

SPORTS & FITNESS

B SECTION

On Post

Wrestling

Live wrestling matches will be held tonight at 8 p.m. at Sports USA.

5 matches will be played in the main event.

Tickets are \$12 in advance and \$15 at the door.

Soccer league

The 6-man fall soccer league sign up is from now to Sept. 23. Registration is at the Fort Stewart Sports Office, building 471 or at Hunter, building 925. Active duty, National Guard, and Reserves are eligible to sign up. For more information, call 767-8326/8238 or 352-6749.

Softball Tourney

A Midnight Madness Softball Tournament will be held Sept. 24-25 (Friday night to Saturday morning) at the Fort Stewart Sports Complex.

The entry deadline is Sept. 20 and the entry fee is \$165. The tournament is limited to 20 teams, and teams are limited to 15 players (including coaches).

The tournament is open to military and civilians. Call Kurtis Eby at 492-1173 or 884-7106 for more information.

Newman consultations

The Newman Physical Fitness Center now offers free personal training consultations. Consultations consist of health screenings, exercise prescription and nutritional counseling. For more information, call 767-2771.

Tae Kwon Do Classes

Tae Kwon Do will be offered at the Hunter ACS building Tuesdays and Thursdays from 6 p.m. to 7 p.m.

Off Post

Savannah vs. SC

The Savannah State vs. SC State football game will be held Saturday at 3 p.m. at Wright Stadium.

Sept. 18 is also Military Appreciation Day at the university, so all active duty military will get free admission.

Health and Fitness Expo

The Woodlands Health & Rehabilitation Center, along with the Liberty County Chamber of Commerce will be hosting a Health and Fitness Expo Sept. 25 at the Woodlands Health & Rehabilitation Center.

The expo will offer free carnival rides, a bicycle safety rodeo, face painting and cholesterol and blood pressure screening. Live music and entertainment, along with local vendors and food providers, will be on hand to offer up their goods and services. For more information call the health center at 884-3361.

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.

Tigers, undefeated, have high aspirations

Spc. Robert Adams

Staff Writer

The season is underway and the Bradwell Institute Tigers are off to a fast start by winning their first three games.

The Tigers, which had a record of 7-4 last year, are returning 16 starters who are looking for a strong run through the playoffs and reaching the ultimate goal of a Class 5A state title.

With wins over Liberty County, Beach and Brunswick High Schools already behind them, the team is preparing for their upcoming home game Friday against undefeated Windsor Forest.

"This game is going to be big for us since we are in the same region," said Jim Walsh, Bradwell football coach. "Our team is ready it though, for they worked really hard in the off-season getting stronger in the weight room and becoming a better football team."

The Tigers other big games this year include the game against Glynn Academy in Brunswick and the last two games of the year against Groves High School, which advanced far in the playoffs last year and Camden County, defending state champs.

"It feels good being 3-0, but we know that we have other competition to get ready for and we can't get big heads and must stay focused," said Jerome Howard, senior free safety and wide receiver.

The Tigers haven't won a state title since 1965, but has made the playoffs the past four years.

"The goal is to be 15-0 this year," Howard said. "We plan to take it all the way this year, and will just as long as we do the little things right."

Bradwell is historically known for their defensive play, and this year won't be any different, Walsh said. Offensively, the team is returning its entire backfield which will very important to our success.

"It's a privilege to play on this defense," said Brian Gosha, senior defensive lineman and tight end,

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Spc. Robert Adams

Lee Everett, starting varsity tight end, tackles Antonio McCullen, junior varsity running back in a kickoff drill during practice Monday. The Tigers are 3-0 so far this season and are preparing for their Friday home game against undefeated Windsor Forest.



Courtesy photo

The Fort Stewart AAU Track Club, Rockets, at their week-long Junior Olympic competition in Des Moines, Iowa.

Stewart Track Club makes it to Nationals

Nancy Gould

DMWR

Col. John Kidd, Fort Stewart garrison commander, presented garrison coins and Certificates of Achievement from Maj. Gen. William G. Webster to members of the Fort Stewart Amateur Athletic Union Track Club, Rockets, Aug. 31.

Club members, ages seven to 13, competed in the AAU Junior Olympic Games in Des Moines, Iowa, July 31 through Aug. 7.

After congratulating the group and their parents, Kidd acknowl-

edged that making it to the nationals was no easy feat and that all 28 team members are winners.

"All have their names recorded in the 2004 AAU Track & Field Olympic Games' register, along with other top performers," said Evelyn Alston, fitness and nutrition coordinator for youth services sports, who also attended the games.

The top eight performers received their trophies in front of their peers and family members Sept. 18 at the Youth Sports Jamboree ceremony, held annually to kick off the youth programs'

football season.

Thanks to Crishanda Antoine, the team brought home two gold medals from the competition. Antoine, a two-time national qualifier, who tried for a gold twice — first in Omaha, Neb. in 2002, where she finished sixth in her event, and now in 2004 at the AAU Junior Olympic's where she captured two — one for 100- meter and the second for the 200- meter dash.

"I didn't think I would win but I really wanted to," Antoine explained after Kidd's presentation. "I felt pressured all week to win this for Georgia since other

athletes were winning for their states."

Before the team qualified to compete with 12,000 other competitors from across the United States, they first had to win the state and regional levels. Alston said those wins were also difficult but well worth the effort it took to get them.

"They help kids build skills, enhance the Youth Sports Program at Fort Stewart and encourage more participation in our program," she explained.

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Donald Cummings, sophomore junior varsity defensive tackle, works on staying low to the ground while weaving around blue barriers.



Nick Franks, Bradwell junior varsity quarterback, gets tackled during group drills in practice Monday.

Photos by Spc. Robert Adams

TIGERS

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whose goal is to get a college football scholarship and dream is to play in the National Football League.

Bradwell has 120 players on their varsity, junior varsity and freshman football teams. The varsity team plays on Fridays, the junior varsity and freshman teams play on Thursday.

To prepare for season games, all three teams practice for three hours, five days a week. During practice they spend time conditioning, running sprints and performing individual, group, position and team drills.

"It's going to hurt," Walsh yelled to players while they performed sprints during practice. "Never make anything easy on yourself."

The Bradwell coaches are not only teaching the players about the game of football, but they are preparing them for

their futures.

"We want them to learn goal setting and team building skills and know that they are apart of something bigger than themselves," Walsh said. "But most importantly we want them to enjoy the game of football."

The players appreciate what the coaches do for them.

"The coaches have shown support and take care of every player," Howard said. "They also make sure we keep our heads on straight."

With four home games left, there is plenty of opportunity left to get to a game and watch the Tigers play.

"It motivates me to see the crowd go wild and I play harder," Gosha said. "As long as we work together as a team and communicate, I believe we will go all the way this year."

Bradwell has always had a very rich tradition in football, and their focus is to maintain and continue what the previous coaches started here.

"One of the things I have recognized is programs that are successful will have a big fan base supporting the team every weekend and that is something we want to try and establish," Walsh said. "We are doing what we can to promote our team and to get people to come watch them play and support what they are doing."

The team is off to a great start with seven games remaining in the regular season.

"We are trying to let it be known across the state how good we are and how good we can be," Howard said.

Walsh said, "When the season is over, these guys will get to sit back and enjoy the accomplishments of the season."



Curtland Cleary, Tigers senior wide receiver, displays his quickness during sprint drills at practice.

NATIONALS

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Alston said the youth track club could not have made it so far without the help of parents, volunteers, staff support and especially Jerome Washington, the program's sports director. The track's booster club contributions were also significant. The group raised \$15,000 for the trip with revenues generated from car washes and dances.

Along with the track members, six volunteer coaches attended the Iowa event, two youth sports staff members, and several sets of proud parents.

"We've made it to the nationals before with about seven to ten competitors," said Alston. "This year was really special because we took so many competitors. We're very proud of them. They practiced hard and their efforts were reflected at track meets. They set their goals high, then they went out there and accomplished them."

For additional information about Youth Sports at Fort Stewart, contact Jerome Washington, Sports Director at 767 - 9885 or Evelyn Alston, Fitness/Nutrition Coordinator at 767-2815.

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.



Department of the Army
School Age Youth Services
Child & Youth Services
Fort Stewart, Georgia 31314-5141

WHAT

NFL Punt, Pass, and Kick (Local Competition)

WHEN

Oct. 3. Waiver and Release of Liability forms may be picked up at Corkan Youth Gym (Bldg. 449), Child Youth Services (Bldg. 443, corner of Gulick and Lindquist), and Bryan Village Youth Center (Bldg. 7338) Austin Rd. Forms may be turned in at Corkan Youth Gym or Bryan Village Youth Center.

Last-minute registrations will be taken 9 to 9:45 a.m. on the day of the competition. Child MUST have proper identification or copy of birth certificate.

WHERE

Youth Services Football Field on Green St. behind Youth Center.

WHO

Open to ALL children in the community, boys and girls, ages 8 to 15. Child must turn 8 and cannot be older than 15 as of Dec. 31.

ABOUT THE COMPETITION

Local competition will be held at the Fort Stewart Youth Services football field on Green St. at 10 a.m. on Saturday, Oct. 2. Age divisions will be 8 to 9, 10 to 11, 12 to 13, and 14 to 15, boys will compete against boys and girls will compete against girls. Each participant will receive one punt, one pass, and one place kick in their competition. Scores will be based on distance and accuracy. The top winner in each age group for both boys and girls will advance to the sectional competition to be held at Stewart, Oct. 23. The top five first-place winners in the boys' and girls' age groups among ALL sectional winners will advance to the Team Championship held in Atlanta at the Georgia Dome during the Falcons vs. Raiders game.

For additional information contact Jerome C. Washington, Youth Sports Director, Corkan Youth Gym at 767-9885/2143.