

The ChallengeNGer★

Class 1-24, Issue 3

06/01/2024-06/21/2024



www.wvchallenge.org



3rd PROGRESS REPORT AWARD WINNERS

HONOR PLATOON *3rd Platoon*

DIRECTOR'S AWARD
LEADERSHIP AWARD
PHYSICAL TRAINING AWARD

Tyler Bair
Trevon Chapman
Ethan Adkins

OVERALL MOST IMPROVED

Sampson Swetnam

ACADEMIC MOST IMPROVED

Mason Guthrie

PT MOST IMPROVED

Ethan Adkins

LEADERSHIP APPOINTMENTS

Corps Commander

Tyler Baier

Assistant Corps Commander:

Trevon Chapman

Platoon Leaders:

Colin Adkins

Jacob Koob

Brelan Redden

Samantha Trump

Assistant Platoon Leaders:

Anthony Costlow

Eain Hess

Ian Siegel

Danielle Winans

HONOR'S LIST

Ryshad Clark

Brian King

HIGHEST ACADEMIC POINTS

Braxton Griffith

S2C AWARD

Brandon Adams

Mart Buchanan

CADRE DISTINCTION AWARD

Riley Frye





FAIRNESS RIBBON

ORANGE

Play by the rules, be open-minded, do not take advantage of others and do not blame others carelessly. Treat all people fairly. Do what is right not what your friends do. Be a leader not a follower. Congratulations on receiving your Third Progress Report Completion Streamer and Ribbon

INSTRUCTOR'S LIST

Samantha Trump
Anthony Costlow
Zachary Massie
Statton Blake

IMPORTANT INFORMATION

CADETS WILL RETURN FROM LEAVE ON **JULY 8TH**. DRUG TESTS WILL BE GIVEN UPON RETURN.

PLEASE DO NOT DO ANYTHING OVER BREAK THAT YOU WILL REGRET!!! WE WANT YOU ALL TO RETURN AND FINISH THIS PROGRAM. YOU HAVE MADE IT THIS FAR **"FINISH STRONG"!!!!**

SCHEDULE OF EVENTS

7/1 Begin Cadet Leave
7/8 End Cadet Leave



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

Class 2-24 is now forming!
Tell them or their family to call
1-800-529-7700

- 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 letters 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!

- **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