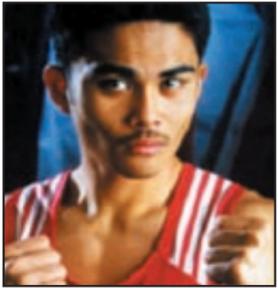


Hawaii MARINE SPORTS

Hawaii Marine C Section

April 11, 2003

Former BayFest boxers to thrill Oahu



VILORIA

Local boy Vitoria will defend his title Tuesday

Steven Kalnasy
Special to the
Hawaii Marine

On a hot, muggy night in mid-July under the stars — and after a passing shower — the spectacle of BayFest was the backdrop for a memorable evening of boxing.

1996 saw a future star emerge from relative obscurity to the annals of sports history. Coming off of his win to maintain the title of Junior Olympic Champion (95, 96), a young Brian Vitoria pleased the crowd at MCB Hawaii with his incredible power and speed.

His opponent, who is not even remembered in the contest, remains in the shadows as one of the many steps to Vitoria's success as a world class amateur, and now as a professional.

Since that night in BayFest past, Vitoria has accumulated successive victories in the ring to become "World Champion" (99'), "U.S. Champion" (99'), and "National Golden Gloves Champion" (99').

His accolades continued when he was named "Boxer of the Year" for 1999, and he earned a spot on the 2000 U.S. Olympic team.

Since the Olympics, Vitoria has continued in his boxing evolution by declaring himself a professional. That decision has proven to be the correct one for Vitoria (11-0, 6 KOs), who is currently ranked fifth by the World Boxing Commission, and sixth by the World Boxing Organization.

"The Hawaiian Punch," the nickname Vitoria acquired because of his likeness to the fruit drink character and his lightning fast punches, is returning home to entertain his hometown fans.

Tuesday, the undefeatable
See BOXING, C-5



Forward Nathan McQuirter, on the 1/12 team, shoots a free throw after being fouled.

Dental drills 1/12

Story and Photos by
Lance Cpl.
Monroe F. Seigle
Combat Correspondent

After a grueling season, 21st Dental took home the basketball championship, defeating the 1st Bn., 12th Marine Regiment, in a narrow victory Tuesday night at the Semper Fit Center aboard MCB Hawaii, Kaneohe Bay.

The first half of the game was a battle of offense. Neither team managed to get more than two points ahead of the other.

Forward Nathan McQuirter of 1/12 went to the net six times and sunk three, 3-point shots.

To keep up with the McQuirter, guard James Stan of 21st Dental landed four, 3-point shots.

At the close of the first half, 1/12 was on top, 25-24.

"Our defense was lacking somewhat in the first half,"



Shooting guard Takarron Perry (left), with 1/12, scored a layup despite heavy defense by a 21st Dental defender.

said Coach Mikkah Hardwick. "Once we took better control and put a heavier guard on 1/12's

best shooters, we were able to capitalize and take control." During the second half of

the game, the fans in the audience brought life to the
See BASKETBALL, C-5

1/3 breaks down the 1/12 perimeter

Lance Cpl. **Monroe F. Seigle**
Combat Correspondent

Devil dogs from the 1st Bn., 3rd Marine Regiment, squared off against leathernecks with the 1st Bn., 12th Marines, Monday in the first game of the baseball season playoffs.

The 1/12 Marines struck hard in the first inning, but it proved to be the last time they would break the grunt defense when pitcher Chad Atkinson scored off a double by first baseman Tyler Largent.

In the bottom of the first, 1/3 went scoreless when it was set down in order.

The second inning proved to be even less eventful than the



Lance Cpl. Monroe F. Seigle

Pitcher Ryan Lohman takes a hard cut at a fast pitch in Monday night's game.

first. Both teams were sent back to the dugouts after being retired with a combination of strikeouts

and fly outs.

The hard chargers from 1/3 struck a chord in the bottom of

the third inning when first baseman Mark Robinson scored after being driven home by a base from right fielder Chris Arena. Yet, 1/3 wasn't done with the offensive attack.

Arena attempted to steal second base, but the pitch was overthrown, which allowed left fielder Steve Dunham to come home and give 1/3 a 2-1 lead.

Now struggling to come back, 1/12 seemed down in the dumps during the onslaught by 1/3's offense. Spirits didn't lift when pitcher Ryan Lohman's abilities in the top of the fourth took batters out in order of appearance.

Then, in the bottom of the

See BASEBALL, C-5

BASE SPORTS

Edward Hanlon V
MCCS Marketing

MCCS Presents its 'Got Surf' Clinic, April 19

Marine Corps Base Hawaii youth are invited to the MCCS Youth Activities Surf Clinic April 19. The clinic will be held from 1 until 4 p.m. at Pyramid Rock Beach and requires participation in a swim test at the base pool prior to enrollment.

The swim test includes a 200-meter swim and treading water for one minute. The swim test will be held April 18 at 4 p.m.

Registration is first come, first served and will be accepted at Youth Activities, Bldg. 5082 until Wednesday.

For more information, call Clark Abbey at 254-7610

Spring Surf Showdown Rolls In

Show off your surfing skills at the MCB, Hawaii Surf Showdown at Pyramid Rock Beach, April 26 from 7 a.m. to 5 p.m. Active duty, family members, and DoD cardholders are

welcome to compete.

There will be both surfing and body boarding divisions in age ranges 14 years and under, 15 - 19 years, men's 18 - 30, men's master's 31 and up, women's open, and both a women's and men's long boarding.

The entry fee is \$20 — \$30 for day-of-even. Registration includes a free T-shirt.

To learn more on how to show off at the Surf Showdown, call 254-7655 for more information.

All-Marine Women's Soccer Trials Begin Soon

Marine Corps Community Services is looking for a few good women to tryout for the All-Marine soccer team. The trial camp will be held April 20 - May 10 at MCB Camp Lejeune. Marines interested in showing off their soccer skills must submit resumes; the forms can be found on the MCCS Web site at www.usmc-mccs.org, under the Semper Fit sports directory.

For more information about the All-Marine Women's Soccer Trial camp, call Jim Medley at (703) 784-9542



Young Chippers can Golf at the Klipper

The Kaneohe Bay Klipper Golf Course's Junior Golf Program is in full swing, and all military family members between the ages of 5 - 18 may participate.

To complement busy schedules, junior golfers may take lessons on Tuesdays, Thursdays and Sundays. Parents may purchase a lesson card valid for 10 lessons for \$100.

Classes are revolving and going on now. Children are welcome to bring their own clubs or use clubs provided. Collared shirts are mandatory; tennis shoes or golf shoes are accepted dress.

For more information, call the Klipper Golf Course at 254-2107.

Adventure Training to be Unveiled

"Adventure Training" is designed to promote unit cohesiveness and enhance confidence in the water. It is a fun alternative to regular unit workouts.

Learn different water sports and do PT at the same time.

Classes are offered in scuba, kayaking, power boating and water skiing, at no charge to all MCB Hawaii units.

Training noncommissioned officers and staff noncommissioned officers should call the Base Marina at 254-7667 for more information.

April Brings Health Promotions

The MCCS Health Promotion Activity department has set up displays around base this month. Display topics include Alcohol and Substance Abuse Awareness and Prevention, and STD/HIV Awareness and Prevention.

Keep an eye out at such locations as Anderson Hall, Mokapu Mall and the Semper Fit Center.

For more information regarding health promotions, call 254-7636.

Semper Fit Hosts Bench Press Contest

Headquarters Bn., MCB Hawaii, will be hosting its annual Bench Press Contest, May 3 at 9 a.m. at the Semper Fit Center aboard Kaneohe Bay.

The event is open to all authorized patrons, active duty, family members, reservists, retirees and DoD civilians.

Weigh-ins will go May 2 from 8 a.m. to 4 p.m. and May 3 from 7:15 to 8:15 a.m. Trophies will be awarded to notable winners.

Entry fees include an event T-shirt.

For more information on the Bench Press Classic and Team Challenge, call 254-7597.

Sharkey's Quick Bite Opens

Whether at the Base Marina enjoying sports activities or looking for some place different to eat, recharge your midday with a quick meal at the new Sharkey's station near the Base Marina.

Sharkey's serves up hamburgers, hot dogs, chips and soda, Monday - Friday from 10:30 a.m. - 1:30 p.m.

For more details, call

Sharkey's Quick Bite at 254-7641.

Paintball Takes Aim

Let your "inner-predator" come out to play. Spend a day practicing your combat skills with Paintball Hawaii.

The paintball field is open Fridays, 1 - 5 p.m.; Saturdays, 9 a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

For individual play, the cost is \$40 per person and includes all rental equipment and 400 rounds. For unit training, the cost is \$20 per person.

For more details, call owner Roland Manahan at 265-4283 or the Single Marine & Sailor Program at 254-7593.

Semper Fit Center Now Offers Childcare

All MCB Hawaii active duty service members and families may participate in the Parents for Fitness program a cooperative baby-sitting venture.

Participants must volunteer to baby-sit three times a month at the fitness center, and children 6 weeks and older may attend.

For more information, contact Sharon Kostic at 235-6585, or the Semper Fitness Center at 254-7590.

Bowlers Strike Savings at K-Bay Lanes

Bowling is back "with attitude!"

Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental at K-Bay Lanes aboard MCB Hawaii, Kaneohe Bay.

Also, check out Semper Extreme Bowling, Fridays from 6 p.m. - 11 a.m.; Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m. - 11 a.m.; and Sundays, 6 - 9 p.m.

The K-Bay Lanes features bumper bowling, a snack and Pro Shop and an arcade. Organized parties are also welcome.

For more strike-saving information, call 254-7693



Base All Stars

NAME: Devaill McCoy

BILLET: Motor transport operator

UNIT: CSSG-3

SPORT: Basketball

Team: MCB Hawaii

Position: Point guard

• This Dallas, Texas, native has been playing basketball since he was 3 years old.

• He was most improved player in 1995 on the Texas Intramural League.

• In 1999, he was the sixth "Man of the Year" at Naaman Force H.S.



Lance Cpl. Monroe F. Seigle

"Basketball has given me motivation all throughout my life. It has helped me develop into a positive person."

COMMUNITY SPORTS

HTMC Hosts Hikes and Climbs

Sunday at 8 a.m., the Hawaiian Trail and Mountain Club will take a brief trip on Aiea Ridge. This short hike on the loop trail prepares you for longer up-and-down hill trails on the ridge, and features a fantastic view of the Kaneohe coastline.

For more information, call 488-4419

State Offers Free Recreation Classes

Education classes are being offered by the Hawaii Department of Land & Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care, and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is April 25, at 5:45 - 10:15 p.m. and April 26, at 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture I.D. is required for entry to the sessions.

To preregister or for more information, contact the Hunter Education Office at 587-0200.

Oahu Tennis League Accepting Applicants through Today

An islandwide league for singles and doubles players of all skill levels, the Oahu Tennis League is registering individuals for its spring season, which begins Monday.

Players are matched against six opponents during the six-week season, and must make phone contact to arrange the date and time of their matches. Scores are called into the league, which then hosts a post-season tournament for players who have won three of their six matches. Prizes are awarded to the top two players in each division.

If you're interested in joining the Oahu Tennis League, call 342-3368 or 381-6848 for more details. Or, complete and submit an online registration application at www.OahuTennisLeague.com.

University of Hawaii to Sponsor Summer Baseball Camp for Youth

Future baseball players from 8 - 18 years old can attend the University of Hawaii baseball team's annual summer baseball camps, which are conducted by UH coaches and players, as well as other college and area high school coaches.

"I would like to invite you to our

Rainbow Baseball Camp," said Mike Trapasso, head baseball coach. "It is a great opportunity to improve your skills in all phases of the game. The instruction will be in depth."

The June 23 - 27 Day Camp will cover all aspects of the game; the June 28 and 29 Pitching or Catching Camps and the July 5 and 6 Hitting Camp will focus only on those aspects of baseball.

Cost is \$175 for the Day Camp and \$110 each for the Pitching, Catching or Hitting Camps. The location of the camps is the Les Murakami Stadium on UH, and sessions will run from 9 a.m. to 4 p.m.

Camps are limited to 200 applicants, and each camper will need proper clothing (shorts may be worn), a hat, baseball glove for pitching and day camps, a bat for hitting and day camps, and catcher's gear for catching and day camps. Campers must provide their own lunch.

For more details, call the Office of Intercollegiate Athletics at 956-6247.

Bellows Hosts Outdoor Recreation

Just because winter is upon us does not mean you have to be a couch potato.

You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m.

The cost is \$12 per person and includes the use of a bodyboard.

Also learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more details, call 259-8080.

Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week (a \$56 savings).

"Community Sports" Receives Faxes

Fax "Community Sports" announcements that are of general interest to the DoD community to 257-2511, or call 257-8836.

SPORTS AROUND THE CORPS

Nonfatal crash tests Team Marines' racing ability



Staff Sgt. Timothy Edwards

During a visit to Marine Corps Logistics Base Albany, the "Team Marines" show car compares itself to the Marines' "tactical race car" — the light armored vehicle.

A flat tire eliminates 18 cars from Talladega's 'Aaron's 312 race'

John Gunn
Special to the
Hawaii Marine

TALLADEGA, Ala. — Not that anyone was going to beat Dale Earnhardt Jr. anyway, but for the second year in a row, the Aaron's 312, a Busch Series race here was marred by an early crash that made Earnhardt's victory little more than a formality.

An 18-car crash on lap nine eliminated 17 competitors, according to the Freedom News Service. The conflagration began when the right rear tire went flat on the Chevrolet driven by Johnny Sauter.

Among those who survived the crash were Bobby Hamilton Jr. and his No. 25 "Team Marines" Ford Taurus.

Hamilton finished 35th, collecting \$22,310. Al-

though averaging 183.441 mph, he had qualified Friday for only the 26th position.

Earnhardt, who also won the Busch Series race at Daytona, led only the final 60 laps, and the race, which ended under caution, dissolved into little more than a parade of cars roaring nose-to-tail in a single lane.

Saturday, the Busch Series moves to the Pepsi 300 at the Nashville Superspeedway

The Nashville Tennessee Superspeedway, built in 2000, is one of three concrete tracks on the NASCAR circuit. The pavement, consisting of 7,500 cubic yards of concrete, was placed full-width for the length of the track by a concrete paving machine specially constructed just for that project.





spotlight on health

'What is the best cardiovascular exercise?'

NAPS
Featurettes

Running? Biking? Swimming? People often ask, "What is the best cardiovascular exercise?"

The answer is simple: There really is no "best" exercise. All types have benefits, and no one exercise will produce greater results than the others will.

To find the best cardiovascular exercise for you, look at what you enjoy and what will increase your heart rate.

Types of Cardiovascular Activities

Cardiovascular, or aerobic, exercise is any continuous activity that gets your heart working and can be sustained from 15 to 60 minutes or beyond. Common cardio activities include jogging, cycling and hiking.

At health clubs, you'll find machines for stair climbing, rowing and elliptical cross training (your feet move in an elliptical shape), as well as aerobics classes.

The two main types of cardiovascular exercise are weight-bearing and non-weight-bearing. With weight-bearing exercises, your feet and legs support your body weight. Examples include running, stair climbing and rope jumping. These are great for strengthening your bones. With non-weight-bearing exercises, the body is supported during exercise (i.e., you are not carrying your body



Amber Ferrin, 14, a ninth grader at Kalakeo High School, rides on an exercise bike as her cardio workout.

weight), as in bicycling, rowing and swimming. These exercises tend to be easier on your back, knees and other joints and can have a lower risk of injury than weight-bearing exercises.

Getting in Your Heart Rate Zone

For the best results, you need to get in your zone — your heart rate zone.

"Exercising at the correct level of intensity is important for proper effectiveness," said Dale

Huff, R.D., C.S.C.S. and co-owner of NutriFormance Fitness, Therapy and Performance in St. Louis. "Exercising too lightly may not produce adequate results, while exercising too hard risks injury and exhaustion. For optimal benefits, get in your target heart rate zone and stay there while exercising regularly."

Calculate your target heart rate zone by taking 60 to 85 percent of your maximum heart rate. Your maximum heart rate

is 220 minus your age, according to the American College of Sports Medicine.

To help you stay in the right heart range, many fitness equipment manufacturers offer cardiovascular machines that include heart rate sensors. For example, some treadmills, cross trainers, exercise bikes and stair climbers have digital sensors and heart rate zone workout programs that automatically adjust the resistance level based on your heart rate.

The Bottom Line

Figure out what cardiovascular activities you enjoy and will do consistently. For best results, mix up your workouts.

"Over time, your body gets more efficient, so you burn fewer calories doing the same exercise. In addition, without variety, boredom can quickly set in," according to Nicole Irlbeck, M.S., a certified athletic trainer in Chicago.

Walk outside one day. For your next workout, try an aerobics tape; then, swim laps or use the stair climber at the gym.

If you prefer a certain exercise or machine, shake things up by incorporating interval training into your routine. Adjust the speed, resistance or incline, and push hard for a few minutes. Recover, and then step it up again.

"Interval training is an excellent way to vary your training, increase your results, get better conditioned and fend off boredom," said Irlbeck. "Using cardiovascular machines at the gym is an easy and efficient way to start interval training because most are able to monitor your time, intensity and even your heart rate."

Your options for a beneficial cardio work out are endless. Jump on a treadmill, hop on a bicycle or dive into a pool — just choose an activity that gets your heart pumping. The "best" cardiovascular exercise is what you enjoy and will do. Try to choose something that you will do on a consistent basis.

Keeping good and healthy should be a family affair

NAPS
Featurettes

If your whole family has ever been sick at the same time, you probably know that it's nothing to sneeze at when you have a house full of colds. Try these tips to keep colds from becoming a family affair.

•**For moms:** Today's moms are busier than in the past, with many working full-time and helping to raise a family. It is especially important for busy women to be sure they have enough iron in their di-

et and that they get plenty of rest.

Low iron counts and exhaustion can increase risk of colds and other illnesses. In addition, women should drink at least eight 8-ounce glasses of water every day.

Proper rest, nutrition and hydration will help keep the immune system effective and may help keep colds at bay.

•**For dads:** A growing percentage of Americans are officially overweight. About 26 million of them are men.

Whether dad has a propensity for pizza or a hankering for hoagies, it's a good idea to encourage him to watch his diet.

Not only is eating more fruits and vegetables good for his heart, they have also been shown to boost the functioning of the immune system as well.

•**For kids:** One of the best ways to prevent colds in children is to encourage frequent hand washing. Even if their hands look clean, regularly washing hands with warm water and cleanser can help. Encourage washing after a trip to the bathroom, after being out and about, and always before eating, to help prevent problems.

Parents should also remind smaller

children to keep their hands out of their mouths and to not rub their eyes, to help prevent the transfers of certain viruses.

•**For babies:** It's not always child's play keeping a baby free from colds. Younger infants are prone to the sniffles and ear infections, and their curious nature makes them prime candidates for viruses spread by touch.

Be sure to keep your house clean and disinfect any areas in which your baby usually plays. Also, remember that babies thrive when they are kept well-nourished, well-rested, clean and loved.

Causes of chronic fatigue syndrome soon within sight

NAPS
Featurettes

New research may help explain (and one day find a cure for) the serious medical condition chronic fatigue syndrome, also called chronic fatigue and immune dysfunction syndrome. The illness can be devastating, causing profound fatigue, pain and neurological difficulties.

During the past 15 years, scientists have identified numerous biological abnormalities in CFIDS patients, but a cure remains elusive. To gain a better understanding of this complex illness, the CFIDS Association of America brought together top medical experts from

plines to evaluate research findings.

The scientists agreed that the following problems play a role in CFIDS:

•**Neurological abnormalities:** Research has shown that orthostatic intolerance, a condition that arises from miscommunication between the brain and heart - and that causes dramatic changes in heart rate and blood pressure when a person stands or sits upright, plays an important role in CFIDS.

Almost 95 percent of CFIDS patients in a 1995 study had at least one form of OI.

•**Hormone imbalance:** Some CFIDS patients have lower than normal levels of cortisol, a hormone. See **FATIGUE, C-5**

A healthy body mass index, or BMI, can decrease risk from some diseases

NAPS
Featurettes

Maintaining a healthy weight by eating well and staying active is the cornerstone to a healthy and vital life. Being at a healthy weight helps reduce the risk of many chronic diseases, including heart disease, hypertension, Type 2 diabetes, osteoarthritis, stroke and — one you may not have suspected — cancer.

According to the American Cancer Society, a third of all cancer deaths in the U.S. could be prevented through healthier eating habits, regular physical activity and weight control. Being overweight increases the risk of cancer of the colon, kidney, breast (after menopause), pancreas and endometrium (uterine lining).

Other than not smoking, the best ways to help prevent cancer are to eat well, be active and maintain a healthy weight. That's why Weight Watchers International is working with the American Cancer Society to launch the American Cancer Society's "Great American Weigh In," a national campaign to help



Corporal Ethan Bisagna, an Amphibious Assault Vehicle Mechanic for CSSG - 3, checks his weight on a scale at the Semper Fit Center.

Americans reach and maintain a healthy weight. And, it all starts with knowing your BMI, or body mass index.

The BMI is a calculation that can help determine whether you

weight falls within a healthy range for your height. People with a higher amount of body fat tend to have higher BMIs.

Since excess body fat can create health problems, BMI is what health professionals use to determine if an individual's weight is healthy or risky. In general, the higher your weight, the higher your BMI and the greater your risk of developing health problems.

The "healthy weight range" is a BMI of approximately 19 to 25. For example, a woman who is 5 feet, 5 inches can weigh anywhere from 111 pounds (a BMI of 18.5) to 150 pounds (a BMI of 24.9) and be considered at a healthy BMI. If her weight is above 150 pounds and her BMI is greater than 25, she is overweight and her disease risk rises. At a BMI of 30, she's obese, and at great risk for health problems.

For more information on the Great American Weigh In, and to calculate your BMI, visit www.cancer.org, and click on the Great American Weigh In page. Call the American Cancer Society at 1-800-ACS-2345.



Shooting guard Takarron Perry, #21 with 1/12, scores a layup despite heavy defense by a Dental defender.

BASEBALL, From C-1

fourth, third baseman Orlando Baez hit the first home run of the season, adding two points to the scoreboard and bringing the 1/3 lead to 4-1.

The fifth inning went quietly for both teams, as each was set down in order.

Fighting for a comeback, 1/12 tried to close the gap during the sixth inning, but was only able to come up with one base hit.

In the final inning, 1/12 attempted a last-chance comeback. Determined to be victorious, relief pitcher Nick Kitchen struck out two batters, but ended the game with a ground out.

"We played a tight game," said Kitchen. "We held them to only one run and came out on top.

"Our team continues to better itself with each game we play. We are confident we have what it takes to be the champions this year."



Lance Cpl. Monroe F. Seigle

Third baseman Orlando Baez crosses home plate and receives "attaboy" victory slaps after hitting the team's first home run of the season.

BOXERS, From C-1

ed Olympian takes on Valentin Leon (14-5, 6 KOs) of Mexico at the Sheraton Waikiki Ballroom for a 10-round match that is bound to bring back memories of his '96 BayFest victory.

"I'm happy to be able to fight in Hawaii again ... I've been working very hard in the gym and looking forward to showing the Hawaiian people how I've improved since they last saw me," he said of his upcoming fight.

Leading up to the main event will be seven under card bouts, which will highlight the professional debut of other BayFest alum: The Saribay brothers (Jay and Jerry) and Mark Mareko. Each will test his metal against seasoned pros from the islands and the mainland.

Tuesday's "War in Waikiki" proves the value of events like the annual BayFest Boxing Challenge as a showcase for future boxers in the islands and in the world.

BASKETBALL, From C-1

court. The 21st Dental Co. seemed to be feeding off of the fan frenzy.

Dental took control of the court and dominated the goal when it landed four baskets in a row to bring the Sailors to a seven-point lead over the struggling 1/12 team.

With confidence high, 21st Dental maintained a comfortable lead over 1/12 until the end of the second half. Dental maintained a minimal five-point lead until the final moments of the game.

When all was said and done, the Sailors walked away with the intramural championship and a final score of 64-59.

"This was the best game we played all year," said Hardwick. "We didn't have any turnovers, and we made each free-throw.

"Once we got the momentum in our favor, we finished them off."

Hardwick plans to charge into next season with the same team members and capitalize on the mistakes made this year.

He has confidence his team can make a repeat of this season and come out on top once again.

"My boys earned this championship," said Hardwick.

"They trained hard all year and stayed focused. Our next focus is to train to stay on top," speculated Hardwick.