

Fitness Council January-February 2008 Meeting Minutes

The Fitness Council is a volunteer group comprised of CGHQ directorate and activity representatives - membership is open to all. Please contact your office or an activity representative if you wish to participate. The committee organizes HQ fitness activities such as basketball and volleyball tournaments, weight lifting competitions, fun runs, etc. It also acts as the sounding board for CGHQ Fitness Center complaints, praises, suggestions, and comments.

THE FITNESS COUNCIL IS ALWAYS LOOKING FOR NEW MEMBERS!

PLEASE LET US KNOW IF YOU'D LIKE TO FILL AN OPEN SPOT AS A PRIMARY OR ALTERNATE REPRESENTATIVE.

Due to HQ departures and CG Reorganizations, we have some gaps in our representation. If you would like to volunteer to be a fitness council representative for any of the yellow highlighted areas, or empty alternate positions, please email lee.j.hartshorn@uscg.mil. Thank you!

OFFICE	Primary	Alternate	JAN/FEB
CG-0	Bryan Swintek	Zach Ford	X
CG-09	Quentin Kent	Donna Leoce	
CG-1	Ron Coleman	Rita Shapiro Nina Crosby	X
CG-2	Robert Hayes		X
CG-4	Jon Grasson		
CG-ACO-X, 31, 51,52	Carolyn Lynch	Jeff Collins	X
CG-54	Krystal Kenshalo		X
CG-53	Corrie Higgins		
CG-6	Jamie Russell		
CG-7	Tim Sommella		
CG-8	Steve Phifer		X
HSC	Marianne LaChance		X
CGPC			
G-A	Josh Mooya	Donna Bryant	
MSC	Scott Calhoun		
Council Chair	Lee Hartshorn		X
ACTIVITY	Primary	Alternate	
ADVENT RACE	Joe Harold		
BASKETBALL	Dean Shmidt		
CYCLING	Tom Condit	Rob Moore	
FIT CENTER	Marianne		
FLAG FOOTBALL	James Peeler	Josh Mooya	
GOLF	Pat Keffler		X
HOCKEY	Mike Snyder		
RUNNING	Allen Garneau		X
SOCCER	Nora Dougherty		X
SOFTBALL	Derek D'Orazio (DEPARTING)		
TENNIS	George Borlase		
VOLLEYBALL	Dennis Strahl		
WT.LIFTING	Scott Muller	Corrie Higgins Randall Brown	X
FRISBEE	William Putnam	Annette Ambrosio	X
GRAPPLING/ M.A.	Lee Stenson		
Health Promotions	Steve Timbal		X
CG Health Program	Aimee Labrecque	Julia Downs	
Jemal Fitness Liaison	Andy Campbell		
Fitness Newsletter	Serena Johnson		

Fitness Center Website: http://cgweb.comdt.uscg.mil/hsc_a-4/Fitness/default.html

The following issues/topics were discussed during the January-February Fitness Council Meeting. If you have comments or suggestions for the Fitness Council, please provide them to your office/activity representative prior to the next meeting which should be in early April.

BUDGET

Recent Expenditures / Approvals –

- \$1000 for Tennis (yearly court fees)
- \$380 for Running Banners (check them out at the next running event!)
- \$140 for new Grappling Equipment
- \$130 for a new BOSU Ball (Aerobics)
- \$110 for Valentine's Day Run
- \$440 for 20 lb Medicine Balls

January 31st marked the end of the 2007 NAF Year. The NY08 budget distribution for the fitness council was increased from \$9,000 to \$9,500. The distribution to each fitness activity is as follows:

ACTIVITY	NY08 Funds
Adventure Racing	350
Basketball	1,000
Cycling	700
Flag Football	300
Golf	800
Grappling	400
Hockey	850
Running	1,000
Soccer	500
Softball	400
Tennis	1,000
Ultimate Frisbee	200
Volleyball	300
Weight Lifting	900
Miscellaneous Expenditures	800
TOTAL	9,500

FACILITY UPDATES

Jemal Gym

- A new cardio theater system has been installed so that personnel can listen to the TVs with headphones and limit noise disturbance to the surrounding work areas.

**** If you have any questions or comments about the selection of equipment in the Jemal facility, please pass them to your Fitness Council representative or LT Randy Brown. As you know, space is limited, but we will work with MWR (Marianne LaChance) to ensure the best mix of equipment is available. Please remember that we are trying to meet the needs of varying fitness levels and activities, while also **adhering to safety requirements on space surrounding exercise equipment.** ****

Transpoint Gym

- The gym expansion project has begun and the first result is some extra unfinished space. Please see the announcement for more info: http://cgweb.comdt.uscg.mil/hsc_a-3/Fitness/default.html
- **PLEASE RETURN ALL WEIGHTS TO THE PROPER RACK AFTER USE!!!**

NEW COMMENTS / QUESTIONS / CONCERNS

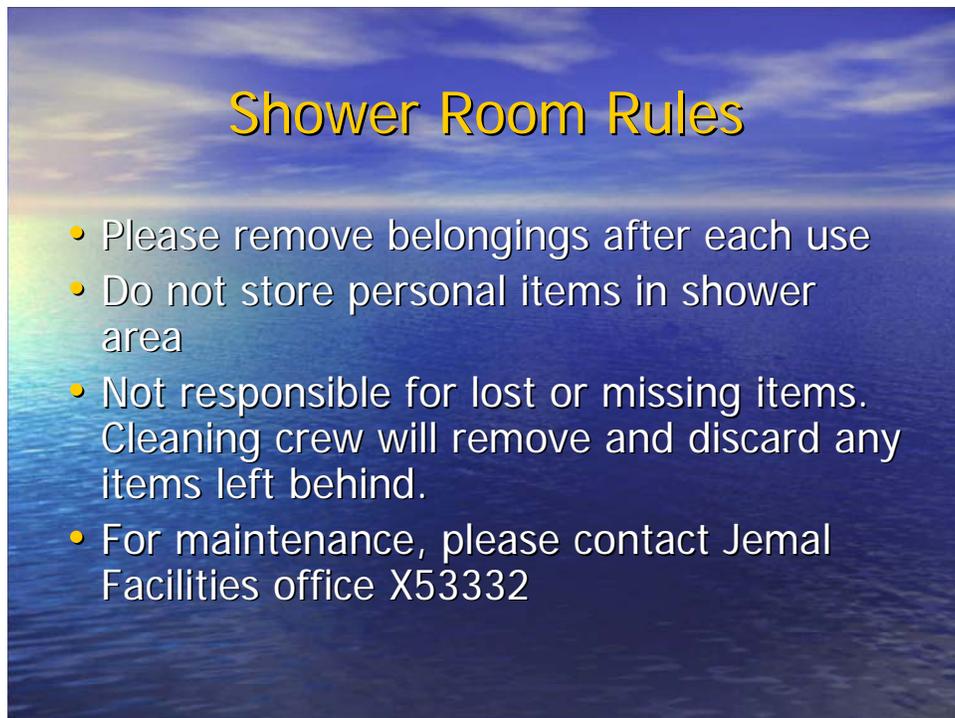
Facilities

Swimming Alternative

- Waterside Fitness and Swim Club, located only a mile away from HQ offers swimming on a per visit fee of \$5. Details can be found here: <http://www.enterit.com/WatersideFitnessSwimClub3701/>

Jemal Fitness Center

- Numerous requests have been received for a new style of selectable dumbbells or a full dumbbell set. → *While space limitation and safety will not allow us to include a full set of dumbbells in the Jemal weight room, MWR is looking into various alternatives to the power blocks currently in the gym. Stand by for updates.*
- We need a big fan in the Jemal weight room for the upcoming summer season, it gets hot in there → *Thanks for the comment. We'll make sure something is provided to make the summer heat a little more bearable.*
- I barely have room to hang my uniform in the female locker room on the 8th floor because both racks are full with dirty towels and work out clothes. There are six bins for us to place our gym bag in while working out and all six are constantly filled with running shoes, workout clothes etc. People are using the locker room as their personal storage area for their wet towels and dirty work out clothes. As you know, we all have lockers at our cubicles and we should be using them vice the locker room. → **PLEASE SEE THE SHOWER ROOM RULES BELOW:**



Transpoint Fitness Center

- Fitness Center
 - The council has received several comments regarding expanding the space in the weight room. → Check out the announcement here: http://cgweb.comdt.uscg.mil/hsc_a-3/Fitness/default.html
 - Loose seat on one of the pull down machines → To be repaired ASAP.

NEW INSTRUCTORS FOR AEROBICS AND SPIN CLASSES ARE NEEDED!!! PLEASE CONTACT LEE HARTSHORN OR MARIANNE LACHANCE IF YOU ARE INTERESTED....THANKS!

Praises

- I use the fitness room at Jemal on a regular basis and I think they have done a marvelous job of providing a place and time for fitness. I use the bicycles and the rowing machine primarily. I also use the resistance machine and the vibrator as well.

Announcements

2007 Coast Guard Headquarters Bench Press Competition (Dec. 12, 2007)

Women's:

Heaviest Lift

1st Place: Walicia Lee CG-9123 lift: 125
2nd Place: Valencia Ervin & Daphne Gilles CG-2222 & CG-2 lift: 110
3rd Place: LTJG Corrie Higgins & Marianne CG-531 & HSC lift: 105

Overall score (lift +age / bodyweight)

1st place: PO Daphne Gilles CG-2 lift: 110 (Score: 1.172)
2nd place: Marianne LaChance HSC lift: 105 (Score: 1.138)
3rd place: LTJG Corrie Higgins CG-531 lift: 105 (Score: 0.851)

Participants:

PO Daphne Gilles, LTJG Corrie Higgins, Marianne LaChance, PO Valencia Ervin, and Walicia Lee

Men's:

Heaviest Lift

1st Place: Willie Davis CG-4 lift: 405
2nd: LT Randy Brown & LCDR Scott Muller CG-1321& 5431 lift: 365
3rd : Benjamin Blanck CG-5433 lift: 330

Overall score (lift +age / bodyweight)

1st place: Willie Davis CG-4 lift: 405 (Score: 2.112)
2nd place: PO Julius Chatmon CG-00B lift: 315 (Score: 2.084)
3rd place: LCDR Scott Muller CG-5431 lift: 365 (Score: 2.062)

Participants:

LT Todd Anderson CG-771
Benjamin Blanck CG-5433
LT Randy Brown CG-1321
PO Julius Chatmon CG-00B
Clint Cleveland CG-85
ENS Jason Coffee CG-5442
Willie Davis CG-4
PO James Griffis CG-532
Leon Guerro CG-5431
LT Lee Hartshorn CG-5413
LCDR Rob McLellan CG-5432
LCDR Scott Muller CG-5431
Trevor Podbor CG-5432
CDR Bob Watts CG-531

Judges:

LCDR Scott Muller, LT Randy Brown, LT Lee Hartshorn

Event Coordinator:

LTJG Corrie Higgins



19 competitors and some great competition in this year's bench press contest! Trophies were awarded to Walicia Lee, YN3 Daphne Gilles, and Willie Davis. 1st, 2nd, and 3rd place winners were award gift certificates to Sports Authority. All participants received a CGHQ Bench Press T-shirt. Thanks to **everyone** who participated and supported the competitors - see you at next year's event!

2008 US Armed Forces Cycling Team

Just wanted to pass on to those who may be interested. 2 Coasties, CPO Sean Coleman from Air Station Clearwater and LCDR George Ganoung were selected for the 2008 US Armed Forces Cycling Team. In addition, LCDR George Ganoung was also fortunate enough to be selected as the team captain again for this year and have been working closely with the team manager to help develop this year's program. The other 5 members of this year's team are from the Air Force and Marine Corp.

The team will meet in late February in San Antonio, TX for a training camp and team presentation and will be represented in regional and national elite amateur and professional level (National Race Calendar or NRC) races throughout the year. The primary targets for the year will be the US Elite National Championships in Orange County, CA in August, and the World Military Championships to be held in Slovenia in early October.

If you are interested in more info on the team (including info on requirements for consideration for future years, Sean and George aren't getting any younger :)), or on following the team throughout the year, the team manager has updated the website for the coming season (details below) and plans to post updates throughout the year. We are expecting to announce some significant sponsors and partners in the coming weeks, so stay tuned.

In addition, if you have any questions in regards to the team, please feel free to contact LCDR George Ganoung directly.

www.armedforcescycling.org

ESPN Survey

Cable Survey for the newly renovated CGHQ gym:

Would you like the newly renovated gym to have the capability for viewing ESPN and ESPN2?

http://cgweb2.comdt.uscg.mil/surveys/cable_survey.asp

UP COMING EVENTS

- *06 March @ 1100:* USCG Lecture series begins with Sports Injuries: Prevent, Over Come and Train Again! Dr. Kathy Coutinho is a sports certified chiropractor and your fellow athlete. She and her team of healthcare practitioners are here to help you train and race with a healthy and balanced body. Positively Chiropractic and Dynamic Kinesiology offers Active Release Technique, Deep Tissue Sports Massage, Sports Nutrition, Acupuncture and Chiropractic Adjustments. JEMAL BUILDING, ROOM 09-1419. For more information contact Marianne at x 24087 or 202-821-3543
- *The Special Olympics D.C. Unified Basketball League* features teams composed of a similar number of adult Special Olympics athletes and adult volunteers (called partners) without intellectual disabilities. Every **Tuesday** night starting on **January 29** through **March 11** (times are listed in the Schedule on the second page). Championship tournament is **Thursday, March 13** at Catholic University from 6:30 pm – 10:00 pm. St. Coletta School : 1901 Independence Ave., SE, Washington, D.C. 20003 (Phone: 202-350-8680)
- *DATE TBD (Late April or Early May):* BMC Christopher Harward, Officer in Charge of Station St. Inigoes, MD is beginning to plan for their 3rd running of what is now called **THE COOPER INVITATIONAL (Triathlon)** and needs to see how many participants they will have. This is a mini triathlon consisting of running, kayaking and cycling. It will be held at Station St. Inigoes, MD at a date TBD in late April or early May. The run is approximately 2.5 miles, the kayaking is approximately 4.5 miles and the cycling approximately 7 miles. These events can be done solo or a three person team. Please e-mail Chief Harward with any questions you are sure to have and he will clear them up.
- *2008 Healthier Feds Challenge:* During the 2007 HealthierFeds Physical Activities Challenge, DHS won an award from the President's Council on Physical Fitness and Sports for the most employees enrolled in the President's Fitness Challenge - over 10,000. Coast Guard had the highest participation among the eight other agencies under DHS. In 2008, DHS has set a goal to double the number of DHS employees enrolled in the President's Challenge. Your help is needed to accomplish this goal. Go to the President's Challenge Website <http://www.presidentschallenge.org/> and sign up today using the following group code (**53106 - United States**)

Coast Guard (USCG). Log in all your daily physical fitness activities and earn awards for your achievements. If you are already registered, continue to log your activities. Keep in mind that you or your unit/group must be registered using the group code 53106 in order for Team Coast Guard to maintain its participation lead against the other 8 agencies and DHS.

- **2008 Flag Football!!!!** → Make PT fun! Come out and participate in Flag Football every Tuesday and Thursday at Ft. McNair, straight through the V street gate. Game time is 1200 – 1300. Don't worry about skill level or football knowledge, most of us are "has beens" just trying to remember the good old days (when our knees still functioned properly). This is open to anyone who would like to play for fun/friendly competition. If you would like to add your name to the flag football e-mail list, contact LTjg Tom Grose (5-5448), or LTjg James Peeler (2-1305).
- **Every Wednesday:** You're invited! Join other cyclists at HQ for a weekly ride to Haynes Pt, and other destinations TBD. Riders depart each Wednesday at 1145 from the corner of V and 1st Street. These rides will be tailored to accommodate all skill levels and levels of fitness.
- **Various Running Events:** Courtesy of <http://www.runwashington.com/>

Sport	Date	Name	City	State
Running	Mar-01-08	Seneca Creek Trail Marathon and 50K	Damascus	MD
Running	Mar-01-08	Geisinger Humdinger 7.1 Mile Trail Run	Danville	PA
Running	Mar-01-08	YRRC Winter Series Jacobus 5 Miler	Jacobus	PA
Running	Mar-01-08	Quakertown Rotary Run for Youth 10 Mile	Quakertown	PA
Running	Mar-01-08	Athlete's Closet Winter Series 5 Mile	West Chester	PA
Running	Mar-01-08	Renaissance School 5K	Charlottesville	VA
Running	Mar-01-08	Move for the Mission 5K Run/Walk	Lynchburg	VA
Running	Mar-01-08	Fort Eustis 10K	Newport News	VA
Running	Mar-01-08	Explore Your Limits 10K & 5K	Roanoke	VA
Running	Mar-01-08	Cox Falcon 5K and 1 Mile Run/Walk	Virginia Beach	VA
Running	Mar-01-08	Retro Ramble 3.8 Miler	Winchester	VA
Running	Mar-02-08	HCS Winter Series 15K/10K/2 Mile	Columbia	MD
Running	Mar-02-08	RASAC Greenway 4 Miler	Conowingo	MD
Running	Mar-02-08	B and A Trail Marathon and Half Marathon	Severna Park	MD
Triathlon	Mar-02-08	Lancaster Tri-to-Help Indoor Triathlon	Lancaster	PA
Running	Mar-02-08	Shiver By The River Series 10K/5K	Reading	PA
Running	Mar-02-08	Burke Lake 12K/2K	Burke	VA
Running	Mar-02-08	Huguenot Park Cross Country 3 Mile	Midlothian	VA
Running	Mar-08-08	Run for Congo Women 5K	Frederick	MD
Running	Mar-08-08	Katrina's Run 5K	Freedom	PA
Running	Mar-08-08	Martha Jefferson 8K Run and 4K Walk	Charlottesville	VA
Running	Mar-08-08	Shamrock Trail Run 5K	Harrisonburg	VA
Running	Mar-08-08	Shamrock Run 5K & 1 Mile Fun Run/Walk	Manassas	VA
Running	Mar-08-08	Holton Elementary 5K	Richmond	VA
Running	Mar-08-08	Swamp Run 5K	Williamsburg	VA
Running	Mar-09-08	Capital Running Company St. Patrick's Day 8K & 1K Leprechauns Leap	Washington	DC

Running	Mar-09-08	Prettyboy Trail 10K Run	Baltimore	MD
Running	Mar-09-08	RASAC Gunpowder 5 Mile Trail Run	Bel Air	MD
Running	Mar-09-08	Lower Potomac River Marathon	Piney Point	MD
Running	Mar-09-08	Run Aware 5K	Wheaton	MD
Running	Mar-09-08	Athletic Trainer River Run 5K & 1 Mile	Pittsburgh	PA
Running	Mar-09-08	Fort Hunt 10K	Alexandria	VA
Running	Mar-09-08	Burma's Refugee Schools 5K	Charlottesville	VA
Running	Mar-09-08	Spring Backyard Burn Trail Series 5 Mile, 10 Mile (Race 1)	Triangle	VA
Running	Mar-09-08	Pembroke Meadows 1 Mile	Virginia Beach	VA

Updated Fitness Schedule (http://cgweb.comdt.uscg.mil/hsc_a-4/Fitness/default.html)

	Monday	Tuesday	Wednesday	Thursday	Friday
0640-0725	Cycling	Cycling	Cycling	Cycling	Cycling
0700-0730	CG Cross Fit	CG Cross Fit		CG Cross Fit	
0735-0835			PT Training		PT Training
1100-1145	Cycling	Weight lifting	Cycling	Weight lifting	Cycling
1155-1235	Cardio Kick	Step-n-Lates	Cardio Kick	Step-n-Lates	Circuit Training
1245-1330	Pilates	Yoga	Core-lates	Yoga	
1330-1430	Self Defense	Judo	Self Defense	Judo	Self Defense
1630-1715		Cycling	Cycling	Cycling	

Cardio Kick - Traditional kickboxing moves are performed continuously to develop cardiovascular fitness, agility, and quickness.

Circuit Training- Anything goes... a mix of total body conditioning, be prepared to sweat!

CG Cross Fit:- Our program delivers a fitness that is, by design, broad, general, and inclusive. The goal is in not specializing. Combat, survival, many sports, and life reward this kind of fitness. Be sure to check it out no matter where you are in your personal fitness.

Core'lates- a challenging core stability training class utilizing various tools to challenge even the strongest of abs!

Cycling - A challenging stationary cycling class that utilizes various training techniques and motivational strategies to simulate actual riding experiences.

Judo - See Instructor for explanation. (Tom Nunan- (202) 544-9523)

PT Training - Primarily developed for individuals on the Maximum Allowable Weight (MAW) program. The class uses weights and/or bodyweight as well as cardiovascular activities to promote muscular endurance, flexibility, and cardio respiratory endurance. Be ready to sweat!

Pilates - This discipline will focus on strengthen and stretch the abdomen and torso (a.k.a. "core"). Technique involves proper breathing and control over various muscles.

Self Defense- A come as you are class to help learn how to defend yourself in an uncomfortable situation. (comfortable clothing recommended)

Step-n- Lates- A low-impact workout using adjustable step platforms with a combination team taught pilates mat work.

Weight Lifting - A workout that uses weights to promote muscular endurance, muscular strength, flexibility, and proper body alignment.

Yoga - A fitness-based version of the ancient practice of yoga. It is based on vinyasa-style and is a total mind-body workout that improves functional strength, flexibility, muscle balance and relaxation. The class is taught with multi-level options making it suitable for all fitness levels

Please distribute these minutes and filter questions/comments/praises/concerns through your Fitness Council Representatives