

The Challenge

Class 1-18, Issue 1

01/26/2018 – 02/08/2018





www.wvchallenge.org

LEADERSHIP POSITIONS ARE FOR LEARNING

In 22 weeks of training there are over 626 opportunities to serve in a leadership position at the Mountaineer ChalleNGe Academy. Yes, that number is correct. At least, six hundred and twenty six (626) leadership positions exist during the training cycle.

Corps Commander and Platoon Leader positions are earned by outstanding performance during the progress report period. Highly motivated Cadets earn the honor of serving in these leadership positions for a three-week period. All aspects of the Program's 8 core components are considered in the selection of these leaders. Guidon Bearers for the Company and Platoons are also announced at the end of the progress report period. The MCA Color Guard, led by the Color Guard Commander, are assigned to the flag detail for Camp Dawson. Educational Group Leaders are assigned to allow Cadets to experience the trials and tribulations of being in charge of a group.

One-week assignments are used in the living quarters to keep the environment top notch. Bay Leaders and Assistant Bay Leaders are assigned each week to keep the housekeeping chores and seasonal assignments squared away. One-week assignments are also used for Squad Leader positions within the Platoons. Squads assist when small duties need to be accomplished.

At the Academy, Cadets have multiple opportunities to lead and to follow. In every situation, they have new opportunities to prepare themselves for the world of work.

CADET OF THE DAY

Individuals chosen as Cadet of the Day are selected from the Platoon of which they are a member. The Squad Leaders will inspect the Platoon. Platoon winners compete for the title "Cadet of the Day" by answering questions related to MCA, State of WV, or TASC topics.

- Jan 29 Deontae Dingess
- Jan 30 Jeremy Moore
- Jan 31 Cameron Workman
- Feb 1 Seth Elswick
- Feb 2 Michael Detillion
- Feb 5 Michael Detillion
- Feb 6 Marisol Romero
- Feb 7 William Kocik
- Feb 8 Dakota Taylor

1ST PROGRESS REPORT AWARD WINNERS

HONOR PLATOON 6th PLATOON

DIRECTOR'S AWARD
LEADERSHIP AWARD
PHYSICAL TRAINING AWARD

Cameron Workman of Mason County
Cody McCallister of Kanawha County
Cameron Workman of Mason County

CADRE DISTINCTION AWARD

Michael Detillion

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LEADERSHIP APPOINTMENTS

Corps Commander

Cameron Workman

Assistant Corps Commander

Cody McCallister

Platoon Leaders:

- 1st PLT Ziyad Alothimeen
- 2nd PLT Wesley Elswick
- 3rd PLT Donovan Jeffers
- 4th PLT Cheyanne Meadows
- 5th PLT George Rader
- 6th PLT Gabriel White

Assistant Platoon Leaders:

- 1st PLT James Bryant
- 2nd PLT Nikeyan Davis
- 3rd PLT Michael Harte
- 4th PLT Collin Lane
- 5th PLT Ethan Shrewsbury
- 6th PLT Sydnea Youell

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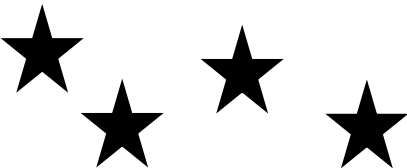
HIGHEST ACADEMIC POINTS

Torri Lambert
Shane Smith

COMMANDANT'S CUP

Color Guard

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|------------------|-----------------|------------------|
| Ivy Kerns | Clay Nuzum | Timothy Winans |
| Cheyenne Meadows | Noah Reckart | Anthony Woodford |
| Jeremy Moore | Brandon Simpson | |



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Important Information

If you have questions or concerns regarding your child's medical care or medications – please call the MCA Medial Office at 304-791-7934. You may leave a message at any time. The office is staffed between 7am – 8am (or longer) Monday – Friday.

Cadets may **NOT** receive cash in the mail or bring money to the Academy when returning from leave. If money is due to the MCA, you will get a letter in the mail **from the Academy** stating such.

When writing to Cadets, please make sure your complete name and complete return address is included on the front of the envelope. Please pass this on to all family and friends!

RESPECT RIBBON

All Cadets who completed the First Progress Report received the Respect Ribbon. Treat others the way you want to be treated. Respect the dignity, privacy, and freedom of all individuals. Value and honor all people, no matter what they can do for you or to you. Respect others, the Academy, yourself and follow the 'Golden Rule.' Self-respect leads to self-discipline. Self Discipline is the art of resisting the temptations of life.

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Guidon Presentation

The company colors were presented to Class 1-18 who earned the privilege of carrying the MCA colors by successfully completing the Acclimation Phase. The company Guidon is the cornerstone on which to build team performances and individual achievements. The company Guidon is designated by the Class streamer with the class number and the phase streamers that signify class progress during the program. All Platoons received their individual Guidons, which identify the Platoon number and mascot. Award streamers are presented every three weeks to recognize their accomplishments in education, PT, Service to Community, and conduct.



Cadets Enjoy Platoon Olympics

On Friday, January 26th, the Cadets participated in MCA Platoon Olympics. Each of the 6 Platoons competed in the following 10 events: Mystery Relay, 4 Man Pushup, Free Throw Challenge, Lay Up Relay, Bean Bag Relay, Dipsy-Do's, Mystery Sprint, Mystery Throw, Tug O War, and Drill Down. Platoon 1 was the first place winner. Platoon 1 was honored by getting to be the first in the Chow Line on that Friday.

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SCHEDULE OF EVENTS

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|-------|-------------------------------------|
| 03/01 | 2 nd Grading Period Ends |
| 03/09 | PR 2 Awards Ceremony |
| 03/09 | Mentor Training |
| 03/10 | Mentor Training |
| 03/13 | Cadet Hair Cuts |
| 03/15 | ASVAB Testing |

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Did You Know?

- **Mountaineer Challenge Academy offers a salad bar with every lunch and dinner.** *Vegetables are an important source of fiber. Fiber helps keep blood sugar stable throughout the day, preventing the peaks and crashes that have us craving sweets.*
- **Cadets carry canteens and are encouraged to drink eight 8 ounce glasses of water a day.** *Staying hydrated improves all bodily functions at the cellular level and helps your heart and kidneys work more efficiently. Water carries nutrients and antioxidants to our tissue, resulting in an energy boost.*
- **Cadets are offered unsweetened ice tea with meals.** *Unsweetened tea is a zero calorie beverage that may promote heart health by improving blood vessel function.*
- **Daily physical training helps cadets stay fit and happy.** *Because of the calming effect of exercise, active people are less depressed and depressed people often feel better after they start exercising.*
- **Cadets eat more whole grain products than white, like brown rice and wheat bread.** *Higher in protein and fiber, whole grain foods keep your blood sugar in check and keep you feeling full longer. Whole grains are versatile, inexpensive, and surprisingly easy to prepare.*

Source: The Biggest Loser Simple Swaps 100 Easy Changes To Start Living a Healthier Lifestyle

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*Do you know a teen who could benefit from the MCA?
Class 2-2018 is now forming!
Tell them or their family member to call
1-800-529-7700*

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