



You Make The Call!

The Official Newsletter of Fort Drum FMWR Sports, Fitness, and Aquatics

November 1, 2009

Volume 1, Issue 1

Top Stories

- Sports, Fitness, and Aquatics goes to print!
- Name the Newsletter
- Winter Fitness

Summer Experiences, Fall Expectations

I'm excited to announce the FIRST ever official issue of the Fort Drum Sports, Fitness, and Aquatics Newsletter. Our department loves sports! Even our beloved secretary, Diane Sykes, is a long time all star bowler! She has also been known to be sent off a softball field on occasion due to excessive exuberance. Brandon Doherty enjoys football and golf in his spare time. Jim Moshier is crazy about football, basketball, and is a retired competitive swimmer. For a good time Football discussion, stop by the Sports Office to see our NFL Contenders and Pretenders wall where we track scores and standings for the NFC East.

This newsletter will cover local and national sports (because we love it), health and fitness, our own local events and tournaments, player/athlete sound bytes and may even have a contest periodically.

It's been an exciting summer with action packed sports at Fort Drum. Golf, softball, and basketball tournaments have been the most popular bringing in large attendances and big excitement. If you have not yet participated in any of our local sports tournaments, you are missing out, however, it's not too late for you to get involved! Upcoming events for this fall and winter include:

- BB League 16 Nov -14 March**
- Volleyball Tourney Nov 14 -15**
- Bowling Tourney Nov 21 -22**
- Over 30 BB Tourney Nov 21 -22**
- Thanksgiving BB Tourney Dec 5 -6**
- Indoor Flag Football Dec 7 -13**
- Christmas BB Tourney Dec 12 -13**
- Raquetball Tournament Jan 9 -10**
- Martin Luther King BB Jan 23 -24**
- Bench Press Competition Feb 6**



It's Do or Die for all you sports enthusiasts!!!! Bring your game to our tournaments.

Name the Newsletter

We need your help! The Fort Drum Sports, Fitness, and Aquatics Department is looking for YOUR input on a very important decision to be made. We are currently hosting a contest to name this newsletter. It will contain sports information on upcoming events, blog submissions, recent sports news, results from our local tournaments, and the editor's corner. Please submit newsletter name suggestions to our editor, Jim Moshier, at the following address:



drum.mwrsports@conus.army.mil

The winning entry will receive an official Sports, Fitness, and Aquatics T -Shirt, Water Bottle, and FMWR Championship Coin. The submission due date is December 1st, 2009. You make the call!

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Fitness For You



We're on the Web!
www.drummwr.com

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Fitness, and Aquatics**

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FMWR is for All Your Life

Are you new to Fort Drum and concerned about creating a fitness plan for the winter months? Have you heard all the horror stories about weight gain and cold temperatures? Well, I have great news for you. You can overcome the temptations to stay inside and eat all day. I am a 34 year veteran of cold weather and have learned how to enjoy working out in the cold.

Tip number 1: Whenever you exercise in the cold, dress warmly in layers. Being either too hot or too cold can have bad results. If you begin to sweat, take time to take off an insulation layer. If you get wet and cold, that could have very negative results.

Tip number 2: Have a workout partner and cell phone available if you can. It's always good to keep safety in mind while exercising in the cold. Let others know where you will be at all times. Have an emergency plan in place for injuries.

Tip number 3: Try the Ski Lunch program at FMWR Parks and Recreation (building P-1115) on Iraqi Freedom Drive. They serve a delicious hot soup lunch with all the fixings as well as providing an excellent ski instructor. It's always fun to get out and meet new people on the ski trail. The ski lunch program is open to skiers of all skill levels (weather permitting).

Tip number 4: Play in the back yard. It sounds simple, but it can be a great workout. Walking thru the snow is a great core and leg exercise. Whether you decide to have a snowball fight, build a snowman or snow sculpture, it can be an intense cardio or strength training session. Best of all, it is fun for the whole family.

If you just can't bring yourself to exercise outside during the winter, try this:

See an exercise specialist at one of the fitness facilities on post. You will receive guidance to help you lose those pounds and inches and it's all FREE!!! Call us for more information:

Magrath Sports Complex 315-772-4584

Pine Plains Fitness Center 315-772-4936

Champion's Corner

Softball League Tournament Winners: Coleman's

Golf Tournament Men's Winners:

LT Jerrod Williams and CPT Rodney Lanbrum

Golf Tournament Co-Ed Winners:

Burt Elthridge and Lee Christman

Soccer Championship Winners:

Renegades

Columbus Day Basketball Winners:

Street Ballers

Flag Football Champions:

The Champs

New this year, all champions at Fort Drum Mountain Sports events receive an exclusive championship coin. Congratulations to all our winners!

2 Minute Drill

As of week 5, here are Jim's Super Bowl Contenders.

1. New Orleans Saints— Drew Brees is playing with a lot confidence and team chemistry is very good. It's not just about offense either. Their defense is for real.
2. Indianapolis Colts— Peyton Manning is off to another "Superman" MVP caliber season. It's amazing to watch him "out think" defenses.
3. Minnesota Vikings— Brett Favre got his big win over the Packers, making him the only QB in NFL history to beat all 32 teams. Jared Allen is a monster at the DE position.
4. NY Giants— Steve Smith and Mario Manningham are league leaders despite the naysayers. The Giants also have the deepest defense in the NFL which helps to cover some of the injuries they have had.

