

Fitness & Sports

Sports line

Fitness and Sports program best in AMC

Golf tournaments:

437th Operations Support Squadron: June 6 at Wrenwoods Golf Course. Shotgun start is at 8:30 a.m. The tournament is Captain's Choice.

The \$15 entry fee includes an all-you-can-eat lunch and drinks afterwards. Green fees and cart is not included in the entry fee. Prizes will be given for first, second and third longest drive, closest to the pin and last place team. A drawing will be held after the tournament for a name brand driver and putter, plus more prizes.

For details, call 963-3011.

The 437th Support Group: June 9 at Wrenwoods Golf Course, with a shotgun start at 1 p.m. Cost is \$15 plus green fees, which includes range balls, lunch, beverages, and a lot of door prizes. Prizes will be given for first, second and third place teams, longest drive and closest to the pin.

For more information, call Senior Airman Harold Bordeaux at 963-5495 or **Airman 1:** Class Erik Sonnenberg at 963-3505.

Intramural Standings

Softball

1. 437 AGS 1
2. APS
3. CS/SVS
4. CES
5. MXS 1
6. Navy Hospital
7. SUP 1
8. 373 TRS/LSS
9. Med Group
10. Flyers
11. SFS
12. 437 AW
13. 1 CTCS
14. LGT
15. SUP 2
16. OSS
17. MXS 2
18. 437 AGS 2

Soccer

1. Med Grp/SUP
2. Flyers
3. SFS
4. 437 AGS
5. APS
6. CES
7. CS
8. EMS

Riverdogs tickets: The Outdoor Recreation Center now has \$3 vouchers for Charleston Riverdogs baseball games. For details, call 963-5271.

By Staff Sgt. Michael Duhe
437 AW Public Affairs

Charleston AFB's Fitness and Sports Program is a winning team with Air Mobility Command. The program was recently named best in AMC and will advance to compete for the Air Force Services Program Award.

The Fitness and Sports Program was evaluated in four areas: leadership, management, operational results and customer focus and satisfaction.

Credit for the award goes far beyond an excellent facility and top-of-the-line equipment, according to Steve Parrish, Fitness and Sports director.

"A facility doesn't win an award," he explained. "It's the people and agencies on base who make it the best in AMC."

Parrish said the volunteer program for aerobics is an example of the level of support the Fitness and Sports Program enjoys from members of the base. Fourteen aerobics instructors volunteer more than 1,200 hours annually, saving the Fitness and

Sports Center more than \$50,000.

The program earned an unprecedented 100 percent overall customer satisfaction rating. Customers graded the program in 12 categories on service, staff, products, facility, equipment and programs.

"The staff at the Fitness Center does a tremendous job," said 1st Lt. Noelle Hatchell, combat support flight commander. "Fitness personnel interact with our customers, who in turn provide valuable inputs. That's vital to developing great programs and increasing participation levels."

Charleston AFB also has one of the best sports programs in the Air Force, Parrish said. "Eddie Goad does a great job with it, and we get a lot of support with coaches and volunteers."

The unit-level intramural sports program consists of 10 leagues, offering flag football, basketball, softball, volleyball, racquetball, soccer, tennis, golf, bowling and swimming. More than 2,500 athletes participated in the leagues.

The sports program is

also automated, giving participants access to up-to-date information on intramural game schedules, standings, calendars and instructions/rules and daily updates. Also, a 24-hour-a-day sports line is available for customer comments and suggestions.

"Our customers are very involved and let us know ways to improve what we offer," Parrish explained. "We even have customers who volunteer to fix some of our equipment when it breaks. We've had civil engineers come back on their own time to finish a job. That's the kind of people we have on this base."

The Health and Wellness Center is another valuable part of the Fitness and Sports Program, Parrish said, providing services and programs such as physical therapy, a resource center, fitness equipment and sports injury prevention clinics.

"The fitness center and HAWC staff is a team dedicated to one common goal - providing support for our customers," he commented. "We work hard to

make it an enjoyable atmosphere for our customers."

The Fitness and Sports center supports more than 250,000 visits annually. The 58,000-square-foot complex offers more than 10 tons of free weight strength training, a Cybex and multi-exercise room, 50 cardiovascular machines, seven racquetball courts, two basketball/volleyball courts, sauna and steam rooms, cycle ergometry testing and a classroom for fitness-related courses.

"I really enjoy it," said fitness center patron Bob Judelsohn. "I come here from John's Island two to three times a week to use the facility. It's very good. I lift weights and run on the jogging trail."

"The fitness center is a community facility - no one person owns it," Parrish said. "The base makes it what it is."

As for who gets the credit, Parrish said, "I'm just a cheerleader. It's the staff, customers, wing leadership and agencies on base that make this place a winner."

Air Force announces changes to fitness test

Beginning in July, the Air Force's annual cycle ergometry test will be expanded to include muscular fitness assessments using push-ups and crunches for all Air Force members. Pass/fail standards will not be decided until January 2002, giving Air Force leadership sufficient opportunity to evaluate the expanded program's effectiveness.

"The Air Force is committed to enhancing the health, well being, and performance of every member," said Air Force Chief of Staff Gen. Michael E. Ryan. "Total physical fitness includes cardiovascular capacity, muscular strength and endurance, flexibility and body composition."

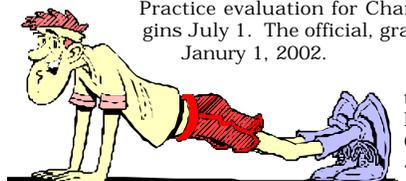
Requirements for crunches are the same for men and women depending on their age. Push-up requirements are different for men and women and are also structured according to age. Changes to the program will not impact unit testing schedules already in place.

According to Ryan, the changes are vitally important in assessing force enhancement and to ensure compliance with DOD instructions. "Physical fitness remains an essential component of combat readiness and expeditionary competence," Ryan said. "We will continue to research methods to improve the health and performance of the Force."

The Health and Wellness Center staff on every installation will provide local information and training.

Practice evaluation for Charleston AFB begins July 1. The official, graded test begins January 1, 2002.

For information, call the Health Wellness Center at 963-4313.



Crunches (male and female)

Age	Number in two minutes
<24:	53
25-29	50
30-34:	42
35-39:	38
40-44:	32
45-49:	30
50-54:	28
55-59:	27

Push-ups (female)

Age	Number of in two minutes
<24:	19
25-29:	17
30-34	15
35-39:	13
40-44:	12
45-49:	10
50-54:	9
55-59:	8

Push-ups (male)

Age	Number in two minutes
<24:	42
25-29:	40
30-34:	36
35-39:	34
40-44:	30
45-49:	25
50-54:	20
55-59:	18