

Hawaii MARINE SPORTS

Hawaii Marine C Section

June 18, 2004



Pfc. Rich Mattingly

Kids taking the youth sailing class at the Base Marina prepare their sailboat before taking it out for a spin. The students work together to learn the art of small watercraft navigation during the two week course.

K-Bay youth take helm

Pfc. Rich Mattingly
Combat Correspondent

From tacking to jibing or sailing beam reach to close-hauled, keiki are learning their port from their starboard this summer at the base marina's youth sailing classes.

Instructors start out the two-week cycle by getting kids comfortable with being around boats.

Moving through capsizing drills and classes on nautical terminology, students start bridling the wind by the end of the second day of the class.

"Sailing builds confidence. It's a scary thing for a kid," said Molly O'Bryan, head sailing instructor at the base marina, explaining a child's initial

reaction to sailing. "They're out there on their own, and it's a chess game on the water. They have to think ahead and remember the things they've been taught."

By the second week, the kids are sailing like old pros, assured O'Bryan. She said the second half of the course focuses on more advanced techniques.

O'Bryan is no stranger to sailing, having taken her first sailing lessons when she was 7. Originally from California, she attended the University of Hawaii and was a member of the UH sailing team. She also teaches sailing to the midshipmen of the U.S. Naval Academy.

Offered every two weeks, youth sailing classes teach children ages 8 - 18 the

basics of sailing.

The classes, boasting an instructor to child ratio of three instructors for every 10 children, are offered three hours a day, either in the morning or afternoon at beginning and intermediate levels. O'Bryan is assisted by Lisa Bachman and Jason Hohl.

"Sailing humbles kids quickly. A lot of kids think they can do anything without thinking about it or practicing," said O'Bryan. "It also helps the kids who aren't so confident. It gets them outside during the summer months and gets them exercising."

Classes cost \$99 for a two-week session, and spaces are still available for the summer. For more information, call the base marina at 254-7666.

Clinic coaches children

Former NFL players volunteer time to coach local athletes

Lance Cpl. Michelle M. Dickson
Combat Correspondent

About 200 anxious kids showed up to participate in the free football clinic here Saturday, put on by the Christian Okoye Foundation.

The foundation has been established since 1990, but this is the first time it has been brought here to Kaneohe Bay.

"We've been here before only to speak to children," said Christian Okoye, founder of the foundation and a former Kansas City Chiefs football player. "The base was so good to us; we wanted to do the clinic this year."

Born in Nigeria, Okoye went to college in California before being drafted to the NFL. That's when in 1990, he decided to give something back and work with children.

"I enjoy it so much, just seeing the

See *CLINIC, C-4*

Tai Chi

It is a journey towards balance, breath and focus

Pfc. Rich Mattingly
Combat Correspondent

Any Marine or Sailor who has studied warfighting tactics will remember the key to battlefield success has often been a force's flexibility and willingness to tactically improvise.

According to Kenneth Leonard, Tai Chi Chuan instructor, the same principles learned on the battlefield can be applied to the soothing, meditative martial art that balances the mind, body and spirit.

Leonard, who is teaching Tai Chi movements and philosophy every Thursday at noon at the Semper Fit Center here, explains that Tai Chi Chuan, while considered a martial art, is more a method of improving health and fitness than a method of self defense.

"Even though it is based in the martial arts, Tai Chi is better known as a health exercise," said Leonard. "Tai Chi is a way to strengthen your body, mind and spirit. Its main principles are balance, focus and breath. It addresses issues that we all grow into as we age such as losing flexibility and core strength and balance in our bodies and minds."

The gentle movements of Tai Chi come naturally to the master instructor who began training in Japan, and later studied under world-renowned Master Wang Yen Nien in Taiwan. Leonard is currently sanctioned by the International Tai Chi Chuan

See *TAI CHI, C-4*

BASE SPORTS

Edward Hanlon V
MCCS Public Relations

June
18 / Today

Pau Hana Pin Party — It's not too late to head on over to K-Bay Lanes for the Friday bowling league that starts today. This mixed league is open to any combination of 18-years-and-older foursomes of all eligible patrons.

Both men and women must pay the one-time sanction fee, and the weekly cost is only \$10, which includes three games, awards and a banquet ceremony.

Call K-Bay Lanes at 254-7664 for more information.

Soccer Coaches — Youth Activities is now looking for anyone interested in coaching Youth Soccer aboard MCB Hawaii. The season begins soon, and interested coaches

can call 254-7610 today for more details.

Give back to the community in a fun and meaningful way, and then brag about how much your team rules.

Summer Swim Lessons — Taking swim lessons from MCCS Aquatics can boost your confidence in the water, and may even save your life.

Registration is underway beginning today at the Kaneohe Bay and Manana Housing base pools for swim programs in all age groups and abilities, from ages 6 months to adults. Sessions will run until August, and students can select from a number of schedules that best fit their own needs.

Swim lessons will begin around 9 a.m. and will be offered until 5 p.m.

Prices vary for individual lessons and private and semiprivate groups. Family discounts are also available.

Stop by either pool to register,

or call 254-7655.



19 / Saturday

CSSG-3 Swamp Romp — Oahu's dirtiest footrace is back and open to the public. The Combat Service Support Group 3 Swamp Romp race will begin at 7 a.m. at the Boondocker, but get there early for check in, which begins at 5:30 a.m.

A grueling team competition amongst teams of six individuals, the Swamp Romp foot race consists of an estimated five-mile course with various obstacles including rope climbing,

low crawls, mud pits and tunnel crawls. It is a true test of physical skill and endurance, and the ability to work within a team.

All six members must cross the finish line together in order to qualify. Cost is \$102 for all teams, and includes an event T-shirt. Pick up your race packet at the Semper Fit Center.

Summer Bowling League — Lil' bowlers ages 4 - 6 can now get in on the pin action in the Pee Wee Summer Bowling League, which will run every Saturday through Sept. 25 at 10 a.m.

Older bowlers, ages 7 through 21, can check out the Junior Summer Bowling League, which will run concurrently with the Pee Wee league.

Both leagues will host awards banquets on Oct. 2. Call K-Bay Lanes for more information at 254-7664.

Adult Beginners' Golf Clinic — Presented by Pat Clark, assistant teaching pro at the Kaneohe Klipper Golf Course, adults can catch this clinic any Tuesday from 5:30 to 6:30 p.m. The cost is \$80 per student, and the clinic's duration is five weeks.

Call the Klipper Pro Shop for more information at 254-3220..

Okinawa Kenpo Karate — Every Tuesday and Thursday, join the newest contractor at Youth Activities for Okinawa Kenpo Karate Kobudo classes, from 6 to 7:30 p.m. in Bldg. 1391, behind the 7-Day Store.

Adults and children are welcome, and classes cost only \$35 for adults, \$25 for children and an additional \$20 for other family members.

For more details, call Youth Activities at 254-7610.

Ongoing

20 / Sunday

NASCAR Sundays — Watch the excitement of NASCAR at Kahuna's Sports Bar & Grill. The club will open at 8 a.m. for breakfast and allows a pit stop for lunch and dinner too.

Wear your favorite race car driver's gear and receive \$1 off wings (dine-in only).

All E-5 and below are welcome to stick around until closing at 8 p.m.

22 / Tuesday

Gone Fishin' — Join Mahalo Kai Fishing Charters for a day beyond the bay. Located at the base marina here, the charter contractor now has two different boats to accommodate all of your fishing needs.

Spend your day with family and friends off the coast of windward Oahu, catching some of the ocean's most exotic and tasty fish.

Call 254-7667 for more info.

Inexpensive, Fun Entertainment — Look no fur-



Ptc. Rich Mattingly

Base All Star

NAME: Kenneth Leonard

PROFESSION: Tai Chi Chuan instructor

LOCATION: Semper Fit Center

- Leonard began his Tai Chi Chuan training in Japan while earning his Bachelor's degree at Sophia University, Tokyo.

- He placed second in the International Push Hands Competition in 1980.

- He received a second degree black belt ranking in 1981 and won the championship in 1982.

- He is currently sanctioned by the federation as head instructor for the State of Hawaii.

"Tai Chi addresses issues we all grow into. It is a health exercise; we must focus the elements of mind, body and spirit."

Intramural Softball Standings

| | Wins | Losses |
|----------------------|------|--------|
| 3rd Radio Bn. | 13 | 1 |
| MAG-24 | 12 | 3 |
| HQBN | 11 | 3 |
| 3rd Marine "PSC" | 9 | 3 |
| HSL-37 "Easy Riders" | 11 | 4 |
| CPRW-2 | 9 | 4 |
| CSSG-3 "Electronics" | 6 | 9 |
| One Flew East | 6 | 10 |
| Band "Stingers" | 4 | 7 |
| VP-4 | 4 | 9 |
| VPU-2 | 3 | 11 |
| CAC "Hickerbillies" | 2 | 8 |
| MCAF | 1 | 10 |

Intramural Softball standings are current as of Monday.

COMMUNITY SPORTS

Saturday, HTMC Hikes Waialae Hills

Intermediate hikers, the Hawaii Trail and Mountain Club will try something new by starting in reverse: HTMC will begin up on a road and walk down a pleasant ridge, then return to the starting point through a seldom-seen valley on this enjoyable loop.

Plan to stroll along on this three-mile hike in Kalani, tomorrow at 8 a.m. Call coordinator Joyce Oka at 674-1459 for more details.

A \$2 donation is requested from each nonmember, ages 18 and over, and a responsible adult must accompany children under 18. Firearms, pets, radios and other audio devices are prohibited on all hikes.

State Offers Free Recreation

The Hawaii Department of Land & Natural Resources is offering education classes for the public. 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.

The next two-day session is today from 5:45 to 9:45 p.m. and Saturday from 7:45 a.m. to 4:30 p.m. in Classroom #A-212 at the Nimitz Business Center, 1130 N. Nimitz Hwy. (Drive up the ramp to

the classroom, which is the first room on the right.)

A picture ID is required for entry to the sessions. For more information about outdoor education, or to sign up for this course, call 587-0200.

'Boat Smart' Sets Sail Tomorrow

The Honolulu Sail and Power Squadron will offer a "Boat Smart" course on Saturday from 8 a.m. till noon at the Waikiki Yacht Club. The classes are free, but a \$25 fee will be collected for instructional materials, which include techniques of safe handling of sails and crafts, anchoring, basic knots, chart reading, the mariner's compass, and piloting. You don't have to own a boat to attend.

Both would-be skippers and experienced captains, as well as men, women and teenagers are invited, but the 20-seat capacity boardroom fills quickly, so registration is advised at 846-9000. The club is located at Ala Moana Beach Park, at the foot of Atkinson Drive.

Harvest Hawaii to Host X-Games

Spectators can expect a helping of flying gravel and the rumbling of revving motors when Harvest Crusades with Greg Laurie comes to town with Extreme Sports and Harvest Hawaii events, Thursday - June 27.

Youth and young adults can participate in BMX, Vert Skate, a SportsZone

and a KidsZone at Kapiolani Park, June 26 from 2:30 to 5 p.m. All can meet nationally ranked BMXer Thad Miller, nationally ranked skateboarder Lance Mountain and Honolulu-based skateboarder Orlando Baker, as well as numerous entertainers during "Summerfest."

Open to the public, youth and young adults are also especially invited to a host of contemporary performances by national and local performers each night at the Waikiki Shell beginning at 7 p.m., including an inspirational message from popular speaker Greg Laurie.

All events and parking are free. Gates will open at 6 p.m.

Hale Koa Sponsors Summer Fitness Fun

• Kids from 9 to 15 years old who can swim 200 yards are invited to join the Junior Lifeguard Program at The Point Health Club at the Hale Koa Hotel. Beginners can sign up for lessons July 5 - 9, and advanced swimmers can further improve during a July 19 - 23 class.

Each swimming program is limited to 15 participants. Call the health club at 955-9155 for more details.

• If tennis is your sport, make plans to "do" the Wimbledon Round Robin, July 10, and the Labor Day Weekend Tournament, Sept. 4 - 5. Call the Hale Koa Activities Desk for more details on

any event at 955-0555, ext. 546.

Sports Racing Abounds Fourth of July Weekend

• July 4, Solo II or Autocross racing will be held at the Hawaii Raceway Park at the Campbell Industrial Park on Oahu and costs \$25 per driver. About 70 to 90 cars normally compete, from stock vehicles to racecars. This event's purely amateur; anybody can participate.

Each driver will receive four runs through the sports car course, and the driver with the single, fastest time in the class will win. Points acquired throughout the year accumulate for prizes and trophies by year's end. Minimum participation in more than half of the year's races, however, is required to be in the running for points and the run-off championship.

Autocross races are also scheduled Aug. 1, Oct. 3, Nov. 7 and Dec. 5. For more information, call Curtis Lee at 262-5987.

• July 5, the Wheel-to-Wheel and Solo I regional sports car races will get underway at Hawaii Raceway Park. All drivers must pass a driver's school to obtain a competition license, as the cars are raced at a much higher rate of speed (up to 140 mph) and passing is permitted. Also, both the driver and vehicle must comply with a number of safety features before they are permitted race entry.



THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession — sports. Chances are you'll either agree with one of their takes or disagree with both.

Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers.

Contact Sgt. Lindsay at lindsayjb@mcbh.usmc.mil, or Capt. Robbins at robbinskd@13meu.usmc.mil.

Remember, "If you don't speak up, you won't be heard!"

"Are the Olympics worth all the hype?"

Capt. K.D. Robbins

The Professor

Perhaps the Greek lyric poet Pindar said it best: "As in daytime there is no star in the sky warmer and brighter than the sun, likewise there is no competition greater than the Olympic Games."

Ever since the "Dream Team" worked their magic in 1984 with the help of Magic, MJ and Bird, the Olympics elevated its stage to accommodate Pindar's vision.

Unfortunately for the fans, Pindar's prose has come to pass. The recent withdrawal of NBA superstars citing issues from weddings to security concerns leaves the Olympic basketball short of its billing.

Furthermore, scheduling conflicts keep major league baseball stars out, while many of the top world soccer players forego the games in fear of injury or in favor of downtime, prior to Premiership or World Cup glory.

With millions of dollars at stake and crucial off-season time at stake, who could blame them?

The critics will say "What about track and field?" What about track and field?

With shot putters shooting up (i.e.,

C. J. Hunter, Kevin Toth, etc.), and Kelli White sprinting to the BALCO outlet for blue light specials, track and field has become the fastest sport on earth to run from the law.

And boxing? The best boxers are fighting professionally at the age of 16. Let the professionals in the ring. Amateur status is a thing of the past.

The question that needs to be asked is "What will get the best athletes in the world to compete in the Olympics?"

Here's an idea: Pay them.

Nike and Adidas pony up millions to don the swoosh and the stripes on Olympic team apparel. Why not just have them pay the players? It's amazing how ideals and the honor of playing for your country assume a new identity with a big paycheck.

Bottom Line: The lack of star power and the use of illegal substances have made the Olympic games a debacle with no relief in sight. Furthermore, with golden boy Lance Armstrong on the chopping block and the lovebirds (Marion Jones and Tim Montgomery) next in the drug accusation line, the only fans who believe the games are

See *PROFESSOR*, C-4

Sgt. Joe Lindsay

The Goat

The screenplay for "My Big Fat Greek Olympics," written by IOC [International Olympic Committee] President Jacques Rogge, reads more like a tragedy than an inspirational summer feel-good film. There are more explosions than in "XXX," more shootings than in "SWAT," more degenerate gambling than in "Casino," more heartbreak than in "Love Story," and more tears than in "Old Yeller."

To top it off, this movie comes with a higher budget than "Waterworld," which means higher ticket prices to see the show.

And all The Goat wanted to do was sit back, crack open a lukewarm beer, and be entertained. But, at what price?

For once, we're not talking about money here, even though the 2004 Athens Olympics has a security budget alone nearing \$1.5 billion, not to mention reported estimates suggesting the Olympics are going to cost in the neighborhood of \$10 billion to put on. Add to the fact that of the 3.3 million tickets available to the public, only about 1.8 million have been sold, and Greece is going to have to put its world famous gyros into McDonald's like

production to pay for it all.

Let's also not forget to mention that the city itself sits smack dab on a fault line, which shook the city to its core in 1999, killing nearly 150 people, injuring around 2,000, and leaving scores of others homeless. It starts getting really painful if one brings up construction delays on the Olympic venues, which are threatening the games themselves more than any other single factor this side of steroids.

It's no wonder then, that for the first time in history, international Olympic officials have taken out a cancellation insurance policy (\$170 million) in case the summer games are cancelled due to war, terrorism, earthquakes, floods, whatever. Who can blame them?

Bottom Line: Alarmists start to freak out before every Olympics, looking for the bad. They did in Montreal in '76, but all The Goat can remember is a darling little girl named Nadia Comaneci who stole our hearts, even though she was a communist.

They did it again in L.A. in '84, but that was when the world got its first real glimpse of Michael Jordan, and now basketball is the game that

See *GOAT*, C-4

READERS STRIKE BACK

"That reader who called you Capt. Clown owes you an apology. The real clown is The Goat."

Dear "Bottom Line,"

Am I the only one who seems to notice that The Goat butchered both the Stanley Cup and the NBA Championship predictions ("Who will win the 2004 Stanley Cup?" May 28 and "Who will win the NBA Finals?" June 4, page C-3)?

I hope I am not the only disgusted reader with the guts to point out that The

Goat is a sham when it comes to predictions. He even said to bet the mortgage and to bet the college fund for your children. I am just thankful I didn't follow his advice.

On the other hand, I was wondering if The Professor has any experience on Wall Street, since he seems to be right on the money lately.

That reader who called you Capt.

Clown owes you an apology. The real clown is The Goat.

Congratulations to Detroit for playing an outstanding series. They were the first real team to win the NBA crown in a long time. They completely deserved to win.

— Brian Braden
Valencia, Calif.

PROFESSOR, From C-3

the “greatest competition” on earth are the SACOs [substance abuse counseling offices] and the FBI.

The solution: More money for the athletes, less for the Olympic committee. You have to pay to play.

GOAT, From C-3

bridges all nations together.

Similar stories abound from Seoul ('88), Barcelona ('92), Atlanta ('96) and Sydney ('00). Just pick your favorite. The 2004 Summer Games are going to be different in only one way. They are going to be even better.

Perhaps the mayor of Athens, Dora Bakoyianni, summed it up best, when she said, “We are not perfect ... but I am sure we will manage to pleasantly surprise the world.”

TAI CHI: Class teaches peace and tranquility

From C-1

Federation as head instructor for the State of Hawaii.

First developed in the 14th century by Chinese Taoist monks, Tai Chi was designed as exercise for monks who were getting out of shape from too much meditation and not enough physical activity.

Tai Chi costs \$20 a month, but the first class is free. Call 254-7597 for more information.

“Stiff and unbending is the principle of death. Gentle and yielding is the principle of life. Thus, an army without flexibility never wins a battle. A tree that is unbending is easily broken.”

— Tao Te Ching, (76 verse)

CLINIC, From C-1

faces of the kids,” said Okoye. “If we only impact one life by being out here, it’s all worth it.”

Throughout the day, the children got to practice football drills, play the game and gain some valuable knowledge from people they admired.

“When kids get told certain things from their teachers, or at home, it may not affect them as much,” said Eddie Lange, director of the Christian Okoye Foundation. “If they hear it from a professional athlete, it takes on a whole new level of importance to them.”

Using sports is also a good vehicle for children, as they tend to listen very well, added Lange.

“Kids in Hawaii don’t get opportunities like this very often,” said Lange. “It’s great to be able to bring them something they wouldn’t normally experience.”

Children passed footballs back and forth, each interacting with each other and the NFL stars around them.

“I love this so much because the sport is so much fun,” said Soloman Vellez, a 13-year-old student who attended the clinic. “I’ll keep playing my whole life, so I can become famous.”

Former Buffalo Bills defensive back Chris Hale was another of the many NFL volunteers who attended the clinic.

“The kids out here are really wonderful,” said Hale. “They have such a great time and enjoy competing against each other.”

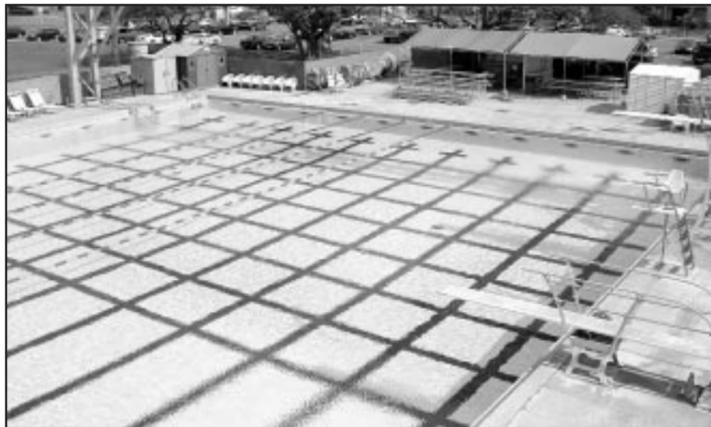
During breaks, Hale and the other football players spoke to the youth about achieving their goals and education. They answered the kids’ questions about football and life in general.

“Their questions were creative and a lot of them were funny,” said Hale. “But the thing is, they do remember what you tell them, and that’s what’s important.”

Before the day came to a complete close, Okoye spoke with all youth again, and children received gifts of T-shirts and water bottles.

Marine Eric Aisoff, and Sailors Ronald Johnson and Brandon Coffelt, flag football coaches here, remained the entire day to help out in any way possible during the clinic.

“I thought it was a successful program,” said Clark Abbey, youth sports director. “We are honored that Christian Okoye has put K-Bay on his national clinic schedule.”



Lance Cpt. Megan L. Stiner

There are a number of MCB Hawaii swimming pools to choose from, including Kaneohe Bay, Camp H.M. Smith, and Manana Housing.

MCCS Aquatics open for parties

Edward Hanlon V

MCCS Public Relations

One of MCB Hawaii’s greatest aspects is that you can swim year-round. What’s even better? You can throw pool parties year-round, as Marine Corps Community Services’ Aquatics hosts private pool parties at all MCB Hawaii pools: at Kaneohe Bay, Camp H. M. Smith and at the Manana Housing area.

Tuesdays through Fridays, weekends and holidays, MCCS Aquatics invites you to party your way at one of the base pools.

“Pool parties are great for

birthdays, youth teams ceremonies, even family get-togethers,” said Dino Leonard, Aquatics assistant manager.

Each party package includes a 20-foot by 20-foot tented area, picnic tables and a grill for barbecuing your favorite feasts.

The K-Bay pool also offers a water slide, diving boards and a kiddie pool for peewee party folk.

“The pricing is very affordable, and the locations are all convenient,” added Leonard. “All it takes is a call.”

To set up a date for your pool party, call MCCS Athletics at 254-7655.

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|--|---|---|--|
|  |  |  | Juvenile Diabetes Research Foundation International |
| <i>dedicated to finding a cure</i> | | | |
| For more information please call (800) 533-CURE (2873) or go to www.jdrf.org. | | | |