

Racquetball season, team 'trash talk' heating up

By Senior Airman Michael Duhe
437th AW Public Affairs

It was opening night for intramural racquetball season at the fitness center recently, and there was no shortage of good-natured trash talk.

Although the 437th Security Forces Squadron won the championship last year, Frederick Malle of 373rd Det. 5 said, "We're the number one seed. We have a strong team and a strong bench. We were runner-up last year and have been preparing since then. We're coming for SFS and AGS. They better bring their game."

Anthony Pratt of 437th Aerial Port Squadron was no less vocal about his team's intentions.

"Realistically, we're in the middle of the pack, but we're looking to topple the security forces squadron," he commented. "We'll challenge security forces, EMS, AGS and CRS."

Scott Barnes, considered the top player with the SFS team (and possibly the entire league), laughed it all off, however.

"That's okay - when you're number one, everybody wants you," he explained. "Everybody's gunning for you. We expected that."

Barnes is confident the six-member team will again finish on top this year. "Our team is the same from last year, so we should be strong," he said.

Although several members of the team deploy quite a bit, the team's depth isn't a problem, according to Barnes.

"If I'm TDY, our number two and number three players could be just as strong as the number one and two players of any other squadron," he said.

Barnes added that in addition to depth, the SFS team's strong point is physical condition and endurance. Both Barnes and teammate William Dunlap play year round.

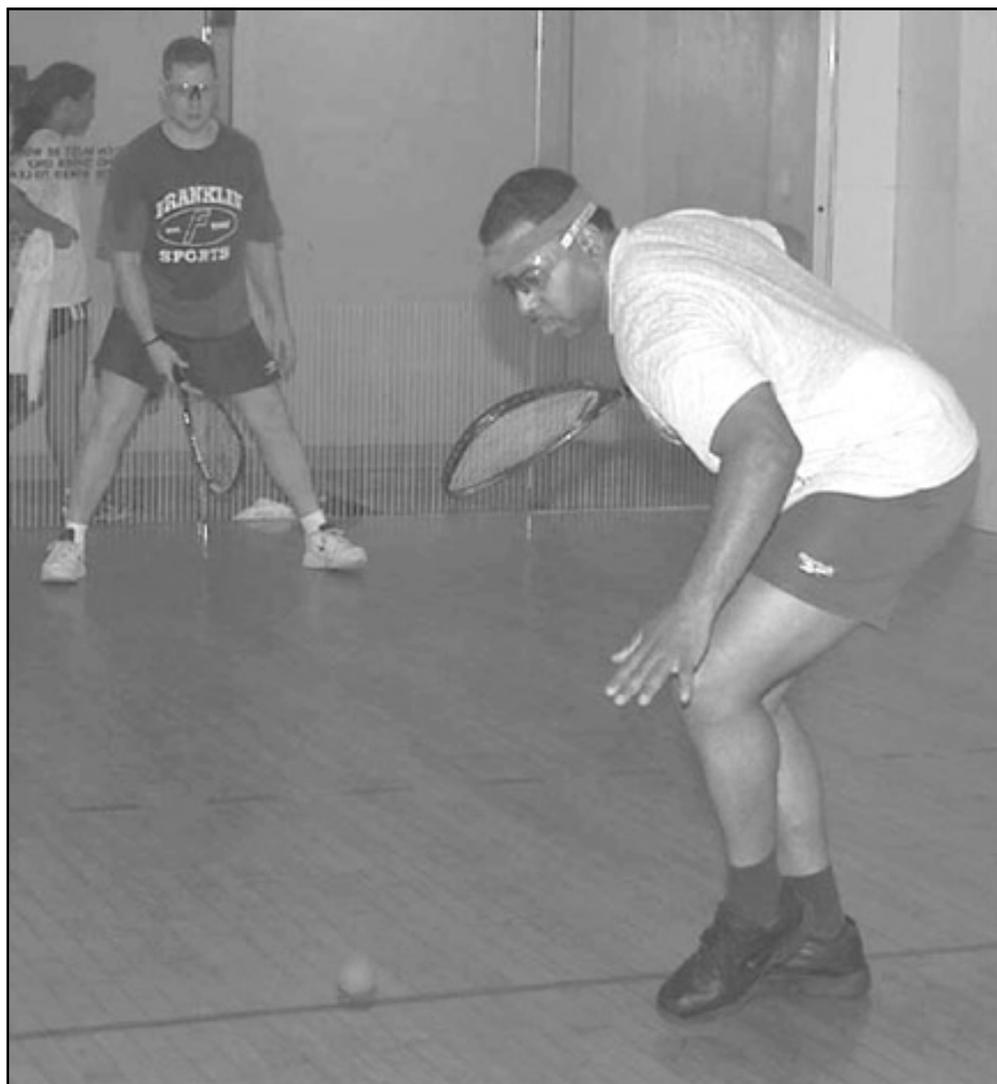
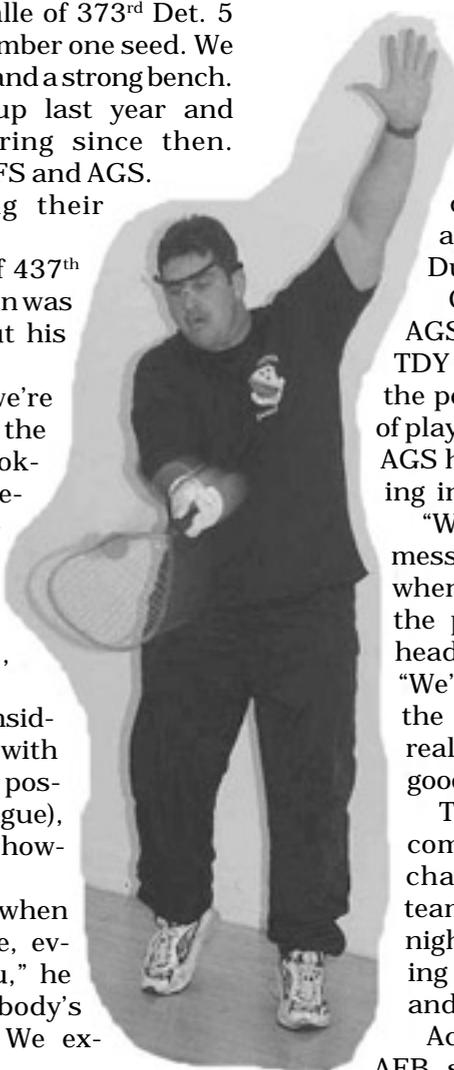
Other teams, such as AGS, have concerns with TDY as well. To prepare for the possibility of a shortage of players during the season, AGS has two teams competing in this year's league.

"We're hoping TDYs don't mess us up like last year, when several of us missed the playoffs," said AGS 1 head coach Don Gaudette. "We're looking forward to the year. I think we'll do real well. We have some good players."

This year, 12 teams are competing for the base championship title. Six teams play on competition nights, with teams playing two singles matches and one doubles match.

According to Charleston AFB sports director Eddie

Goad, interest in racquetball on base this year is especially high and the competition "should be tough this year."



photos by Senior Airman Corey Clements

Above, Anthony Pratt (serving) and Brian Hawk warm up. At left, David Walters of 373rd Training Squadron returns a shot during a match against 1st Combat Camera Squadron.

Racquetball standings

	W	L		W	L
1. SFS	3	0	7. 1CTCS	4	5
2. 437 AGS 1	3	0	8. EMS	4	5
3. 373 TRS	3	0	9. CES	2	4
4. 437 AW	5	1	10. SUP	1	2
5. CS	5	4	11. APS	1	5
6. CRS	5	4	12. 437 AGS 2	0	6

Sports Line

Swami winner

The winner of the Swami's football forecast contest will be published in next week's *Airlift Dispatch*. The Swami was off the past two weeks taking a trip to Minnesota to put a hex on the Dallas Cowboys.

Prizes will be awarded to the winner. Second place will receive an autographed Swami photo.

Intramural standings

Basketball

	W	L
1. SFS	9	0
2. FLYERS	7	0
3. SUP 1	7	0
4. MEDGP	7	0
5. CRS	6	0
6. 437 AGS 1	4	2
7. SUP 2	5	3
8. APS 1	4	3
9. CES	3	3
10. EMS	2	3
11. 1 CTCS	2	4
12. 437 AGS 3	1	3
13. LSS/CPTS	1	4
14. Navy Hosp	1	5

15. APS 2	1	5
16. LGT	1	6
17. 437 AW	0	6
18. 437 AGS 2	0	7
19. OSS Dropped	0	7

Bowling National League

1. APS 1
2. CES
3. 637 AGS 1
4. LSS
5. EMS 2
6. Det. 3
7. Comm
8. 15 AS
9. MSS
10. EMS 3
11. CRS
12. Blind Team

American League

1. 637 AGS 2
2. APS 3
3. EMS 4
4. EMS 1
5. 637 AGS 3
6. SVS
7. APS 2
8. SFS
9. CTCS
10. LGT
11. 437 OSS
12. APS 4

Catch the Rays

South Carolina Stingrays upcoming home games are:

Jan. 21 -- versus Charlotte Checkers, 7:30 p.m.;

Jan. 22 -- versus Augusta Lynx, 7:30 p.m.

All home games are in the North Charleston Coliseum.

'Fitness on Call' answers workout questions

SAN DIEGO - What's the best way to burn calories in a world mired by Y2K maladies? The American Council on Exercise can answer that question and more through its "Fitness on Call" hotline.

The fourth-annual ACE "Fitness on Call" sponsored by Family Circle magazine will take place Saturday from 9 a.m. to 8 p.m. EST., anyone - whether veteran exerciser or lapsed resolution-maker - can call toll-free (888) EXERCISE (397-2473) to get up-to-date, accurate fitness advice.

CBS Saturday Morning Emmy award-winning fitness reporter Bonnie Kaye, in addition to authors and workout video gurus Karen Voight and Keli Roberts, will be on hand to answer questions. There will also be 40 ACE-certified fitness professionals fielding calls, and sports medicine specialists and dietitians will lend their expertise as well.

The American Council on Exercise is a non-profit organization dedicated to promoting the benefits of physical activity and protecting consumers against unsafe and ineffective fitness products and instruction. For more information on ACE and its programs, call (800) 825-3636 or log onto the ACE Web site at www.acefitness.org.