

Sports

4/3 BSTB Soldier, Family fun goes over the top

B Co. climbs to victory



Pvt. Jerome Arp

Above: Spc. Thomas Lewis races up the rock climb during the 4/3 BSTB organization day at the YMCA in Hinesville Monday.

Sgt. 1st Class Tami Hillis
4th BCT Public Affairs

The day was filled with sports, competition, camaraderie and sweat, but ended with new friendships and renewed esprit de corps among the hundreds of Soldiers and Family members in 4th Brigade Special Troops Battalion, 3rd Infantry Division.

"We are one big Family," said Lt. Col. Darryl D. McDowell, 4/3 BSTB commander, during the organizational day opening ceremony Monday. "Take this opportunity to get to know each other and have some fun."

The day's events began at 9 a.m. at the Liberty County YMCA. The day was packed with events for all ages, to include soccer, softball, volleyball, basketball, push-up competition, horseshoes, tug of war, moon bounce, dunk tank, face painting and a water slide.

"I brought my Family with me so they could have a good time and meet the peo-

ple I work with," said Cpl. Charles Hearn, who brought his wife, Debra, and daughters Lita, 10, and Hannah, 5. Hearn has been with 4th Brigade Combat Team for 10 months and has been in the Army for seven years.

Although the companies were pitted against each other in the competitions, McDowell's expectations were to build esprit de corps between members of the battalion and hoped Soldiers and Family members would mingle with others outside their unit.

"I hope this day brings Soldiers and Family members closer because soon we'll be coping with all the stressful situations that come with deployment," McDowell said.

Organizational Day is about camaraderie for the units. They get to come out and compete against other units for the chance to win the commander's trophy. The organizational day was capped off with the presentation of the traveling trophy to Company B, 4/3 BSTB.

Pfc. Amanda McBride

Below: Sgt. 1st Class Shannon McCrary, Staff Sgt. Jeffrey Riddle, Spc. Thomas Lewis and Spc. Willie Lee Jones work together during the team section of the push-up competition at the 4/3 BSTB organization day at the YMCA in Hinesville, Monday. The Soldiers who made up HHC, 4th BDE's team had a final score of 286.



Sweet science practiced in desert

Sgt. 1st Class Thomas Mills
CAB Public Affairs

BAGHDAD - The boxing ring isn't a ring at all. It's a slab of concrete next to a dusty road traveled by armored vehicles, buses and Soldiers.

In that non-ring, Spc. Ricky Clay, Company C, 603rd Aviation Support Battalion, and Sgt. David Joseph, Headquarters and Support Company, 603rd ASB, are circling each other, jabbing, dancing, and looking for an opening in the opponent's guard.

These Soldiers, and several others from the Combat Aviation Brigade, 3rd Infantry Division on Camp Striker, have found a way to practice their art despite the lack of a gym with a boxing facility.

"We're hoping to start boxing smokers in about two months," said Joseph, between sparring matches.

Joseph is the group's coach, a former professional boxer, who boxed regularly during the unit's last rotation to Iraq in 2005. "Once we get a ring built we'll be out here boxing."

Regardless of the setting, says Soldiers like

Clay, they are bound and determined to keep practicing.

"It's like an art," Clay said. "You have to figure each other out. There's a lot of thinking and reacting to it."

Clay boxed during an Army tour to Korea where he was 11-1.

"I loved watching it on TV and I just wanted to see how far I could go with it," Clay said. "(Joseph) is trying to get me ready for the All Army team."

Sgt. Jesus Ramirez, Company B, 603rd ASB, has been boxing for two years. He was pulled into the sport by Joseph at Camp Taji in 2005. After a round of sparring he compared the sport to an art form as well.

"I like the fact that you have to have good style and technique to go out there and have a good fight," he said. "There are guys who go out there and just throw punches. You have to have patience."

In a regular amateur fight there are three rounds, two minutes each. For training, though, the Soldiers here lengthen the rounds to three minutes each. After a warmup and stretching period, the boxers enter the "ring"

and on Joseph's signal begin to spar.

Soon other Soldiers who have wandered by stop to watch and a crowd forms. Vehicles passing on the road honk their horns and the drivers shout encouragement. When the first round is over the two boxers go to spots designated as corners and the coaching begins.

"Don't back off," Joseph tells one boxer. "Don't lean back when you're punching."

In other corner Clay is helping another boxer, giving him pointers on how to move under a punch to get close to his opponent and bring the pain.

At one side Pfc. Jon Crouch, awaiting his turn, warms up. He taps his gloves together as the next round begins.

"It's good training, keeps you in shape," Crouch said about boxing. "Who doesn't like hitting someone every once in awhile?"

Sgt. 1st Class Thomas Mills

Sgt. David Joseph (right) HSC 603rd ASB, gives Sgt. Jesus Ramirez, Co. B, 603rd ASB, pointers between rounds during a sparring match Aug. 11.



Football registration extends, soccer tryouts underway

Special to the Frontline

Fort Stewart promotes a healthy lifestyle and wants to keep youth active in athletics. Football, cheerleading and soccer registration is currently underway.

Fort Stewart's Child and Youth Services tackle football and cheerleading registration has been extended through Aug. 31.

Participants may register Monday through Friday 8 a.m. - 5 p.m.; Wednesdays until 6 p.m. at the CYS building 443 on the corner of Gulick Ave. and Lindquist Rd., behind Corkan Pool.

Football is open to members of Youth Services, ages 7-

13 as of Aug. 1.

Age divisions are 7-8, 9-10, and 11-12 (or -13). Participants age 13 will be placed on a waiting list and will be called if there are enough players to form an 11-13 league.

All players will be able to participate in their age division, regardless of weight. All equipment, except cleats, will be furnished by CYS/Youth Sports.

Cheerleading is open to members of Youth Services, ages 6-13. For more information, call CYS at 767-2312 or the Youth Sports office at 767-4371.

All participants must have a current physical on file at time of registration. Also, volunteer coaches are needed.

CYS soccer tryouts

CYS fall soccer registration is currently underway and will end Sept. 10. This program is open to all 4-13 year old CYS members living on or off post. Children must be 4 and cannot be older than 13 as of Aug. 1.

Tentative age divisions will be 4-5, 6-7, 8-9, and 10-13. The sports registration fee of \$25 will be waived for up to two children of any parent (military or Department of Defense civilian) currently deployed.

Register 8 a.m. to 5 p.m. Monday - Friday, until 6 p.m. Wednesday, at Fort Stewart CYS, Building 443 Gulick Ave., behind Corkan Pool. For more information, call 767-2312 or 767-4371.

Jake's Body Shop

Friendly fitness advice, consulting a doctor

Jake Battle
MWR Fitness Director

Mark has been thinking about starting an exercise program. He has heard all about the benefits exercise can bring and is eager to get started.

But, because it has been so long since he last worked out, Mark is worried that he may hurt himself. He finally decides to get a physical before he begins exercising again. Mark made the right decision.

If a lot of time has passed since you last worked out, you might want to consult a physician before beginning a new exercise program.

Here are several statements that can indicate whether or not you should contact your physician before getting started.

Check the statements

You are extremely breathless after just a few minutes of mild exertion.

- You are not sure if your blood pressure is normal.
- You have not exercised for a number of years.
- Your mother, father, sister or brother had a heart attack before the age of 50.



- While exercising, you notice discomfort, pressure or pain on the left side of your neck, your left shoulder, left arm or mid chest area.

- You've suffered a heart attack.

- Your physician has told you that you have a heart murmur or heart trouble.

- You often have spells where you are very dizzy or faint.

- Your blood pressure is too high and is not under control.

- You are not accustomed to vigorous physical activity and are over the age of 60.

- You have joint or bone problems such as arthritis.

- You have some other medical condition which might require a physician's supervision as you start an exercise program.

vision as you start an exercise program.

Should you see a physician?

If any of these statements were true for you, be sure to talk with your physician before starting an exercise program. He or she can help you find the routine that is right for your body.

If you did not mark any of these statements, go ahead and begin a sensible workout routine.

Choosing a moderate pace and not pushing yourself to progress too quickly should keep you from experiencing unnecessary injuries.



Patty Leon

Kicker Joey Lliso has the strength to send the ball deep down the field. Kicking coach Greg Cooke said the returning senior has improved since last year.

Bradwell hones skills for first scrimmage

Patty Leon
Coastal Courier

Olvey Field comes alive with Tiger football Friday as the Bradwell team prepares to scrimmage against McIntosh County Academy.

The Tigers also face McIntosh in their regular season opener Aug. 31.

With the partly cloudy skies and the lowered heat index this week, the pads and helmets came on for the Tiger squad.

This provided the coaches with a better opportunity to size up their players abilities and stamina.

Warming up their throwing

arms were senior quarterback Josh Magaw and his possible backup, junior Trivon Williams.

Head coach Jim Walsh said more than likely Magaw would be the starter, but the competition is ongoing and the better arm will eventually be the more prominent player.

Walsh began to test his offensive linemen with hitting drills and a walk through of their plays to ensure his line knew where they needed to be for each offensive play called.

The Tigers run a Wing-T offense and the proper blocking and misdirection schemes are essential to moving the

ball and scoring.

For the kicking team, Joey Lliso was easily sending the ball 30 yards or more across the field.

Kicking coach Greg Cooke said Lliso has steadily improved since last year and the team would rely on his leg for this season as their place kicker.

The match up against McIntosh will start at 7 p.m. Friday.

In other football news, the Panthers will also scrimmage at Olvey while they await the completion of their stadium.

The Panthers are set to play against Westminster at 5 p.m. Saturday.

2007 INTRAMURAL FLAG FOOTBALL STANDINGS

Marne Conference

	WON	LOST	PCT
F 703rd BSB	1	0	1.000
B Co. 4/64 Armor	1	0	1.000
C Co. 4/64 Armor	1	0	1.000
E Co. 4/64 Armor	0	0	0.000
549th MP Co.	0	0	0.000
NCO Academy	0	0	0.000
HHC 4/64 Armor	0	1	0.000
92nd Chem Co.	0	2	0.000

Rocky's Conference

	WON	LOST	PCT
E 703rd BSB	4	0	1.000
135th QM Co.	3	1	0.750
C Co. 3/7 Inf.	3	1	0.750
A Co. 3/7 Inf.	2	2	0.500
632nd Maint. Co	1	1	0.500
G Co. 703D BSB	1	3	0.250
HHC 4/3 BSTB	0	3	0.000
HHC 4th Bde.	0	3	0.000

Standings are as of Aug. 21

2007 INTRAMURAL FLAG FOOTBALL SCHEDULE

Marne Conference

NCO Academy vs F Co. 703rd BSB	Field 1	8:30 p.m.	Aug. 27	B Co. 4/64 Armor vs NCO Academy	Field 3	8:30 p.m.	Sept. 11
549th MP Co. vs E Co. 4/64 Armor	Field 3	8:30 p.m.	Aug. 27	C Co. 4/64 Armor vs HHC 4/64 Armor	Field 1	6:30 p.m.	Sept. 12
HHC 4/64 Armor vs E Co. 4/64 Armor	Field 1	6:30 p.m.	Aug. 29	B Co. 4/64 Armor vs E Co. 4/64 Armor	Field 1	7:30 p.m.	Sept. 12
B Co. 4/64 Armor vs F Co. 703rd BSB	Field 1	7:30 p.m.	Aug. 29	92nd Chemical Co. vs NCO Academy	Field 1	8:30 p.m.	Sept. 12
549th MP Co. vs 92nd Chemical Co.	Field 1	8:30 p.m.	Aug. 29	549th MP Co. vs NCO Academy	Field 3	6:30 p.m.	Sept. 17
549th MP Co. vs C Co. 4/64 Armor	Field 1	8:30 p.m.	Sept. 04	92nd Chemical Co. vs E Co. 4/64 Armor	Field 3	7:30 p.m.	Sept. 17
HHC 4/64 Armor vs E Co. 4/64 Armor	Field 3	8:30 p.m.	Sept. 04	F Co. 703rd BSB vs HHC 4/64 Armor	Field 3	8:30 p.m.	Sept. 17
NCO Academy vs HHC 4/64 Armor	Field 3	6:30 p.m.	Sept. 05	E Co. 4/64 Armor vs NCO Academy	Field 1	6:30 p.m.	Sept. 19
F Co. 703rd BSB vs C Co. 4/64 Armor	Field 3	7:30 p.m.	Sept. 05	F Co. 703rd BSB vs 549th MP Co.	Field 1	7:30 p.m.	Sept. 19
B Co. 4/64 Armor vs 92nd Chemical Co.	Field 3	8:30 p.m.	Sept. 05	B Co. 4/64 Armor vs C Co. 4/64 Armor	Field 1	8:30 p.m.	Sept. 19
HHC 4/64 Armor vs 549th MP Co.	Field 1	8:30 p.m.	Sept. 11				

Rocky's SCHEDULE

G Co. 703rd BSB vs C Co. 3/7 Inf.	Field 1	6:30 p.m.	Aug. 27	A Co. 3/7 Inf. vs G Co. 703rd BSB	Field 1	7:30 p.m.	Sept. 04
135th QM Co. vs HHC 4/3 BSTB	Field 3	6:30 p.m.	Aug. 27	135 QM Co. vs 632nd Maint. Co.	Field 3	7:30 p.m.	Sept. 04
E Co. 703rd BSB vs 632nd Maint. Co.	Field 1	7:30 p.m.	Aug. 27	632nd Maint Co. vs C Co. 3/7 Inf.	Field 1	6:30 p.m.	Sept. 11
A Co. 3/7 Inf. vs HHC 4th Bde.	Field 3	7:30 p.m.	Aug. 27	135th QM Co. vs HHC 4th Bde.	Field 3	6:30 p.m.	Sept. 11
HHC 4/3 BSTB vs HHC 4th BDE	Field 1	6:30 p.m.	Sept. 04	HHC 4/3 BSTB vs G Co. 703rd BSB	Field 1	7:30 p.m.	Sept. 11
E Co. 703rd BSB vs C Co. 3/7 Inf.	Field 3	6:30 p.m.	Sept. 04	E Co. 703rd BSB vs A Co. 3/7 Inf.	Field 3	7:30 p.m.	Sept. 11

For more information contact the Fort Stewart sports office at 767-4371.



Army football season opener seven days away

www.goArmysports.com

CLEVELAND, Ohio – The large display in the offices of the Army football program is known as the “beat Akron” clock. The clock, not far from head coach Stan Brock’s office, counts down by days, minutes and seconds to the first game of the 2007 season. Slowly but surely the clock is getting near all zeroes with kickoff to the FirstMerit Patriot Bowl now seven days away at Cleveland Browns Stadium in Cleveland, Ohio.

The Black Knights will begin their 118th season of intercollegiate competition Sept. 1 against Akron in the inaugural

FirstMerit Patriot Bowl and a host of activities have been announced for the contest. Kickoff is scheduled for 7 p.m.

With coach Brock, his staff and players hard at work at West Point, the Greater Cleveland Sports Commission is putting the finishing touches on the game day experience for fans.

Among the planned activities are a luncheon with West Point Superintendent Lt. Gen. Franklin L. Hagenbeck at The City of Cleveland on Aug. 31 at noon; and a discounted \$5 ticket to the Rock and Roll Hall of Fame and Museum when you show your game ticket.

In addition, a special performance by the United States

Military Academy’s Jazz Knights Little Big Band will be held 2 p.m., Aug. 31 outside the Hall of Fame. Also, a tailgate party with interactive exhibits, patriotic pre-game and halftime shows, a flag football game with the Cleveland Police against the Cleveland Firefighters and another performance by the Jazz Knights at 10:30 p.m., Sept. 1 are all planned.

The winner of the game will be presented with the Cleary Trophy. Military discounts are available for game tickets. For more information, please contact the Greater Cleveland Sports Commission at (216) 621-0600 or visit www.patriot-bowl.com.

–Sports– Briefs

Earn your stripes

We are now seven weeks into the Kellogg’s Earn Your Stripes Promotion and Stewart - Hunter youth have fallen to second place.

But we are not far behind! Have your child, ages 2-14 log on to www.frosted-flakes.com/active/login.html and help take back first place and win \$20,000 for our kids.

All they need to do is log their points and select Stewart for all their physical activity since June.

Keep up the good work Stewart and Hunter! We know you can do it. For more

information, call 767-5113/5126.

Live ultimate fighting

Watch Live on Pay-Per-View World Heavy Weight Championship Fight 10 p.m., Saturday at Rocky’s. See Couture vs. Gonzaga, St. Pierre vs. Koscheck.

The event is free for military, Department of Defense civilians and dependants.

The cost is \$10 for civilians. For more information, call 767-8715 or 368-2213.

Garage sale slated

There will be a Garage Sale fundraiser, 8 a.m. to 2 p.m. Saturday at 413 Rogers Road, Hinesville to benefit Troop #401, Liberty District, Coastal Empire Council, Boy Scouts

of America.

Any interested community members wishing to donate items for the sale can contact Scoutmaster Welch at (912) 856-8041. The Troop will pick up large items and/or quantities. There will be a bake sale as well.

Come on out and save some serious money.

Be prepared!

Teen Night

Teen night moves to Rockets at Club Stewart 7-11 p.m., Saturday.

During these events, Rockets is closed to Soldiers and open to Family members, ages 13-18 with military ID.

Only one guest is allowed per card holder.

All participants will be checked for ID and wrist banded.

The club features a pool table, foosball and big screen TV in the Headlights room. Extra facility staff is available and conduct codes are strictly enforced. The cover charge is \$5. For more information, call 767-8715.

Sports physicals

School sports physicals are available by appointment during normal clinic hours Monday through Friday at Winn’s Pediatrics and Family Practice clinic.

Please bring the sports physical form from the school to your appointment.

To schedule a sports physical, call the appointment line, 435-6633.