

# 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. Track and 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.

### Free Golf Tickets

Active duty military personnel and their families will receive free tickets to the 2004 Liberty Mutual Legends of Golf tournament, which will be held at the Westin Savannah Harbor Golf Resort and Spa, through Sunday.

Show military identification at the main admission gate to receive a free ticket to the tournament for that day.

### 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 Tee Ball, ages 5 and 6; coach pitch, ages 7 and 8; and baseball, ages 9 to 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.



Pfc. Emily J. Danial

Raylan Heck, C Co., 2/7 Inf. (top) and Jonathan Godwin, 1/41 F.A., fight it out during the combatives portion of 1st Unit of Action's Raider Rally Friday at Caro Physical Fitness Center. Other sports included were golf, softball and flag football.

## 1st UA battles for championships

Pfc. Emily J. Danial

Staff Writer

1st Unit of Action "Raiders" held Raider Rally from April 13 through Saturday, which included various ceremonies, sports, picnics and other recreational activities.

The sports competitions included softball, flag football, golf and combatives. Units within the UA battled for the titles.

"It's a good morale booster," said Kerik D. Foster, Headquarters and Headquarters Company, 2nd Battalion, 7th Infantry Regiment. "Everybody wants the championship, and it's good to give them a little bit of time off."

"We're all competitive and we're all winners," added Daniel Keith Plummer, HHC, 2/7 Inf., the quarterback of his unit's flag football team. "We all want to win ... the general attitude and

morale have been really good."

The Soldiers gathered at different playing fields on Fort Stewart throughout the week to fight for the win in each sport.

In softball, B Co., 3/7 Inf. won the tournament, edging out HHC, 2/7 Inf.

HHC, 2/7 Inf. took the flag football championship, easing their softball loss.

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Photo by Sgt. Mason T. Lowery

Five-year-old Brandon Baker takes his first official baseball swing Monday during the Hunter Army Airfield Tee Ball season.

## Hunter youth swing into action

Sgt. Mason T. Lowery

Staff Writer, Hunter Public Affairs Office

Pint-sized athletes donned their cleats, baseball gloves and uniforms Monday afternoon in the opening games of Hunter Army Airfield's Tee Ball and Coach Pitch baseball seasons.

They ran the wrong way around the bases a few times, played in the dirt while waiting for hits, chewed gum and candy instead of tobacco, and played just for the fun of the game.

According to Geno Smalls, Hunter youth sports director, the two leagues were designed to prepare young baseball players for Little League Baseball using the crawl, walk, run technique.

The Tee Ball league is the "crawl" stage for 5- and 6-year-old children. Instead of a pitcher, they get their hits off a stand — the "Tee." They learn the basics of the game at this level — baseball ethics, catching, and running the bases, Smalls explained.

"This is a good league. It gets them used to the ball coming at them. ... We stress the fundamentals, but keep it fun," he said.

The Coach Pitch league is the "walk" stage for 7- and 8-year-old children. The children are more familiar with the game, and they hit pitches from their coaches instead of the "Tee." Even though they don't pitch, one of them stands near the mound to get used to the pitching position, according to Smalls.

Once they've played in the two leagues,

they'll be ready to "run" in the Little League, Smalls said.

The children learn more than just how to play baseball, according to Spc. Anthony Rausch, Hunter legal center clerk. He said he and his wife got their son involved in baseball so he could learn teamwork and enjoy healthy, athletic activities.

More than 15 percent of children ages 6 to 11 are obese, according to the American Obesity Association. Rausch and his wife wanted to instill healthy habits in 5-year-old Brandon at an early age to avoid this.

"It gets him outside enjoying fresh air and exercise, and away from video games," Rausch said.

Rausch and his wife also got their son involved in baseball and other activities so they could meet new people. "When we first got here we didn't know many people. Now that we know the military offers so many things, we meet new people at activities like baseball."

He said the couple prefers to get Brandon involved in military programs so he can meet children with things in common, like deployed parents and frequent moves. He and his wife prefer to meet other military parents for the same reasons.

Character is a big part of Smalls' youth baseball program. He and the coaches teach six pillars of character during the season. The six pillars are trustworthiness, fairness, responsibility, caring, citizenship and friendliness. The children may think they're just playing baseball, but they're learning a lot more.

## Advocates deliver sentence to Daggers in volleyball

Spc. Jimmy D. Lane, Jr.

Staff Writer

The heat was on as The 103rd Military Intelligence Battalion Daggers faced off against the Advocates from the Staff Judge Advocate office in a best two out of three intramural volleyball game.

Daggers served first and were up on a 2-0 lead when Advocates number 11 Kenny Bir knocked the ball into a void in the Daggers' space to gain the serve for the Advocates.

Both teams went neck and

neck for the remainder of the first game. Bir knocked the ball out of bounds to surrender a game point serve to the Daggers. Number 3 Mary Gillespie served the ball to Advocates number 13 Shannon Boyer who delivered a powerful blow to Daggers number 13 Lastephanie Frazier. Frazier crumbled under the pressure and couldn't make the save, giving up the game point serve to the Advocates.

Advocates served the ball into what became a battling volley for control that ended when Bir

knocked the ball into an open space between a scrambling gaggle of Daggers players.

The Daggers regrouped for game two and held up their score until the middle of the game when they pushed far ahead of the Advocates. Bir and Daggers number 5 Alan Sterling, the two tallest players on the court, battled it out over the net trying to land a spike into each other's territory. The rest of the players from both teams held up support for their two players by keeping good control of the ball until the Daggers pushed ahead to gain game point over the Advocates 20-16.

Gillespie drove the game point serve deep into the Advocates side of the court. The Advocates returned volley but couldn't keep up under the pressure of the Daggers determination. Sterling delivered one final spike to Advocates number 25 Rafael Ortiz. Ortiz failed to hit the ball to give the daggers the winning point 21-16, tying the competition.

A confident Daggers team went into game three ready to win. The Advocates put up a

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Photos by Plc. Emily J. Dania

Staff Sgt. Keric D. Foster, HHC 2/7 Inf., runs the ball down the field as his A Co., 11th Eng. opponents follow in hot pursuit during a Raider Rally flag football game April 15 at a DISCOM playing field.

## RAIDERS

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In golf, HHB, 1/3 Air Defense Artillery Regiment took first place, second place went to C Co., 3rd Forward Support Battalion, and third place to HHC, 1st UA.

There were four Soldiers who came out on top in combatives, one in each weight category:

In the 150-lb. and below category, Justin Baynes, A Co. 2/7 Inf. won.

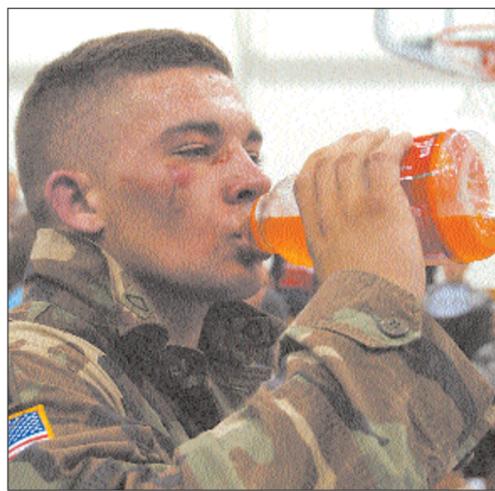
The 150 to 170-lb. category winner was Daniel J. Martin, HHC, 1st Bde.

Paul A. Kutz, C Co., 3/7 Inf., clinched the title for the 190-lb. and above category.

During each game or match, the stands and bleachers were full of family members and fellow Soldiers loudly cheering on their respective units.

The combatives contest was not an exception, but the competitors seemed as though they were oblivious to everyone but each other during the fights.

"This is a great workout; it's very physically demanding as far as mus-



Stephen Kilgore, A Co., 11th Eng., takes a break after his fight during the combatives portion of 1st UA's Raider Rally Friday at Caro Physical Fitness Center.

cular and (cardiovascular) go," said Jonathan Godwin, 1st Bn., 41st Field Artillery Regiment. "I'm trying to condition myself for Ranger School, should I have the opportunity to go."

Godwin added that the competition gave him a chance to spend more time with his Soldiers.

"We can all just hang out, without having to worry about rank," he said. "It gives everyone a chance to show what they can do."

Billy Harris, HHC, 1st UA, was in charge of the combatives competition, and said the contest served as more than just fun and games.

"It gets them ready for battle," he said. "It gives them the knowledge that they can defend themselves without weapons if they need to, and they can be comfortable with it."

"It also builds up morale throughout the units, and after all, who doesn't like to roll around on the ground?"

Harris added, "This competition gives units the chance to say, 'Hey, we trained the hardest, and we're the best.'"

## ADVOCATES

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win. The Advocates put up a good fight until William Caputo and Christopher Compton both failed to return volley giving the Daggers the chance to pull ahead. The Daggers continued to pull ahead until Ortiz spiked the ball down upon Gillespie who knocked it backward out of bounds.

Bir began the serve behind the Daggers three points at 7-4. The Advocates continued to gain points until Robert Mayo went under the net on a return volley to lose

the serve.

The Daggers pushed the score to 13-7 but lost the ball when Gillespie missed a shot, giving the serve to the Advocates.

The Advocates dominated the court and scored point after point, raising the score to 20-13. On the game point serve, Dagger Pam Green knocked the ball into the ceiling and out of bounds for an Advocates 21-13 win.

"It was a pretty even game," said Green. "Both teams played well, they just came out on top."



Photo by Spc. Jimmy D. Lane, Jr.

Alan Sterling, 103rd MI Daggers, delivers a punishing spike upon SJA Advocate's Richard Reilly in an intramural volleyball game Wednesday.

# 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 Gutts 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

Team	Standings		
	Won	Lost	Pct
MEDDAC	7	2	.778
C Co., 703rd MSB	7	4	.636
103rd MI	6	8	.428
HHB, DIVARTY	2	7	.222
HHC, 2/7 Inf.	0	3	.000
A Co., 3/15 Inf.	0	0	.000
92nd Eng. Bn.	3	3	.500
SJA	2	1	.666
1/39 FA	2	1	.666

### Fort Stewart

### April 14

SJA 22-10, 21-13, 103rd MI 21-16  
1/39 FA 23-21, 21-16, 92nd Eng. 21-13

### April 19

C Co., 103rd MSB 21-0, 21-0, 21-0 HHC, 2/7 inf., Forfeit  
92nd Eng. 23-21, 21-17, 103rd MI 21-19

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



Practice Safe  
Biking...  
*Always Wear*  
*a*  
*Helmet!*