More than 400 capstone projects were featured at the 20th annual Projects Day May 2 highlighting innovative designs linked to Army readiness, modernization and war-fighting capabilities at multiple locations at the U.S. Military Academy. Since May 2000, Projects Day assembles cadets from the academy’s military training and academic departments and students participating from nine colleges and two sister academies. See Page 3 for story and photos from Projects Day.

Photos by Brandon O’Connor/PV
Army Football, CIC Trophy visit White House

For the second year in a row, the 19th-ranked Army West Point Football team was honored by President Donald J. Trump at The White House for its Commander in Chief’s Trophy title. The Black Knights were guests of the president in the Rose Garden at the White House for a short ceremony on Monday afternoon. The president congratulated Superintendent Lt. Gen. Darryl A. Williams, head coach Jeff Monken and Interim Director of Athletics Dan McCarthy for the championship. He also talked about multiple moments during the run to the CIC Title with wins over Air Force and Navy, as well as Army’s 70-14 victory over Houston in the Armed Forces Bowl. A few players were given the opportunity to speak at the podium about the season, including Kelvin Hopkins, Jr., Jaylon McClinton, James Gibson and team tri-captain Darnell Woolfolk. The Black Knights returned to the White House in back-to-back years for the first time in program history with the two-straight CIC Trophy titles. Monken (below) was able to speak on behalf of the team and praised the players commitment to the program, the academy and to the American people. As part of the ceremony, the Black Knights presented (left) the president with a home black jersey with the No. 45 and also the team’s Big Red One helmet worn at the 2018 Army-Navy Game in honor of the 1st Infantry Division’s founding during World War I.

Photos by Danny Wild and the White House
Projects Day: The pinnacle of the academic year

By Brandon O’Connor
Assistant Editor

With the United States fighting multiple wars throughout the world, it is nearly guaranteed that graduates of the U.S. Military Academy will be deployed into combat zones early on in their Army careers.

Prior to graduating from the academy and commissioning, cadets are working to make sure they, and their fellow Soldiers, are safer once they get there.

Cadets presented more than 400 projects May 2 during West Point’s 20th annual Projects Day. The projects came in many shapes and sizes across every academic department at the academy, but the most popular theme throughout was preparing Soldiers for the future.

Multiple teams worked with drones and the different functionalities of them while others worked with power grids and safer systems for carrying rucksacks into the field to name but a few.

“We started out with a pretty vague problem of increasing the squad of the future’s sensory (awareness) while maintaining their safety and keeping them behind cover and concealment,” Class of 2019 Cadet John Kelly, who worked on the project Breach Boys, said. “At first, it was pretty daunting with the huge problem statement. Then, once we narrowed it down it was a lot more feasible.”

The solution to the problem was to design a prototype for a hydraulic ram that will enable Soldiers to breach a five-inch by seven-inch hole in a wall to then deploy a drone through. The kit, which is designed to be carried disassembled by a few Soldiers, includes a deployment and retrieval system that fits through the small breach and then expands to allow the drone to take off or land.

Cadets who majored in the Electrical Engineering and Computer Science Department showed off their projects May 2 at the West Point Club during Projects Day. Photo by Brandon O’Connor/PV

“Currently, Soldiers operating in dense urban environments are exposing themselves to the enemy in order to deploy drones whether it be on rooftops, in windows or on the street,” Kelly said. “What we set out to do is create a mechanical breaching system that would allow the Soldier to breach a wall from the inside of a building to deploy a drone.”

This was the first year the project was undertaken, and Kelly said with one more iteration to make the system lighter and develop stronger anchors to more efficiently breach the wall it should be ready to send to the field to help Soldiers.

“Developing something that could ultimately save lives in the future is pretty exciting and an opportunity that I think is pretty unique to West Point,” Kelly said. “Not only to have the resources and the capability to do that but being in the position where we could use it is pretty special and unique.”

An interdisciplinary team, including cadets from academic departments throughout the academy, worked on the project entitled Raspberry Pi Android Security System, which is designed to create a network of cheap durable cameras that Soldiers can place to create a security perimeter. The project is in the second of at least three years required to get it fully operational, and this year’s team was awarded the 2019 Scott Clark Award as the top cadet project.

“It is really an honor because of the amount of work we put in and how seriously we took it,” Class of 2019 Cadet Cullen Johnson said of winning the award. “Our sponsor really stressed that our work would be affecting the livelihood of Soldiers out in the field and we kept that in mind. We are really happy to accept it on behalf of the people we are going to be able to help and last year’s foundation they set up for us.”

While many of the projects, especially in the STEM departments, focused on Soldier safety, it was far from the only topic being presented during Projects Day. Cadets in the English and Philosophy Department performed a Shakespearean play as their thesis. In the sociology department, projects included cadets looking at policies related to forest fires and marijuana.

In the math department, while some cadets chose to look at data associated with the NHL draft or modeling the NCAA Basketball Tournament, Class of 2019 Cadet Abby Jo Greco took a more conceptual approach by working on a pure math proof. Entitled “Counting Numerical Semigroups” her project was the next step in a proof of a conjecture first introduced in the 19th century.

“It is a good experience to describe to other people what I am doing, people who may not have an idea of what it is. I feel very accomplished to have gone these two semesters,” Greco said of presenting her thesis. “I am in the process of writing an article for publication… I plan on still looking into it to do the next thing that would need to happen for the problem as a whole, and if I don’t someone else can step in and take over where I left off.”

Projects Day was one of multiple events during West Point’s inaugural Inspiration Week, which also included the unveiling of a statue of Ulysses S. Grant, inspiration to serve tours at the West Point Cemetery and the Special Olympics.
Athletes, coaches honored for character during Coach K Awards

By Brandon O’Connor  
Assistant editor

U.S. Military Academy athletes and coaches competing at the corps squad, competitive club and company levels were honored Monday evening with the 13th annual Mike Krzyzewski Teaching Character Through Sport Award. One athlete and coach at each level of competition was honored during a banquet Monday and presented with a medal by Krzyzewski, USMA Class of 1969, who played basketball as a cadet and served as the head coach prior to taking his current job at Duke.

The corps squad awards were presented to Maj. Robert Squire, head track and field coach, and Class of 2019 Cadet Dalton MacAfee, who is a co-captain of the hockey team.

“It means a lot. It is not something you ever think you’ll amount to. To win it is so humbling and I feel lucky,” MacAfee said. “To interview for that was surreal and to win it is incredible. There are so many great people at this place. That is what makes West Point so special. To be considered at that kind of level is really such an honor.”

The competitive club awards were presented to Kenneth Allen, the officer-in-charge of the triathlon team, and Class of 2019 Cadet Tyler Reece, who is a member of the marathon team.

At the company level, the sports educator award was presented to Maj. Robert Squire, who oversees the submission grappling program and the athlete award was presented to Class of 2019 Cadet Ethan Press, who plays on Company I-1’s handball team.

“It means a lot,” Squire said. “We put a lot of time and effort into company athletics and I think a lot of times the company athletics are misunderstood for what they’re trying to accomplish. People get frustrated with it in terms of the time and effort they put into it. “They miss the lessons they are learning in terms of building teams of significance and having to be a leader on and off the field. These experiences mean a lot over the years,” he added.

Prior to the awards banquet at the Cadet Mess Hall, the winners and finalists for the awards participated in a leadership roundtable with Krzyzewski and academy leaders to talk about character and how it can be built through athletics.

“It is a huge honor. I got to speak with Coach K earlier today and got to talk about character and being a leader. Receiving an award that is a representation of him and the character he holds is a huge honor,” Press said. “It is a humbling to receive this and be nominated by my peers. It is a sign that I am doing something right apparently and representing a small portion of what Coach K is.”

Krzyzewski’s lessons about leadership were not offered exclusively to attendees of the roundtable, though, as he gave opening remarks at the banquet before presenting the awards bearing his name.

As a member of the Class of 2019’s 50-year affiliate class, Krzyzewski said he will be back at West Point in a few weeks to celebrate his 50-year class reunion.

Although the point is to celebrate 50 years since graduation, Krzyzewski said what he will truly be celebrating is 50 years of being a leader, first as an Army officer and then as a college basketball coach.

“I learned to become a leader here and I learned to become a leader that has character,” Krzyzewski said. “There is no school in the world that is better than this school at teaching leadership and teaching character. We are all amazingly lucky to be touched by this great school and the people who have dedicated their lives to making it better.”

One of the lessons he said he has learned in his years as a leader has been to change and adapt in order to connect with those you are leading. Whether it is an 18-year-old basketball phenom like Zion Williamson or a platoon of Soldiers in the Army, connecting and building relationships is the key to leading, Krzyzewski said.

“Continue to change and adapt, get better and stay current,” Krzyzewski said. “As a result, you will establish the key thing in leadership and that is relationships. Trusting character-filled relationships with your team. That changes all the time, how to connect. What never changes is what do you connect with? That is the constant. The things you don’t change are the things you are learning right now and they’re not in the books. They are called values.”

In the 54 years since he arrived at Beast Barracks, which Krzyzewski said was the most important day in his life after his wedding and the births of his daughters, the values he said he has found you cannot waiver in are integrity, respect, courage, selfless service, duty, trust and loyalty.
Women’s Team Handball: Women’s Team Handball traveled to University of North Carolina to compete in the 2019 College Team Handball Nationals April 26-29.

West Point Gold battled mightily against Penn State and an unexpectedly strong UNC team, improving significantly throughout the weekend. West Point Black beat Penn State and UNC in the first round—beating UNC, 24-18, and defeating Penn State, 28-11.

They then played UNC on Sunday (April 28) in the championship game and beat them 19-14 to gain the title of USATH Collegiate National Champions.

In addition, Class of 2020 Cadet Joy Orr achieved Academic All-American 2nd Team for her great performance in the classroom.

Inspiring a next generation of service

Jorge Hidalgo (above) talks to Class of 2021 cadets about his son, 1st Lt. Daren Hidalgo, and Ramona Jones (left) talks to Class of 2021 cadets about her classmate, Matt Ferrara, during the annual Inspiration to Serve tours at the West Point Cemetery May 2. Family and friends of West Point graduates killed in action talk to the cadets during the tours about what it means to serve their country and inspire them to continue their next two years at the U.S. Military Academy and beyond.
Vande Hei speaks to cadets on his International Space Station experience

Story and photos by Brandon O'Connor
Assistant editor

Twenty years after joining the U.S. Military Academy faculty for a short stint as a physics professor, retired Col. Mark Vande Hei returned to West Point to talk to cadets about his current job—NASA astronaut.

Vande Hei joined the astronaut program in June 2009 and launched to the International Space Station as a member of Expeditions 53/54 in September 2017. In all, Vande Hei spent 168 days aboard the ISS during his first trip into space. While aboard the space station, he took part in four space walks totaling more than 26 hours outside the station.

“I will never forget the sensation of being in the airlock when EV1 opened the hatch and all of a sudden I got all this reflected light off the surface of the Earth coming in,” Vande Hei said of his first spacewalk. “I couldn’t see the Earth. It got really bright. I am getting chills right now because it was like, ‘Whoa, that’s outside and there is nothing.’”

During his visit to West Point, Vande Hei spoke with cadets in the Physics and Nuclear Engineering Department about his time aboard the ISS. From tips and stories about hygiene and working out to the fear of stepping foot outside of the station for the first time, Vande Hei walked the cadets though his mission from launch to landing.

“It’s always an interesting opportunity when you have interesting guest speakers that have a lot of diverse experiences and perspectives,” Class of 2020 Cadet Joseph Kyburz said of the lecture. “For me as a nuclear engineering major, hearing him talk about charged particle events and how they could have impacted his mission and Newtonian physics on the Space Station was very engaging.”

Vande Hei also talked to the cadets about what it takes to become an astronaut. The first step along with being a U.S. citizen is to graduate with a four-year degree in a technical field such as engineering, physics or mathematics, he said. Three years of graduate level work or work experience in your field are then required before you can apply to join NASA as an astronaut, although that can be waived if you somehow find time to earn 1,000 flight hours of a high-performance jet, Vande Hei said.

The interview process then includes a rigorous weeklong physical to make sure you are healthy enough for space travel and an unknown health ailment won’t put you in danger once aboard the ISS.

“If you want to become an astronaut, I would say don’t make your life goal becoming an astronaut,” Vande Hei said. “Your success or failure in life should not depend on becoming an astronaut. We had 18,000 applicants apply to the class of 2017 and roughly 10 got hired.”

Along with the technical skills required, Vande Hei said that in order to be selected and be successful you have to be a consummate team player because once you go to space you are working and living in a confined space with a small group of people.

“I can tell you, all the people I got hired to be an astronaut with and the subsequent classes, they would all make great camping buddies,” he said. “Eventually, that is what you’re going to end up doing is camping with these people.”
West Point celebrates the athletes at Special Olympics

Story and photos by Brandon O'Connor
Assistant editor

The excitement was palpable. With one attempt left in the bench press, the athlete dubbed “Mr. USA” paused for a moment, pointed to the sky and let the entire crowd know exactly what was on the line.

“This one’s for you grandma,” he said as he leaned back, put two hands on the bar and prepared to take his final rep.

With members of the Army Powerlifting team spotting on the sides, he took control of the weight and in one smooth motion brought the bar down to his chest and exploded with every muscle in his upper body to hoist it back in the air.

After the bar was placed back on the rack, he launched from the bench with all the energy of a coiled spring, let loose a yell of pure excitement and took a lap slapping high fives with his fellow competitors.

In that moment, the medals that would be given out later didn’t matter.

Whether he had earned a spot atop the podium or would not be on it at all, he had accomplished the ultimate goal of each of the more than 1,000 Special Olympics athletes who converged at the U.S. Military Academy May 4. He was brave in the attempt and he gave it his all.

Saturday’s event marked the 44th annual Hudson Valley Region Special Olympics hosted at West Point. Starting with the parade of athletes and torch run in the morning, the day was full of activity as the athletes competed in track and field, swimming, powerlifting and adaptive events.

“I think there is no better place in the world to put on the Special Olympics than West Point. What makes it special is not only the atmosphere and what we bring physically, but the cadets and the spirit we bring,” Class of 2020 Cadet Brendan Brown, the cadet-in-charge of Special Olympics, said. “This is us trying to serve the greater community in a way that we don’t often get the opportunity to. Watching them come out for the parade of athletes, it seemed like it wasn’t going to end … It was awe inspiring and humbling.”

The annual event is hosted by the West Point chapter of Omicron Delta Kappa, a national leadership honor society. The event came together with support from more than 1,300 members of the Corps of Cadets including corps squad athletes who helped to run many of the individual events, including the swimming and diving and powerlifting teams lending their expert knowledge to make sure their events were safe and went off without a hitch.

“This is what we work for all year,” Nick Cooper, coach for the Highland Huskies, said of the event. “This is one of the best days of their life. It is a huge honor to be here. I am the coach, so I try to guide everybody as much as I can, but you can’t get that on one. With the cadets here, they are giving that one on one experience, so the kids are absolutely getting the attention, the motivation and the support they need to do the best they can.”

The event at West Point also allows for every competitor to be paired one on one with a cadet who spends the entire day cheering them on, helping them find their events and building a new friendship.

“He embodied pure happiness. It is the most pure form of happiness I have ever seen,” Class of 2022 Cadet Ransom Redman said of seeing his athlete win a race. “Spending the whole day with him and not just a group, you get to see what his family is like and how he responds.”
Tree Planting

U.S. Military Academy cadets, along with Environmental Scientists for a Sustained World Club, participated in an Arbor Day tree planting May 1 with the Directorate of Public Works on Trophy Point. This year, the team planted a Sugar Maple to commemorate Arbor Day and added a credential to keep West Point a “Tree City” through the Arbor Day Foundation, which it has been for the past 21 years.

Photo and text by the Directorate of Public Affairs

Visit to Qatar

Class of 2021 Cadet Jordan Lawson and Class of 2020 Cadets DeMar Gale and Gabrielle Milanesa thank Ahmad bin Muhammad Military College Commandant Maj. Gen. Fahad al-Khayarin for welcoming them to his academy during a spring break visit to Qatar that was sponsored by the National-Council on U.S.-Arab Relations. The cadets goals were twofold. One was to broaden their knowledge of Qatar, its modernization and development priorities and achievements, and its roles in regional and global affairs. The second was to heighten their understanding of the dynamics of the U.S.-Qatari relationship, particularly military-to-military cooperation and how the U.S. broader defense cooperation contributes to regional security and stability as well as to our respective legitimate needs, concerns, interests and foreign policy goals.

Courtesy Photo
FEATURED ITEM

Second (Indianhead) Division Association reunion

The Second (Indianhead) Division Association is searching for anyone who served in the Army’s 2nd Infantry Division at any time.

For details about the association and its 98th annual reunion in Tucson, Arizona from Sept. 18-22; contact Bob Haynes at 2idahq@comcast.net or call 224-225-1202.

ANNOUNCEMENTS

Spring Organ Recital at Cadet Chapel

Throughout the spring, West Point will offer organ recitals at the Cadet Chapel.

The next and last recital of the spring is 2:30 p.m. Sunday by Craig Williams.

The Bass Club at West Point

The Bass Club at West Point is accepting new members.

The Bass Club shares angling knowledge, conducts tournaments, promotes sustainable fishing and performs community service in support of West Point outdoor recreation. Membership is open to military, DOD civilians, veterans of the Armed Forces and their dependents.

For more details, contact toddness@aol.com or go to http://pbwimmer.wixsite.com/bassclubatwestpoint.

West Point Golf Course Specials (MWR item)

Golf & Grub Special—Special includes 18 Holes, cart, anything off the menu and draft beer or soft drink.

All fees are included. Available weekdays after 10 a.m., weekends after 1 p.m., through Oct. 20. Weekdays $59, weekends $65.

Family Golf Special—Friday-Oct. 20, 3 p.m. to 45 minutes before dusk on Fridays through Sundays.

Season pass holders pay $10, while active duty, retired military/DOD pay $25. All others pay $35, and it includes green fees and cart.

Special kids meal price is $5 for children 10 and under.

To schedule a tee time, book a private outing, or for more details, call 845-938-2435 or visit golfatwestpoint.com.

Pizza Delivery Hours (MWR item)

West Point Bowling Center now delivers seven days a week.

Delivery times are 3-8:30 p.m. Sunday through Thursday, and 3-9:30 p.m. Friday and Saturday. For delivery, call 938-2140.

ACS Family Advocacy classes (MWR item)

Earn a certificate after completing all four classes in the Army Community Service’s Family Advocacy series. The following classes are held at ACS, Building 622:

• Parenting Class—The first four Thursdays of every month from 1-2:30 p.m.;

• Couples Communication Class—The first four Tuesdays of every month from 1-2:30 p.m.;

• Stress Management Class—The first four Mondays of every month from 1-2:30 p.m.;

• Anger Management Class—The first four Wednesdays of every month from 9:30-11:30 a.m.

To register, contact Sara Boychak at 845-938-0629 or email sara.boychak@usma.edu; or call Catherine Little at 845-938-0633. Or register online at www.westpointacs.asmc.

Dinner-To-Go Delivery Service for West Point residents (MWR item)

The West Point Club’s Dinner-To-Go is available Monday through Friday. Place your order by 2 p.m. that day and specify delivery time between 5-7 p.m. or a pick up time between 4:30-6:30 p.m. and pick up your meal at the West Point Club’s Benny Havens Lounge.

Delivery service is available for West Point residents only.

Fifteen-minute parking is authorized for dinner pick up in front of the club. Servings for four or six are available for a nominal fee. For pricing and menu items, visit thewestpointclub.com or call 845-446-5506/5504.

CYS Services Needs Sports Coaches (MWR item)

CYS Sports is looking for coaches for its following fall programs: JBK Travel Soccer, Youth Hockey, Recreational Volleyball and Recreational Soccer. For information on dates and times, call 938-8525.

EDUCATION and WORKSHOPS

Army Career Skills Program

The Army’s Career Skills Program (CSP) prepares Soldiers for civilian employment through first-class apprenticeships, on-the-job training, job shadowing, internships and employment skills training.

Soldiers are eligible to participate in an Army CSP up to 180 days prior to separation from the Army and after completion of the mandatory five-day SFL-TAP workshop.

The use of permissive temporary duty (PTDY) to attend a CSP more than 50 miles away from the Soldier’s duty station may be granted at the commander’s discretion.

Interested transitioning service members can contact Drew Mierva at drew.m.mierva.civ@mail.mil or stop by the Army Education Center from 10 a.m.-2 p.m. Monday-Friday.

OUTSIDE THE GATES

After School Outdoor Adventures

The Hudson Highlands Nature Museum is offering its unique After School Adventures at the museum’s outdoor discovery center, on Muser Drive, across from 174 Angola Road, Cornwall.

These popular weekly adventures are led by environmental educator Carly Heitmuller who invites you to “get your child away from all of their electronics for a while so they can learn and have fun in the great outdoors.”

Bug Bonanza for children in kindergarten through second grade, runs from 3:45-5 p.m. Mondays, through May 20. Children in grades 3-5 will learn all about survival situations. These sessions run from 3:45-5 p.m. Tuesdays, through May 21.

For details, call 845-534-5506, ext. 204. Space is limited, so register today.

22nd annual Cornwall-on-Hudson RiverFest

The Village of Cornwall-on-Hudson will host its 22nd annual RiverFest from 11 a.m.-6 p.m. June 2. As always, RiverFest 2019 will be held at Donahue Park along the Hudson River and will feature a full day of music and entertainment, children’s activities and a large craft and food fair.

The day’s events will also include live bands, kayaking, food stands and non-profit groups and contributors.

RiverFest is currently accepting vendor applications. Applications can be downloaded from www.river-fest.com and will be accepted until all spaces are filled.

There is no charge for RiverFest, and all are invited. Visit www.river-fest.com for up to date information.

Grace Baptist Church of Highland Falls services

The West Point family is invited to attend any and all services at the Grace Baptist Church, located at 54 Old State Road, in Highland Falls. The church is close to Thayer Gate.

The church holds services on Sunday morning (Sunday School for all ages at 9:45 a.m.; Worship Service at 11 a.m.), Sunday evening (6 p.m.), and Wednesday evening (7 p.m.), as well as seasonal Bible studies for men, women and college-aged young people. Transportation is provided as needed.

For details on the Grace Baptist Church, visit www.gracebaptistny.org.

Holy Innocents Thrift Shop in Highland Falls

The Highland Falls Holy Innocents Thrift Shop at 401 Main Street, Highland Falls, is open to the public. The shop is open Wednesdays 3:30-5:30 p.m., Thursdays 9 a.m.-1 p.m. and Saturdays 10 a.m.-1 p.m.

Highland Falls Library exhibit

The Highland Falls Library proudly presents an exhibit by photographer Stan Goldblatt, “The Appalachian Trail—Fort Montgomery Project: Portraits of Thru Hikers on the Appalachian Trail,” which is now open and runs through Oct. 4.

The Highland Falls Library is located at 298 Main Street in Highland Falls.

The library and the exhibit are open at 10 a.m. Monday-Saturday with various closing hours daily. For details, contact Leslie Rose at lrose@rcls.org or 845-446-3113.
FEATURED EVENT

Kids' Fishing Fun Day
The Kid’s Fishing Fun Day will take place from 9 a.m.-noon Saturday at the Happy Mountain Pavilion at Round Pond.
For more details, call 845-938-2503. There is a nominal fee for this event.

JUST ANNOUNCED

No new items this week. Check Community page on Page 9 for more MWR items.

FOR THE ADULTS

Mother's Day Brunch
Join the West Point Club for its annual Mother’s Day Brunch from 11 a.m.-3 p.m. Sunday.
The brunch is open to the public. To make reservations and for more details, call 845-938-5120.

Superintendent's Golf Scramble
The Superintendent’s Golf Scramble at the West Point Golf Course is set for three dates—May 16, Aug. 15 and Oct. 17.
The scrambles are open to the West Point community and their guests to build camaraderie and socialize with West Point leadership. These are four person-team scrambles. These outings will have a 1 p.m. shotgun start.
To sign-up, call 845-938-2435. For more details, go to golfatwestpoint.com. There is a nominal fee.

Kayak Tours with Outdoor Recreation Equipment Checkout Center
Visit ODR and sign-up for one of its many tours throughout the summer. The checkout center is located at 648 Wilson Road behind the West Point Post Office.
The first tour of the season is Constitution Island from 10:30 a.m.-2:30 p.m. May 18. The second tour of the season is Cold Spring from 10 a.m.-2 p.m. May 19.
There is a nominal fee for these tours which include kayak and tour. For more details and to register, call 845-938-0123.

2019 Adult Softball League Sign-ups
The MWR Sports office will conduct the 2019 Summer Adult Softball League. Individuals and/or team sign-ups will continue until May 19. League play will start May 28 and continue through the beginning of August.
Games will be held at H-Lot Softball fields by Stony Lonesome area on Monday, Tuesday and Wednesday evenings from 6-9 p.m.
To sign up or for more details, call James P. McGuinness at the MWR Sports office at 845-938-3066 or by email at james.p.mcguinness.naf@mail.mil.

Ladies Spring Golf Clinics
There are Ladies Spring Clinics from 10-11 a.m. May 23 and 30 at the Driving Range at the West Point Golf Course.
Fee includes all dates listed. Andy Crane, PGA, is on the best teachers in the Hudson Valley.
Crand will take you from range to course. Lessons are customized by skill level. Clubs are provided.
To register, call 845-938-2435 or visit golfatwestpoint.com.

Framing and engraving with West Point Arts and Crafts
The custom framing experts at Arts and Crafts can turn any achievement into a timeless work of art.
Choose from more than 500 quality moldings, 450 acid-free mats and opt for UV-protective glass to prevent fading.
They also offer engraving for any special occasion. Give them a call for any special engraving items you may have.
Arts and Crafts' easy and quick pricing allows you to design to your budget. For more details, call 845-938-4812.

Indoor Firearm Shooting now available at West Point
Come on down to the Transrun Marksmanship Center today.
The Center is located at 665 Tower Road, adjacent to the Gillis Field House. Hours of operation are 9 a.m.-3 p.m., Monday-Friday. Recreational shooting is open to all DOD cardholders and their guests. They have gun rentals, ammunition and targets for sale.
For more details and to register, call 845-938-1700 or visit westpoint.armymwr.com.

Champagne Sunday Brunch at the West Point Club
Join the West Point Club for the Champagne Sunday Brunch.
Sunday Brunch is from 10 a.m.-1 p.m. in the Pierce Dining Room and runs through Nov. 17.
There is a nominal fee for these brunches. Reserve your spot in advance at thewestpointclub.com. For more details, call 845-938-5120.

101 Spin Basics with Paul
A 101 Spin Basics class with Paul is scheduled at 5:40 a.m. on Wednesdays at the MWR Fitness Center Spin Room.
Paul will look at everything in and out of the saddle, from good fit to good position to good form.

FOR THE FAMILIES

MWR Summer Movie Night with Outdoor Recreation Equipment
For more details, call 845-938-0123 or visit westpoint.armymwr.com.

Leisure Travel Services is going to Broadway
Join LTS for a trip to Broadway in NYC for the “Book of Mormon” May 23. The van leaves LTS at 4 p.m. for a 7 p.m. curtain and leaves NYC immediately after the show.
The show takes place at the Eugene O’Neill Theater with right Mezzanine Row G seating. Ages 13 or older is recommended. There is a nominal fee for this trip, which includes tickets and transportation.
For tickets and more information, call 845-938-3601.

Morgan Farm Summer Riding Camps
Registration opens Friday for Morgan Farm Summer Riding Camps. The camps begin June 24.
There are five-day and three-day camps offered for ages 5 and up. For more details, call 845-938-3926.

Round Pond Recreation Area open for the season
The Round Pond Recreation Area is now open through November and is located off Route 293, only three miles from Washington Gate.
Round Pond offers cabin, campsite and paddle boat rentals. Hours of operation are 9 a.m.-5 p.m. Sunday through Thursday and 8 a.m.-6 p.m. Friday and Saturday.
For more details, call 845-938-2503 or visit MWR on the web at westpoint.armymwr.com.

FOR THE YOUTHS

Summer Art Camp Artopia Registration
MWR offers Summer Art Camp Artopia Explore-Inspire-Create. Registration starts Tuesday via Webtrac or in person during Arts and Crafts West Point’s regular business hours.
The Art Camp is open to two different grades: Grades 1-4, session 1: June 18-21 and session 2: July 9-12. Grades 5-8, session 1: June 25-28 and Session 2: July 23-26.
Classes are held from 9 a.m.-3 p.m. There is a nominal fee for the camp. For more details, call 845-938-4812 or visit westpointartsandcrafts.com.

Junior Golf Clinics
Junior Golf Clinics are available from 1-1:45 p.m. May 18; June 1, 15 and 29; July 27; Aug. 10 and 24; Sept. 7 at the West Point Golf Course Driving Range. Clinics are for ages 7-13.
Andy Crane, PGA, is one of the best teachers in the Hudson Valley. He will take you from range to course. Lessons are customized to skill level. Clubs are provided. There is a nominal fee per session.
To sign-up, call 845-938-2435. For more details, visit golfatwestpoint.com.

CYS Youth Sponsorship Training
Gain some quality leadership skills by becoming a Youth Sponsor to help other new youth arriving to West Point. Open to all West Point High School and Middle School students.
The training takes place from 2-6 p.m. May 29 at the Youth Center, Bldg. 500. For more details, call 845-938-8889.

Wee Ones Open Play Group
The Wee Ones Open Play Group is scheduled from 9:30-11 a.m. Monday, May 20; June 3, 10, 17 and 24 at the Youth Center Building 500.
Wee Ones Open Play Group is designed for your little one to play, learn and make new friends. Simply drop-in and play. Wee Ones invites children, birth through four years of age, and their parents. No charge for participation. Visit our Facebook page for weekly reminders and pictures.
For more details, call 845-938-0629.

Wee Ones Reading Group
The Wee Ones Reading Group is scheduled from 10:30-11:30 a.m. May 16; June 6 and 20 at the ACS Building 622 Conference Room.
Each session, the Wee Ones invites you to listen to a story and participate in themed, fun-filled activities that promote speech development and learning. Wee Ones invites children, birth through four years of age, and their parents. No charge for participation.
Visit our Facebook page for weekly reminders and pictures.
For more details, call 845-938-0629.

Kid's Bowl Free Program through Aug. 30
Bowling is free for kids at the West Point Bowling Center when they sign-up online for the Kid’s Bowl Free Program.
Sign-up is at kidsbowlfree.com/army.
For more details, call 845-938-2140.
KACH D1 Sports Physical Therapy Fellowship—Research Defenses

The Keller Army Community Hospital Division I Sports Physical Therapy Fellowship will defend their research on from 8:30 a.m.-3 p.m. Wednesday in the fourth floor classroom at Keller.

Each time below will be a 30-minute presentation, then a time for questions from anyone, then a private committee questioning, and pass/fail vote. There will be a short break in between.

If anyone is interested in attending any of the 30-minute presentations, they will be at the following times: 8:30 a.m., 10 a.m., 11:30 a.m., 2 p.m. and 3:30 p.m.

Schedule:
- 8:30 a.m.—START: Simple Technology Analyzing Running Technique (Lt. Cmdr. Lauren Brown);
- 10 a.m.—Returning to Run After Injury: A Randomized Controlled Trial (Maj. Kyle East);
- 11:30 a.m.—The Effect of Battlefield Acupuncture and Physical Therapy versus Physical Therapy Alone Following Shoulder Surgery: A Randomized Controlled Trial (Maj. Keith Collinsworth);
- 2 p.m.—Normative Data for the NeuroCom Sensory Organization Test in United States Military Academy Cadets (Maj. Nathan Henry);
- 3:30 p.m.—Evaluation of Load Carriage Training on Musculoskeletal Injuries and Team Performance During USMA Sandhurst Competition (Maj. Julie Kujawa).

KACH Substance Use Disorder Clinic open

The KACH’s Substance Use Disorder Clinic Care (SUDCC) is open to cadets, active duty service members and beneficaries who are interested in seeking help independently.

The clinic provides substance use disorder clinical care, including assessment, education, treatment, rehabilitation and aftercare, for cadets, service members and other beneficiaries within an integrated medical and behavioral health model to enhance health and readiness.

It is preferred to have individuals seek education and treatment on their own, in hopes to prevent them from possibly experiencing an alcohol or drug related incident.

Seeking education and treatment independently does not require command involvement or an official enrollment into the program.

The SUDCC is located in Building 656 and you can schedule an appointment by walking in from 8 a.m.-4:30 p.m. Monday-Friday or calling 845-938-7691.

KACH researchers are looking for runners; must be DoD beneficiaries

Researchers at KACH are looking for West Point-area runners to participate in a study testing a wearable shoelace pod for its ability to predict running-related injury risk.

The project is entitled, “START: Simple Technology Analyzing Running Technique in DoD Beneficiaries.”

Participants will be asked to wear a lightweight (13 grams) shoelace pod for six weeks of physical training and running.

To be included you must:
- Be a DoD beneficiary (active duty, cadet or family member);
- Be between the ages of 18-50;
- Run at least six miles per week.

You cannot participate if you are currently on running restrictions or have a history of a pregnancy in the last six months. You will need to come in for three sessions totaling approximately two hours of study participation.

After the study, participants are entitled to a free wearable shoelace pod along with directions of use for how to track running form, mileage, cadence and foot strike pattern.

For more information or to be a part of the study, contact Col. Donald Goss at 845-938-3067 or 910-420-0543, or at runwestpoint@gmail.com.

West Point Band presents ‘A West Point Concerto’

Story and photo by the West Point Band

The West Point Band will continue its Masterworks Concert Series with a performance titled, “A West Point Concerto” at 2 p.m. Saturday at Eisenhower Hall Theatre.

As always, this concert is free and open to all. Please note, however, that starting in 2019, all West Point Band concerts at Eisenhower Hall will be ticketed through Eventbrite. Reserve your free tickets in advance by visiting westpointband.eventbrite.com.

Experience the stunning virtuosity of classical music’s greatest concertos at West Point.

Featuring some of the U.S. Army’s finest musicians, this performance will consist of three timeless musical masterworks for soloist and band, interspersed with wind ensemble favorites and military marches.

Program highlights include selections from Camille Saint-Saëns’s “Cello Concerto No. 1” performed by Cadet Dion Perinon; Pyotr Tchaikovsky’s “Violin Concerto,” featuring special guest Staff Sgt. Sergey Prokofyev from the U.S. Army Band “Pershing’s Own;” and Nigel Hess’s “Concerto for Piano” with the inimitable Sgt. 1st Class Yalin Chi. Join the Army’s oldest band for an afternoon of musical treasures at historic West Point.

For concert information, cancellations and updates, call 845-938-2617 or visit www.westpointband.com.

West Point Band news can also be found by following us on Facebook, Instagram, YouTube and Twitter.
Registration open for 35th annual Army Ten-Miler Oct. 13 in D.C.

WASHINGTON—The Army Ten-Miler (ATM) is now open for priority registration presented by Navy Federal Credit Union and will be for general registration Wednesday presented by General Dynamics.

The Army’s 35th annual race takes place at 8 a.m. Oct. 13 in Washington, D.C. and will cap at 35,000 participants. Runners are encouraged to register early as the race will sell out.

Priority registration, presented by Navy Federal Credit Union, is open to ATM Priority Club members (runners who have finished seven or more ATM races) and to Active Duty Military, National Guard and Reserve.

U.S. servicemembers must use a ".mil" address to register. A searchable database is available on the ATM website for sevenime or more ATM finishers to confirm their ATM Priority Club status.

General registration, presented by General Dynamics, opens at 7 a.m. Wednesday. This registration session is for the general public. Individuals must be at least 15 years old on race day to enter.

Individual registration is $79 and includes the official, long-sleeve technical race shirt. Runners may also purchase tickets for the General Dynamics Pasta Dinner for $33. Additional processing fees apply.

MarathonGuide.com returns as the ATM registration provider. More than 600 military and civilian teams were among the 35,000 runners from all 50 U.S. states, the District of Columbia and 20 countries that competed in last year’s ATM, which is recognized as one of the nation’s premier running events.

The race was supported by nearly 2,000 volunteers. In addition, official ATM Shadow Runs presented by Navy Federal Credit Union were held at 11 overseas military installations.

U.S. Army Spcs. Frankline Tonui and Susan Tanui were the first overall male and female finishers at the 34th annual Army Ten-Miler last October, with Tanui successfully defending her title as the top female finisher. Tonui led the All-Army Team that captured its fifth straight International Cup and swept the top three overall spots in the race. The top team finishers were also part of the U.S. Army World Class Athlete Program (WCAP).

Ten-Miler last October, with Tanui successfully defending her title as the top female finisher. Tonui led the All-Army Team that captured its fifth straight International Cup and swept the top three overall spots in the race. The top team finishers were also part of the U.S. Army World Class Athlete Program (WCAP).

For the latest news and information via social media, follow the ATM and post using #RunArmyRunStrong at Facebook.com/armytenmiler, @ArmyTenMilerATM on Twitter and @armytenmiler on Instagram.

For additional information, including photos, contact Maida Johnson, Army Ten-Miler Deputy Race Director, at 202-685-3361 and/or at maida.johnson2.naf@mail.mil or visit ArmyTenMiler.com.
Baseball postseason bound after doubleheader sweep of Lehigh

By Kat Castner
Army Athletic Communications

The Army West Point Baseball team earned its third-straight postseason berth May 4 following a twin bill sweep of Lehigh in Bethlehem, Pennsylvania.

The Black Knights registered a 3-2, seven-inning win in the opener before taking a thrilling 8-7, 13-inning win in the nightcap. Both earned multiple strikeouts as innings of relief work in the nightcap giving up during the opener, while Opp pitched five innings.

Senior pitchers Tyler Giovinco and Cam Opp were both credited with wins. Giovinco added three RBI to Army's final total during Game 2. Senior shortstop Trey Martin added three RBI to Army's final total as well.

Sophomore leftfielder Andre Walden reeled his first career grand slam in a Black and Gold uniform during Game 2. Senior centerfielder Jacob Hurtubise finished 4-for-8 in the doubleheader, while Walden crossed twice. Hurtubise pulled within four of breaking the Patriot League steals record (99) as he now sits with 96 in his career.

Junior centerfielder Jacob Hurtubise finished an impressive 5-for-8 in the doubleheader, while sophomore third baseman Anthony Giachin followed closely behind at 4-for-9.

Sophomore leftfielder Andre Walden reeled in a team-high four runs batted in and they all came from one swing of the bat as he drilled his first career grand slam in a Black and Gold uniform during Game 2. Senior shortstop Trey Martin added three RBI to Army's final total as well.

Senior pitchers Tyler Giovinco and Cam Opp were both credited with wins. Giovinco allowed six hits and two runs in 6 1/3 innings during the opener, while Opp pitched five innings of relief work in the nightcap giving up just one walk. Both earned multiple strikeouts as well with Giovinco notching six and Opp five.

A highlight from the day was Hurtubise breaking Army's career walks record. The junior now has 126 to his name.

Giachin also tied the Black Knights' single-season doubles record after notching two in the games on Saturday. The Livingston, New Jersey, native sits tied with Kevin McKague's 2008 mark of 19.

Army highlights and game notes
• The Black Knights advanced to the Patriot League Tournament for the third-straight season.
• Ten of the Cadets' 11 runs on the day came with two outs.
• Army posted eight extra base hits to just five for Lehigh. Seven of those eight were doubles.
• Giachin touched home plate an impressive three times, while Walden crossed twice.
• Walden drilled his fifth home run of the year, which ties him with Giachin for second on the team.
• Hurtubise, Martin (2x) and Walden (2x) all tallied a stolen base on the day.
• Hurtubise pulled within four of breaking the Patriot League steals record (99) as he now sits with 96 in his career.
• Both teams turned a double play on the day.
• Sophomore pitcher Harry Flannery Jr. recorded his second save of the year after coming in to earn the final two outs of Game 1.
• Senior pitcher Sam Messina started the nightcap and allowed three hits, five runs, three of which were earned, and three walks in 5.0 innings.
• Senior pitcher Mike Gagliano and Jacob Carte and freshman pitcher Anthony LoRicco each saw action in Game 2 as well.

How it happened—Game 1

How it happened—Game 2

• The Mountain Hawks jumped out to an early 2-0 lead in the first after a Ryan Malloy double brought home two runs.
• The Cadets cut the deficit to 2-1 in the fourth following an RBI-single by Martin but Lehigh responded in the bottom half with an additional two unearned runs to make it a 4-1 ballgame after four.
• Another run by the home team in the fifth increased their advantage to 5-1.
• The Black Knights would battle back in the seventh following a two-out, two-RBI single by sophomore second baseman Tim Simoes. His knock brought home Giachin and sophomore catcher Blake Ledoux for the 3-0 edge.
• Lehigh wouldn't go away though, posting two runs on two hits in the seventh to make things interesting late. Fortunately for Army, Flannery Jr. came in to register the final two outs to seal the win.

• Junior designated hitter Jeremiah Adams broke the scoreless deadlock in the fourth after he converted on a sacrifice fly to center field to score Giachin for the 1-0 edge. Giachin led off the frame with a double before advancing to third on a wild pitch one batter later.
• The Black Knights added to their lead in the sixth following a two-out, two-RBI single by sophomore second baseman Tim Simoes. His knock brought home Giachin and sophomore catcher Blake Ledoux for the 3-0 edge.
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Senior pitcher Mike Gagliano and Jacob Carte and freshman pitcher Anthony LoRicco each saw action in Game 2 as well.
Men’s Lacrosse crowned PL champions

By Ally Keirn
Army Athletic Communications

For the first time in nine years the No. 18/19 Army West Point Men’s Lacrosse team is Patriot League Champions after defeating Lehigh, 11-7, Sunday afternoon at the Ridley Athletic Complex in Baltimore.

Army captured its 12th league title, the most of any school surpassing Navy’s 11.

The Black Knights found themselves down 5-3 at the half following five unanswered goals by Lehigh in the second quarter.

Fortunately, Army regrouped after the break outscoring its foe 8-2 in the remaining two quarters to secure its second Patriot League Tournament crown.

Freshman attack Brendan Nichtern led the Army attack with three goals and three assists to finish with six points on the day.

All three of those goals came during the Black Knights’ 6-0 fourth-quarter run to close out the game.

Lehigh had extended its lead to 7-5 with 13 minutes to play but Army never lost hope as it watched Nichtern fire a shot past James Spence a little more than a minute later to cut the deficit down to one.

That goal jump started a Black Knights’ rally that saw the Massapequa, New York, native score two more times, along with goals from senior attack Sean O’Brien and senior attack Nate Jones.

Senior goalender AJ Barretto had another impressive outing between the posts for Army making 12 saves.

For that accomplishment and for Friday night’s performance against top-seeded Loyola, Barretto was named the Patriot League Tournament’s Most Valuable Player.

The tournament MVP finished the week with a .698 save percentage and a 5.40 goals against average as Army won three games in six days.

Junior defensiveman Tom Rigney totaled a team-best four ground balls, while Patriot League Defender of the Year senior Johnny Surdick, Barretto and sophomore long stick midfielder Kyle Beyer registered three apiece.

Army improved to 13-4 on the year to clinch a new program record in wins. Head coach Joe Alberici in 2017 (12-8-1) and scored with six seconds remaining in the quarter to again pull within one.

On a quick transition, Beyer connected with Manown for the last second score.

Lehigh started the fourth with a goal, but Army bounced back with a 6-0 run to clinch the game.

O’Brien came into the game and made an immediate impact.

Feeding from behind, O’Brien found Nichtern up top to catch Lehigh’s Spence off guard.

Marino continued to spark the offensive charge with a man-up goal from Nichtern.

O’Brien sniped one past the goal line on a righty crease roll before Nichtern racked up two.

With 53 seconds on the clock, Jones stamped the victory with a final transition goal with an assist by Surdick.

Army highlights and game notes

Lehigh extended its lead back to two goals however at the 5:20 mark to make it a 6-4 game.

The Black Knights kept pushing though and scored with six seconds remaining in the quarter to again pull within one.

On a quick transition, Beyer connected with Manown for the last second score.

Lehigh started the fourth with a goal, but Army bounced back with a 6-0 run to clinch the game.

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Barretto made double-digit saves for the 11th time this season after accumulating 12 in the game.

He now has 566 saves in his career and remains fourth all-time at Army.

Nichtern closed out the championship game with six points on an even three goals and three assists.

The freshman completed the Patriot League Tournament with six goals, 11 assists and 17 points.

Nichtern has amassed 80 points this year and sits atop in single-season scoring.

He eclipsed the single-season assists record Friday night and increased his total on the year to 50 today.

In career numbers, Nichtern’s 50 helpers ranks 19th all-time at Army. He jumped ahead of Rob Manning ’96 and Mike Colon ’95 for the slot.

Nichtern has tallied at least one point in all 17 games this year.

O’Brien, Jones, Garofano, Manown and DeWitt posted two points apiece.

Surdick garnered his first assist of the season, while Beyer was the other long pole with a helper.

Marino notched the Black Knights’ lone man-up goal of the contest.

Jones’ two points increased his career total to 154.

The senior captain is now 12th at Army in points, while he ranks tied for seventh in career goals with 118.

He is now tied with Jim Wagner ’05 and Dan Brostek ’96.

Rigney finished the game with four ground balls and a caused turnover.

Beyer had an outstanding performance with a team-leading three caused turnovers, three ground balls and an assist.

Surdick and Barretto also had three ground balls in the game.

Up next

• The Black Knights earned the Patriot League bid to the tournament.

• Army has played in the NCAA Tournament 20 times.

• The last berth was in 2010.

• The Cadets were national champions in 1923, 1944, 1945, 1951, 1958, 1959, 1961 and 1969.

(Editor’s note: See page 13 for information on when, where and who Army West Point Men’s Lacrosse plays in the NCAA first round.)