

West Point



FALL 2013

In This Issue:
Physical Education

A Publication of the West Point
Association of Graduates

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Come Back Home to West Point

As graduates and former leaders of the U.S. Military Academy at West Point, we intimately understand the need to bring more visitors to West Point. Increasing tourism to West Point is in the best interests of the U.S. Military Academy, the U.S. Army and the nation.

Reaching out to the public and gaining exposure to our Alma Mater will help increase applications from the best and the brightest, and help bring potential financial contributors to West Point to help maintain our margin of excellence in academics, physical training and the moral development of tomorrow's leaders of character.

Making a meaningful impact on guests begins with their stay at The Historic Thayer Hotel at West Point. To achieve this, the Hotel has recently undergone a multi-million dollar renovation including the addition of 23 new executive suites and is showcasing some of our most inspirational graduates through a room dedication program in which each guest room is named after a graduate. Learn more about the room dedication program at rdp.thethayerhotel.com

Yet, most important is the founding of the **Thayer Leader Development Group at West Point (TLDG)**. TLDG has hosted corporate conferences and leadership training for hundreds of companies at The Historic Thayer Hotel at West Point. Most executives attending these programs have never had any military experience or

exposure to West Point. These executives are walking away from their experience at TLDG with a new found love and respect for the Armed Forces of the United States and the great work being done here at West Point. Many senior management teams in the Fortune 500 have now visited West Point to either host their own corporate conference at The Hotel or to attend leadership training at TLDG. The average rating from C-Suite executives from these great corporations is 9.5 out of 10 in terms of content, faculty, facilities and overall atmosphere of the program.

We encourage all graduates to bring your friends, family and business teams to West Point for either corporate conferences or tourism...

We are confident that TLDG will add value to your team and will also significantly contribute to enhancing West Point's image throughout this great country. Contact Rick Minicozzi, '86, Managing General Partner, rick.minicozzi@thayerleaderdevelopment.com or Bill Murdy, '64, Chairman of the Board, wfmurdy@thayerleaderdevelopment.com to

discuss how TLDG can tailor a program that suits your organization's needs.

The seven of us encourage all graduates to bring your friends, family and business teams to West Point for either corporate conferences or tourism, to ensure that USMA's reputation continues to be lauded throughout the United States. These are the ideas and the results that we, as former leaders of West Point, envisioned when The Historic Thayer Hotel was privatized.

GO ARMY!

RESPECTFULLY,

LTG (ret) Dan Christman

Former Superintendent of West Point



USMA '65

LTG (ret) Buster Hagenbeck

Former Superintendent of West Point



USMA '71

LTG (ret) Bill Lennox

Former Superintendent of West Point



USMA '71

LTG (ret) John Moellering

Former Commandant of Cadets at West Point



USMA '59

BG (ret) Fletcher Lamkin

Former Dean of Academic Board at West Point



USMA '64

Mr. Tom Dyer

Former Chairman of the Board, Association of Graduates



USMA '67

Mr. Jack Hammack

Former Chairman of the Board, Association of Graduates



USMA '49

West Point

VOLUME 3, ISSUE 4 • FALL 2013

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The mission of *West Point* magazine is to tell the West Point story and strengthen the grip of the Long Gray Line.
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POSTMASTER

West Point is published quarterly in Winter, Spring, Summer, and Fall by the West Point Association of Graduates, 698 Mills Road, West Point, NY 10996-1607.

West Point is printed by Dartmouth Printing Company.

SUBSCRIPTIONS

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Subscriptions may be ordered for \$35 (domestic mail) online at WestPointAOG.org; by calling 800.BE.A.GRAD; or by sending a check to WPAOG, West Point magazine, 698 Mills Road, West Point, NY 10996-1607. (International shipping incurs additional fees; please inquire.)

LETTERS

Dear Fellow Graduates and Friends:

This edition of *West Point* magazine includes a “wrap” that provides information about how you can support the programs and services of your West Point Association of Graduates (WPAOG) through the Long Gray Line Fund. Unlike almost every other alumni organization in America, including our sister service academies, WPAOG has no membership dues and receives no financial support from the school we support, the U.S. Military Academy. In essence, your class ring is your “membership card,” but resources are still required to keep the organization vibrant and relevant for all.

Contributions to the Long Gray Line Fund enable us to “Grip Hands” across generations of West Pointers by providing the resources to support more than 50,000 living graduates, over 130 Societies around the world, and the 50-Year Affiliation and Ring Memorial programs (to name just two), as well as to maintain the historical archive of every West Point graduate in our Cullum Files and operate the Herbert Alumni Center at West Point. Help us ensure WPAOG can continue to provide services like these, and more, for graduates in the future by giving to the Long Gray Line Fund this year.

Another example of how we use resources from the Long Gray Line Fund is by annually sponsoring the Thayer and Distinguished Graduate Awards, which highlight the contributions of significant Americans whose life work has been in keeping with the Academy’s motto of Duty, Honor, Country. The selection committees meet in January, and deliberations are as serious and tough as I’ve seen anywhere. Still, I encourage all graduates to make the selections even more difficult and nominate deserving candidates by November 1. Feel free to call or write me if you have any questions about our awards programs.

This past July your WPAOG helped welcome a new Superintendent, LTG Bob Caslen '75, to the Academy, and we look forward to his leadership of our alma mater. He and I are former Army football teammates, but it’s only rumor that we plan to don shoulder pads again this fall! LTG Caslen’s initial letter to graduates can be found on page 4 of this issue.

The day after LTG Caslen’s arrival the staff and I bid a tearful farewell to an extraordinary colleague, Academy Professor, Soldier, and Long Gray Line member, our Senior Vice President and Chief Operating Officer COL John Calabro '68. On behalf of the Long Gray Line, I thank you, John, for your contributions to WPAOG, West Point, and our Nation. Extremely Well Done, Be Thou at Peace.

“Tho’ it be from the shadows,” John continues to “Grips Hands” with the Long Gray Line of today, as his family asked that donations be made to the Long Gray Line Fund in his memory.

West Point, for Thee!



Bob McClure '76
President & CEO
West Point AOG



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NEW ONLINE

To access web pages and videos, scan the codes at right with your phone's camera using a QR code reader app.



Follow 2nd Platoon, Bravo Company during Cadet Leader Development Training. Scan this code for blog posts and more photos.



How have you maintained physical fitness in your post-cadet life? Scan this code to join the conversation on Facebook!



Scan this code to see photos and video of this year's Sandhurst Competition.

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From Your West Point
Association of Graduates

Send your thoughts about *West Point* magazine to editor@wpaog.org or @WPAOG on Twitter. View the online version of this magazine at WestPointAOG.org/wpmag

A Letter from the Superintendent

On July 17, 2013, Lieutenant General Robert L. Caslen Jr. '75 became the 59th Superintendent of the United States Military Academy.

Words cannot describe how excited we are to be back at West Point and there is no better way to get back into the swing of things than with the fall athletics season.



Whether intercollegiate, club sports, or intramurals, General MacArthur said it best, "Upon the fields of friendly strife are sown the seeds that upon other fields on other days will bear the fruits of victory." As all of you have experienced, fitness and athletics play an important role in developing the critical skills necessary

to build disciplined small-unit teams with the mental toughness to lead through adversity.

Our graduates have performed admirably over the last 12 years in some very austere and complex environments. Having seen them first hand, you could not be more proud of their tenacity, mental and physical toughness, resilience, and intellectual understanding of this very complex security environment. They are agile and adaptable, and they are not only proficient at understanding diverse cultures but also in building relationships with joint, interagency, indigenous forces and in building close-knit disciplined teams. One of the challenges we're looking at here at West Point is to ensure we have the right academic, military, athletic, and character leader development models that prepare our graduates to not only survive, but to thrive in tomorrow's complex security environments and within an Army in transition.

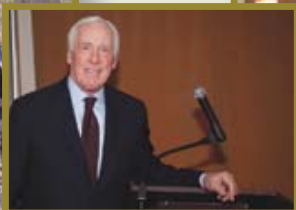
All our programs highlight the importance of achieving success. In the classroom or on the field beating Navy, critical to our mission is to teach our cadets the significance of winning and living honorably. When America decides to put Soldiers on the ground to accomplish our national interests, they do not expect us to do a good job or to do our best. They expect us to accomplish the mission and win. And to win honorably, which means within the character and values of Duty, Honor, and Country.

As members of the Long Gray Line, your support plays in integral part in building the strength of West Point. Through your example in both military and professional service within your communities, you are the shoulders on which these cadets now stand. You have set the standard and become the example to which our cadets aspire. I look forward to working together with you to inspire our cadets in becoming commissioned leaders of character committed to a lifetime of service to our Army and to our Nation. We appreciate and honor everything you do for West Point, and I am glad to be of service to you once again.

Go Army! Beat Navy!

Robert L. Caslen Jr. '75
Lieutenant General, U.S. Army
59th Superintendent, U.S. Military Academy

Make History



Experience leadership and ethics education based on the Army's leadership framework of "Be, Know, Do" by bringing your team to the inspirational venue of The Historic Thayer Hotel at West Point

The Thayer Leader Development Group (TLDG) was founded in 2010 and is based at the Historic Thayer Hotel at West Point. Dr. Karen Kuhla, Executive Director of Education, joined TLDG from GE, where she led global leadership development programs. Dr. Kuhla has assembled a world-class faculty to teach leadership and ethics based on the Army's leadership framework of "Be, Know, Do" to help develop full-time leaders of character. Almost all faculty are West Point graduates, have deep military experience and Ph.D.s, and are well-known authors and experts in their respective disciplines.



"The training and development conducted by TLDG was truly outstanding. All of us came away energized by what we learned and ready to take on the next leadership challenge. The topics taught were impactful, and the instructors were inspiring. I highly recommend this program for anyone looking to invest in the leadership development of their team."

—Joe DePinto, CEO, 7-Eleven (USMA '86)

The combined efforts of Dr. Kuhla and her world-class team have earned TLDG the honor of being ranked as one of the top 50 large leader development consulting companies, along with such organizations as Korn/Ferry, Ken Blanchard, Deloitte/Leadership, Goldman Sachs Group, IBM, and Accenture.

TLDG has hosted over 100 corporate, non-profit, and educational organizations, by offering both customized and open-enrollment programs to over 3,500 leaders and students of leadership, at all levels. Many clients have limited military experience and most have preconceived opinions of what leadership is like in the military. Feedback from after-action reviews and assessments have shown that the training is consistently considered the best they have ever received, and they have a newly gained perspective and respect for our U.S. military and its leadership.



"I cannot tell you enough how much I support TLDG. The lessons, fully grounded in the latest leadership research and combat-tested, are lessons not only relevant but desperately needed in Corporate America! Values-based leadership...it is sorely lacking and in my opinion only one institution can credibly deliver that message."

—Stephen Cannon, CEO, Mercedes-Benz, USA (USMA '86)

All groups receive a customized experience, based on a unique 4-pronged approach to development. Programs can include any combination of the offerings. You may experience academic excellence in the classroom, around topics one would expect to hear about developing leaders of character, along with experiential learning activities such as crewing on the Hudson River, staff rides of the Battle of Stony Point, and orienteering. Clients are offered the opportunity to have retired General Officers (West Point graduates) serve as full-time mentors/facilitators through the Senior Advisor Program. Also available is a stellar cadre of Keynote Speakers who provide compelling, inspirational addresses, with messaging specific to your objectives. Programs can range from 1 day to 1 week or more, over the course of multiple months. The decision is yours.



"There is nothing more important to P&G's continued success than the development of strong leaders with character, values, and capabilities required to lead. And your team's personal commitment to tailoring this event to our unique needs is what made it work...Thank you for a truly outstanding experience."

—Robert McDonald, Chairman & CEO, Procter & Gamble (USMA '75)

West Point, referred to as the "Key to the Continent" by General George Washington, is where you will find the Historic Thayer Hotel. The Hotel and its views of the majestic Hudson are inspirational. The Hotel has recently completed a multi-million dollar renovation including world-class conference facilities, and remains one of the most inspirational properties in the United States. In addition to tapping into this venue for a one-of-a-kind leader development experience, many companies also choose to host their corporate meetings there.

Bring your team home to West Point and share with them the lessons that have helped shape you as a leader. This will show pride in your Alma Mater and also give exposure to many individuals who might not have had the opportunity to visit West Point. The experience will continue to have positive cascading effects on us all. Please contact TLDG at your convenience, to discuss your objectives and explore how TLDG might be of value to your team. www.ThayerLeaderDevelopment.com or 845-446-4731 ext. 7970

William F. Murdy, USMA '64
Chairman of the Board,
Thayer Leader Development Group

Rick Minicozzi, USMA '86
Managing General Partner,
Thayer Leader Development Group



Advertisement



Members of 2nd Platoon, Bravo Company navigate the movement to contact training lane.

CLDT Fitness: The Physical and the Mental

By **Keith J. Hamel**, WPAOG staff

“CLDT is the most physically demanding among all the summer training events,” according to Brendan McCleod ’14.

The theme of this quarter’s issue of *West Point* magazine is physical fitness, and there is nothing at the United States Military Academy that demands a cadet to be physically fit more than Cadet Leader Development Training (CLDT). The apex of summer training, CLDT challenges the tactical and leadership abilities of rising firsties and a handful of rising cows through three training lanes—offensive, defensive, and movement to contact—each lasting 96 hours. But cadets also need to be physically fit for the mental problem-solving they encounter in CLDT. In fact, “physical ability” is one of the 15 attributes on which cadets will be graded after each of their leadership details. Part of the “professional competence” dimension (along with “military skills”), physical ability evaluates the fitness level of each cadet and how well he or she is capable of a sustained and continuous effort. That effort comes from carrying heavy rucksacks and weapons over long movements and across rocky and hilly terrain.

“My feet hurt the most,” says Shawn Burrows ’15. “By constantly having to step on rocks, I’ve built up pressure points in my feet and developed blisters.” Platoon trainers are aware of the physical demands of CLDT and are constantly on the lookout for injuries among the cadets. “They regularly check our feet,” says Burrows.

The demands of CLDT affect other areas of the body as well. “Every time you pull security, you find yourself taking a knee,” says Brendan McCleod ’14, “so my knees are constantly aching.” Greg Schrekner ’14 says that he feels like his whole body hurts as a result

of CLDT. “The requirements of the missions make it hard to recoup after physical activity,” he says, “but I am making it through on heart.”

Even corps squad athletes, who train for the physical demands of their sport’s season, find CLDT to be a difficult physical challenge. “It is a completely different type of fitness,” says Jamie Molacek ’14, who plays center midfield on the woman’s soccer team. “With its sprinting and running, soccer is more cardiovascular,” she says, “but with all its hills and obstacles, CLDT is just physically exhausting and hard on the body.” While Molacek notes that the comparison between a single mission and a single game are about equal, soccer spreads its physical demands over the course of three months, but those of CLDT are compacted into 12 days. “And you can’t practice for the way that the mental challenges of CLDT impact you physically,” she says. Josh Herbeck ’14, a shooting guard on the men’s basketball team, agrees and notes that even though every cadet can perform the physical tasks of rucking and carrying heavy weapons in isolation, the realistic engagement scenarios of CLDT make them that much harder. “A lot of it is just mental toughness,” he says, “making CLDT more about endurance and perseverance than it is about strength and agility.” Tucker Jennings ’14, a rugby player, says that his sport helps when it comes to carrying the heavy stuff such as the platoon’s radio and the M240 machine gun, but that the physical demands of CLDT still challenge him. “When you’ve had little sleep, when you have wet socks and wet boots, and when you have to move two to three kilometers with a rucksack on your back, you’ll know whether or not you are both mentally and physically fit enough for the Army.” ★

ENDURING LEADERSHIP



Boeing is proud to partner with the U.S. Military Academy at West Point, U.S. Naval Academy at Annapolis and U.S. Air Force Academy at Colorado Springs on a program of leadership development and engineering education. By providing financial support and real-world engineering experience, we're committed to helping shape leaders of character to better serve our nation and the world.

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Thanks to Donors: We're #1!

By Keith J. Hamel, WPAOG staff

Every day dozens, if not hundreds, of visitors come to tour West Point. They marvel at the views from Trophy Point, they snap photos of the statues, and they stare across the Plain wondering just what the inside of the Mess Hall looks like. But, according to the Princeton Review, if they want to see the best part of the Academy, all they need to do is buy a ticket to a West Point sporting event. In the fall of 2012, in its 2013 *The Best 377 Colleges* issue, the higher education admissions consulting giant ranked the United States Military Academy first in the nation in the “Best Athletic Facilities” category.



Top left and large photo: Inside the O'Meara, Malek, Dawkins Class of 1959 Strength Development Center. **Above:** Outside the Kimsey Athletic Center.



Left: Inside the Foley Athletic Center. **Right:** The Class of 1956 Skybridge connects the Holleder Center with Randall Hall.

Most of these facilities were built with money raised by the West Point Association of Graduates (WPAOG) for the West Point Bicentennial Campaign's Margin of Excellence initiative. Located just north of WPAOG's own Herbert Alumni Center, one such example is the Foley Athletic Center. Opened in 2009 and named for William P. Foley '67, who pledged the largest single donation in Academy history, this 77,000-square-foot, state-of-the-art indoor practice facility features a 130-yard Field Turf playing surface and a 75-foot-high ceiling. With such functional dimensions, the Foley Athletic Center allows a variety of Army teams (such as Football, Lacrosse, Baseball, Softball, and Men's and Women's Soccer) to practice in a climate-controlled environment throughout the year.

North of Foley, across Howze Field, is the Kimsey Athletic Center. Home to Army Football, this four-story, 120,000-square-foot

facility features spacious locker rooms, coaches' offices, and meeting rooms. It also houses the O'Meara, Malek, Dawkins, Class of 1959 Strength Development Center, an ultramodern strength development and athletic training theater. Featuring 29 workout

platforms, scores of cardiovascular equipment, top-of-the-line Hammer strength-building machines, 32,500 pounds of weight plates, individual exercise devices (medicine balls, jump ropes, dumbbells, etc.), and a 65-yard-by-5-yard indoor sprint track; this center has the potential to impact the fitness level of all corps squad athletes. "As far as size, functionality, pieces of equipment, and the variety of workouts, this is by far the most

intense weight room that I know," says

Tanna Burge, one of Army's assistant strength and conditioning coaches. "Every recruit and every parent that visits is stunned by this place." In addition to being in awe of the equipment, visitors to the center are likely to be impressed (and Army athletes motivated) by its atmosphere. The 20,000-square-foot center is adorned with



The view from Hoffman Press Box.

Army Athletic Facilities at a Glance



Foley Athletic Center

- Opened in 2009
- 77,000 square feet
- 130-yard Field Turf playing surface



O'Meara, Malek, Dawkins, Class of 1959 Strength Center (in Kimsey Athletic Center)

- 20,000 square feet
- 30 tons of weight plates and dumbbells
- 15 pieces of cardiovascular equipment

all things “Army Sports.” Entering the center, one sees a banner that reads, “Champions Start Here.” Underneath the banner is an Army Black Knight-themed Harley Davidson chopper. The weight plates are stamped with the words “Army” and “Black Knights.” Finally, signs espousing the philosophy of Army Sports line the walls (from “persistence,” “discipline,” and “team” to “Beat Air Force” and “Beat Navy”). Overlooking this center, on the third floor of Kimsey, is the Kenna Hall of Army Sports, featuring the Blaik Gallery. Containing over a century’s worth of memorabilia, this walk-thru exhibit depicts the rich history of sports at the Academy, with a particular emphasis on the success of Army’s Football program.

The Kimsey Athletic Center is part of a renovated sports complex that connects Michie Stadium (1924) and Randall Hall (2005) with the Holleder Center (1985) via the Class of ’56 Skybridge, an enclosed and elevated walkway. Part of the Margin of Excellence facilities upgrade, Randall Hall is a 25,000-square-foot complex that houses the Men’s and Women’s Basketball teams. It also features a 248-seat auditorium that is used for the coach’s press conference during football season, and it has skybox seating areas overlooking Michie Stadium. Speaking of the stadium, it also received renovation upgrades with Margin of Excellence funds.

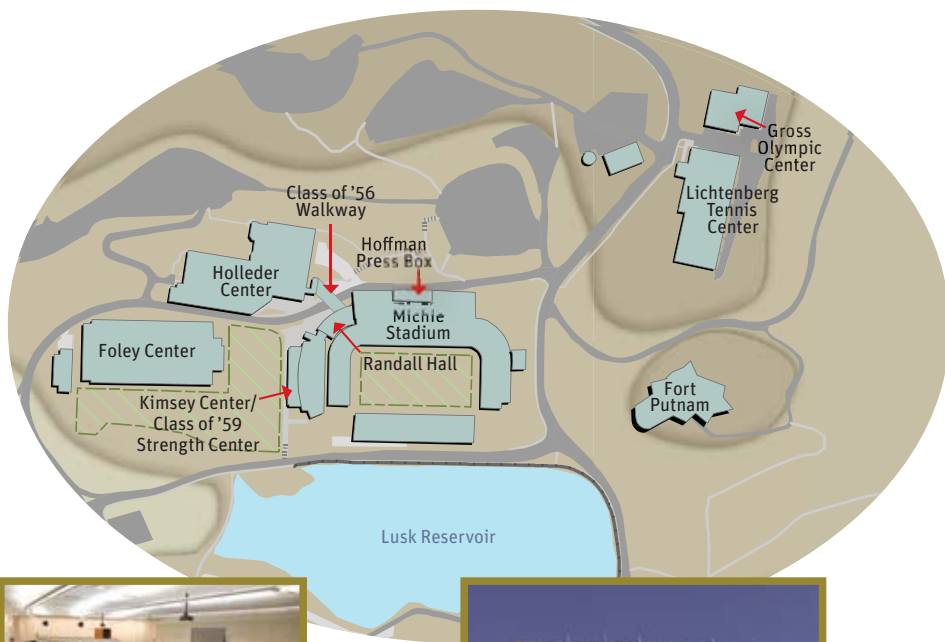


The Kenna Hall of Army Sports.

The two-story Hoffman Press Box, with seating for dozens of media members and a television broadcast booth, opened in 2003, and 2008 saw the installation of a Field Turf playing surface and a contemporary video scoreboard. Putting it all together, Mel Kipper Jr. of ESPN once called Michie Stadium “the most scenic venue” for a football game, and *Sports Illustrated* named it the “#3 Sports Venue of the 20th Century.”



Above: Outside the Blaik Gallery. **Right:** Map of Army Sports facilities.



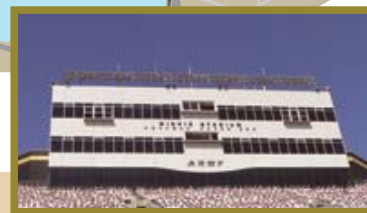
Kimsey Athletic Center

- 120,000 square feet (four stories)
- Members first inducted to Kenna Hall of Army Sports in 2004
- 99 Army Sports Hall of Fall members



Randall Hall

- Opened in 2005
- 248-seat auditorium
- 95-foot long, 18-foot wide
- Class of 1956 walkway



Hoffman Press Box

- 8,000 square feet (two stories); 240-square-foot video booth on 50-yard line
- 66 permanent seats; 40 temporary seats
- 84 television-quality lights on roof



Top left: The competitive area in the Gross Center. **Top right:** An Army gymnast practices at the Gross Center. **Above inset:** Eva Sung '16 in a match against Navy. **Above:** The courts of the Lichtenberg Tennis Center.

Leaving the athletic complex and heading up Stony Lonesome Road, one finds two more adjacent-facing jewels of Army Sports, the Lichtenberg Tennis Center and the Gross Center. Awarded “Outstanding Tennis Facility” by the United States Tennis Association when it opened in 1999, the Lichtenberg Tennis Center features seven synthetic-surface courts running parallel to one another so that the same number of matches can take place simultaneously. The center also features an elevated spectator platform, giving fans a bird’s-eye view of all seven courts, and a digital scoreboard that keeps track of all the matches. “This facility trumps every other facility in the Patriot League,” says Men’s Tennis Head Coach Jim Poling, “and it has really helped with recruiting because it clearly shows how committed West Point is to tennis.” Doug Van Everen, Head Coach of the Gymnastics Team, says a similar thing about the Gross Center. “When recruits come in, their jaws drop because this facility is so much better than most gyms.” Opened in 2002, the Gross Center has both a training section and a competition area. “All the equipment can be set up around the foam-filled pit so that athletes who are learning a new apparatus can make mistakes and not get hurt,” says Van Everen. Gross Center also has a second-floor spectator section with 321 seats and a widescreen, closed-circuit television monitor.

The list of West Point’s outstanding facilities could go on and on with descriptions of the Groves Golf Training Facility, the Tronsrue Marksmanship Center, and Johnson Stadium. And with WPAOG’s public launch of *For Us All: The Campaign for West Point* last April, which seeks to fund a new home for the Lacrosse Team and other facility upgrades, the Academy should be number one on the Princeton Review’s “Best Athletic Facilities” list for years to come. ★



Lichtenberg Center

- Opened in 1999
- 7 courts
- 26 foot x 13 foot LED scoreboard installed in 2004



Gross Center

- Opened in 2002
- 23,000 square feet
- 321 seats



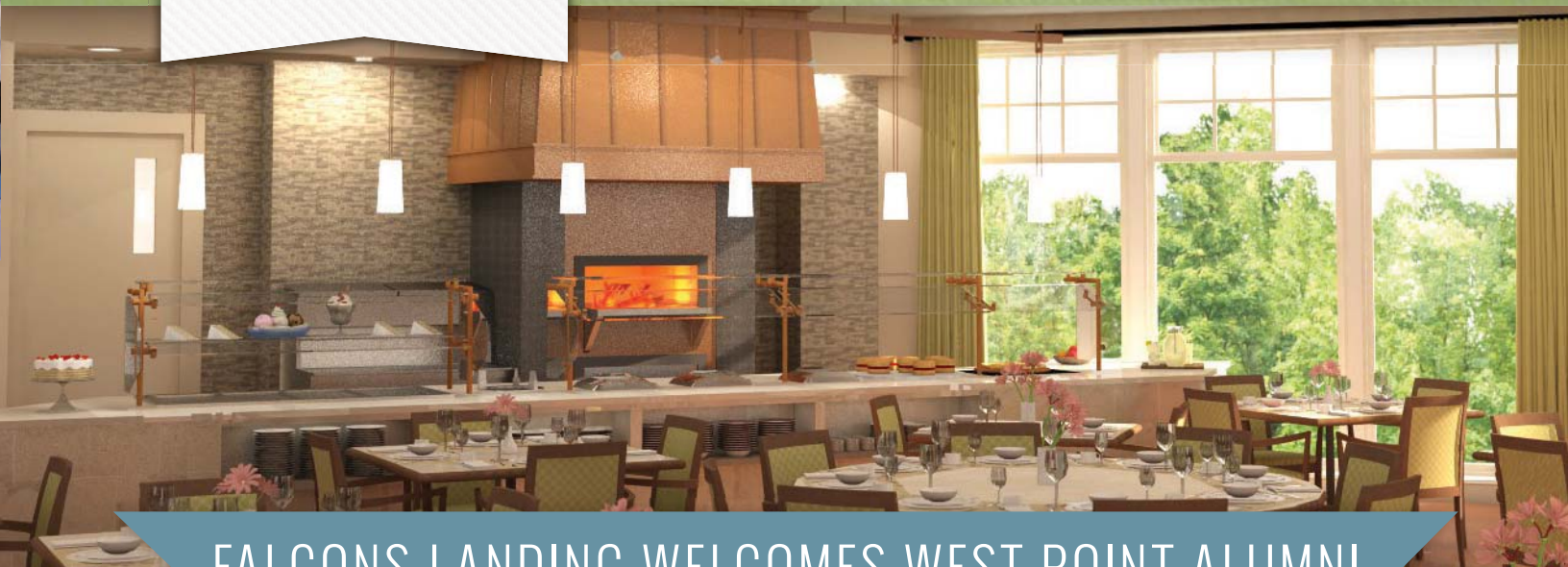
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Every Grad an Athlete



Every cadet is an athlete, and it's expected that West Point graduates maintain that mentality—in some way, shape, or form—well after commissioning. These five graduates picked up lifelong fitness habits at the Academy and never looked back, building careers and healthy lifestyles from the lessons they learned in the gym.

Janette (Clor) Skowron '87 was a bright teenager with leadership potential, so she had her sights set on West Point. There was one problem: she'd never done a push-up in her life (today the average female cadet does 33 during the Academy's Candidate Fitness Assessment, along with five other events that test strength, agility, speed, and endurance). Skowron had to take the test three times but eventually whipped herself into shape and earned acceptance. The Academy's physical requirements, however, remained a constant challenge. She was relegated to the slowest of the running groups and routinely fell out of the formations. So she made a decision: never to be out of shape again. At the time, it was her competitive nature, but it soon became a passion that would drive the rest of her life.

By the time Skowron graduated, she was in great shape, so much so that she never scored below 300 (the max number of points) on a

PT test as an officer. "West Point definitely transformed me," she says. In addition to the physical transformation, Skowron's mentality changed, and she latched on to the Academy's mantra that there are no excuses not to exercise. Now a personal trainer in North Carolina, she works out at least five days a week and can hold the plank position for 14 minutes (a time that keeps increasing). She's also been a mentor for rising high school seniors who need help getting into shape for the same Candidate Fitness Assessment that she struggled through 25 years and many workouts ago.

Christopher Mendez '92, who graduated with a Physical Performance score of 3.72, has maintained his physical prowess and is now the University of Washington's first boxing coach. He teaches his student athletes what he calls "the Academy way"—a diverse physical fitness program he first learned as a cadet.

By **Marissa Carl** and **Keith J. Hamel**, WPAOG staff



Previous page, left: Christopher Mendez '92, who was named Brigade Boxing Open Champion all four years as a cadet, began volunteering with the University of Washington boxing team in 2010. **Previous page, right:** Mark Waite '86 joined the cycling team his cow year and has been near a bike ever since. Last October he started Cycling CEO, a business that offers employee cycling programs to large corporations. **Above:** West Point's physical requirements transformed Janette (Clor) Skowron '87 (insert picture with Clare (Hramiec) Walker '87) from a cadet who could barely finish a two-mile run to a woman who hauled her two young boys, along with a double stroller and a Pack 'n Play, to her apartment gym so they could play while she lifted weights.

Becoming a boxing coach was a nice fit for Mendez, considering he was the Brigade Boxing Open champion four years in a row.

"I left West Point and never stopped working out."

—Janette (Clor) Skowron '87

Every male cadet has entered the ring and many, like Mendez, have exited with a lifelong passion for the sport. Eric Buller '90, Director of the Harry T. Wilks Leadership Institute at Miami University in Ohio, has traveled the country via his military and civilian careers and has left his boxing shoe footprints along the way, first helping to coach West Point's team (leading to the Academy's first national championship in the sport), then creating a club at East Carolina University, and now coaching at

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Miami while also serving as Vice President of the National Collegiate Boxing Association. West Point's Department of Physical Education (DPE) taught Buller not only how to box but also the importance of a healthy lifestyle. "The curriculum prepared me for my active duty career," he says. "Boxing also made me more persistent and willing to work long and hard to accomplish objectives," including his doctoral dissertation, which was on "grit, a measure of persistence."

Buller's favorite sport is boxing "because it works many muscle groups in ways that other workouts are not able to," but he's also a runner (completing five marathons to date), a kayaker, and he plans to get into road biking, a sport that caught Mark Waite '86 his cow year and has become his full-time business venture.

FIT FACTS



WPAOG's own

LISA BENITEZ '88, Senior Director of Development, incorporates a "(Michie) Stadium Hell" into her workout routine two to three times a year. She runs up and down each set of stairs during this 40-minute challenge!



1st Lieutenant

DEREK WALES '10 developed a fitness-focused cell phone app while deployed to Kuwait. The software, Crossfit WOD Programmer, helps athletes tailor their workouts.



Illinois State Representative

JEANNE IVES '87 hosted a health and fitness boot camp for kids in August. The free event is intended to become an annual occurrence.



PEP TALK

Then-Cadet Alexander Holland '13 was named team captain of the men's tennis team for the 2012-13 season, despite being unable to play because of a shoulder injury. As the team prepared for its first match, he offered these words:



Then-Cadet Alexander Holland '13

Men,

I envy you. Ahead of you is an entire season of opportunity during which you get to do one of the greatest things available to pass the time on this earth—compete. Recognize the significance of that. Just as every day that passes by cannot be redone, each match that you play is one less opportunity to stand alongside your teammates as you represent something much greater than just yourself.

Together we have created a team on which it means something to be an Army tennis player. Not only do you endure the inherent tribulations of what it takes to be a cadet, but you uphold the standards and responsibilities we have placed on you to earn the right to wear a shirt on the court that says ARMY TENNIS.

Remember the fall season: Everyone at a minimum lifted at least twice a week and did conditioning and speed work as well. Remember the growing pains as we figured out how to become a team despite having twice as many people as we have had in the past. For you plebes, remember how hard it was to learn to succeed in the Corps as well as be a member of our family on court. Make no mistake, men—we have put in the work and have created something special.

Knowing what it means to be a part of this team should make your confidence unwavering. If you ever start to doubt yourself, look down at your shirt and then look across the net at your opponent's; the route to wearing his is one much easier than yours. He can't wear yours. He couldn't wear yours...

Scan this code to read the rest of Holland's pep talk.



After numerous injuries on the Army Track & Field team, Waite needed a new sport as a cadet and turned to cycling, looking forward to the physical challenges it would present and the opportunities to compete in both a fall and spring season. With no experience on a bike, he thought “why not?” (This was also his rationale for pursuing a nuclear engineering degree.) Within two years he was at a talent ID camp at the Colorado Springs Olympic Training Center hoping to catch the attention of national team coaches. It worked. The Army's World Class Athlete Program called on graduation day to let Waite know he had been accepted into the program. For the next four years he simultaneously trained for the Olympics and worked as a lieutenant. During this time he was part of a national championship team, was the Colorado State Road Race champion, and was one of eight cyclists selected for the Olympic time-trial team, four of whom were chosen to compete in Seoul. Though Waite never made it to the Olympic Games (he stopped competing in 1994), cycling has become his favorite pastime, so much so that he left his job last year to start Cycling CEO, a business that offers corporate cycling programs. “Cycling is the new golf,” he says, because it furthers business and social relationships while also being a healthy activity.

“Being involved in team handball pushed me to maintain a level of fitness that enabled me to perform at a high level.”

—Matt Van Houten '89

Matt Van Houten '89, like Waite, always prioritized fitness, but it was the Academy that introduced him to team handball, a sport at which he competed for the Men's National Team until the age of 40. “The Department of Physical Education's overall theme of mental and physical toughness, hard work, and diversification of workouts is still extremely relevant in today's world,” says Van Houten, now CEO of USA Team Handball. West Point's emphasis on fitness has stayed with Van Houten over the past 25 years, his biggest takeaway being that physical fitness is a personal responsibility. Lessons learned on West Point's handball courts pushed him well after graduation, to higher limits and for a longer period of time. “The culture of fitness that is promoted at West Point has remained a positive factor in my life,” he says, “even after I've retired from competing at the international level.” ★

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For their tax-deductible gifts, members of the Army A Club receive benefits that are intended to thank them for their generosity, and allow dedicated supporters to stay involved and well informed about the Army Black Knights. Included in a wide range of great benefits, A Club members receive premium parking at football games, preferred seat locations at various venues, invitations to special events, and most importantly the gratification associated with impacting the cadet-athlete experience.



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For more information, call 845-938-2322
or email armyclub@usma.edu



POP OFF!



Some cadets play Division I sports and some (all?) struggle through PE117: Military Movement. Regardless of how fit you were on R-Day, the Academy challenges all cadets to be better athletes. But what happens after graduation? We asked our Facebook and Twitter followers, "How have you maintained physical fitness in your post-cadet life?"



Amanda May Coussoule More of a runner now than ever. Three marathons so far this year, and if this broken ankle heals, at least two more in the fall.



Natasha Moore By going to the gym 5 times a week, playing tag, soccer, basketball, and tennis with my boys!



Mike Scott Work, spouse, kids?! We ALL race and train together. Not faster, not skinnier, but it's fun. As we say here in Reno-Tahoe: "Good luck, and we will see you on the beach!" Proudly wear Army Tri colors.



Christopher Thomas Half and full marathons, triathlons, biking, swimming, lots of running, and mountain climbing. I'm in better shape at 38 than at 18, and I weigh less too!



Jonathan Green Senior Baseball 3x / week.



Ty Amey Coach high school football!



Charles Pregaldin Crossfit 4x per week. Stronger now than when I was a cadet over 40 years ago.



Jessica Roby
@JessicaRoby05

@WPAOG by eating healthier food than was served in the mess hall!



Join the conversation on Facebook!

Thayer Award Nominations Due



The deadline for the 2014 Award is November 1, 2013.

Nominations are considered active for three years. More information is available at WestPointAOG.org/ThayerAward



Letters should be addressed as follows:
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West Point Association of Graduates
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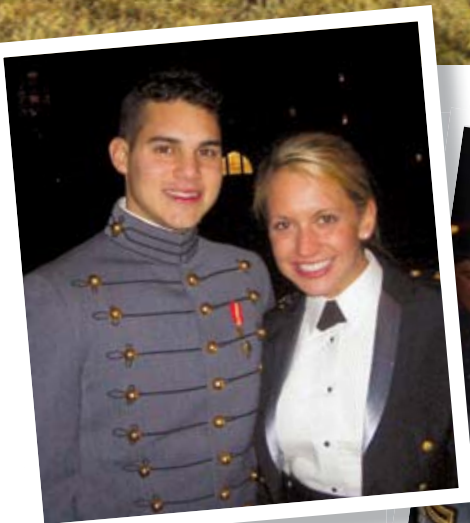


RUNNING

Through Life's Highs & Lows

By Katie Pulliam del Castillo '09, Guest Writer

This article first appeared on May 31, 2012 on 11Alive.com, serving the Atlanta, GA area.



Yearling Winter Weekend, 2007



Christmas Dinner, 2007



Graduation Parade, 2009

My story is a tragic one. I'm a 26-year-old U.S. Army officer, marathon runner, and war widow. I lost the love of my life, Dimitri, while we were both deployed to Eastern Afghanistan in June 2011.

Dimitri and I were classmates. We met during summer training after our plebe year in 2006. As soon as I met him I knew we would get married someday. He needed a little convincing, though. He was a typical 19-year-old guy who was too busy playing with guns and fooling around to pay much attention to me. Eventually I won, as I knew I would, and we kissed in the woods near our barracks at a training area. So began our unconventional love story.

Dimitri was a natural athlete. Built like a Greek god, he had a beautiful face and a genial personality, and he was good at everything. We both grew up as athletes and continued as such at the Academy. I ran one-mile fun runs, 5Ks, and Atlanta's AJC Peachtree Road Race 10K every year; Dimitri focused his attention on team sports such as soccer and rugby.

I seized every opportunity to run—typically between classes or in the evenings—taking full advantage of West Point's beauty. At first, Dimitri would never run with me because he said he was already too skinny and that running would just make him even thinner. I wore him down over the next three years of our courtship, and he finally realized that running wasn't just an after-practice punishment for not trying hard enough.

The summer of 2008—our last West Point summer—he was at Airborne School in Fort Benning, Georgia, and I was at home in the

Atlanta area on leave. Dimitri came up to run the Peachtree Road Race but forgot his running shoes and had to wear my grandfather's 15-year-old Rockport walking shoes. It was hilarious: Every time Dimitri would dramatically zip in and out to pass people he would loudly chant "I rock my Rockports!" and I would have to chase behind him to catch up. By the end of the race his feet were killing him, but we had so much fun laughing and running that he didn't care.

Back at West Point, we enjoyed many runs together, sometimes in sweltering summer heat and at other times in the freezing snow of winter. We argued on many runs, reconciled on plenty, and fell deeper in love on all of them.

We graduated in May of 2009 and were both commissioned as second lieutenants. Dimitri chose Infantry, and I chose Adjutant General Corps. To Dimitri, there was nothing greater than being an Infantry platoon leader in combat. Over the next year, I went to school at Fort Jackson, South Carolina, and he did the same at Fort Benning. My parents lived halfway between us in Conyers, Georgia, so we met there every weekend and ran the five-mile loop at Stone Mountain most weekends.

After graduating from Ranger School, Dimitri joined me in Hawaii where we were both assigned to the 3rd Brigade Combat Team, 25th Infantry Division out of Schofield Barracks. Over Labor Day weekend 2010, Dimitri and I traveled to Maui. The first full morning we were there, we went for a jog on the walkway along the ocean. It was a leisurely jog, and we stopped to take pictures of the beautiful scenery and pretty hotels before running back to our hotel. When we got there, I saw a table set on the lawn with two chairs, a beautiful breakfast, flowers, champagne, and a waiter standing by to serve some lucky couple. Having no idea that it was for us, I jokingly



Nathan Pulliam (Katie's brother), Dimitri, and Katie after the Peachtree Road Race in 2008. Dimitri, in from Airborne School, forgot his running shoes but didn't hesitate to run in borrowed, 15-year-old Rockport walking shoes.



Stone Mountain, 2009



Moments after getting engaged

said, “Ooooh, a romantic breakfast! I want a romantic breakfast!” Dimitri took my hand, looked into my eyes, and said, “You deserve a romantic breakfast.” He led me over to the table next to the ocean, got down on one knee, told me he loved me more than anything and that he wanted to spend the rest of his life with me, and then he asked me to marry him. I was the happiest girl in the world! I got engaged to the man of my dreams not perfectly dressed at a romantic dinner (as I had expected,) but in sweaty running clothes—it was totally us.

Our dream was to have a big church wedding but knew we wouldn’t be able to plan it before we deployed. We had set our wedding date for July 7, 2012, after our tour in Afghanistan, but the Army’s view on marriage is very black and white: You are either a married Soldier or a single Soldier, there is no in between. If one of us got hurt, and we were only engaged, the other would have to stay in Afghanistan and would not be permitted to take emergency leave. So, we decided to get married in a civil ceremony on December 29, 2010, as a preventative measure in case anything happened to either of us.

In April of 2011 we both deployed to Eastern Afghanistan. Dimitri was an Infantry platoon leader in the insurgent-heavy Kunar Province, and I was a human resources officer at Jalalabad Airfield. In my position, I had knowledge of upcoming operations across the battlefield, and I was terrified for my husband’s safety. My only outlet was running. During my 16-hour workdays, I would sneak away and go to the gym. It was more than 100 degrees Fahrenheit outside and the threat of indirect fire made running indoors (in a tent) the more appealing choice. I’d run four to eight miles a day on a treadmill that I had claimed as mine. I’d listen to my favorite songs and Dimitri’s

favorites and try to forget where I was. When I was running I could pretend I was somewhere peaceful and that Dimitri wasn’t getting shot at or being targeted by insurgents in vehicle-borne IEDs. It was the only time I was at peace. After each run I was ready to tackle the next 24 hours with a better and more optimistic attitude.

On June 25, 2011, our brigade conducted its first brigade-wide mission where the Infantry Soldiers went high into the mountains to seek and destroy the insurgents in their stronghold. Dimitri’s company was the main effort, and his platoon was the spearhead of the company. I had been nervous about this mission for weeks. Dimitri would always reassure me and tell me that everything would be fine and that he would see me as soon as the mission was complete. The Fourth of July was coming up, and I had organized a shadow Peachtree Road Race 10K at Jalalabad Airfield. Dimitri was reporting to Jalalabad on July 3 for duty, but would stay and run the race with me on the Fourth. I was living for that day; I would get to see my husband for the first time in a month, and we would get to run a race together. I focused my mind on looking forward to the race so that I wouldn’t worry about this mission.

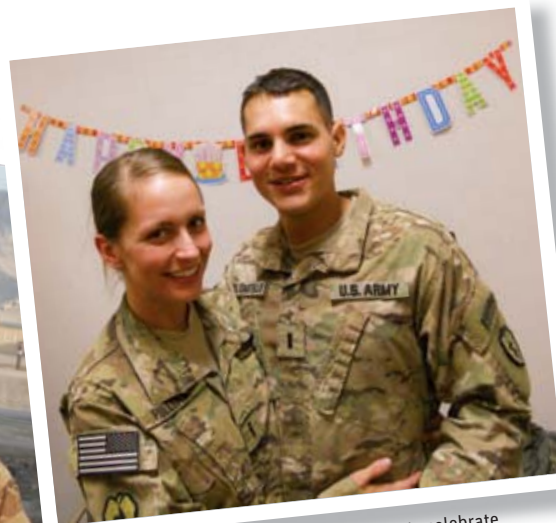
Then my worst nightmare came true. The evening of June 25, I was called into my battalion commander’s office for what I thought was a routine discussion on troop levels; however, as I turned the corner into his office, I saw the brigade commander and the heartbroken faces of many of my superiors. He told me that Dimitri had been shot in a firefight that afternoon and died with the radio in his hand calling for support for his Soldiers. I was immediately flown back home to Georgia and spent the next two weeks in a fog.



At FOB Joyce in Kunar Province



Dimitri and Katie together at Bagram Airfield when they first arrived in Afghanistan.



During Katie's four-hour trip to FOB Joyce to celebrate Dimitri's 24th birthday on June 9th. This was the last time they saw each other.

Dimitri was buried at West Point on July 8, 2011. His dad and I went for an early morning run the morning of the funeral. I showed him all of our favorite spots and told funny stories, and we reminisced about the happy times we had with Dimitri. The run was an important one, and it cleared our minds and prepared us for the hard day ahead of us. I buried my husband in the pouring rain that afternoon, next to one of our best friends, First Lieutenant Daren Hidalgo '09, who had been killed in Afghanistan in February. It was comforting knowing that these two good friends were keeping each other company in Heaven.

Rather than returning me to Afghanistan, the Army sent me back to Hawaii, and I decided to run the Honolulu Marathon with my dad, Nate Pulliam '78, and my brother, Nathan, in honor of Dimitri. The training was a good distraction and a positive place for me to focus my energy. We got T-shirts made in honor of Dimitri and ran as "Team Del" (Dimitri's nickname). To train, my brother and I competed in a marathon readiness series consisting of a 25K race, a 30K race, and a half marathon.

At the 25K, 10 minutes before the race started, I was stretching when I felt a hand on my back. I turned around and it was Kady Rodriguez-Hoffmaster, the wife of one of my West Point classmates who was currently deployed in the same company as Dimitri in Afghanistan. Her husband was there when Dimitri died and was injured on the same mission. Kady and I had exchanged a few

Facebook messages previously, but neither of us was expecting to see each other, and it was all a bit emotional. We were in the middle of a conversation when the race started, and our quick hello turned into running the entire race together.

While we ran, Kady and I talked about Dimitri and the deployment, and we connected immediately because of our similar experiences and our shared love for running. Kady didn't grow up as a runner, but when her husband deployed she started running to help deal with her emotions and the stress. We ended up finishing 4th and 5th in our age group and immediately became running buddies.

In the following weeks Kady and I continued to run. We talked about things as deep as the war in Afghanistan and as trivial as cooking and clothes. Most of my friends were still in Afghanistan so I had been nervous about coming back to Hawaii without a support system in place to help me deal with the everyday emotions of tragically losing a spouse. Ironically, the way I found a friend was by doing the only thing that keeps me going—running. On our long runs, Kady and I would think about Dimitri whenever we started feeling sorry for ourselves. We'd say his name as we picked up the pace at the end of our races. I think about all the happy times I had with him, and they make me smile and laugh. I also cry on many of my runs when a memory pops into my head or a song comes on that reminds me of him. Either way, I feel better when I'm done, and I know it is because of running.



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The morning of the Honolulu Marathon was full of excitement and emotion. I ran with Kady for the first half of the race and somehow met up with my brother at mile 15 and ran the last 11.2 miles with him. We finished together with a time of 3 hours and 54 minutes. As I crossed the finish line, a wave of emotion came over me. I cried as my medal was placed over my head for several different reasons: I had finally finished the marathon for which I trained so hard; I had accomplished my goal of running a sub-four-hour marathon; I was sad that Dimitri wasn't there to congratulate me with a hug and a kiss; mostly, though, I cried because I felt Dimitri's presence and his love as I finished something I never would have started had I never lost him in the first place.

I am a runner. I grew up running. I fell in love while running and learned to cope with a deployment while running. I have been emboldened to deal with the sorrow of losing my husband because I run. Running is not just a form of physical exercise for me, it is a necessary part of my life and has every possible emotion tied to it. When I run, I feel healthy, alive, happy, and at peace with God. I feel Dimitri as the wind blows through my hair, and I imagine him matching me stride for stride. I know that he is proud that I have picked myself up and continued living life, he's proud that I have transformed myself into a serious runner while in the depths of despair, and he's proud that his pure, unwavering love prepared me to go through this beast called grief with grace, elegance, and hope. ★

Katie is now a captain assigned to the Pentagon. She has since finished two more marathons with a personal record of 3:41:50 and is training for the Baltimore Marathon with hopes of qualifying for the 2014 Boston Marathon.



Katie and Nathan at the X-TERRA trail half marathon.



Nathan, Kady, Katie, Katie's father, Nate Pulliam '78, and a friend after the Honolulu Marathon.



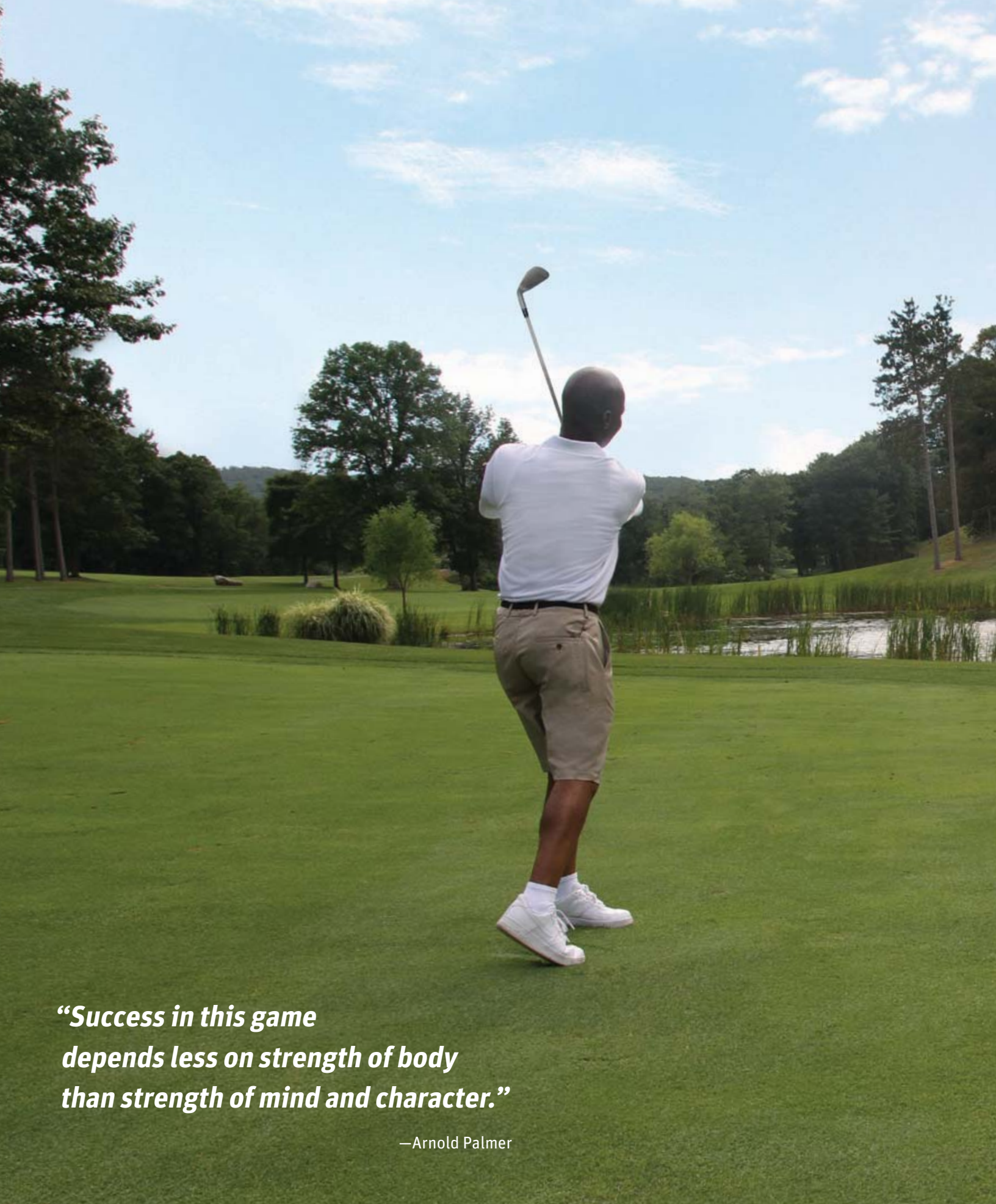
Kady and Katie after the 30K race where they placed 2nd and 3rd in their age group.



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***“Success in this game
depends less on strength of body
than strength of mind and character.”***

—Arnold Palmer



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1 Team, I-Beam: Sandhurst '13

By Keith J. Hamel, WPAOG staff

Instructors within the Department of Military Instruction tried to warn Zach Schwatka '14, Squad Leader for Company I-4's Sandhurst Team (the I-Beams). "They told me it would be a smoker compared to last year's competition," he said, "but I thought there was no way it could be harder than what we endured in 2012." I-4 was completely new to Sandhurst last year, having been re-established in the fall of 2011 after being decommissioned years earlier, but the squad performed admirably, coming in 7th out of 55 teams and finishing second to G-4 as USCC's top team. The I-Beams also finished as the fastest team in terms of course time (the time it takes a team to move from one event to the next during the competition), but the 2012 team's after-action report stated that this year's squad should do more running with gear, hill work, and interval training in preparation for Sandhurst 2013. According to Schwatka, who was on I-4's 2012 Sandhurst team, "The most physically demanding challenge of Sandhurst is just running from spot to spot as fast as you possibly can."



Cheered on by members of their company, I-4's Sandhurst squad runs to the finish line.

After spending the fall semester trying to piece his team together, Schwatka put I-4's sophomore Sandhurst squad through twice-daily workouts, Monday through Thursday; one fitness session in the morning and a training exercise in the afternoon (e.g., one-rope bridge, range work, etc.). At first he had the team members running without gear. He then added exercise techniques from the CrossFit program, interval training, and finally gear runs. "We could have been even faster last year if we had practiced with more gear on," Schwatka said; however, running with gear on is not only about speed. As squad member Samantha Dorminey '15 explained, "When you practice with gear you can see where it rubs or where you are getting knocks, so you can adjust to that." The entire point of the training was to build up the team's endurance, which both Schwatka and Dorminey maintain is "everything" with Sandhurst. "It is a long competition over two days," Dorminey said, "and it doesn't matter if you are strong and muscular, you are going to get tired—you have to train to be able to withstand everything for hours." A brigade-level competition a few weeks before Sandhurst showed that I-4's training was paying off. The team placed 4th out of the 36 USCC companies, scoring high on marksmanship, the one-rope bridge, grenades, and (naturally) site-to-site running. "Our only trouble came from the obstacle course," said Schwatka, "but we hadn't practiced on it before that competition."

Day 1

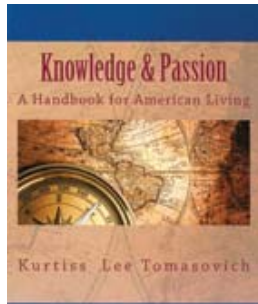
Sandhurst 2013 kicked off late for the I-Beams. Not only was I-4 the second-to-last squad scheduled to go out on the first day of competition, but fog on the range delayed their start time by nearly an hour. When they did get going, their first test was a three-mile run up Washington Road, through Washington Gate, and down Storm King Highway and State Road 293 to Range 5.

Passing a few other teams along the way, they completed their rifle and pistol marksmanship, scoring slightly below average to come in 33rd place out of the 58 teams competing.

Land navigation was the next event, on which they did better than average, coming in 20th. At slightly two-plus hours and traversing terrain of erratic elevations, land navigation tested the fitness readiness of I-4, but the squad was up to the challenge.

Day one concluded with the hand grenade event at South Dock. The I-Beams scored "best overall" on grenades during the brigade competition a month prior, but that was with a set group of members throwing. "This challenge was difficult for some who didn't do grenades during their summer training," Schwatka said. Still, I-4 ranked above the median line, coming in 21st for grenades.

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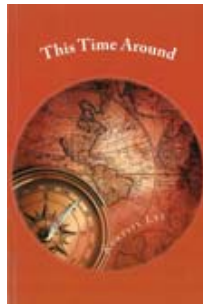
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Left: I-4 at the Department of Military Instruction challenge. **Right:** CDT Zach Schwatka '14 accepts the streamer for top company in 4th regiment.

Day 2

Day two of the Sandhurst competition kicked off with the Indoor Obstacle Course Test at Gymnasium. The team was motoring around the course until it got to the climbing rope, a station that tied up many squads that morning and put I-4 in the catch-up position.

Their comeback started with their near-mile run up Stony Lonesome Road—an approximately 560-foot climb in that span—to the Post Exchange, the location of the Chemical, Biological, Radiological, and Nuclear Defense/Weapons site. The team did well here. Only a temperamental spring for the 240B machine gun prevented the I-Beams from dominating the site.

They were optimistic running to the next site, the one-rope bridge, which they believed was the team's strongest event. Unfortunately, rules restricted where the team members could stand and how far they could reach out in order to ratchet their bridge, and they failed to cross in time (which was the case for nearly half of all Sandhurst squads at this site). "Definitely a frustrating event considering how much time we spent preparing for it," said Schwatka, but showing the endurance they established in months of practice, the team did not give up.

The team performed north of average on the Ranger wall (24th), the recon & surveillance site (13th), and the Department of Military Instruction Challenge (20th).

In this last event, the I-Beams needed to get all their members across a mock mine field and then carry a 250-pound Zodiac raft around the perimeter of the Plain in the shortest time possible. Squad member Jason Hu '14 noted that I-4 had a similar challenge, which was half the distance of Sandhurst's concluding event, during the brigade competition. "The team members switched sides halfway through that competition out of exhaustion," Hu said, "but for Sandhurst we made the decision to just muscle through the challenge."

Conclusion

While the Zodiac challenge demonstrated the physical fitness level of the I-Beams, it all goes back to running, that "most physically demanding challenge of Sandhurst." Prior to the competition Schwatka said, "I-4's top priority is to run really, really fast." They met their goal. The team ranked in the top 10 for overall course time, which put them over the top for a streamer as the best company in the 4th Regiment. "Last year we had a naturally faster team," Schwatka said, "so we had to work hard for this, and running with gear during our training helped." Congratulations I-Beams— you smoked the "smoker" and conquered the physical challenge of Sandhurst 2013! ★

See more photos and videos from Sandhurst 2013.





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By Keith J. Hamel, WPAOG staff

Above: Master Fitness training students line up for a buddy-carry workout.

In its last issue, *West Point* magazine detailed the many ways in which the Academy is contributing intellectual capital to the Army. One of those stories could have been about a bi-faceted relationship between the Department of Physical Education (DPE) and the Army's Training and Doctrine Command (TRADOC). The primary affiliation involves DPE serving as co-lead on TRADOC's committee effort to research and develop the next best version of the Army's Physical Readiness Test (APRT). At the same time, DPE is working with TRADOC on resurrecting the Army's Master Fitness Training (MFT) program.

The initial relationship began when DPE invited Lieutenant General Mark Hertling '75, then-Deputy Commanding General for Initial Military Training with TRADOC, to witness presentations from the initial cohort of kinesiology majors on Projects Day in 2010. Hertling was charged with developing a more functionally focused physical readiness training program and assessment, and he left Projects Day believing that DPE could help him do it. As a one-time faculty member, he also knew DPE had the resources to research the issue. TRADOC's initial thoughts were to replace the current three-event APRT, which dates back to the early 1980s, with a five-event test: 60-yard shuttle run, standing long jump, push-ups, 1.5-mile run, and a rower-type event (similar to a sit-up). While this plan was ultimately rejected, the idea of DPE working with the Army on a new APRT survived.

According to Colonel Greg Daniels, Director of DPE, General Ray Odierno '76, Army Chief of Staff, and General Robert



Top right: At the conclusion of a morning workout, MPT students perform yoga exercises to stretch and relax their muscles. **Above right:** Julianne Steurer '15 doing an MFT exercise.

Cone '79, Commanding General of TRADOC, assigned Colonel (Ret) Mike Haith '75 of the Human Dimension Integration Headquarters at U.S. Army Initial Military Training Center of Excellence with the task of coordinating efforts across all internal and external channels to develop a new test (or tests) to more accurately gauge fitness levels. Haith contacted Daniels, and last fall DPE, along with a panel of fitness experts from U.S. Army Medical Research and Development Command and California State University Fullerton, began considering events that could best predict a Soldier's physical readiness for combat.

The lead researcher at DPE is Dr. Whitfield "Chip" East, whose doctoral work was in measurement and evaluation and who has worked on several President's Council on Physical Fitness and Sports tests in the past 30 years. According to East, the panel met in October 2012 to kick off a two-year, three-phase, 10-step evaluation process. The first stage of the project

involved reviewing the literature available on the topic and drafting a research protocol. Then, over this summer, the research working group visited Army training sites to observe Soldiers performing their warrior tasks and battle drills and to interview personnel with U.S. Army Forces Command. Over the next year, the team will deconstruct the data and testimony they collected, construct some functional simulations, conduct a mass assessment, and analyze and present the findings to Cone. East anticipates the entire research project to be completed no later than the fall of 2015.

The next best version of the APRT is still at the conceptual level right now, but East has his own ideas of what the future holds. "I think it is going to be an entirely new test," he says. "There was no science behind the tasks of the five-item test proposed a year ago, and you need to go where the data takes you." The data being collected for this study includes both empirical physical data (number of pull-ups, bench press scores,

foot march time, etc.) and various types of human performance data (strength, endurance, stamina, and agility). This might suggest two separate tests are forthcoming, one testing physical fitness capacity and one testing functional fitness, but East notes that a common, not branch-related test is something that binds the Army together. “Australia, Canada, and the Marines have separate tests for capacity and function, and the Army is interested in such a concept,” East says, “but it is not really about separate tests as much as it is about the items of each test fitting together.” He then added, “One of the things that will come from this study is a reflection of the benefit of physical capacity and how important that is to being a Soldier and to accomplishing functional Soldier tasks.”

It is not only DPE’s faculty that is making an impact on this study; four kinesiology majors from the Class of 2014, who were enrolled in KN491, an independent study course, also worked on the project, assessing components of the literature review. David Offutt examined gender differences in performance; Kierstin Schwagerl looked at paramilitary fitness practices; Sean Fullam profiled fitness tests in sister services; and Kelly DeRienzo tracked the development of tests in foreign countries. Together, the team developed a series of slides and ultimately created a list of all the physical acts Soldiers have to do. They then went back and caveated these under current warrior tasks and battle drills. According to East, the cadets’ research was briefed to the panel on which he serves and proved valuable to the final iteration of its research protocol.

Several cadets also participated in the MFT program this past summer. According to Daniels, MFT is a reboot of the Army’s Master Fitness Training Course (discontinued in 2001) and teaches the background science needed for officers to construct a training program for their units in order to prepare Soldiers for each commander’s mission requirements. Interestingly, TRADOC announced the revival of MFT right around the time it shelved the proposed five-event replacement test and decided to maintain the current three-event APRT. Housed in the Physical Readiness Division at Fort Jackson, South Carolina, MFT graduated its first round of master trainers last fall. Now six Mobile Training Teams take the course to Army bases around the globe. The overall goal of the MFT program is to certify about 4,500 master trainers, ideally one in every company, by fiscal year 2015.

Lieutenant Colonel Hector Morales, DPE’s course director for PE215: Fundamentals of Personal Fitness and its liaison with MFT, says that five USMA cadets went through the three-week certification process, along with five Navy midshipmen, one ROTC cadet, seven Active-Duty Soldiers, and approximately 15 National Guard and Reserve Soldiers from all over the country. According to Master Sergeant Jeffery Kane, who brought a team of four trainers to West Point, MFT is equal to college-level exercise science. “We have morning sessions that are strictly about teaching the doctrine of Army Physical Readiness Training (PRT),” Kane said. “We teach every drill



Master Fitness Training students perform the flex-arm hang.

there is—everything from endurance and mobility drills to strength and mobility drills.” In addition to these workouts, students participated in afternoon classroom instruction, learning lessons that covered muscle anatomy and physiology, kinesiology, performance nutrition, injury prevention, advanced trends in physical training, and the underlying science of exercise.

The cadet response to MFT was overwhelmingly positive. Julianne Stuerer ’15 said that MFT expanded upon several of the lessons she learned while taking PE215. “MFT was way more in depth and more personal though,” Stuerer said. “We could ask all the questions we wanted, and the instructors had all the information we could ever need.”

“I always thought PRT was basically a warm-up for a workout,” said Samantha Dorminey ’15, “but MFT taught us how to work out by providing us the technicalities of PRT in the classroom lessons.”

Justus Eckstom '16 regarded MFT as a boost to his confidence and a great addition to the leadership training at the Academy. "MFT taught me the three principles of PRT—precision (do it right), progression (start off small and get bigger and better), and integration (add different elements to strengthen the final product)—and you can apply these lessons to a lot of situations in the Army beyond PRT."

"Fitness is an important issue for the entire Army," Kane said. "Through the cadets we certified, we hope that we can begin to change the culture at the Academy." Daniels, the Master of the Sword, takes the issue one step further. "MFT is teaching the background science needed to construct a program that will make combat-ready Soldiers," he says, "and if the next best test is designed properly, it'll drive a change in the culture that will be very positive for the Army, also making it more functionally fit and combat ready." ★

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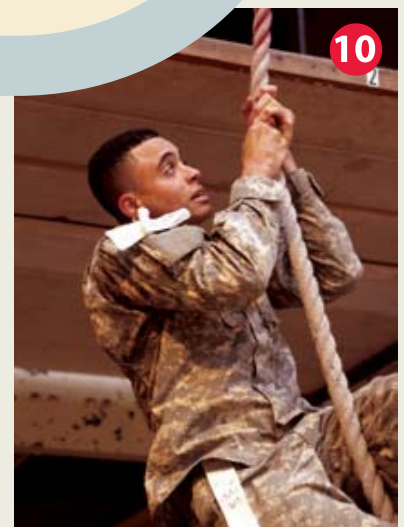
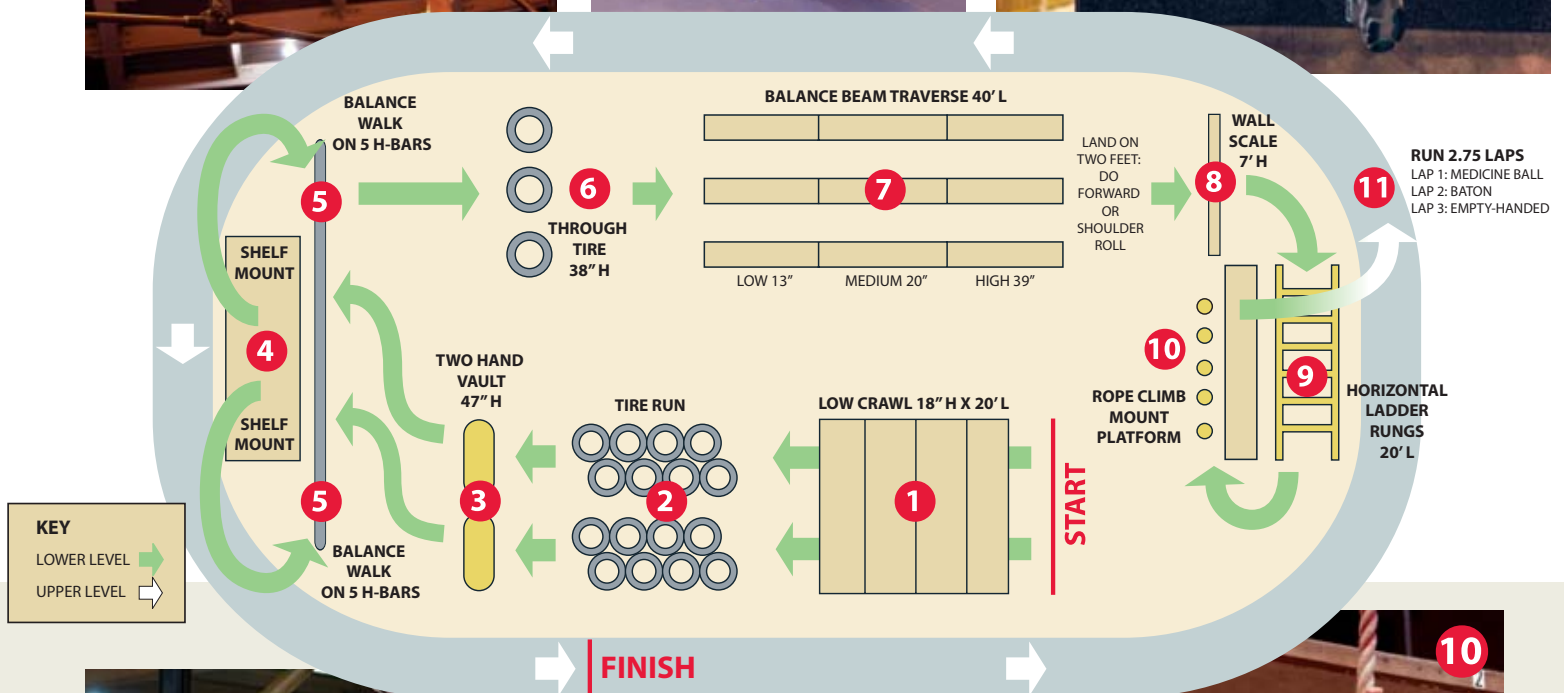
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Watch an IOCT Instructional Video



Photos: Tommy Gilligan/USMA PAO



Note: not every obstacle numbered on the diagram is pictured.

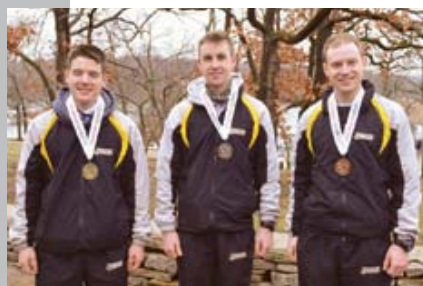


It's Not 1946: USMA's National Champion Sports Teams

By Keith J. Hamel, WPAOG staff

Quick... when was the last time that a United States Military Academy sports team won a national championship? No, it's not 1946 when Felix "Doc" Blanchard '47 and Glenn Davis '47 led Earl "Red" Blaik's '20 football squad to a 9-0-1 record and a shared national title with AP Poll-winner Notre Dame (against whom Army tied in a famous 0-0 game on November 9, 1946, at Yankee Stadium).

1958?—the last time that Men's Lacrosse won the national championship outright in that sport—good guess, but no. If you said 2005, the year in which the West Point Rifle team won the NCAA National Championship, you would be in the right century but still wrong. The answer is 2013, and eight teams—Men's Boxing, Women's Boxing, Men's Team Handball, Women's Team Handball, Judo, Pistol, Orienteering, and Fencing—won national titles this year.



Orienteering team members Miles '13, Schroeder '14, and Eck '13 sweep the U.S. Intercollegiate Championship.

If you didn't know the answer, it is likely because you associate "national championship" exclusively with the NCAA Division-I sports of the Department of Intercollegiate Athletics; however, there are 21 competitive sports clubs as part of the Directorate of Cadet Activities (DCA), and they have been racking up titles in recent years.

Take the Orienteering Team for example, which won its 11th consecutive national title in 2013 and its 35th championship overall. According to Colonel Michael Hendricks, the team's Officer in Charge, the team raced over unfamiliar terrain in cold conditions and swept the men's varsity

category at the U.S. Intercollegiate Championships held in Shawnee, Kansas. Then-Cadet Nolan Miles '13 placed first, Cadet Zach Schroeder '14 came in second, and then-Cadet Andrew Eck '13 followed in third (by one second).

Another perennial champ is Men's Team Handball, which is comprised of a "Black" squad and a "Gold" squad. At the Team Handball College National Championship in April, these squads faced each other in an all-West Point final, the fourth straight year such a match has occurred. Black defeated Gold giving Men's Team Handball its seventh consecutive title and its 26th overall. The Black squad also secured a bronze medal at the Club National Championships, competing against semi-pro players from Chicago and Los Angeles.

For the fifth consecutive year, the Judo Team took home national titles in both the men's and women's novice categories at the 2013 Collegiate Nationals tournament held at Iowa State University in March. Athletes faced more than 150 competitors in both the novice and advanced divisions and won a combined 62 individual matches. A month later, at the USA Judo Senior Nationals, then-Cadet Catherine Clarke-Pounder '13 and Cadet Patrick Diehl '14 won national championships in their brown belt divisions.

Finally, led by Cadet Marvin Hargraves '15, West Point Fencing captured its first-ever national epee crown at the National



The 2013 National Champion Women's Team Handball-Black Team poses at the Los Angeles Team Handball Club tournament.

Collegiate Club Championships in 2013. Interestingly, the Fencing Team was the source of West Point's first ever national collegiate championship when it won the Intercollegiate Fencing Association's team foils event in 1902.

Approximately 15 percent of the Corps, or about 650 cadets, are members of a club sport team, and all of them are focused on winning. Yet, as Carol Miller, the Extracurricular Activities Manager for DCA, points out, "Winning for DCA transcends the final score of any game or any season record. Winning is about developing leaders of character that are prepared to win our Nation's wars." This is how West Point cadets go from being national champions to our Nation's champs. ★



The Judo Team displays its awards from the 2013 Collegiate Nationals in Ames, IA.



Men's Team Handball-Black Team wins the 2013 College National Championship.

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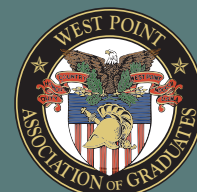
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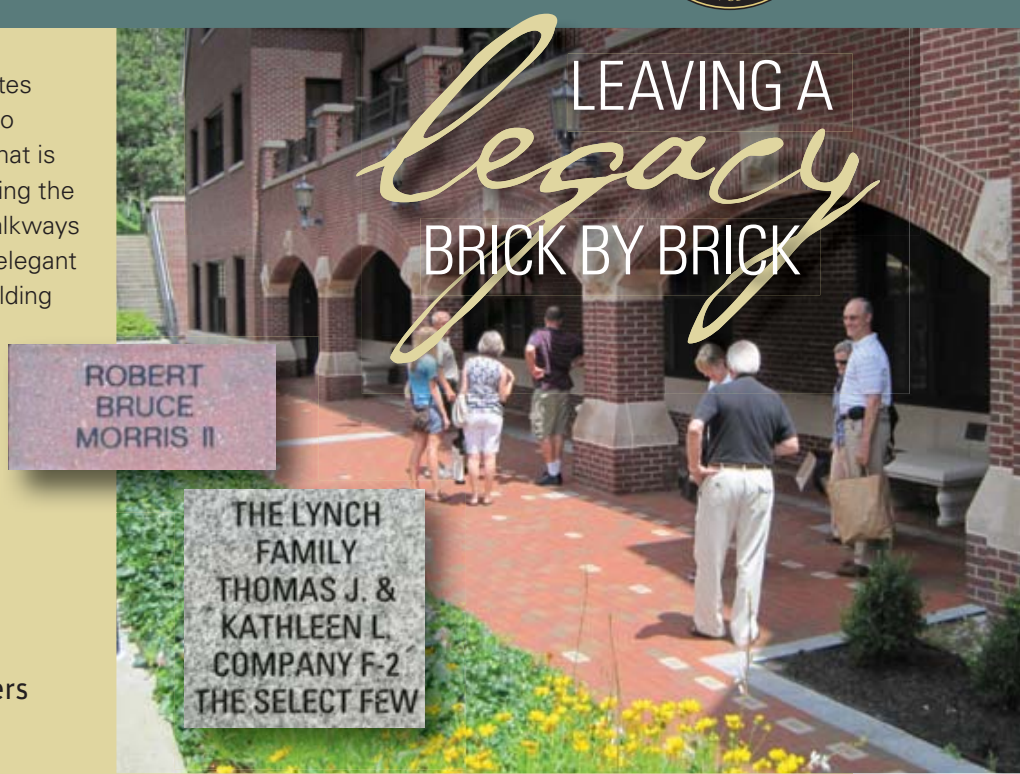
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Between the Lines: West Point Company Athletics

By **Ted Spiegel**, Guest Writer

As Douglas MacArthur, Class of 1903, famously said, “Every cadet an athlete,” but there are only so many spots available on West Point’s 24 corps squad, NCAA Division-I teams, or on the Directorate of Cadet Activities’ 21 competitive club teams. As a result, each semester, the remaining 3,500 or so cadets not on one of these teams participate in what is traditionally known as intramural athletics. But this is West Point: Intramural athletics are not just recreational sports. Since 2007, when intramurals became known as company athletics housed within the Department of Physical Education (DPE), this two-days-a-week activity blossomed into a full-blown leadership experience.

Five hundred cadets fill leadership positions as coaches, officials, and cadets in charge (CICs) of the 11 sports under company athletics—flag football, soccer, basketball, team handball, ultimate Frisbee, and wrestling during the fall semester; or area hockey, swimming, submission grappling, flickerball, and orienteering during the spring semester. In addition, 54 cadets serve as athletic officers at the company, battalion, regiment, and brigade level. Each sport has one CIC per regiment in charge of its nine teams, which compete for their regimental championship. At term end,

double regimental competition leads to a brigade championship for each sport.

There are 30 DPE professional sports educators on tap in support of the 108 teams competing on any given day. These educators meet with the CICs, company coaches, and officials at the beginning of the season and brief them on their responsibilities. Following guidelines from the DPE staff, the upper-class cadet coaches



Photo: Ted Spiegel

emphasize weekly themes to their team. The topics include establishing a team's core values and goals, its athletic competency, team cohesiveness, and personal commitment. The DPE educators also train all the referees and umpires, who tend to be cows and firsties. Finally, DPE has created the Character in Sport Index (CSI), which evaluates all cadet participants on the basis of sportsmanship and fair play, mental toughness and perseverance, unselfishness, coachability and attitude, and playing ability (which counts for only 15 percent of the evaluation). The DPE educators rate the CICs, who in turn rate the officials and the coaches, and the cadet coaches rate their athletes. The CSI evaluation is combined with the grades a cadet receives in seven required DPE courses to establish the athletic component of class standing upon graduation.



Companies from Second Regiment play Flickerball, one of the spring sports, on Target Hill Athletic Field.

Justin Freeman, who oversees the company athletics program for DPE, observes that it gives cadets opportunities to make decisions in the heat of the moment. "We view it as a lab experience for leadership," he says, and comments from the athletes in the program demonstrate that cadets are well aware of the company athletics program's value in their leadership development.

Edward McBride '13, who served as the Athletic Officer for First Regiment last year, believes that the company athletics program is helping him appreciate the opportunity ahead of him when he reports to the 11th Armored Cavalry Regiment ("Iron Horse") at the Fort Irwin National Training Center in California. "The core competency of a leader is to know how you and your Soldiers function under pressure," he says. "As one becomes an upper-class

cadet in company athletics you learn more about just that because you are working with a variety of cadets—ex-corps squaders, former high school athletes, and those playing for fun or a grade—and you need to manage that team dynamic, which is like managing the dynamics of an Army unit."

Brian Wright '13, the CIC for area hockey in Third Regiment last year, learned other valuable leadership lessons through company athletics. "I learned how much information has to be put out to make sure that people are at the right place at the right time," he says. Furthermore, he learned how social activities such as sports help classes meet and mix at West Point. "Company athletics give underclassmen a chance to really get to know the upperclassmen in our companies and in the regiment," he says.

Robert Downey '13, who received a "Mike Kryzyzewski '69 Teaching Character through Sport Award" for his performance as team handball coach for Company A-1, agrees with Wright's assessment. "Company athletics gives a lot of people the opportunity to interact with each other and be good teammates, even if they don't know the other people well," he says. Now an Infantry Platoon Leader with the 101st Airborne, Downey says that his experience with handball will continue into the Army. One theme he particularly recalls is the boost his team's championship gave to the spirit of A Company. Downey says, "As we kept winning, our whole company came out to support us; it brought us closer together."

Jeremy Sledge '13 served as a floor hockey umpire. He was tasked with making rulings concerning play and then standing by his decision. "You have to be consistent and not waiver," he says. "It's probably the same process I will encounter as an MP officer."

Jeremy Naber '14, who wants to coach his company's wrestling team this year, says, "A lot of leadership slots at West Point are administrative, but I'd rather be coaching in company athletics because you have to be able to motivate and encourage cadets who never wrestled before." He sees this as perfect preparation for what he will be doing as an Army officer. "I'm sure that any experience of getting people motivated for something new will be important," he says.

The cadets will also find lessons from DPE 450: Unit Fitness relevant to their role in the Army. This required course introduces doctrine from the recently issued Field Manual 7-22, Army Physical Readiness Training, and fosters a graduate's capacity to nurture physical fitness programs for their unit. "They learn about exercises that will help soldiers execute their branch's mission," says course instructor Major Laura McKenna '01. Combining this with their experience in either corps squad, competitive club, or company athletics, today's graduates will hopefully fulfill another MacArthur saying: "[Those who] had taken part in organized sport made the best Soldiers." ★

Ted Spiegel is a long-time contributing writer for various WPAOG publications and formerly worked for West Point Admissions.

IT TAKES US ALL



In April of this year, the West Point Association of Graduates publicly launched *For Us All: The Campaign for West Point*. This \$350-million campaign is the largest fundraising campaign in West Point's history. It seeks to sustain and advance **Margin of Excellence** programs at the Academy as well as WPAOG programs that serve the Long Gray Line. All gifts of any size to any fund made from January 2009, until December 31, 2015, are included in the campaign. We are thrilled to announce that we have reached nearly 90 percent of our goal, raising more than \$308 million.

37,196 of donors to the campaign

For Us All Campaign graduate participation since 2009: 50%
Goal to reach 60% graduate participation by end of campaign

Annual graduate participation growing

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Navy: 21%
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Head of the Department of
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thirty

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cleaning fluid
annually*



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1956 Palmer '56 in Fort Leavenworth Hall of Fame



In May 2013, LTG (R) Dave Palmer was inducted into the Fort Leavenworth Hall of Fame, which honors outstanding military and civilian leaders who served there and made significant contributions to the achievement, tradition, or history of the fort and the

Nation's armed forces. Palmer also served as the 53rd Superintendent of West Point.



1948 In Memoriam: LTG (R) Sidney B. Berry '48

On July 1, 2013 LTG (R) Sidney B. Berry '48 passed away. In 1974, he became the Academy's 50th Superintendent.



1977 Jacobovitz '77 Named a Top Leader in Public Works

Putnam County (Florida) Public Works Director, Donald D. Jacobovitz '77 was recently named to the national Top Ten Public Works Leaders of the Year by the American Public Works Association (APWA). Jacobovitz was honored in August during the awards ceremony of the APWA 2013 International Public Works Congress & Exposition.



General Officer Promotions

The Secretary of Defense has announced that the President has nominated:

To the rank of Lieutenant General:

Major General Robert B. Abrams '82

To the rank of Brigadier General:

Colonel Willard M. Burleson III '88

Colonel William E. Cole '87

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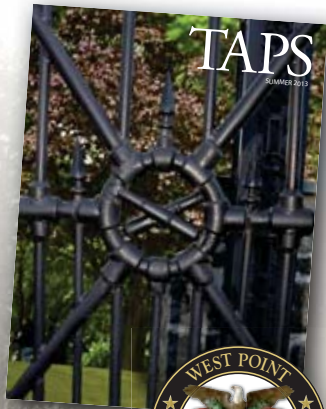
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Past in Review



COLONEL CALABRO'S CARTOONS

On July 9, 2013, the Long Gray Line lost Colonel (Ret) John A. Calabro Jr. '68. Most people familiar with the West Point Association of Graduates and the Academy know that John was WPAOG's Senior Vice President and Chief Operating Officer and that he taught composition courses in USMA's Department of English & Philosophy for decades. What most people don't know is that John was also an accomplished musician, watercolorist, gourmet cook, and cartoonist. In celebration of his life (1946-2013), *West Point* magazine is proud to present some of the drawings John contributed as a cadet to *The Pointer*, West Point's one-time literary magazine (a few of which reportedly put him in hot water with Academy administration!). Well Done, John. Be Thou at Peace.





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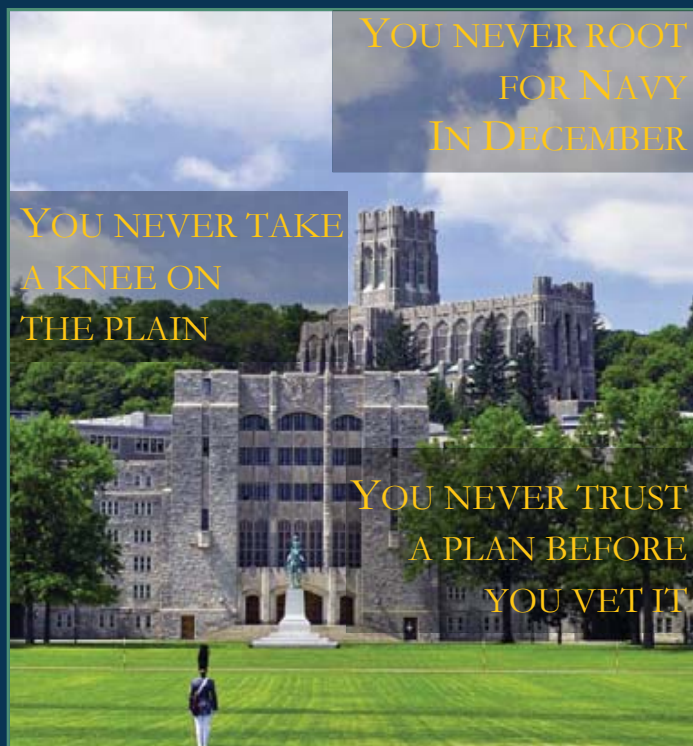
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