

# The Challenge

Class 2-19, Issue 1

07/26/2019 – 08/08/2019



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 Commanders, 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 of "Cadet of the Day" by answering questions related to MCA, State of WV, or TASC topics.

07/29 Eduardo Aleman  
07/30 Daisy Harper  
07/31 Anthony Johnson  
08/01 Jacob Hoke  
08/02 Jonah Dyer  
08/05 David Turner  
08/06 Benjamin McQuaid  
08/07 Collin Long  
08/08 Sarah Arbogast

## 1<sup>st</sup> PROGRESS REPORT AWARD WINNERS

*HONOR PLATOON*  
3<sup>rd</sup> Platoon

### LEADERSHIP APPOINTMENTS

*Corps Commander*

**David Turner**

*Assistant Corps Commander*

**Logan Helmandollar**

*Platoon Leaders:*

**Michelle Brown**

**George Friel**

**Brandon Johnson**

**Johnathon Landers**

**Camey Suder**

**Tyler Wood**

*Assistant Platoon Leaders:*

**Malachi Adkins**

**Taja Everett**

**Julia Henson**

**Dylan Love**

**Jayne Simmons**

**Isabella Yankie**

**DIRECTOR'S AWARD**

**LEADERSHIP AWARD**

**PHYSICAL TRAINING AWARD**

**David Turner of Kanawha County**

**Logan Helmandollar of Wyoming County**

**Malachi Adkins of Greenbrier County**

CADRE DISTINCTION  
AWARD

**David Turner**

LEVEL ONE PT

**Malachi Adkins**

**Charles Canada**

DEPUTY DIRECTORS'S  
AWARD

First MCA Ambassadors for Class 2-19

**Elizabeth Ball**

**Logan Helmandollar**

**Kacie Reed**

**David Turner**

S2C AWARD

**Malachi Adkins**

**Aidan Hopkins**

**Anthony Johnson**

**Tysen Rhodes**

COMMANDANT'S CUP

Honor Guard Valley District Fair

**Elizabeth Ball**

**Denise Bragg**

**Mychael Chadock**

**Alyssa Davis**

**Ethan Hamm**

**Anthony Johnson**

**Camey Suder**

## Guidon Presentation

The Company Colors were presented to Class 2-19 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.



## 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.**

## Cadets Enjoy Platoon Olympics

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

### **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

## **IMPORTANT INFORMATION**

If you have questions or concerns regarding your child's medical care or medications – please call the MCA Medical Office at 304-791-7934. You may leave a message at any time. The office is staffed between 7 am – 12 pm 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 return address is included on the front of the envelope. Please pass this on to all family and friends!

## **DO YOU KNOW A TEEN WHO COULD BENEFIT FROM THE MCA?**

Class 1-20 is now forming!

Tell them or their family member to call  
1-800-529-7700

## **SCHEDULE OF EVENTS**

- 08/23 Mentor Training
- 08/24 Mentor Training
- 08/29 2<sup>nd</sup> Grading Period Ends
- 08/30 First Leave Begins
- 09/03 First Leave Ends
- 09/03 Mentor Training
- 09/06 PR 2 Awards Ceremony
- 09/06 Mentor Training
- 09/07 Mentor Training
- 09/12 ASVAB Testing
- 09/13 Mentor Training
- 09/14 Mentor Training

