



USAFE Fitness

Improving the fitness of our Airmen to meet the demands of our mission

Volume 3, Issue 3

<https://wwwmil.usafe.af.mil/direct/cc/metrics/default.htm>

July 2006

USAFE FitWing Challenge

USAFE Sports Calendar

Aviano's Fitness Center Expansion

Ramstein's New Fitness Center

Athletic Business Conference

Athlete of the Year Program

Program Contacts and Information

Primary: Ms. Debra Ponzio
 DSN: 496-7946
 Debra.Ponzio@Sembach.af.mil
 Alternate: Mr. Roger Braner
 DSN: 496-7948
 Roger.Braner@Sembach.af.mil
 Alternate: MSgt John Berardi
 DSN: 496-7946
 John.Berardi@Sembach.af.mil

USAFE Fitness Website:
www.USAFEFitness.org

USAFE FitWing Challenge

The USAFE FitWing Challenge rewarded wings excelling in fitness over the past six months. Award money goes toward fitness program improvement or equipment purchases. Congratulations to the winners and all wings for outstanding fitness efforts contributing to USAFE leading the way with the highest Fitness Readiness rate in the AF.

Fitness Excellence – 501 CSW earned **\$50K** as the wing with the highest percentage of Airmen with "excellent" test scores determined by calculating average weekly "excellent" percentages.

Fitness Readiness – 38 CSW earned **\$50K** as the wing with the highest percentage of Airmen with fitness scores of "good" or "excellent" determined by calculating the average weekly "readiness" percentages.

Most Improved Fitness Excellence – 65 ABW earned **\$25K** as the wing with the most improved rate of "fitness excellence" determined by calculating the difference in percentages derived from the first and last data pulls in the contest period.

Most Improved Fitness Readiness – 65 ABW earned an additional **\$25K** as the wing with the most improved rate of "fitness readiness" determined by calculating the difference in percentages derived from the first and last data pulls in the contest period.

USAFE FitWing Challenge January - June 2006			
Final Standings			
Fitness Excellence		Fitness Readiness	
Weekly Average		Weekly Average	
Prize: \$50,000		Prize: \$50,000	
501 CSW	22.38%	38 CSW	97.40%
65 ABW	22.13%	39 ABW	96.77%
86 AW	21.84%	48 FW	96.63%
39 ABW	21.54%	501 CSW	96.36%
31 FW	21.47%	100 ARW	96.19%
38 CSW	20.77%	65 ABW	95.55%
435 ABW	20.73%	31 FW	95.37%
48 FW	20.12%	435 ABW	94.95%
100 ARW	19.21%	86 AW	94.30%
52 FW	18.28%	52 FW	94.22%
Most Improved		Most Improved	
Prize: \$25,000		Prize: \$25,000	
65 ABW	7.01%	65 ABW	2.23%
501 CSW	6.86%	501 CSW	1.28%
39 ABW	4.32%	38 CSW	1.08%
31 FW	3.91%	100 ARW	0.91%
435 ABW	3.15%	39 ABW	0.34%
48 FW	3.02%	52 FW	-0.72%
86 AW	2.97%	435 ABW	-0.98%
52 FW	2.37%	86 AW	-1.33%
100 ARW	2.27%	31 FW	-1.92%
38 CSW	0.79%	48 FW	-2.12%

USAFE Sports Program

Numerous individual and team sports championships are scheduled for the remainder of 2006. Of special interest, is the 10th Annual USAF Marathon at Wright Patterson, AFB. USAFE Sports selects and funds five athletes throughout the Command to compete in this event. Interested active duty athletes must submit an AF Form 303 to their base fitness center to forward to the USAFE Sports office by 11 Aug 06, if interested. To view the entire sports calendar, please see <http://www.usafefitness.org/Sports.htm>.

"It's all about the Team"

Aviano's Fitness Center Expansion

Aviano's Area 2 Fitness Center expansion, originally projected at \$1.5M, was turned into a self-help project with the collaboration of Mr. Scott Bishaw, the Sports and Fitness Director; Mr. Andrew Ewert, the Services Facility Manager, Mr. Neville Besignach, and the 31 Fighter Wing Base Appearance team. Through dedicated effort and ingenuity, the entire project was completed at a fraction of the original cost. The largest expense was \$13K for flooring, generously funded by COMUSAFE. Two children's play-area were built by the Services Wood-Skills Center (below) with one of the rooms transformed into a massage therapy room (below). Future self help projects include Cardio Theater, a spinning/aerobic room, and a martial arts room.



Ramstein's New Fitness Center

June 6 marked the grand opening for Ramstein's new Southside Fitness Center addition. This €11.6M, 7.9K square foot facility contains state of the art equipment and a variety of features including:

- 2 full basketball/volleyball multi-use courts
- 3 racquetball courts
- 3 dedicated group exercise rooms
- Large cardio area with personal viewing screens
- Free weight and selectorized weight training rooms
- FitLinxx automated equipment
- Juice bar with seating
- Four locker rooms
- New soccer/multi-use playing field



Athlete of the Year

The Athlete of the Year annual award program recognizes the top male and female athletes in the Air Force. 2006 USAFE base level nominee packages are due to the USAFE Fitness and Sports offices NLT 1 Sept 06. These outstanding athletes will have excelled at the intramural, varsity, Air Force, and in some cases, international levels of competition. In USAFE, last year's Male Athlete of the Year was SSgt Lorenzo Peterson and the Female Athlete of the Year was SrA Jennifer Brooks, both from Ramstein AB Germany. Please contact 496-7934 for more information.



SSgt Lorenzo Peterson

USAFE Fitness is...a program aimed at improving the physical fitness of our Airmen to meet the demands of our mission. This command-wide program is committed to enhancing mission readiness and the quality of life of our "Total Force" through focus on physical and health regimes.

Goals:

- Improve the physical fitness/readiness of our Airmen
- Expand and enhance fitness and sports opportunities
- Improve AF Five-Star Fitness Program rating at USAFE bases
- HAWC-trained PT leaders to conduct safe/effective exercises
- HAWC diet/injury advisory services - easily available/used

Athletic Business Conference/Expo

The 2006 Air Force Fitness Program Manager's Training (AF Breakout) is scheduled in conjunction with the Athletic Business Conference (ABC) and Expo at the Mandalay Bay Convention Center in Las Vegas, Nevada. This training targets fitness center directors and fitness center staff members, MAJCOM Fitness & Sports managers, and fitness course instructors. The projected dates are 13-14 Nov 06, and the dates for the ABC are 15-17 Nov 06. The AF Fitness and Sports Awards banquet is tentatively scheduled for the morning of 14 Nov 06. For more information on the ABC, check out their website: <http://www.athleticbusiness.com/>



"It's all about the Team"