The ChalleNGer\

Class 2-25, Issue 1 07/25/2025-08/07/2025









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 High School Equivalency topics.

08/04 Jayden Friel Chase McMillan 08/05 08/06 Gavin Thorne 08/07 Michael Echols

LEADERSHIP APPOINTMENTS

Corps Commander

Christian Patricola

Platoon Leaders:

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 lease, 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 assignment 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.

1st PROGRESS REPORT AWARD WINNERS

HONOR PLATOON 4th Platoon

DIRECTOR'S AWARD LEADERSHIP AWARD PHYSICAL TRAINING AWARD

Christian Patricola of Ohio County Michael Echols of Marion County Aiden Stalnik of Mineral County

Highest Academic Points

Cadre Distinction Award

Michael Echols

Assistant Corps Commander: Michael Echols

Jaxon Busto Keryan Sowell

Nirvana Gillison Anthony McKenzie Gavin Thorne Assistant Platoon Leaders:

Jacob Bittorie Jayden Friel Olivia Roby **Bradford Stone**

S2C Award

Michael Echols Nirvana Gillison Chase McMillan Christian Patricola



Guidon Presentation

The Company Colors were presented to Class 2-25 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
 hoest
- 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

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

Class 1-26 North is now forming!

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

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 25th, the Cadets took part in the MCA Platoon Olympics—a spirited competition between all four platoons. Each platoon faced off in ten exciting events: Hula Hoop Challenge, Mystery Competition, 4-Man Pushup, Dipsy Do's, Free Throw Challenge, Fast Break Relay, Trivia Relay, No Hands Sprint, Tug O' War, and the Knockout Drill. After a fierce display of teamwork and determination, 2nd Platoon emerged as the overall champion. As a special recognition, 2nd Platoon was given the honor of eating first in the Chow Line that evening.

SCHEDULE OF EVENTS

08/28/25 Progress Report 2 Ends 08/29/25 Cadet Leave Begins 09/02/25 Cadet Leave Ends 09/05/25 PR 2 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 304-329-8154. 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 <u>from the Academy</u> 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.