

SPORTS & FITNESS

B SECTION

On Post

Bass Tournament

Open to all Stewart permit holders from daylight to noon Saturday at Pineview Lake. Early registration is \$40 or \$50 on Saturday. Cash prizes to top five finishers in the catch-and-release event. At least one team member must sign in between 5 and 6 a.m. Saturday.

For more information, call 767-8609 or 767-3861.

BOSS Fishing Event

Free event open to all single soldiers at Pond 17, June 5 from 4 to 8 p.m. This will be a catch-and-release event for all fish species caught. The pond is stocked with largemouth bass, bluegill, redear sunfish and channel catfish.

The pond was recently renovated and this event will mark its grand reopening. No permits are required.

Kids Fishing Rodeo

The 15th Annual Kids Fishing Rodeo will be held June 12 from 4 to 8 p.m. at Pond 10. The free event is open to all children under 16, and is hosted by DPW Fish and Wildlife, MWR Outdoor Recreation and Ga. DNR. No permits are required.

The pond was recently stocked with over 6,000 channel catfish. Children will be limited to 10 catfish of any size.

Fitness Competition

Stewart and Hunter's "The Rock" Bodybuilding and "Ms. Fitness" competitions will be held May 22 at Sports USA for ages 16 and up. Pre-judging at 10 a.m., Finals at 7:30 p.m.

For more information, call Jake at 767-3033.

Summer Basketball

Entry deadline for the Fort Stewart and Hunter Army Airfield Summer Basketball League is June 14. Entry fee is \$165. The league is 20 teams, 12 players per team including the coach. If 20 teams are entered the top eight teams will compete in the end of season tournament.

Active duty, National Guard and Army Reserve Soldiers are eligible.

For more information call 767-8238 or 767-9795.

Gracie Ju-Jitsu

Ju-Jitsu is held Tuesday and Friday at Caro Fitness Center from 6 to 7:30 p.m. Cost is \$45 per month. Sign up prior to 6 p.m. at Caro.

For more information contact Jake at 767-3033.

Consultations at Newman

The Newman Physical Fitness Center now offers free personal training consultations. Consultations consist of health screenings (body fat assessments), exercise prescription and nutritional counseling.

Consultations will be given on an appointment basis only.

For more information, call 767-2771.

Pilates

Pilates classes will be held Monday, Wednesday and Friday at the Palmetto Room in Club Stewart, from 6 to 7:15 p.m. Cost is \$45 per month. Sign up prior to 6 p.m. For more information call Jake at 767-3033.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-4951. Deadline is noon on Fridays.



Sgt. R. James Piper

Spc. Jonathan Alexander, Sgt. Marcus Doggett, Spc. Eric Sturgeon, Pfc. Shaun Vanderlinde, Pfc. Desmon Baker and Staff Sgt. Otis Johnson (rear), 3rd Inf. Div. color guard, present arms as Bart Keller from Port Wentworth sings the National Anthem.

Sand Gnats say 'thanks' to military

Sgt. R. James Piper

Staff Writer

The Savannah Sand Gnats welcomed Soldiers to Grayson Stadium for the United Services Organization's All Military Night Friday to watch the Sand Gnats game against the Greensboro Bats.

Military identification card holders received dis-

counted tickets and a coupon for a free meal.

"We recognize the importance the military plays in the community ... and feel it's appropriate to say thanks to the men and women defending the country," said Ken Shepard, Sand Gnats general manager.

Col. Curtis Potts, former 4th Brigade commander,

threw the honorary first pitch of the game. Then the 3rd Infantry Division color guard marched onto the field for the National Anthem.

After a good game between both teams, the Bats defeated the Sand Gnats 6-4 after losing to them in the previous one.

The Sand Gnats are currently in fourth place in the

South Atlantic League's Southern Conference and two and one-half games back from the Charleston, S.C., Riverdogs. The Sand Gnats are a Class A minor league team for the Montreal Expos.

"This was a good opportunity for the community to show their support and appreciation for the troops and their service overseas,"

said Kory Casto, the Sand Gnats third baseman.

The team hosts three military appreciation nights during the season.

"The military is such a big part of the community so I think it's important to do things that allow the military to be recognized in front of the community, which we can do here," Shepard said.



Pfc. Ricardo Branch

Reginald Moore of the Headhunters slams the ball during intramural softball Tuesday night at Fort Stewart Sports Complex.

Headhunters defeat Strikeforce 13-10 in intramural softball

Pfc. Ricardo Branch

Staff Writer

In one of the opening games for the Fort Stewart intramural softball season, the Headquarters and Headquarters Company, 3rd Infantry Division Headhunters defeated the Service Battery, 1st Battalion, 41st Field Artillery Regiment, Strikeforce 13-10 Tuesday at the Fort Stewart sports complex.

"Coming into today's game is going to be interesting because we didn't have any time to practice as a team," said Shannon Boyer of the Headhunters.

The game opened with Strikeforce starting the first inning with four quick runs, before the Headhunters responded with five runs of their own and took the lead 5-4.

The teams traded points for the next few innings, with the Headhunters' more aggressive offense tipping the game slightly in their favor and opening the score to 10-4.

Strikeforce's, Brian Piklesimer, and his teammates brought in five consecutive runs in the third and fourth innings to close the gap.

Strikeforce concentrated on defense, which

kept them not far behind the Headhunters.

The teams continued to battle until the bottom of the fifth inning when Reginald Moore hit an in-the-park homer, which sent three runs home, cementing a lead over Strikeforce 13-9.

"Send one out," became the strategy as Strikeforce attempted to rally in the last two innings, but could not break through the solid Headhunter defense.

Headhunters took their first intramural softball victory for the season; with the 13-10 win.

"The Strikeforce could have always made a comeback, but the team held it down and played a good defense in the last two innings," said Luis Nazario of the Headhunters.

"The outlook for the season is pretty good. The players performed well and were able to put on a good game," said Reginald Moore of the Headhunters.

Boyer said his team enjoyed playing and that everyone on the team got a chance to play, which mattered the most to him.

The next game for the Headhunters will be Monday at the Fort Stewart sports complex.

Black Knights win Patriot League Championship 16-2

www.goarmysports.com

Special to The Frontline

WEST POINT, N.Y. — Army head coach Joe Sottolano has stated time and again this spring that the key to his club's success has been its overall depth and balance — the ability to receive major contributions from any player on his club's roster on any given day.

Those thoughts rang true once again Sunday as the Black Knights raked eight different Lafayette pitchers for a season-high 23 hits on their way to completing a two-game sweep of the Leopards with a 16-2 victory in Game Two of the 2004 Patriot League Championship Series, Sunday afternoon at Doubleday Field. The resounding victory delivered Army's third Patriot League Tournament championship and

clinched the Black Knights' second-ever NCAA Tournament berth.

"We've talked all year about how it would take a true team effort to win a championship," Sottolano stated afterward. "That was never more evident than this weekend. Throughout the course of the tournament, we played well in all three phases of the game — offense, defense and pitching. When you receive that type of performance from your squad, the chance for success is very good. We've seen fine efforts from the players all

year, but it appears as if they elevated their games to another level this weekend."

The start of the game was delayed 38 minutes by rain, but once the skies cleared, Army's bats left little doubt to the outcome. Serving as the visitors according to Patriot League Tournament format, the Black Knights exploded for three runs on four hits in the top of the first inning as the first four Army batters reached base against Lafayette starter Brian Cope (2-3).

Senior team co-captain Wes

Bumgardner set the tone with a leadoff double down the right-field line. He promptly scored on Milan Dinga's single to right field. Schuyler Williamson's single through the right side of the infield moved Dinga to third base. Walker Gorham smacked Army's fourth straight hit to begin the game, an RBI single to center field. After Nate Stone lined out to short, Jeremy Stache lofted a sacrifice fly to right field that plated Williamson with the Black Knights' third run of the inning.

Starter Justin Kashner retired the second-seeded Leopards without a run in the bottom of the first before the Black Knights' offense went back to work. Justin Long, who would later be voted the Patriot League Tournament Most

Long named Athlete of the Week

www.goarmysports.com

Special to The Frontline

WEST POINT, N.Y. — One day after being named Patriot League Tournament "Most Valuable Player," Justin Long added to his seasonal list of salutes when he was chosen Army Athletic Association "Athlete of the Week" on Monday.

A freshman right fielder, Long went 6-for-9 with five runs scored and three runs batted in during Army's two-game weekend sweep of Lafayette in the Patriot League Championship Series.

The native of Phoenix, Ariz. (Brophy Prep H.S.), enjoyed his finest showing of the season on Sunday, finishing the Black Knights' title-clinching contest 4-for-5 with two doubles, five runs scored and three runs batted in.

Champions

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Valuable Player, collected the first of his season-high four hits on the day with leadoff single to center field. He stole second base, moved to third on a throwing error by Leopard catcher Craig Alexander and scored when Kyle Scogin doubled down the right-field line to chase Cope. Williamson's two-out RBI single to right field scored Scogin with Army's fifth run of the contest.

After Kashner retired the Leopards in order in the bottom of the second, the Black Knights put the game away in the third, erupting for four runs on four base hits after Lafayette reliever Hank Fichtner had retired the first two batters of the inning. Stache



Courtesy photo

Black Knights display their championship trophies.

He also made two spectacular catches in right field in aiding Army's decisive 16-2 victory.

Long currently ranks fifth on the squad in batting at .329, totaling 13 doubles, one triple, three home runs, 27 runs scored and 30 runs batted in.

He lists 12th among Patriot League leaders in batting average and sixth in doubles.

A two-time Patriot League "Freshman of the Week" selection, Long has excelled in pressure situations throughout the season and is batting .339 with runners in scoring position.

He has started 47 of Army's 50 contests and remains a key run-producing component of head coach Joe Sottolano's championship-winning club.

Long ranks second on the team in dou-

bles, tied for fifth in home runs, fourth in total bases and seventh in runs batted in.

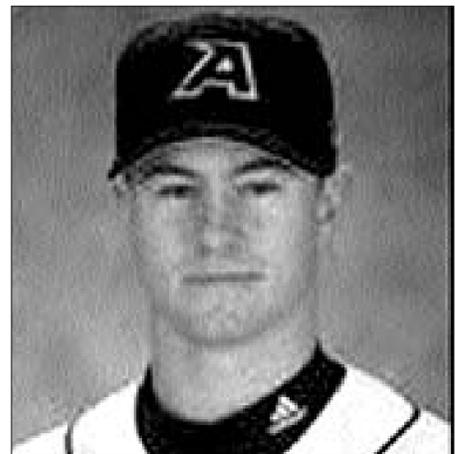
He has also registered 16 multiple-hit performances to rank fifth among team leaders, and has batted safely in 35 of the 47 games in which he's played.

At 37-13, the Black Knights have already established new school and Patriot League single-season records for victories.

Army's previous school standard for wins was 26, set in 1997.

The Black Knights clinched their third Patriot League title and second berth in the NCAA Tournament with the wins over Lafayette.

The NCAA Tournament Field will be announced on May 31, with the Regionals taking place June 4 through 6 at sites to be determined.



Courtesy photo

Justin Long, Athlete of the Week.

began the onslaught with a walk and Nolan Cork followed with an infield single. Long's two-run hit-and-run double to the right-center field gap stretched Army's lead to 7-0. A run-scoring single down the left-field line by Scogin and Bumgardner's RBI double to left rounded out the scoring in the stanza, handing Kashner a hefty 9-0 cushion.

That proved more than enough offensive support for Kashner. The first team All-Patriot League selection fired seven shutout innings, scattering four hits, before being lifted in the eighth in order to give several members of Army's bullpen some much-needed work. Kashner raised his record to 7-2 on the season and lowered his seasonal earned run average to 2.76. He struck out one and walked a batter.

"We provided Justin with an early lead, one which he was never going to relinquish," Sottolano said. "Throughout the course of his career, Justin has always put forth that type of effort."

The Black Knights (37-13) added single runs in the fourth and fifth innings, then pushed across four more tallies in the top of the seventh. An RBI double by Long and run-scoring singles by Scogin, Bumgardner and Stone highlighted the frame as Army built a comfort-

able 15-0 advantage.

Lafayette (23-26) avoided a shutout by pushing across two runs (one earned) on just one hit in the bottom of the ninth inning against reliever Brad Johnson. Dinga, who robbed pinch-hitter Dave Drechsel of a home run in left field leading off the bottom of the seventh, came on to retire the final two batters. He struck out Craig Alexander to end the game.

"My hat is off to the entire coaching staff. Coach (Fritz) Hamburg prepared his pitchers extremely well all season long and especially for this weekend. For a pitching staff to allow only two earned runs during the weekend against an offensive team the likes of Lafayette speaks volumes about its mentor. Coach (Brendan) Dougherty's main responsibilities are to prepare our team's offense and defense for each game, and as one can tell by the box scores this weekend, he did an outstanding job. I thought our outfield defense was exceptional all season long, but this might have been its best showing of the year. Coach (Dave) Borowicz deserves a lot of credit for the time he has put in with those young men."

Long, who went 6-for-9 with five runs scored and three runs batted in during the two-game sweep of Lafayette, enjoyed his finest showing of the season on Sunday. The fresh-

man right fielder finished the contest 4-for-5 with two doubles, five runs scored and three runs batted in and made two spectacular catches in right field.

"Justin put together a real strong weekend," Sottolano added. "He seemed to come up with the big hit or the big defensive play on numerous occasions."

Scogin, another freshman, also enjoyed the top offensive outing of his brief collegiate career, ripping four hits in six plate appearances. He scored three runs and recorded four RBI. All those figures stand as season highs.

Every starter in Army's lineup batted safely, with Bumgardner and Williamson ripping three hits each, and Gorham, Stone and Cork chipping in with two hits apiece. Stone extended his career-best hitting streak to 18 games with singles in each of his final two at-bats.

"The entire coaching staff would like to compliment these young men for all the hard work and dedication they have demonstrated. We look forward to our next challenge, and we know our players do as well. In closing, everyone in the program would like to thank the administration, and all of the parents, friends and fans for their spectacular support throughout the season. It's been a tremendous

honor playing in such an electric environment. We hope we've made the Academy and all of the Army's representatives proud of its team. I know we certainly feel honored to represent them."

Army, which has already established new school and Patriot League single-season records for victories, fell just one base hit shy of the Patriot League Tournament single-game record. Bucknell set the mark with 24 hits in a 20-9 rout of Navy during last year's Championship Series. The Black Knights also extended their home record to a remarkable 21-2 (.913) this spring and have now won 30 of their last 35 games overall.

Ranked ninth in the latest CollegeBaseballInsider.com Northeast poll and among those teams receiving votes in the National Collegiate Baseball Writers of America national poll, Army claimed its first Patriot League Tournament crown since 2000. That also marked the Black Knights' only previous NCAA Tournament appearance. Army captured a Patriot League Tournament title in 1997, but fell to Harvard in an NCAA Play-In series that year.

The NCAA Regionals will be held on June 4-6 at sites to be determined. Those pairings will be announced later this month.

Newman Physical Fitness Center Aerobic Schedule

Mondays

Latino Rhythm with Carmen (weights and tubing) 7:30 to 8:30 a.m.
 Busy Feet Workout with Irma (cross training) 9 to 10 a.m.
 4:30 to 5:30 p.m.

Tuesdays

Butts and Guts with Carmen (weights and bars) 7:30 to 8:30 a.m.
 Basic Training Workout with Irma (steps, body bars, weights, abdominal work, etc.) 9 to 10 a.m.
 Cardio-Stepping 4:30 to 5:30 p.m.

Wednesdays

Caliente with Carmen (kick-boxing) 7:30 to 8:30 a.m.
 Cardio kick-boxing with Irma 9 to 10 a.m.
 Step-Kicking with Irma (cardio kick-boxing/steps) 4:30 to 5:30 p.m.

Thursdays

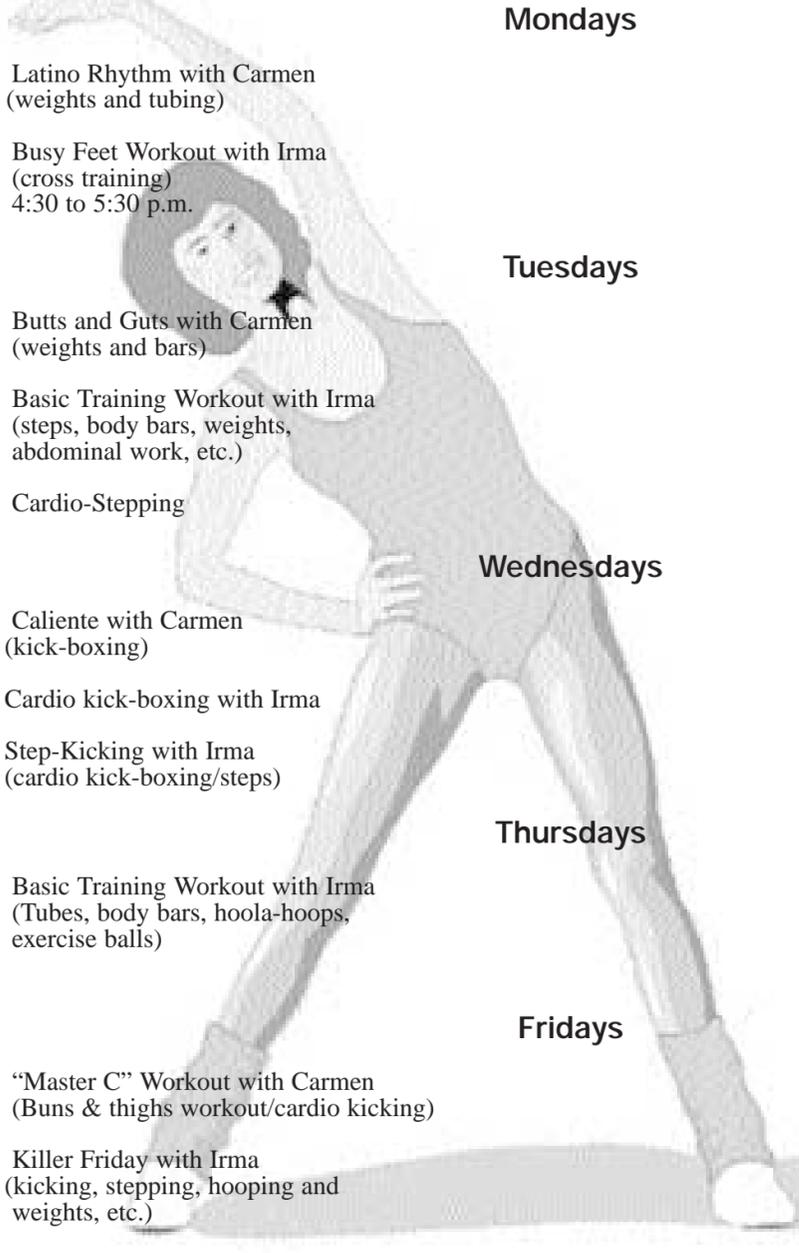
Basic Training Workout with Irma (Tubes, body bars, hoola-hoops, exercise balls) 9 to 10 a.m.
 4:30 to 5:30 p.m.

Fridays

"Master C" Workout with Carmen (Buns & thighs workout/cardio kicking) 7:30 to 8:30 a.m.
 Killer Friday with Irma (kicking, stepping, hooping and weights, etc.) 9 to 10 a.m.
 4:30 to 5:30 p.m.

Saturdays

Pick Your Poison with Asha 9 to 10 a.m.



Marne Scoreboard

Volleyball

Fort Stewart

May 5
 A Co., 3/15 Inf. (Forfeit), 92nd Eng. Bn. 21-0, 21-0, 21-0,
 103rd MI 21-0, 21-0, 21-0, HHC, 2/7 Inf. (Forfeit),
 1/39 FA 21-0, 21-0, 21-0, HHB DIVARTY (Forfeit),

May 10
 MEDDAC 21-0, 21-0, 21-0, A Co., 3/15 Inf. (Forfeit),
 C 703rd MSB 17-21, 13-21, 8-21, SJA 21-17, 21-13, 21-8,
 HHC, 2/7 Inf (Forfeit), HHB, DIVARTY (Forfeit)

Standings

Team	Won	Lost	Pct
SJA	16	2	.888
1/39 FA	9	3	.800
C Co., 703rd MSB	11	9	.555
92nd Eng. Bn.	11	7	.611
103rd MI	12	8	.600
MEDDAC	10	8	.555
HHB, DIVARTY	2	13	.133
HHC, 2/7 Inf.	0	15	.000
A Co., 3/15 Inf.	0	12	.000

Got scores?
 Contact the Frontline staff
 at 767-3440.

Practice Safe Biking...
Always Wear a Helmet!