. vs 632nd Maint. Co. | 7:30 p.m. | June 4 | USAG MP Co. vs 632nd Maint. Co. | 7:30 p.m. | June 13 |
| MSC, STB vs 135th QM Co. | 8:30 p.m. | June 4 | MSC, STB vs 632nd Maint. Co. | 8:30 p.m. | June 13 |
| USAG MP Co. (A) vs 632nd Maint. Co. | 6:30 p.m. | June 6 | USAG MP Co. (B) vs MSC, STB | 6:30 p.m. | June 18 |
| 135th QM Co. vs USAG MP Co. (B) | 7:30 p.m. | June 6 | USAG MP Co. (A) vs 549th MP Co. | 7:30 p.m. | June 18 |
| MSC, STB vs 549th MP Co. | 8:30 p.m. | June 6 | 135th QM Co. vs 632nd Maint. Co. | 8:30 p.m. | June 18 |
| MSC, STB vs USAG MP Co. (A) | 6:30 p.m. | June 11 | USAG MP Co. (B) vs USAG MP Co. (A) | 6:30 p.m. | June 20 |
| USAG MP Co. (B) vs 632nd Maint. Co. | 7:30 p.m. | June 11 | 135th QM Co. vs MSC, STB | 7:30 p.m. | June 20 |
| 549th MP Co. vs 135th QM Co. | 8:30 p.m. | June 11 | 632nd Maint. Co vs 549th MP Co. | 8:30 p.m. | June 20 |

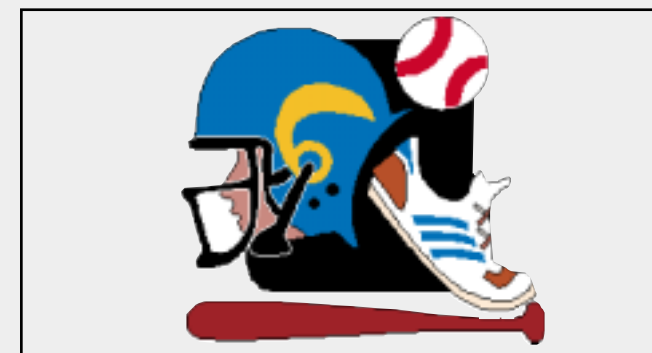
Rocky's SCHEDULE

| | | | | | |
|---------------------------------|-----------|---------|----------------------------------|-----------|---------|
| \D 4/64AR vs D 3/7Inf | 6:30 p.m. | June 4 | E 4/64AR vs C co 4/64AR | 8:30 p.m. | June 13 |
| Bco 4/64AR vs E 4/64AR | 7:30 p.m. | June 4 | D 3/7Inf vs Bco 4/64AR | 6:30 p.m. | June 13 |
| C co 4/64AR vs HHC 4/64AR(B) | 8:30 p.m. | June 4 | HHC 4/64AR (A) vs D 4/64AR. | 7:30 p.m. | June 13 |
| Aco 4/64AR(A) vs E 703RD (B) | 6:30 p.m. | June 4 | C co 4/64AR vs D 4/64AR | 6:30 p.m. | June 18 |
| Aco 4/64AR (B) vs E 703RD (A) | 7:30 p.m. | June 4 | Aco 4/64AR(A) vs HHC 4/64AR (A) | 7:30 p.m. | June 18 |
| E 703RD (A) vs Aco 4/64AR(A) | 6:30 p.m. | June 6 | Aco 4/64AR (B) vs D 3/7Inf | 8:30 p.m. | June 18 |
| E 703RD (B) vs C co 4/64AR | 7:30 p.m. | June 6 | E 703RD (A) vs E 4/64AR | 6:30 p.m. | June 18 |
| E 703RD (A) vs Aco 4/64AR(A) | 6:30 p.m. | June 6 | E 703RD (B) vs HHC 4/64AR(B) | 7:30 p.m. | June 18 |
| E 4/64AR vs D 4/64AR | 7:30 p.m. | June 6 | HHC 4/64AR(B) vs E 703RD (A) | 6:30 p.m. | June 20 |
| D 3/7Inf vs HHC 4/64AR (A) | 8:30 p.m. | June 6 | E 4/64AR vs Aco 4/64AR (B) | 7:30 p.m. | June 20 |
| Bco 4/64AR vs HHC 4/64AR (A) | 6:30 p.m. | June 11 | D 3/7Inf vs Aco 4/64AR(A) | 8:30 p.m. | June 20 |
| C co 4/64AR vs HHC 4/64AR (A) | 7:30 p.m. | June 11 | HHC 4/64AR (A) vs C co 4/64AR | 6:30 p.m. | June 20 |
| Aco 4/64AR(A) vs E 4/64AR | 8:30 p.m. | June 11 | D 4/64AR vs Bco 4/64AR | 7:30 p.m. | June 20 |
| Aco 4/64AR (B) vs HHC 4/64AR(B) | 6:30 p.m. | June 11 | E 4/64AR vs E 703RD (B) | 6:30 p.m. | June 21 |
| E 703RD (A) vs E 703RD (B) | 7:30 p.m. | June 11 | D 3/7Inf vs E 703RD (A) | 7:30 p.m. | June 21 |
| E 703RD (B) vs Aco 4/64AR(A) | 6:30 p.m. | June 13 | HHC 4/64AR (A) vs Aco 4/64AR (B) | 8:30 p.m. | June 21 |
| HHC 4/64AR(B) vs Aco 4/64AR(A) | 7:30 p.m. | June 13 | D 4/64AR vs Aco 4/64AR(A) | 6:30 p.m. | June 21 |
| | | | Bco 4/64AR vs C co 4/64AR | 7:30 p.m. | June 21 |

Softball Standings

Marne Conference

| | Won | Lost | PCT |
|------------------|-----|------|-------|
| MSC, STB | 7 | 0 | 1.000 |
| 632th Maint. Co. | 5 | 2 | 0.714 |
| 549th MP Co. | 3 | 4 | 0.428 |
| USAG MPs (B) | 3 | 4 | 0.428 |
| USAG MPs (A) | 3 | 4 | 0.428 |
| 135th QM Co. | 0 | 7 | 0.000 |



Rocky's Conference

| | Won | Lost | PCT |
|-----------------|-----|------|-------|
| D 3/7Inf | 2 | 0 | 1.000 |
| HHC 4/64AR (A) | 2 | 0 | 1.000 |
| B co 4/64AR | 2 | 0 | 1.000 |
| C co 4/64AR | 2 | 0 | 1.000 |
| E 703RD (A) | 1 | 1 | 0.500 |
| A co 3/7Inf | 1 | 1 | 0.500 |
| D 4/64AR | 1 | 1 | 0.500 |
| A co 4/64AR(A) | 0 | 2 | 0.000 |
| A co 4/64AR (B) | 0 | 2 | 0.000 |
| E 703RD (B) | 0 | 2 | 0.000 |
| HHC 4/64AR (B) | 0 | 2 | 0.000 |
| E 4/64AR | 0 | 1 | 0.000 |