

# Shaping up

is part of the program.

Developing the body as well as the mind is a goal for every cadet. Twice-weekly PT sessions are on the regular activities schedule. After a warm-up period and calisthenics, running and intramural sports exchanges follow, both for having fun and for countering academic pressure or frustration. All cadets report for PT formation, but those participating in a current intermural sport proceed from there to the gym or practice fields for their training.

Individual physical training is serious business to some who stay in shape by running year-round. Specific goals, such as participating in the annual spring Special Forces Survival Run, five grueling miles across the adjacent airport and over The Camden Hunt's foxhunting country, motivate serious competitors.

Spring and fall, swimming is popular and the weight room is always busy for those who seek to go beyond just staying in shape, pumping iron to build more powerful and more impressive bodies. Shaping up physically's an important part of the CMA program.



Photos: (above right, then clockwise) Intramural flag football has Scott Garmon, Damon Saunders, Chris Witherspoon, and Mike Sciulli ready for the play on an October afternoon. LTC Stephen Mowe leads the field past Carlisle House on a summer Thursday. Cadets in PT formation ready for "sidestraddle hop." "Push-ups are a strain," Charlie Beam (right) expresses nonverbally as Taylor Rion, Justin Lucas, and Brad Mullins (right to left, foreground) exercise by the numbers. Pumping iron are John O'Neil, Stephen Hayes, James Dyal, Gregg Marlatt, Jim Denton (on bench). We entrust our lives to lifeguards Mike Aaron and Jon Felice, pool persons.

