



Staying Fit: The Ultimate Rightsizing

# SHAPE Info

It's time to get into SHAPE!  
Editor / Publisher: Gary Ashland

Jan / Feb 2011  
Page 1/2

## Army / Air Force trounces Navy / Marines during SHAPE Turkey Bowl Showdown

by: Brian D. Serra

The 2010 Annual SHAPE Army/Air Force vs. Navy/Marine Corp Turkey Bowl football game was played Wednesday, November 17<sup>th</sup> in front of a raucous, pro-Army, crowd at the University of Central Florida. An inspired Army team, motivated by the crowd and a fiery pre-game speech from Dan Veenstra, defeated Navy by a final score of 34-13. The Army team controlled the game from the opening coin flip and the youthful squad stormed out of the gate with 28 unanswered points. The scoring began on the opening drive when QB Brian Serra hit his speedy WR Phil Davis on a beautifully designed out-and-up play that resulted in Davis' first of two touchdown receptions on the day. The real story of the game for Army was their swarming zone defense that left the Navy team with little options to distribute the ball. Navy QB Bill Robertson was harassed all game by speed rusher Adam Baldwin and on the Navy's first possession, Safety Bill Leeman intercepted Robertson's pass and returned it for a "pick-6" touchdown. Aderian Kirk (also had an interception) and Jason Malak played strong D as well and shut down the interior of the field all day. Chris Camp would later pick off another Robertson ball that would lead to an Army touchdown pass from Serra to Sean Johnson.

Army elder statesman Pat Concilio, doing his best Wes Welker  
Please see Turkey Bowl next page→



**Army / Air Force Winning Turkey Bowl Team:** Top Row (left to right): Aderian Kirk, Brian Serra, Sean Johnson, Bill Leeman, Christopher Camp, Dan Veenstra, Phil Davis and Michael Craven; Bottom Row: Jasmine Malak, David McGovern, Bobby Verica, Pat Concilio, Adam Baldwin



**Navy / Marines Turkey Bowl Team:** Top Row (left to right): Elliott Carter, Sidney Galloway, Bill Robertson; Bottom Row: Sean Worrel, Rick Neff, Charlie Norman. Not pictured is Claton McNatt

Photographer: Doug Schaub



# SHAPE Info

*It's time to get into SHAPE!*  
 Editor / Publisher: Gary Ashland

Jan / Feb 2011  
 Page 2/2

**Staying Fit: The Ultimate Rightsizing**

Turkey Bowl Continued from Page 1:

impersonation, was Serra's go-to receiver and David McGovern and Bobby Verica also caught key passes that kept the Army offense in rhythm.

The Navy team was unable to score, until less than two minutes were left in the game, when Bill Robertson found Charlie Norman for a deep touchdown pass. Sloppy play late by Army, allowed Navy to score again on a Robertson touchdown pass to Clayton McNatt which would cut the lead to 28-13. However, it turned out to be too little too late, as Army ironman Michael Craven (played at QB/WR/DB throughout the game) scored on a 60+ yard touchdown run late to seal the victory.



**SHAPE Turkey Bowl.** Army player Michael Craven makes a leaping catch across the middle of the field during the Army / Air Force 34-13 rout of the Navy / Marines.

**Motivational Fitness Fair**

On **16 Feb 11**, SHAPE / Navy Wellness will sponsor our Spring Motivational Fitness Fair. Our Fair will be 0900-1200, in deFlorez Multi-Purpose Room. This event is open to all Center employees (including contractors). The intent of this event is to motivate all employees to get into a regular exercise routine. There will be free snacks courtesy of CMWRA and SHAPE. Is 2011 time for you to get into SHAPE??

Exercise benefits are for a lifetime. Even short workouts three times a week can provide productive improvements

**SHAPE's Campaign 2011**

Campaign 2011 is designed to motivate employees to participate in a recommended exercise program. All participants are required to complete an Initial Health Risk Appraisal in February / March 2011 prior to beginning their official approved exercise program. If you are interested in joining our Campaign 2011 program, coordinate with your supervisor, email [shape@peostri.army.mil](mailto:shape@peostri.army.mil) with your commitment to join. All employees, family members and contractors are welcome to join (no fee). For first time PEO STRI employees you can complete your exercise during work hours per the program rules posted on the SHAPE website at: [http://www.peostri.army.mil/TEAM\\_ORLANDO/SHAPE/home.jsp](http://www.peostri.army.mil/TEAM_ORLANDO/SHAPE/home.jsp)

**How Not To Become A Victim Of Crime**

Kevin Gilpin, National Crime Stop Program, will be our guest speaker for "How Not To Become a Victim of Crime on 26 Jan 11, 1200-1300, in deFlorez Multipurpose Room (room 1103). The purpose of the seminar is NOT to scare or frighten but instead to create awareness and explore realistic options. Crime rates are higher than ever with the economy as low as it is. Unfortunately it is just going to keep getting higher with all of the layoffs happening. We do not want you or any of your family members to end up being the next victim. National Crime Stop objective is to prevent persons from being victimized. This presentation will be on parking lot safety, muggings, purse snatches and home break ins. Please confirm your attendance to this seminar by sending your name to Ms. Amy Wright at [amy.ncsp@yahoo.com](mailto:amy.ncsp@yahoo.com)

**Breast Cancer Awareness Seminar**

2 Feb 11, 1200-1300, in deFlorez Multipurpose Room (room 1103).

**SHAPE Ideas .... contact:**

- Gary Ashland 407-384-3945
- Lorraine Tuliano 407-380-8683
- Jason Magno 407-380-8523
- MSgt David A Malinski 407-208-5732

NOTE: The opinions expressed in these articles in this SHAPE Info are those of the author. They do not necessarily represent those of PEO STRI, AMC, the Department of the Army or the Department of Defense.

*It's time to stay in SHAPE!!*