



# Fort Knox Recreation Programs and Facilities Put Soldiers and Families First

**A**s Armed Forces recreation professionals gather in Minneapolis for another exciting Armed Forces Recreation Society (AFRS) Professional Training Institute (PTI) on Monday, Oct. 25, and National Recreation and Park Association (NRPA) Congress and Exposition, Oct. 25-29, *Government Recreation & Fitness* celebrates Fort Knox, Ky., one of this year's Armed Forces Recreation

Award winners (see full list of winners on page 12). As the recipient of the Armed Forces Executive Fellow Award, Fort Knox Community Recreation Division Chief Mark Wicker says that although the award is "an amazing honor," he believes that the award "reflects the hard work and dedication of all the recreation staff in our organization at Fort Knox. Our staff is committed to providing the

best facilities, programs and services to our military constituents."

Wicker points out the award serves as recognition of Fort Knox's commitment to enhancing the lives of soldiers and families. "We really have responded to the needs of our community," he says. "Through the Base Realignment and Closure (BRAC) initiative, Fort Knox has experienced perhaps more physical and cultural change than any other installation. We have transformed from the Home of Armor and Cavalry to the Home of the Human Resource Center for Excellence. We have been out in front of this change by renovating and adding facilities and providing recreation programs and services based on what our community looks like now, not what it used to."

In addition, he points out that Fort Knox has led the Army in adoption and execution of the Family and Morale, Welfare and Recreation Delivery System (FMWR-DS) programming model. Wicker points out that all of this would not be possible if it was not for command support, most notably the influx of funding provided as a result of the



Army Family Covenant.

“FMWR-DS is essentially providing the recreation programs and services our community wants, when it wants them, at the best location to provide them,” says Wicker. “At the core of this model is the mining of the community’s recreation needs and the inter-divisional sharing of human and capital resources, which results in the most efficient delivery of recreation programs and services the community wants and benefits from.”

He notes that another important development was the earning of accreditation through the Commission for the Accreditation of Park and Recreation Agencies in 2007. “This was a long and arduous process that requires compliance with over 130 standards,” notes Wicker. “We are currently one of four recreation agencies within the Department of Defense (DoD) to have achieved this milestone.”

Fort Knox also consults the Army Force Generation (ARFORGEN) model when planning recreation programs. “This ensures that we are providing the appropriate programs commensurate with our community’s location in the deployment cycle,” says Wicker. “For example, using the ARFORGEN model helps us avoid executing a program for a large group of single soldiers during a period when a majority of this demographic may be deployed.”

### INCREASING SUPPORT

Over the past few years, FMWR has benefited from many improvement projects that are helping to improve the quality of life for all on post. In 2007, Fort Knox received \$750,000 to construct the 18-hole Falls Landing miniature golf course, offering a challenging 18-hole course surrounded by trickling streams, cascading waterfalls and realistic rock formations for people of all ages to enjoy.

“The natural setting of the course delivers a fun and relaxing way to spend the day with friends and family,” notes Wicker. A spacious patio area with chairs, tables and umbrellas is available for relaxing after an intense game on the course, and two party rooms are available for use.

In the summer of 2010, Fort Knox



opened the \$750,000 Eastman Park and Amphitheater, which also features picnic shelters and a boundless playground by Gametime. Fort Knox also completed an extensive renovation and expansion project of the Barr Memorial Library. A \$2 million expansion funded by local garrison dollars began in 2009, adding a 7,200-square-foot addition to the facility and renovating the original library from top to bottom. Today’s Barr Memorial Library is designed to be flexible and functional, attempting to anticipate the rapidly changing trends in library and information technology.

“We have increased the number of community recreation programs and special events we present annually, and have developed a system for quantifying the benefits our community members receive participation in them,” notes Wicker.

In the area of aquatics, Fort Knox has secured funding to add an outdoor spray park to the Anderson Indoor Aquatic Center, according to Aquatics Director Bobby Jenkins. Built in 1996, the center houses a heated Olympic-sized pool that includes a diving board, a 50-foot tube water slide and a smaller slide in the 3.5-foot area for kids 6 and under. An indoor eating area, an outside patio and a vending machine room are available. Anderson also has a cardiovascular fitness room stocked with treadmills, stationary and recumbent bicycles and strength equipment from Life Fitness and Precor. The facility underwent a renovation to

the pool and locker rooms in 2007.

The Fort Knox Water Park has seen many improvements over the past few years as well, and has several unique activities designed for water fun. The 25-meter pool features zero-depth entry, a 70-foot tube slide, a 70-foot open slide, a giant water-cascading mushroom, water spouts and a water challenge course with floating logs and lily pads. There is a shaded wading pool and playground for toddler fun and a large sundeck with umbrellas and chairs around the pool. Slides and features at Anderson Indoor Aquatic Center and the Fort Knox Water Park were purchased from New Braunfels General Store and Amusement Leisure Equipment.

“These facilities are heavily used throughout the year by members of the Fort Knox community, as well as visitors from surrounding areas,” notes Jenkins.

Another popular family attraction is the Houston Bowling Center, which is set to benefit from improvements as well. The 24-lane center, which features a Strike Zone Snack Bar and a full-service Pro Shop, hosts approximately 25 leagues per year and intramural bowling. An expansion project is currently underway that will add eight additional lanes, a large private-party room and upgrade all furnishings within the center.

In the past three years Fort Knox has renovated and expanded two of its four fitness centers and has received funding to begin renovations/expansion projects



# MWR/Outdoor Recreation



on the other two fitness centers this year. Otto Physical Fitness Center now has a fresh look after a complete \$2.6 million renovation: 6,500 square feet were added to accommodate a full array of Hammer Strength and Life Fitness selectorized machines and free weights. Added to the cardio area were Precor and Life Fitness ellipticals, treadmills and bikes. In addition, the locker rooms, basketball court floor, saunas and lobby were fully remodeled.

Natcher Physical Fitness Center is currently undergoing a renovation that includes painting the interior, remodeling the offices, refinishing the basketball court, and resurfacing the indoor running track.

“Funding has been secured to begin renovating two physical fitness centers,” notes Wicker. “Gammon PFC will be adding a child care center and renovating the front portion of the facility to include a juice bar. Smith PFC will be fully renovated to include the construction of an indoor climbing structure.”

In the past year, Fort Knox has “greatly increased and diversified the fitness programs we offer our community,” notes Wicker. The post now offers 12 different aerobics classes throughout the week, including Zumba, which is its most popular class.

Fort Knox also has a Memorandum of Agreement with the Director of Emergency Services Fire Division to deliver a fitness training program for the firefighter personnel utilizing an MWR personal trainer to increase the fitness levels of firefighters and decrease injuries. Personal training is conducted twice a day, five days a week. The MWR trainer provides fitness assessments every 12 weeks and

refines the fitness regime to the individual firefighter.

## THE GREAT OUTDOORS

Fort Knox offers many outdoor recreation trips and activities such as paintball, whitewater kayaking, skydiving, rock climbing, mountain biking, wakeboarding, snow skiing, and canoeing, to name a few of the more popular ones. The Kilianski Sports Complex, Camp Carlson Recreation Area, and Eastman

Park and Amphitheater each offer park and picnic areas and feature playgrounds.

“We present several special events each year,” notes Matt Enoch, CPRP, community program coordinator. “With the construction of the Eastman Park and Amphitheater, we will be able to provide our community with more concerts and entertainment events throughout the year.”

For those who like competition, intramural-level sports are designed for broad-based participation in a full range of individual and team sports consistent with patron interest, availability of suitable facilities and unit missions. To enhance and promote unit participation in intramural sports, Fort Knox offers the Commander’s Cup Program.

“Sports are provided to enhance individual morale and unit Esprit de Corps, promote teamwork and cooperation, and encourage individuals to attain and sustain high levels of physical fitness,” notes Wicker. All intramural sports champions and runners-up receive awards provided by MWR at the end of a particular sports season.

“Kilianski Sports Complex is one of the finest facilities in the state of



Kentucky and hosts tournaments and provides a facility to the soldiers of the U.S. Army at Fort Knox,” notes Wicker. “The facility consists of six fully lighted softball/baseball fields, two fully lighted combination football/soccer fields, irrigation system, electronic scoreboards, a paved 300-space parking lot and two control buildings.”

Paintball is a popular activity at Fort Knox, and the Community Recreation Division has just completed two speedball courses with permanent and inflatable barriers, according to Outdoor Recreation Director Earl Higgs. “These courses are used in programming for the Warrior Adventure Quest (WAQ) program, unit training and individual competitions, as well as family fun.”

Barriers and netting were purchased from Mighty Sports, paintballs from Pro-caps Direct and Tippmann guns from Engler Custom Paintball Gun, LLC. An additional tactical wooded course is planned to open in 2011.

Warrior Adventure Quest programs are provided for soldiers who have recently returned from combat. “This initiative helps ease the stress related to returning home from several months in a dangerous, high-adrenaline atmosphere,” says Enoch. “This year we have taken hundreds of soldiers on trips to play paintball, whitewater kayaking and rock climbing.”

The Better Opportunities for Single Soldiers (BOSS) program has also taken soldiers on outdoor recreation ventures this year including downhill skiing, canoeing and rock climbing.

The Fort Knox Outdoor Recreation Equipment Checkout Center is the place to go for outdoor fun equipment, whether it is boating, camping or backyard activities. The Equipment Checkout Center purchases the rental equipment from various sources including Gopher, Montgomery Marketing Inc., Easy Dunker, Mercury Marine, Coleman, Eureka and BSN Sports.

Located just five miles from the main gate on Fort Knox. The Camp Carlson Army Recreational Area at Fort Knox spans 65 acres of natural beauty with a 25-acre lake. “The area has always been used as a recreational area, starting as a pristine wilderness area and slowly evolving into today’s current configuration,” according to Diana Burnett, Camp Carlson Travel Camp Manager. “In 2005 a 2.8

million dollar NAF major construction project added 10 family cabins, expanded the RV Sites from 25 to 58 and built a new office facility.”

Three group cabins were added that will sleep 16 and are located within easy walking distance of the recently remodeled shower and bathroom facility. Camp Carlson offers a total of 58 Recreational Vehicle sites, picnic areas and covered areas for gathering.

Five playgrounds and six volleyball courts were also replaced with playground equipment purchased from Premier Play. Indoor and outdoor equipment for all facilities was purchased from GSA contractors, Joint Services Prime Vendor program, Javits-Wagner-O’Day (JWOD) suppliers and local vendors such as Belson Outdoors.

#### MOVING FORWARD

Much like soldiers and families at Fort Knox, the Army recreation environment is constantly changing, says Wicker.

“Gaining a deployable brigade at Fort Knox has required us to deliver recreation using the ARFORGEN Model as a guide,” he points out. “Understanding our installation battle rhythm is critical to creating new programs that fit the unique needs of our ‘new’ customer base on the ARFORGEN cycle. We will continue to assess the needs of these customers and deliver focused programming based on their unmet needs.”

The Fort Knox Community Recreation Division will continue to leverage available resources to modernize and increase the functionality of facilities.

“Overall, MWR contributes to the quality of life commensurate with the quality of their service, encourages positive individual values and aids in recruitment and retention of personnel,” says Wicker. “The programs and services we offer provide a sense of community among patrons and provide community support systems for a mobile military population and their families.” —GRF





## Armed Forces Recognizes Best in Recreation

The Armed Forces Recreation Society (AFRS), a branch of the National Recreation and Park Association (NRPA), has announced 2010 Armed Forces Recreation award winners, who will be recognized during the AFRS Professional Training Institute (PTI), on Oct. 25, 2010, in Minneapolis, Minn.

**The Front Line Award** recognizes those individuals who have direct contact with the customer, that one rarely hears about, but who are vital to delivering exceptional customer service:

<b>Jamie Davis</b>	Library Technician, USAG Garmisch, Germany
<b>Tonya Leah Williams</b>	Recreation Asst. (Fitness), USAG Bamberg, Germany
<b>Lu Anne Desteli</b>	Recreation Asst. (Fitness), NAS Pensacola, Fla.
<b>Consuela Denise Martin</b>	Recreation Asst. (Fitness), NSA Mid-South, Tenn.
<b>Jennifer Ruiz</b>	Recreation Technician, NS Rota, Spain
<b>Trinity Herrera</b>	Recreation Asst. (Recreation), MCAS Miramar, Calif.
<b>Tasha Chavez</b>	Recreation Asst. (Fitness), MCAS Miramar

**The Support Services Award** recognizes those individuals who work in a support role or behind the scenes, yet are vital to the success of the recreation programs at their installations:

<b>Arthur Bors</b>	Greens Manager (Golf), USCG Kodiak, Alaska
<b>Ruth Jorgensen</b>	MWR Administrative Officer, NB Kitsap, Wash.
<b>John Powell</b>	Sports Specialist, NAS Pensacola, Fla.
<b>Monica Burgeson</b>	Administrative Asst. (Semper Fit), MCAS Miramar
<b>Terry Mayes</b>	Audio/Visual (Marketing), MCAGCC 29 Palms, Calif.
<b>Clotilda "Penny" Worch</b>	Operations Asst. (Tiki Island), MCB Hawaii

**The Special Citation Award** recognizes individuals who may not be employed within the recreation field, but how have significantly contributed to the program at their installations:

<b>Robert Carter</b>	Volunteer - Bowling Center, KRS, Kwajalein Atoll (Army)
<b>Don Swanby</b>	Volunteer - Theaters, KRS, Kwajalein Atoll (Army)
<b>Lt. Garrett Santos</b>	MWR Division Chief, USCG, Miami, Fla.
<b>Silvia Armstrong</b>	Operations Asst. (Cyber Café Mgr.), USCG Yorktown, Va.
<b>Joseph Grohman</b>	PGA Professional, NWS Seal Beach, Calif.
<b>Sandra Jensen</b>	Deputy, Lifelong Learning, MCB Hawaii
<b>Ryan Wood</b>	Golf Course Superintendent, MCB Hawaii

**The Commander's Award** recognizes individuals who advocate and display extraordinary leadership in the delivery and implementation of the Armed Forces Recreation program and improved quality of life for service members and their families:

<b>Col. Anthony D. Reyes</b>	Commander, Fort Monroe, Va.
<b>Capt. Kelly Johnson</b>	Commander, NS Norfolk, Va.
<b>Capt. Mary Jackson</b>	Executive Officer, NS Norfolk
<b>Col. Richard Fullerton</b>	Commander, Combat Service Support Schools, MCB Camp Lejeune, N.C.

**The John Pat Harden Practitioner Award** recognizes excellence in prospective career Armed Forces Recreation employees within the military Services:



The pool at USAG Hawaii, Schofield Barracks, which had several staff members recognized in this year's awards.

<b>Susanna Joyner</b>	Library Director, Fort Gordon, Ga.
<b>Thomas Woditsch</b>	Auto Skills Manager, USAG Schweinfurt, Germany
<b>Aubrey Kiemnec</b>	Recreation Specialist, Schofield Barracks, USAG Hawaii
<b>Gregory Brown</b>	Aquatics Manager, NS Pearl Harbor, Hawaii
<b>Megan Eicholtz</b>	Fitness Director, NSF Indian Head, Md.
<b>Christine Harris</b>	Youth Sports Coordinator, MCB Camp Butler, Japan
<b>Darci Kruse</b>	Assistant Health Promotion Director, MCAS Iwakuni, Japan
<b>Jason Meyers</b>	Assistant Athletic Director, MCB Camp Butler
<b>Katherine Osborne</b>	Health Educator, MCAS Cherry Point, N.C.
<b>Victoria Salazar</b>	Recreation Specialist (Community Center), MCB Camp Lejeune, N.C.
<b>John White</b>	Fitness Center Manager, MCB Camp Pendleton, Calif.

**The Fellow Award** recognizes recreation professionals responsible for overseeing and implementing recreation programs:

<b>John "Curt" Fortie</b>	Outdoor Recreation/Leisure Travel Manager, Dugway Proving Ground, Utah
<b>Silvia Joiner</b>	Recreation Specialist/BOSS Advisor, USAG Schweinfurt, Germany
<b>Ronald Locklar</b>	Chief, Community Recreation Division, Schofield Barracks, Hawaii
<b>Rhondala "Roni" Stevens</b>	Manager, Family Recreation Area, Fort Stewart, Ga.
<b>Ann Vicki Balog</b>	Aquatics Coordinator, NAS Pensacola, Fla.
<b>Jeff Odum</b>	Outdoor Recreation Manager, MCAS Beaufort, S.C.
<b>Stephanie Brown</b>	Aquatics Director, MCAS Iwakuni, Japan

**The Executive Fellow Award** recognizes the accomplishments of management staff at headquarters, major command, major subcommand, and/or installation level that are responsible for recreation program management:

<b>David Coldwell</b>	Supervisory Sports Specialist, USAG Schweinfurt, Germany
<b>Mark Wicker</b>	Chief, Community Recreation Division, Fort Knox, Ky.
<b>Amy Cimino Shockley</b>	MWR Program Manager, Navy Region Southeast

**The Lifetime Service Award** recognizes an outstanding career of service in the profession of military recreation:

<b>Richard Soule</b>	MCCS Director, MCAS Miramar, Calif.
<b>Sidney Meyerson</b>	Athletic Director, MCB Camp Lejeune