

SPORTS & FITNESS

B SECTION

On Post

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.

Sports USA Events
Battle of the DJs, Saturday at 9 p.m., \$3 cover charge. Help choose a new Sports USA DJ.

Weekley events — Mon., Monday Night Football, 4 p.m., Thurs., Thirsty Thursdays drink specials, 4 p.m. to 12 a.m. Fri., Top 40/R&B DJ, 9 p.m. to 3 a.m. Saturday College football/NASCAR, open to 4 a.m. Sunday, Sunday Ticket Football, NASCAR.

Club Stewart
'Get Organized' seminar by Deniece Schofield, America's leading home management expert. Tickets are available for no charge at the MWR Leisure Activities Center. The first session is today, 7 p.m. to 9 p.m. The second session is Friday, 9:30 to 11:30 a.m. Both sessions will be held in the Palmetto room.

Top of the Rock Run
A 5 and 10k run is scheduled to take place Oct. 2. The run begins at 8 a.m. at the end of West 6th St., adjacent to Newman Fitness Center. For details and registration form go to www.stewartmwr.com/2004rockrun.pdf.

Punt, Pass and Kick Competition
Competition will be held at the Stewart Youth Services football field on Green St. at 10 a.m., Oct. 2.

Open to all children in the community ages 8 to 15. Waiver and release forms can be picked up at Corkan gym, Child Youth

Off Post

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 Saturday 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.

Punches fly, bodies fall

Spc. Robert Adams

Staff Writer

Eight fights, highlighted by an exhibition fight in which "Iceberg" Michael Simmons defeated Fernando "Bobo" Santana, were held Friday at Sports USA.

Simmons, who currently holds a regional Amateur Boxing Federation title belt, used a quick jab followed by a strong lunging hook to knock down a backpedaling Santana in the second round, which led to his victory.

"Tonight I just wanted to get in the ring, put on a show and raise some money for the team," Simmons said.

The night began with all the boxers and coaches getting in the ring and introducing themselves to the audience. Most of the boxers are Soldiers and are boxing for their first time.

"These guys here are ready tonight; they are ready to rumble and put on a good show," said Coach Jimmy Williams.

After the introduction, the first two boxers prepared to battle in the ring. This 125-pound match up was between Melissa "Little" Crook and Frieda Curiosity" Riley, the only female fight of the night.

Both Crook and Riley started the fight working on what they had learned in training, and both landed punches. Riley, with the height and reach advantage began wearing down Crook, and knocked her down in each of the three, one minute 30 second rounds. Riley won the fight after it was stopped in the third round, but in the end both competitors hugged.

The second fight was between Anotnio "Tiger" Rodriguez and Nicholas "Littleman" Ramirez, who were fighting in the 145-pound weight class. Both came out hard throwing punches, with neither fighter giving way in the first two rounds. In the third round though Ramirez began to tire and Rodriguez took advantage. Rodriguez landed a flurry of punches before knocking Ramirez to the canvas and ending the fight.

Next Gabriel Gutierrez defeated Deon "T-man" Carson in the third

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Spc. Robert Adams

"Iceberg" Michael Simmons (right) and Fernando "Bobo" Santana punch each other during an exhibition fight Friday at Sports USA. Simmons, who currently holds a regional amateur boxing federation title belt, won the fight on a decision after their three-round battle.

The ring is his passion

Spc. Robert Adams

Staff Writer

The fighter is calm up until his name is called to fight. His adrenaline flows now as he reminds himself of the training and hard work that got him to this point. He enters the ring and sees his opponent in the opposite corner. 'DING,' the battle begins.

Michael Simmons has been boxing since he was 14 years old ever since his grandfather first brought him to the gym.

"When I got in the ring the first time, I got punched around a lot," Simmons said. "It was a tough love, but I liked it."

He qualified for his first fight at the Golden Gloves in Indianapolis. For the next three years he won the Golden Gloves

championship. Simmons then went on to fight and win the regional Amateur Boxing Federation title going undefeated in the tournament and defended it twice.

"You are only as good as your competition, so I branched out and fought in different states," Simmons said.

His next venture involved him joining the Army and fighting for the All-Army boxing team. Due to administrative problems he wasn't able to go to Fort Carson, Co. to join the team. Instead Simmons will be taking his fight to Iraq to help out with Operation Iraqi Freedom 3. Afterwards he plans to resubmit his paperwork and make the All-Army team.

"Simmons is going to stay in the amateur ranks for a while but

I wish I could already turn him pro," said Jimmy Williams, Simmons' current trainer.

Before the Army, Simmons fought around 20 fights, and since joining has only been able to fight twice.

It is hard to get fights organized here, but I am hoping to get a few more in before the deployment, Simmons said.

Before a fight, Simmons performs many types of training.

"Simple routines like punching a bag, jumping rope, and doing push-ups and sit-ups are all important," he said. "I also work my footwork and my jab in preparation for a fight."

Not only does Simmons love to box, but he also loves to watch

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Spc. Robert Adams

Michael Simmons eyes his opponent at Sports USA Friday. Simmons has been boxing since he was 14.

Jake Battle

DMWR Fitness Director

Some of the top lifters in the area gathered in Sept. 18 at the Hunter Army Airfield Fitness Center to compete in the 2004 "BIG BENCH" Bench Press Competition.

This was one of the first weightlifting meets conducted at the Hunter facility and had an enthusiastic crowd of over 100 spectators, and chances are it won't be

the last time. The competition was very fierce especially in the 110 kilograms. (220 pounds.) weight class, as the first and second place finishers had to be determined by body-weight.

Eric Gardner (1st place winner) and Brian Bower (2nd place winner) both from the Fort Stewart/Hinesville area each finished with a bench press of 370 pounds. Eric Gardner the lighter of the two received the first place

award.

Armando Cruz, (affectionately known as, "Mighty Mouse") who weighed in at 157 pounds., continued to impress the audience by dominating the 75 kilograms. (165 pounds.) weight category with a bench of 355 pounds.

"Pound-for-pound Armando is one of the strongest lifters for his size I've seen," said Anthony Judson, an official at the meet.

The audience also got to witness

the emergence of possibly one of the strongest females in the Savannah area. Jennifer Smith at a mere 112 pounds displayed her lifting prowess by receiving a personal best of 155 pounds in the bench press as she easily dominated the female category.

Finally, Maurice Washington (aka, Big Dogg) of Hunter, became the first inductee into the "500" Club by pressing 500 pounds. and winning the "BIG BENCH" overall competi-

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fight with a combination of powerful uppercuts and hooks.

The following fight was highlighted by the knockout of the night. Mateo "Tex Mex" Perez was in control of his fight with Bryant "Six-Star General" Melby throughout the match up. The knockout came in the third round after Perez landed a right jab to the stomach followed by a left hook to the face which sent Melby into the ropes. As Melby bounced back off the ropes, Perez rocked him with another left hook, which sent Melby to the mat for good.

"It still caught me by surprise that he fell like that," said Richard Holmes. "If you missed it, watching it on tape wouldn't even do it justice."

The rest of the fights included Travis Woods defeating Allen Norwood in the 150-pound division, Malo Farzley beating Robert Turner in the 175-pound division, and Robert "Killer" Height defeating Douglas "Badman" Fessenden in the heavy-weight division.

"I would like to see more events like this on post," Holmes said. "It seems we



Spc. Robert Adams

Anotonio "Tiger" Rodriguez (right) and Nicholas "Littleman" Ramirez both deliver a punch to the head during their three-round fight at the live boxing event held at Sports USA Friday. Rodriguez won the fight by knock out in the thrid round.

have a lot of people interested in it."

Most of the boxers fighting have been training with coach Williams five days a week for three hours.

"The coach is really enthusiastic and has a lot of energy," Crook said.

Crook, one of the female boxers was fighting for the first time.

"The training gives me confidence and it is good

physical fitness," Crook said. "This sport is dominated by males, so females need to get out there and show that whatever males can do females can do as well."

Coach William's boxing program is getting bigger by the day and he is looking to expand it and form a Fort Stewart team.

"These guys are really dedicated," Williams said. "The program is open to

male and females, and I am going to share my wealth, my ability and my knowledge to all the fighters that want to learn."

"I think boxing is a good thing for Fort Stewart to have," Simmons said. "I am glad we got the opportunity to show the post what we have been doing and training, and I hope we get more people to come out so we can have a stronger boxing team."

SIMMONS

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other boxing greats perform in the ring.

"I look at professional fighters and base my own style based off everything I learn and everything I see them do," he said. "Like Shane Mosley and the way he throws his jabs and hooks, or Roy Jones Jr.'s speed."

"What I try to do is get in the ring and go through the motions like I've learned," he added.

Simmons also has his own preparation the night of the fight.

"I just try to chill out before a fight," he said. "I don't think about it until two fights before getting into the ring, so I go in with a relaxed state of mind."

Currently Coach Williams is having him spar against bigger boxers in the heavy-

weight, middleweight, and light middleweight divisions.

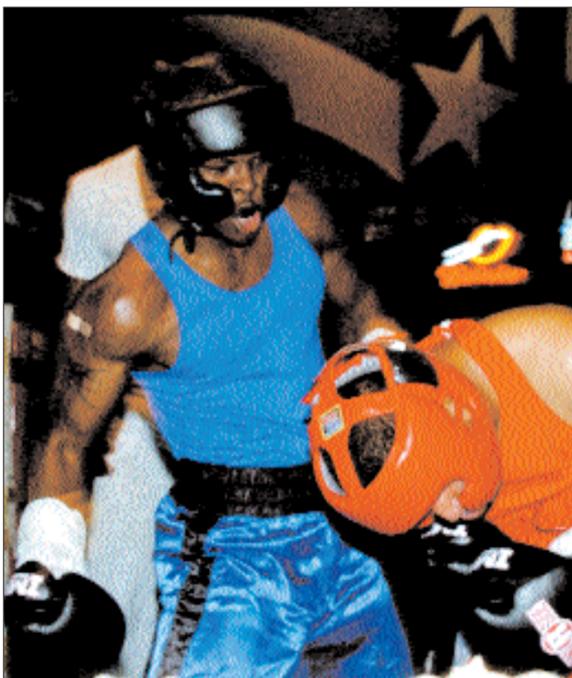
"I have trained him; he is a good fighter and a quick learner," Williams said. "I feel he is ready for the toughest fighters in the 147-pound Welterweight division."

Simmons plans to stay in the boxing ring for many years to come.

"My long-term goal is to turn pro and fight 10 to 12 years," Simmons said. "If I'm the champ I'm the champ, but if I'm not then I know I had a good run."

But at the moment, he is focusing on training one day at a time.

"I have a passion to fight, and it is for the blood, sweat and tears," Simmons said. "I will get in the ring and fight anybody, anytime and anywhere."



Spc. Robert Adams

Simmons (left) prepares to deliver a powerful punch to Fernando Santana. Simmons, won the fight by decision after their three-round battle.

Marne Scoreboard



Football

2004 Fort Stewart Intramural Flag Football

Sept. 20 632 Maint. (26) B Trp., 5/7 Cav. (6)
C Co., 3/7 Inf. (18) A Co., 4/64 Armor (31)
B Co., 4/64 Armor (21) HHOC, STB (13)
FSC, 4/64 Armor (13) F Co., 1/41 FA (24)
Det. 1, 3rd Sig. (Forfeit) B Co., 3/7 Inf. Det. (Forfeit)

Sept. 21 HHS, 1/39 FA (27) A Co., 1/133 MP (12)
C Co., 3/7 Inf. (Forfeit) B Co., 4/64 Armor (7)
C Co., 5/7 Cav. (25) B Co., 3/7 Inf. (14)
F Co., 1/41 FA (7) HHC, DSB (Forfeit)
226 QM (12) FSC, 4/64 Armor (13)
HHOC, STB (18) C Co., 3/7 Inf. (14)

Sept. 22 B Co., 4/64 Armor (24) 632 Maint. (25)
B Trp., 5/7 Cav. (7) HHS, 1/39 FA (13)
A Co., 4/64 Armor (7) B Trp., 5/7 Cav. (0)
Det. 1, 3rd Sig. (30) A Co., 1/133 MP (19)
C Co., 5/7 Cav. (12) 226 QM (28)
B Co., 92 Eng. (7) 92 Chem. (Forfeit)

Standings

Marne Conference

Team	Won	Lost	Pct
E Co., 26th FSB	2	1	0.750
15 ASOS	3	0	1.000
HHOC, STB	4	2	0.666
A Co., 4/64 Armor	2	1	0.666
A Co., 1/133 MP Co.	1	4	0.200
B Co., 4/64 Armor	2	2	0.500
C Co., 3/7 Inf.	0	5	0.000
HHS, 1/39 FA	4	0	1.000
632 Maint. Co.	3	1	0.750
B Trp., 5/7 Cav.	0	3	0.000
Det. 3, 3rd Sig. Co.	3	3	0.500
C Co., 1/64 Armor	1	2	0.333

Southern Conference

Team	Won	Lost	Pct
B Co., 1/41 FA	5	0	1.000
D Co., 1/64 Amor	3	2	0.600
HHS, 1/41 FA	3	2	0.600
C Co., 5/7 Cav.	1	3	0.250
FSC 4/64 Armor	1	1	0.500
B Co., 3/7 Inf.	0	3	0.000
C Co., 3/69 Armor	0	0	0.000
226 QM Co.	6	1	0.857
HHC, DSB	1	3	0.250
F Co., 1/41 FA	3	0	1.000
A Co., USAG	2	4	0.333
Det. 1, 3rd Sig.	0	6	0.000

Liberty Conference

Team	Won	Lost	Pct
3rd SSB	0	0	0.000
B Co., 26 FSB	0	0	0.000
B Co., 92 Eng.	2	0	1.000
HHT, 5/7 Cav.	0	1	0.000
A Co., 1/9 FA	0	0	0.000
92nd Chem. Co.	0	1	0.000
HHC, 1/64 Armor	0	0	0.000
HHC, 4/3 BTB	0	0	0.000

Got Scores?

Contact the Frontline at
767-3440.



Practice Safe
Biking...

Always Wear
a
Helmet!