

SPORTS & FITNESS

B SECTION

On Post

Soccer/Track & Field

Sign-ups for Child and Youth Services Spring Soccer are now being accepted. Children between the ages of 4 and 14 can sign up starting today. Track & Field sign-ups have also begun for children who turn 6 by May 31 and will not turn 19 before Aug. 10. Coaches are also needed for both sports.

Registration is at Fort Stewart CYS, Bldg. 443, Monday through Friday 8 a.m. to 5 p.m. For more information, call 767-2312 or 767-2143.

Intramural volleyball

Sign-ups have started for the Fort Stewart and Hunter Army Airfield Intramural Volleyball League. Teams are allowed up to 12 players, including the coach, and units are allowed one team each.

Units that want to participate can sign up for the Stewart League. Call 767-8238 or 767-8326. Hunter units can call 352-6749.

Golf Course

Taylor's Creek Golf Course offers Senior Blitz on Thursdays with a 9 a.m. tee off.

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.

Marne tournaments

A 9-pin, no-tap tournament will be held the first Saturday of every month at Marne Lanes.

Sign up starts at 6:30 p.m. Bowling starts at 7 p.m. Cost is \$15 per person.

Cash prizes will be awarded. The tournament is sponsored by the Fort Stewart Women's Bowling Association.

For more information, call 767-4866.

Hunter Youth Sports

Sign-ups for T-Ball, ages 5 and 6; coach pitch, ages 7 and 8; and baseball, ages 9 - 14 are going on now. Children must be registered with Child and Youth Services to participate.

Sports fees are \$20 for the first child and \$18 for each additional child in the family. Uniforms are provided.

For additional information, call 352-5708 or 352-6075.

Tae Kwon Do lessons

Tae Kwon Do is available for children and adults.

Classes are held for beginners from 5 to 6 p.m., intermediate 6 to 7 p.m., and teen and adult 7 to 8 p.m., each Tuesday and Thursday at the Fort Stewart Youth Services Center, Bldg. 7338, Austin Road, Bryan Village next to the shoppette.

The cost is \$30 per month, \$30 for uniform and \$30 for testing fee; belts are included.

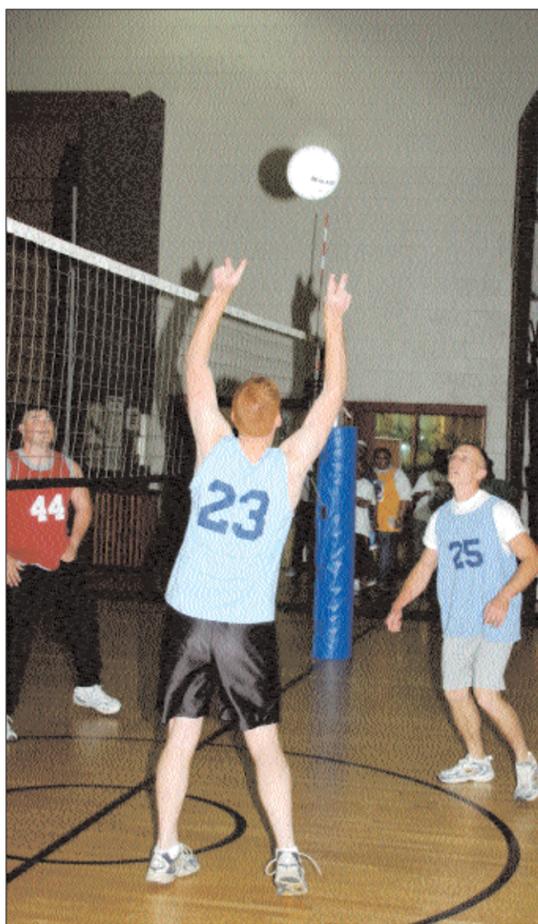
For more information, call Child and Youth Services at 767-2312.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-5979. Deadline is noon on Fridays.



Photos by Spc. Robert Adams

Thunderbolt player Matthew Stancil, No. 55, spikes a volley passed Viper defenders Monday at Newman Physical Fitness Center. The Vipers rallied from one game down to win two games to one in the first game of the intramural volleyball season.



Casey Schreiner No. 23 sets Land Gallagher No. 25 during intramural volleyball play.

Vipers defeat Thunderbolts 2-1 in intramural volleyball

Spc. Robert Adams

Staff writer

C Company, 703rd Main Support Battalion defeated Headquarters and Headquarters Battery, Division Artillery two games to one at Newman Physical Fitness Center Monday.

The Vipers overcame a one game deficit to defeat the Thunderbolts behind the serving tandem of Karie Say and Timothy Sprawling and won the best of three games match.

This intramural volleyball league match up kicked off the season which consists of seven teams.

The games are played to 21 points and these points are scored on every possession with six players on the court at one time.

Each team started out the game testing the strengths and weaknesses of both their team and their opponent. Both teams traded back points in the beginning, but the Thunderbolts found its groove first and pulled away behind Matthew Stancil's powerful spikes.

Marion Marshall sealed the victory with a smash hit at match point to give the Thunderbolts a 21-18 victory and a one game lead.

The Thunderbolts continued to play well at the beginning of game two. A Stancil spike

and a long string of Jennifer Sutberry serves extended the lead to 12-2.

After a change of possession, Viper Karie Say served six straight points that changed the momentum for the rest of the game.

The lead changed several times during the game, but the Vipers put the game away with three straight points to win the second game 21-17.

With one game to go, each team was tied at one game a piece. DIVARTY took the early lead for the third straight game, with an 8-4 advantage. But the Vipers weren't going down without a fight and worked the score to a 10-10 tie.

The Vipers then put the game away with strong serving and by taking advantage of Thunderbolt mistakes.

"It was an exciting game," said Cynthia Wade, Vipers. "We really communicated well in the second two games."

"I was very surprised of our skill level," said Timothy Sprawling, Vipers. "The whole purpose was to get Soldiers together away from work and to establish camaraderie," Sprawling said. "We are going to try and get one game in today to prepare for our next game Wednesday."

"We played really well for not practicing," said Kynnie Chan, Thunderbolts. "With some practice we look to win, she added."

Army prepares for busiest stretch of season

goARMYsports.com

WEST POINT, N.Y. — The Army women's tennis team journeyed to Easton, Pa., Wednesday, to take on Patriot League foe Lafayette at 3 p.m. The Black Knights can take another step toward back-to-back Patriot League regular-season titles when they face the Leopards at Sullivan Courts.

The match will kick off a spell of four matches in four days for the Black Knights. Army is also slated to host St. John's on Thursday at 3 p.m. before traveling to Lewisburg, Pa., on Saturday to take on Bucknell and Pittsburgh at 10 a.m. and 3 p.m., respectively.

Army (13-7, 2-0 Patriot League) has won 11 consecutive regular-season Patriot League matches dating back to the 2002 campaign. On the other end of the spectrum, Lafayette (5-6, 0-4 Patriot League) has dropped 14 straight regular-season conference tilts, dating back to 2001.

The Black Knights, who have won four of their last five contests, are 11-4 in dual matches since starting the spring season 2-4. Lafayette leads the all-time series with Army, 10-9. The Black Knights have won the last six meetings, including last year's 7-0 blanking at

West Point.

Freshman Ali del Moral set an Academy record for singles wins in a season last Friday. The Gold River, Calif., native captured a pair of matches at No. 2 singles to run her overall record to 31-7 on the year. Her 31 singles wins topped the mark of 29 that Melanie Bundoc had established during the 2000-01 campaign. Del Moral leads the team with a 19-3 record during the spring season.

Marissa Limsiacco has been playing exceptional tennis of late. The native of The Woodlands, Texas, has won five straight matches and is 19-14 at No. 1 singles this year. Limsiacco has already set the Academy record for career wins at the top spot (39) and she continues to move up several other all-time lists. The junior is currently in sixth place in career singles wins (60). Her 78 career doubles victories lists second behind Annie Collier (85).

Bundoc, a senior, is having a banner campaign as well. The Houston product is 14-7 in singles this season, having won five of her last seven matches. This year's team captain, Bundoc is moving her way up the Academy



Courtesy Photo

Marissa Limsiacco, Army women's tennis team, prepares for Lafayette in Patriot League play Wednesday.

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Long named Patriot League Freshman of the Week

goARMYsports.com

WEST POINT, N.Y. — After posting his finest stretch of the season, freshman right fielder Justin Long walked off with a pair of honors on Monday when he garnered Patriot League "Freshman of the Week" and Army Athletic Association "Athlete of the Week" laurels.

The Phoenix native batted .444 (8-18) with one home run and seven runs batted in during a 5-0 week for the Black Knights.

Long was at his best during pressure situations for Army, turning in clutch performances throughout the five-game stretch.

With the Black Knights trailing Lafayette 1-0 in the bottom of the ninth inning during the second game of Saturday's doubleheader, Long lined an 0-2 pitch into left field for a game-tying RBI single. He followed that clutch hit by driving home the game-winning run with another run-scoring single in his next plate appearance in the 11th inning.

Long found himself in the middle of another comeback victory for the Black Knights on Sunday, smacking a two-run double in the bottom of the sixth inning that delivered the tying and go-

ahead runs as Army fought back from a 6-1 deficit. Earlier in the week, Long smashed his first collegiate home run against New York Tech. The solo round-tripper proved to be the difference in a 4-3 Army victory.

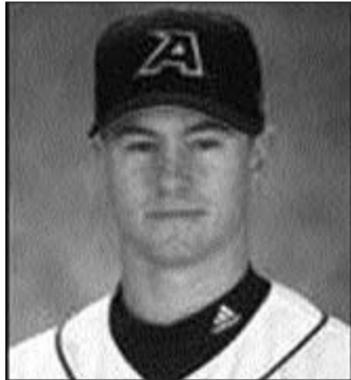
In all, Long batted .750 (6-8) with six runs batted in with runners in scoring position on the week. He also handled 14 chances flawlessly from his defensive position in right field.

Long raised his seasonal batting average 41 points during the week and more than doubled his RBI total for the year. He currently sports an overall mark of .284 with five

doubles, one home run and 12 runs batted in. He is batting .321 with runners in scoring position and sports a .429 batting average in Patriot League play.

With Long's conference citing, the Black Knights have now had at least one player honored with one of the Patriot League's three weekly awards during each of the season's four voting periods. It marks the first time Long has been recognized.

Riding the crest of an eight-game winning streak, Army (18-9) has already surpassed its overall victory total from a year ago and stands atop the Patriot League standings with a 7-1 conference mark.



Black Knights right fielder Justin Long is named the "Freshman of the Week" for contributing to the team's victory Monday.

TENNIS

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charts, as well. Her 67 career singles wins list fifth all time, while her 65 career doubles triumphs ranks third on the all-time ledger.

Army has been dominant in doubles play this spring, too. The tandem of Limsiaco and sophomore Megan Noble is a sparkling 10-2 at No. 1 doubles during the spring. Elsewhere, the pair of sophomore Amanda Paluch and junior Pam Chavez is a team-best 15-5 in doubles during the spring season, playing primarily at No. 3. Finally, the duo of Bundoc and del Moral is 5-2 this spring, playing exclusively at No. 2 doubles.

Army has dominated Bucknell over the years. The Black Knights knocked off the Bison, 4-0, in the Patriot League semifinals last year.

Combined
FEDERAL CAMPAIGN
Sept. 1 thru Nov. 1
"A contribution brings the hero out in you."
Contact your CFC representative to give 'til it helps!



Make a difference right at work
with Earth Share, bringing the leading
environmental groups together.
How? Please visit our web site at
www.earthshare.org.



One environment. One simple way to care for it.

Support the Soldiers Golf Tournament

Compiled by Pfc. Ricardo Branch

Staff Writer

The Command Sergeants Major/Sergeants Major Association will be sponsoring a Soldiers Golf Tournament beginning April 30 from 8 a.m. to 1 p.m. with four-man team competition selected by the tournament committee.

Prizes will be awarded for 1st, 2nd, 3rd and last place teams, with drawings for other prizes.

Grand prize for a hole in one on No. 13 will be a new vehicle.

Prizes are:

1st Place:

Closest to flag ball drops — \$10 per ball.

Accommodations for two

persons for two nights (including dinner and breakfast) at the Hyatt on Bay Street in Savannah, Ga.

2nd Place:

Closest to flag ball drops — two nights at Days Inn on Bay Street in Savannah, Ga.

Mulligans will also be for sale at the event

(two for \$5.00)

Registration includes lunch, beverages on course, and drawing for other prizes.

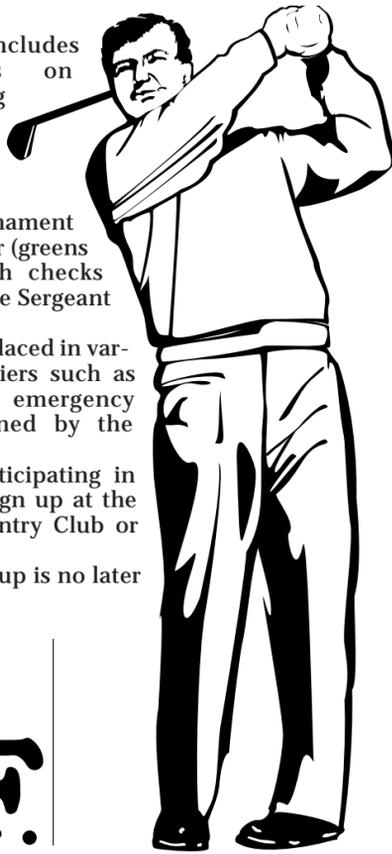
Lunch will be served from 11:30 a.m. to 1:30 p.m.

Cost for the tournament will be \$35 per player (greens fees and cart) with checks made payable to the Sergeant Major Association.

Proceeds will be placed in various funds for Soldiers such as scholarships, and emergency funds, as determined by the association.

Interested in participating in the tournament? Sign up at the Cherokee Rose Country Club or call 876-5503.

Deadline for sign up is no later than noon April 28.



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, hula-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.**

Army sweeps Lafayette second straight day

goARMYsports.com

WEST POINT, N.Y. — Sophomore right-hander Justin Kashner fired a four-hit shutout in the opener and Army rallied from a five-run deficit in the nightcap as the Black Knights ran their winning streak to eight games by completing a four game weekend sweep of Lafayette on Sunday at Doubleday Field, winning by the scores of 1-0 and 13-7.

Kashner was spectacular in the first contest, allowing just two base runners into scoring position all game. He struck out two and did not walk a batter.

Lafayette starter Tom Soldan, who pitched a no-hitter against Holy Cross in his previous start last Sunday, was sharp as well. He kept Army off the scoreboard until the bottom of the sixth inning and allowed just four hits. The Black Knights scored the only run of the game in the sixth when Wes Bumgardner led off with a bunt single and advanced to second on a ground-out by Milan Dinga. Following a walk by Schuyler Williamson, Bumgardner was safe at third on the front end of a double-steal, then scored on the play when Lafayette catcher Matt Skellen's errant throw trickled into left field. Kashner made the run stand up, retiring the Leopards in order in the top of the seventh inning. In all, he set down 11 of Lafayette's final 12 batters and did not allow a runner into scoring position after yielding a leadoff double to Jason Boyd in the fourth.

"The first game was well-pitched on both ends," said Army head coach Joe Sottolano. "Justin Kashner showed a lot of poise keeping the game scoreless until we finally broke through. Wes Bumgardner did a great job of getting us started in the sixth inning. We executed well by moving him over to second base, and we caught a break on the throwing error. I was impressed with the way we closed it out in the seventh. It's something that we seem to be taking a lot of pride in."

It appeared Lafayette (9-15 overall, 3-5 Patriot) might salvage the final game of the series, jumping out to leads of 5-0 and 6-1 in the nightcap, but Army (18-9, 7-1 Patriot) stormed



Courtesy photo

Sophomore right-hander Justin Kashner pitched a four-hit shutout in the opener of a doubleheader against Lafayette Sunday.

back with four runs in each of its final three plate appearances. The game was called due to darkness with two outs in the bottom of the seventh with the Black Knights batting and four runs already in.

The Leopards raced out to an early 4-0 after two innings of the second game, scoring on a single by Adam Bucci in the first inning and a three-run home run by James Conrad in the second. A solo homer by Adam Rosenberg in the third inning provided Lafayette with a 5-0 advantage.

Army scored its first run off starter Paul Fischetti in the third when Bumgardner singled and later scored on a wild pitch, but the Leopards answered with a leadoff home run by Skellen in the fourth.

Trailing 5-1 entering the bottom of the fifth, Army rallied for four runs against a tiring Fischetti. Walks by Dinga and Walker Gorham helped jump-start the Black Knights' offense. Stone followed with a run-scoring single to center field and a clutch two-

run single to center by Nolan Cork drew Army within 6-5.

Lafayette scored a run off reliever Logan Brannon in the top of the sixth when Eric Vacca singled, advanced to second on a sacrifice bunt by Skellan and scored on a line-drive single to right by Jeff Rodgers.

But Williamson's leadoff triple to the gap in right-center field off reliever Matt Revelle (1-2) ignited Army's four-run uprising in the sixth. A one-out RBI single to right by Stone carried the Black Knights to within 7-6 before Justin Long's booming double to the gap in right-center field, delivered the tying and go-ahead runs. Kyle Scogin greeted Leopard reliever Matt Kamine with a sharp double down the left field line to plate Long for a 9-7 Army lead.

The Black Knights tacked on four more insurance runs in the bottom of the seventh inning on a two-run home run by Stone, an RBI single by Long and a run-scoring double by Scogin before the game was halted.

Long was the hero of Army's comeback win during the second game of Saturday's doubleheader. He drove home the tying run with two outs in the bottom of the ninth inning and delivered the game-winner with another clutch base hit in the 11th, that finished Sunday's second contest with four hits and four runs batted in to lead the Black Knights' offense. Stone went 3-for-5 with four runs batted in, while Scogin finished 3-for-5 with two RBI.

Freshman left-hander Brad Johnson earned the victory in relief for the Black Knights, firing 1.2 innings of shutout relief to level his record at 2-2.

"It was a great ball game to watch and be a part of," Sottolano said. "Despite falling behind early, it was obvious that our players were not going to be denied the win. They kept battling and chipping away at the deficit, then added to the lead once we moved ahead. Justin Long had a real big weekend for us. He came up with several clutch hits. I thought both of our team captains — Wes Bumgardner and Schuyler Williamson — did an excellent job of keeping our team focused throughout all four games."