

SPORTS BRIEFS

JULY 24

Moonlight Madness

Take advantage of a 4-person, nine-hole, night-time scramble Saturday at The Courses of Clear Creek. Register up to the day of the tournament from 6:30-7:45 p.m. Dinner will also be served during that time. A shotgun start begins at 8 p.m.

The tournament is \$40 per golfer and includes greens, "lighted" golf cart, club rental, glow-in-the-dark golf balls, dinner, drinks (two tickets for alcoholic or non-alcoholic drinks) and prize tickets. Mulligans are three for \$5. This event is open to the public.

For more information or to register, call 287-4130 or stop by The Courses of Clear Creek on Battalion Avenue west of Clear Creek Road.

THROUGH JULY 30

Cheerleading camp registration

Registration is available through July 30 for the National Cheerleading Association Youth Camp. The camp will be held Aug. 11-12 at Abrams Physical Fitness Center.

Registration is open to children 7-14 years old and the cost is \$50 per child. Participants must be registered with Child, Youth and School Services. Sign up at the Youth Sports and Fitness Office in the Bronco Youth Center at 27th Street and Tank Destroyer Boulevard.

For more information, call 288-3770.

JULY 31

Military Long Drive Competition

Give it your best shot and you could win \$10,000 and an all-expense paid trip to Mesquite, Nev., beginning at 2 p.m. July 31 at The Courses of Clear Creek.

The trip includes accommodations at the Casablanca Hotel and Casino, and golf at Wolf Creek Golf Course, Casablanca Championship Golf Club and Oasis Country Club.

The cost is \$10 for six attempts and participants may enter multiple times. The competition is open to all active-duty servicemembers from any branch of service, reservists and National Guard members, regardless of status.

For more information or to register, call 287-4130 or visit www.hoodmwr.com. The Courses of Clear Creek are located on Battalion Avenue west of Clear Creek Road.

SEPT. 28

All-Army Bowling applications

Applications for the 2011 All-Army Bowling Tournament should be submitted online by Sept. 28 at <https://Army.sports.cfsc.army.mil>.

For more information, call Jesse Gonzales at 287-5405.



As his Kids CrossFit class ends, Codey Rohn, 6, swings on a climbing rope Monday morning at the Functional Fitness Center on the Resiliency Campus at Fort Hood.



Further emphasizing play as an aspect of physical fitness, children including Danielle Rohn (left), watch, as Michael Boutin, 5, receives a "hot" potato while Codey Rohn, 6, grabs the edge of the bag containing the potato.

Kids get fit through CrossFit

BY MICHAEL HECKMAN

Sentinel Sports Editor

CrossFit is for kids. The intensive physical training regimen that can leave even the fittest Soldiers gasping for air is leaving kids smiling.

With age-appropriate modifications, CrossFit has become a welcome game played at Fort Hood's Functional Fitness Center.

"For kids it's all about play. They do a lot of jumping; there's jumping and tumbling. Weight doesn't even get picked up until the movements are solid. We don't want them to leave here fatigued and drained. We just want them to have fun and get a positive reinforcement about working out," said Jenn Kruse, head trainer for Centurion CrossFit.

About 100 kids a week, divided into age groups of children from 3-5 years old, 6-9 years old and a few 12-year-olds can

take classes at 10 a.m. Monday through Friday.

Monday morning, about a dozen kids began their class running windmills before practicing handstands on a mat and doing side-by-side jumps.

"It helps them work on motor skills and agility," Kruse said.

Depending upon age, kids work out for 30 minutes, 45 minutes or an hour.

"It's fun. I want to climb the rock wall. The ties are OK but the rings made my arms sore," said Katie Bjurman, 9. She and her brother, Karson, 4, attend CrossFit classes with their mother, Kellie, wife of CWO Kevin Bjurman, an Apache helicopter pilot assigned to the 1st Attack Battalion, 227th Aviation Regiment, 1st Cavalry Division.

"Since it's summer time," Kellie said, "I wanted to get the kids involved in a fun type of exercise so they'll keep doing it."

See **CrossFit**, D4

CrossFit head trainer Jenn Kruse spots Isabelle Gulickson, 5, as she practices a hand stand Monday during a Kids CrossFit training class.

Quiet Storm hands Fort Hood Ballers history lesson with 24-7 victory

BY MICHAEL HECKMAN

Sentinel Sports Editor

Despite similar results, history did not repeat itself during the championship game of the women's softball tournament held July 13 at the Rodney J. Evans Softball Complex.

The Quiet Storm defeated the Fort Hood Ballers, 24-7, in a game called after the third inning of play because of the league's 15-run rule.

Before the game, Quiet Storm player Jean Brown said, "Hopefully, we'll come out swinging and hitting sooner than last time. We had to come from behind when we played them about two weeks ago."

Observing that her team had won the post women's softball tournament four consecutive seasons, Quiet Storm Coach Theresa Mayfield said, "This team is probably more competitive than any team around here. We'll see what they (Ballers) bring tonight."

Echoing Brown, Mayfield added, "We're going to come out swinging and connecting. We've got the defense and offense. If these ladies work and minimize their mistakes, we should win the championship."

Mayfield said her team is rated

No. 1 in South Texas, No. 3 statewide and No. 5 nationally by the United States Specialty Sports Association.

Of his team's previous loss to Quiet Storm, Ballers Coach Robert Pruitt said, "The past is just that. What happened in the past will

not happen again; history will not repeat itself."

The first inning was not conclusive.

After Brown drew a walk, Quiet Storm left fielder Chris Jackson dropped a fly ball into center field for a double. A sacrifice fly by

Michelle Houston scored the first run of the game.

Short stop Windy Klein drew a walk before Delonica Boyce hit a sacrifice fly into center field for a 2-0 lead.

In the top of the first inning, lead-off batter Kendra Pruitt smacked a double into center field. Pam Tates followed with a fly ball hit into left-center field, scoring a run.

With one out, Tonia Armstead was thrown out a first base after hitting back to the Quiet Storm pitcher Sharon Kinard.

Then, Shanon Holman hit a line drive at third baseman Yani Kwera, who dropped the ball. Holman was ruled safe at first base and the Ballers took the lead, 3-2.

Kinard got out of the inning by fielding a dribbling grounder hit straight at her. She turned and threw to second base for the forced out.

But in the second inning, Quiet Storm hitters' bats were hot.

First baseman Heather Moriarty started the onslaught with a single hit at the short stop. Center fielder Angela Clemons hit a triple, tying the game with a towering fly ball hit to the center field fence.

Kinard added an inside-the-park homerun for a 6-3 lead with no outs.

A single by Brown, a double by Chris Jackson and a fly ball hit to the left field fence by Klein stretched the lead to 8-3.

A couple of hits later, Alda

See **Softball**, D4

The Ballers' Pam Tates (9) touches second base just ahead of the ball during the women's softball tournament championship game July 13 at Fort Hood.



Ballers shortstop Chelsey Dabill tags second base for a forced out, but missed the double play by a step.

Photos by Michael Heckman, Sentinel Sports Editor