

# The ChallengeNGer★

Class 1-23, Issue 1

01/15/2023-02/09/2023



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 ChallengeNGe 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. The MCA Color Guard, led by the Color Guard Commanders, are assigned to the flag detail for Camp Dawson. Education 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. Squad leaders 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 HiSET topics.

1/31	Adisson Layman
2/01	Breanna Blevins
2/02	Madison Hunt
2/03	Preston Lenegir
2/06	Breanna Phillips
2/07	Madison Hunt
2/08	Dylan Anderson
2/09	Gina Daidone

## 1st PROGRESS REPORT AWARD WINNERS

### HONOR PLATOON 1st Platoon

DIRECTOR'S AWARD  
LEADERSHIP AWARD  
PHYSICAL TRAINING AWARD

Erik Farkas of Preston County  
Izabella Hebb of Monongalia County  
Erik Farkas of Preston County

### Mentorship Award

Dylan Anderson  
Tony Brewer  
Alyssa Young



Level One PT  
Erik Farkas

### Highest Academic Points

David Gayheart

### CADRE DISTINCTION AWARD

Erik Farkas

## LEADERSHIP APPOINTMENTS

### Corps Commander

Erik Farkas

### Assistant Corps Commander:

Izabella Hebb

### Platoon Leaders:

Bryce Fitzsimmons

Brylan Goodnow

Chad Parish

Austin White

### Assistant Platoon Leaders:

Breanna Blevins

Madison Hunt

Breanna Phillips

Caden Sheppard



## Cadets Enjoy Platoon Olympics

On Friday, January 27th, the Cadets participated in MCA Platoon Olympics. Each of the 4 Platoons completed the following 10 events: Hula Hoop Hockey; Dipsy-Do's; Mystery Sprint; Soccer Challenge; Free Throw Challenge; Trivia Relay; 4 Man Pushup; Fast Break Relay; Tug-O-War; and Drill Down. Platoon 1 was the first place winner. First Platoon was honored by getting to be the first in line for Chow Line that Friday.



## 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.

## Guidon Presentation

The Company Colors were presented to Class 1-23 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 (S2C), and conduct.

### **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 thru 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 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 THAT COULD BENEFIT FROM THE MCA?**

Class 1-23 South is now forming!

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



## **SCHEDULE OF EVENTS**

3/03/23	Progress Report 2 Ends
3/10/23	Progress 2 Awards
4/06/23	Cadet Leave Begins
4/10/23	Cadet Leave Ends