

FT. HOOD ATHLETICS

MAY 2

Tour d' Hood Bike Ride

Abrams Physical Fitness Center will host a 15-mile Family-friendly route on Fort Hood at 8 a.m. May 2.

They will also host a more challenging 50-mile route around the training reservation for more experienced cyclists. The route includes nearly 2,000 feet of elevation change. Registration begins at 6:30 a.m.

The Band of Angels will also be accepting donations at the ride in support of the Fisher House for injured Fort Hood Soldiers or their Family members.

For more details call Julie Shenk, Army Team Cycling/Band of Angels, at 286-7927 or visit www.hoodmwr.com/promo_events/tour/d_hood.htm.

NOW-OCT. 4

Army 10-miler coach needed

The Fort Hood sports office is looking for an Army 10-miler coach for the Fort Hood team that will race in the 25th Anniversary 10-mile run Oct. 4 in Washington D.C. For more information on the program, call Jesse Gonzales at 287-5405.

ONGOING

Volleyball Officials Wanted

The Heart of Texas Chapter is recruiting people interested in officiating high school volleyball games in grades 7 through 12.

Preferred skills and experience includes playing, coaching or officiating volleyball in high school, college, USAV or intramural competitions.

For more information, contact Tom Craig by e-mail at tcraig53@hotmail.com.

Training for the Fall 2009 season will begin in May.

Water Aerobics

Water aerobics is offered free of charge to Family, Morale, Welfare and Recreation-authorized patrons.

Water aerobics is a low-impact workout. All skill levels and abilities can participate.

Classes are held 8-9 a.m. Tuesdays and Thursdays at Abrams Pool inside Abrams Physical Fitness Center, Bldg. 23001, at 62nd Street and Support Avenue.

For more information, call 285-5942.

Boater Education

Belton Lake Outdoor Recreation Area hosts Boater Education/Safety Courses 8 a.m.-4 p.m. on select Saturdays.

The free course focuses on safe boating skills.

To reserve a spot, call BLORA Marina at 287-6073/5526.



Photo by Michael Heckman, Sentinel Staff

Lightning Troop baserunner Scott Briggs overshot second base, attempting to stretch a single into a two-bagger, but Medics infielder Richard Farabee scooped up the ball along with the dirt and tagged him out.

Bats sizzle, fielding fizzles in 17-14 win

BY MICHAEL HECKMAN
Sentinel Staff

They struck early, lost the lead and then rallied late to cinch the win.

Capitalizing on fielding errors by the Carl R. Darnall Medical Center Medics, the Lightning Troop, 3rd Squadron, 3rd Armored Cavalry Regiment, softball team pulled out a sixth-inning, last-bat, 17-14, win April 15 at the Ryan Evans Softball Complex.

The Medics posted a 2-0 first-inning lead as a result of back-to-back lead-off

singles cashing in on a sacrifice fly hit deep into center field and a line-drive shot between the Lightning Troop's short stop and second baseman.

Striking back, the troop's lead-off batter hit an inside-the-park homerun on a ball that seemed to be greased; nobody could get a handle on it. A single and a homerun hit over the center-field fence made it 3-2.

The effects of bats sizzling and tin-gloved fielding built the lead to 8-2 before the Lightning Troop's big inning was over.

Runs scored off a single hit to

center field, a double drilled down the third baseline, a tap bobbled by the shortstop, a double hit up the center, a flyball hit deep to center field and numerous fielding errors.

But the Medics weren't finished. After their first batter drew a walk, they scored on a single hit to shallow center field, a blooper over the third baseman's head and repeated shots into center-field. When the rally was over, they had surged to a 12-8 lead.

It looked like it might stick. The

Lightning Troop batters went three up, and three-down in the third inning.

But the Medics blanked their opponents, too, sending the game into its fourth inning.

Lightning Troop was held scoreless but, after posting a single, the Medics scored a run off a double hit into deep left-center field, stretching their lead to five runs, 13-8.

Posting runners on second and third bases, a hit that backed the left

See **Softball, D2**



Photo by Michael Heckman, Sentinel Staff

Nagee Adams, a Coppers Cove Crusaders sophomore, bested the Scorpions' Maurice West in the slam dunk contest.

Despite challenges, military brats should aim high in game of life

BY MICHAEL HECKMAN
Sentinel Staff

However challenging their lives might be, military brats should aim high, according to Ketia Swanier (pronounced swan-yea), whom while growing up seldom had both of her parents at home. Ketia's mother, Rosie, and her father, Cornell, both were Army sergeants. Ketia now plays for the Women's National Basketball Association. She visited the post Saturday for a basketball tournament at Bronco Youth Center.

While she was going to school at Fort Polk, La., and then at Fort Hood, one parent or the other was deployed, first to Bosnia, Saudi Arabia and then Iraq, she said.

Their absence didn't stop Ketia from having a stellar career in basketball or from giving back to military children facing similar challenges today.

"I was born a military brat; so I experienced what these kids are going through...a lot more people are being deployed to the wars in Iraq and Afghanistan so I feel like it's worse," Ketia said, before the basketball tournament sponsored by her non-profit organization, the Ketia4Kidz Foundation (www.ketia4kidz.org), and the Child, Youth and School Services.

Her No. 21 jersey recently was retired by Columbus High School in Georgia, where the point guard led her team to state championships, National Sweet 16 appearances and a national title.

After playing point guard for the University of Connecticut from 2004 to 2008 (she graduated the year before they swept everyone to win the women's basketball NCAA title), she became a first-round draft pick in the WNBA, where she plays for the Connecticut Sun.

The mission of Ketia4Kidz is "to motivate children of active-duty military personnel to achieve their dreams and goals by promoting excellence in academics and sports related programs," according to its Web site.

"I just wanted to give back to the military kids and show them as an example they can do anything they put their minds to do," Ketia said.

Despite their frequent absence, her parents moti-

vated her most. Both were with her Saturday.

Rosie's message for parents was, "As a mom, always be there to support them and push them. Never tell them they can't do it. Always encourage them..."

Her mother said Ketia began playing basketball at Fort Polk, when she was six years old. That year they were stationed at Fort Hood, where they remained until Ketia was nine.

"Hood was good;" Rosie said. "I enjoyed the community because it was so much of a Family-oriented thing."

Just five-feet six-inches tall, Ketia didn't let her size stop her, either.

"Being small, you're quick; that's a big strength so I try to use that to my advantage," she said.

Her advice to children now is, "Stay in school; make good grades. No matter what happens you'll have that knowledge. Nobody can take that away from you."

After leaving Fort Hood, Ketia will get ready for the Sun's training camp May 17. She also looks forward to working more with Keela Carr, who also accompanied her Saturday.

After walking last summer from Barstow, Ca., to Arlington National Cemetery, where a wreath was placed at the Tomb of the Unknown Soldier, Carr founded the 1,000 Thanks organization.

"The primary message has always been to show gratitude for veterans and to support troops," Carr said.

On Memorial Day she will repeat her journey, visiting veterans hospitals and military installations from Barstow to Arlington. This time, she'll have a team that includes a trainer and three drivers.

Again, she'll miss Fort Hood.

"That's another reason I wanted to come with Ketia today," she added.

Carr, an athletic trainer who lives in Central Florida, met Ketia through a friend.

The difference between their organizations, she said, is, "With Ketia4Kidz we focus on the children of military Families. A lot of the time we focus on the grown-ups and leave the kids by the wayside."

See **Ketia4Kidz, D4**