

The Challenge

Class 2-21, Issue 1

10/10/2021-11/5/2021



www.wvchallenge.org

Being Unique Is What This Class Is All About

As the COVID-19 pandemic continues throughout the United States, the Mountaineer Challenge Academy continues to move forward with the start of Class 2-21 South on October 10, 2021. We had a great opening day, perfect weather.

CADET OF THE WEEK

Individuals chosen as Cadet of the Week 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 Week" by answering questions related to MCA, State of WV, or TASC topics.

Cadet Conner Shade
Cadet Ian Lowthorp

- Opening Day itself was conducted at Valley Elementary in Smithers, WV. Here, we had an outside processing center with mobile COVID testing conducted on each candidate. From there, they were welcomed into their new home away from home on the old campus of WVUIT here in Montgomery.
- Because of Covid restrictions, the number of Candidates invited was limited.
- The faces of the Candidates were all filled with anticipation and excitement as they started this new endeavor in their lives!
- Halfway through their acclimation period, they received the traditional bag of chips and sprite on Sunday, October 17.
- The Platoon Olympics took place on October 22.
- Cadets took their pre-Tabc testing on Saturday, October 16.
- Classroom teaching began on Monday, October 25 with a variety of hands-on learning activities to keep the Cadets engaged and learning.
- MCA is running as a closed campus, but letters to our cadets are always welcome!

HONOR PLATOON

3RD PLATOON

LEADERSHIP APPOINTMENTS

Corps Commander

Cadet Aniamya Durham
Assistant Corps Commander

Cadet Ian Lowthorp

Platoon Leaders:

Cadet William Barrett

Cadet Shariz Geiger

Cadet Tristan Milligan

Cadet Silas Pauley

Cadet Madalyn Brodbeck

Assistant Platoon Leaders:

Cadet Elijah Cooper

Cadet Zachary Dickenson

Cadet Skylar Newman

Cadet Christopher Spencer

Cadet Kendra Graves

Thank you, MCA South Class 3, for stepping up and committing to completing the Challenge!

1st PROGRESS REPORT AWARD WINNERS

DIRECTOR'S AWARD

Cadet Aniamya Durham

LEADERSHIP AWARD

Cadet Ian Lowthorp

PHYSICAL TRAINING AWARD

Cadet Aniamya Durham

CADRE DISTINCTION AWARD

Cadet Gavin Riser

Instructor's List

Cadet Ian Lowthorp Cadet Aaron Shamblin
Cadet Zachary Napier Cadet Gavin Riser
Cadet Aydin Morton

CHALLENGE TEAM

Cadet Zachary Dickenson Cadet Logan Slater
Cadet Austin Bostic Cadet Bryan Spence
Cadet Braden Coughenour Cadet Aaron Shamblin
Cadet Tyler Summers Cadet Jacob Pauley
Cadet Shariz Geiger Cadet Aniamya Durham
Cadet Kendra Graves

HIGHEST ACADEMIC POINT

Cadet Ian Lowthorp
Cadet Tristan Milligan
Cadet Gavin Riser

HONOR LIST

Cadet Zachary Dickenson
Cadet Gavin Riser
Cadet Elijah Cooper
Adrianna Jarrett
D'Mikal Payton

S2C AWARD

Cadet Shariz Geiger
Cadet Elijah Cooper

Guidon Presentation

Successful completion of the Acclimation phase was celebrated with the presentation of the MCA colors to the class of 2-21. 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, October 22, the Cadets participated in MCA Platoon Olympics. In order to maintain social distancing, Platoon Olympics took place outdoors on the football field. The Cadets and staff all loved being a part of such a great day. Each of the 5 Platoons competed in the following events: Formation, memorization table, football throw, hula hoop race, knowledge relay, tug o' war, and the knockout drill. Platoon 5 was the first-place winner and was honored by getting to be the first in the Chow Line.

Did You Know?

- **Mountaineer Challenge Academy offers a salad 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 iced 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

SCHEDULE OF EVENTS

| | |
|-------|-------------------------------------|
| 11/26 | 2 nd Grading Period Ends |
| 12/2 | PR 2 Awards Ceremony |
| 12/17 | 3 rd Grading Period Ends |
| 12/22 | PR 3 Awards Ceremony |

IMPORTANT INFORMATION

If you have questions or concerns regarding your child's medical care or medications – please call the MCA Medical Office at 304-981-0031. You may leave a message at any time.

Cadets may receive packages in the mail. Only items that were listed on the lettered supplied at orientation are accepted.

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?

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

