



SEMPER FIT SUMMER CHALLENGE



No Federal or DoD endorsement implied

MESSAGE TO THE FORCE 2017

SEIZE THE INITIATIVE

General Robert B. Neller

37th Commandant of the Marine Corps

Take better care of ourselves because combat is the most extreme and demanding test. We're known for our toughness and endurance, but many of us eat poorly, smoke, dip, and drink alcohol excessively. This self-abuse plays into the hands of our enemies. *We need to drink less, read more, and PT smarter.* Take a hard look at how you are living your life. Be honest. Are you taking care of your mind, body, and spirit? Improve your PT program and make it more intense and balanced. If you're an endurance athlete, add core or strength training. If you're a weight lifter, add more cardio. Put down the electronics, get off the couch, and go to the gym. Promote and participate in intramural sports. Call out fellow Marines to join you. Rest more and eat better. Steel your spirit so that you can better deal with adversity. Prepare yourself so you will be ready for the decisive moment in combat.

Have more fun as Marines because it is a privilege to be a part of this elite warfighting organization. Along with always striving to be better, we should strive to have more fun together. Build and strengthen the bonds of camaraderie we share as Marines. *Resolve to spend more time socializing with each other.* Share your stories, grow with each other, and build friendships that will last a lifetime. Approach 2017 with a renewed sense of adventure. Get out and explore the world with your fellow Marines. Do things you've always wanted to do: learn to surf, master another language, play an instrument, run an adventure race, etc. Don't just sit on your backside in the barracks or at home. Enjoy the privileges and freedoms that you have sworn to defend. When you're in the field training, attack that too. Training is hard and sometimes miserable—as it should be. *Cheerfulness and a positive attitude in the face of adversity are traits we all need to develop.* Embrace the “suck” and laugh about it with your fellow Marines. The hardships that we suffer together build cohesion. They will be the moments we remember the most after we hang up the uniform.

Conclusion: All who have earned the Eagle, Globe, and Anchor have contributed to our reputation as the world's most formidable, feared, and respected military organization. This is our sacred heritage. Every Marine must protect it and own a piece of our success. Never forget that we exist to defeat our Nation's enemies. *The American people expect their Marines to fight our Country's battles and win—always. Victory is our legacy—in the past, now, and in the future.*

Remember, our enemies will never rest. In our business, there's no prize for 2nd Place. That's why we must remain a “Gold Medal Organization.” And that's why we all need to bring our A-Game every day. *Learn your job, and do it with maximum intensity and skill.* The next fight will evolve rapidly, and it will force us to be more agile, flexible, and adaptable. To win, we need *Marines who are smart, fit, disciplined, resilient, and able to thrive in the face of uncertainty and the unknown.*

Over our entire history, we have been an adaptive and innovative force. It was the Marine Corps that first developed Close Air Support, wrote the Small Wars Manual, and developed the doctrine and designed the equipment needed to conduct amphibious assaults. We were the first to adopt maneuver warfare as the central tenet of our warfighting philosophy. Like the Marines of the past, we will continue to overcome challenges, remain flexible, and defeat all enemies. *We have been, and will continue to be, the Nation's elite expeditionary force-in-readiness.*

Through your initiative, we will impose our will on the enemy. We cross the line of departure together—seeking every day to improve ourselves, each other, and our Corps. Marines, the time is NOW; “Seize the Initiative!”

INTRODUCTION

The goal of this program is to give personnel opportunities to promote healthy lifestyle choices and to promote teamwork and comraderie.

Participation in the **Semper Fit Summer Challenge (SFSC)** is at the unit's discretion and completely voluntary. In addition to unit participation, all SFSC events are open to everyone, registered or not. A percentage system based on unit population will keep the playing field level for all participating units. Sign-in rosters will be maintained at each event and weekly scores and updates will be provided to participating units.

It is our hope that you will consider this program as a resource to assist Marines and Sailors in making lifestyle decisions that will enable them to be both mentally and physically prepared.

**Semper Fit,
Paul Smith
Semper Fit Director**

POINT SYSTEM

There will be a 1st and 2nd place winner from each base.

The two units with the most points accumulated will receive a transfer to their unit or birthday ball funds.

1st place: \$1000.00

2nd place: \$750.00

POINTS FOR EVENTS

1-25% OF UNIT = 75 POINTS

26-75% OF UNIT = 150 POINTS

76% AND UP = 250 POINTS

POINTS FOR PROGRAMS

5 POINTS WILL BE AWARDED FOR EACH

ACTIVE DUTY MEMBER ATTENDING

Points are based on the percentage of unit participation. As units deploy or return, adjustments will be made. TO EARN POINTS, PLEASE SIGN ROSTERS AT EACH EVENT.

FOR ADDITIONAL INFORMATION ON SPECIFIC EVENTS:

SMP Events – 843-228-7405/1544

Aquatic Events – 843-228-1506/812-4588

Race Events – 843-228-6638



LIKE MCCS-SC SEMPER FIT ON FACEBOOK

EVENT SPECIFIC INFORMATION

DISC GOLF:

1100 - 1300

5 June - MCAS Old Skeet Range

12 June - MCRD Youth Fields

For more information, contact Ryan Bell or Chuck Culpepper at 843-228-7472, ryan.p.bell@usmc-mccs.org or culpepperch@usmc-mccs.org

THE "YOU'RE DOING IT WRONG" CHALLENGE:

1430 - 1630

20 June - Brig & Brew

18 July - Afterburners

This event will consist of 5 stations with unique challenges at each one. Participants must complete each challenge at each station to earn points for your Command Team.

For more information, contact Ryan Bell or Chuck Culpepper at 843-228-7472, ryan.p.bell@usmc-mccs.org or culpepperch@usmc-mccs.org

KICKBALL AND DODGEBALL:

Start Time: 1700

22 May - MCAS Kickball at the MCAS Softball Fields

19 June - MCRD Kickball at the MCRD Softball Fields

18 July - MCAS Dodgeball at the MCAS Fitness Center Basketball Court

7 August - MCRD Dodgeball at the MCRD Fitness Center Basketball Court

To register your team or for more information, contact Chris Wilk (MCAS) at 843-228-6712 or christopher.wilk@usmc-mccs.org or Jonathan Hutchison (MCRD) at 843-228-1504 or jonathan.hutchison@usmc-mccs.org

RACE EVENTS:

Start Time: 0700

16 May - MCRD PI Fitness Center - Mad Hatter 5K

15 June - MCAS Fitness Center/Afterburners Parking Lot - Famous Founders 5K

11 July - MCRD PI Fitness Center - Super Hero 5K

17 August - MCAS Fitness Center/Afterburners Parking Lot - Cartoon Character 5K

Contact Bill Brown at 843-228-6638 or brownw@usmc-mccs.org or Jeff Epstein at 843-228-6389 or epsteinj@usmc-mccs.org

CAREER, HEALTH & EDUCATION FAIR:

1100 - 1400

19 June - MCAS Officer's Club

Contact Rickey Johnson at 843-228-7701 or rickey.johnson@usmc.mil for more information

BOATING CLASSES:

Contact Ryan Bell at 843-228-7472 or ryan.p.bell@usmc-mccs.org to schedule a class for your unit

EVENT SPECIFIC INFORMATION

SWIMMING EVENTS:

Sub-Runs - Start Time: 1100

8 June • 13 July • 10 August

Swim Meets - Start Time: 0700

27 June • 25 July • 22 August

All take place at the MCRD MCCA Outdoor Pool

Contact Josh Cole at 843-228-1581 or colej@usmc-mcca.org

SMP EVENTS:

Troop Appreciation - third Wednesday of each month held 1500 at Afterburners and 1600 at Brig & Brew

7 June - National Chocolate Ice Cream Day, held 1130 at Afterburners and 1700 at Brig & Brew

10 August - National S'mores Day, held 1130 at Afterburners and 1700 at Brig & Brew

For more information, please call 843-228-7405

MCAS CLIMBING WALL:

To earn points, active-duty Marines may climb the wall once each day and sign the roster at the front desk. Points will be determined by Unit population. Units with less than 50 active-duty personnel will earn 2 points each time an individual climbs, and units with 51 or more will earn 1 point each time an individual climbs.

MOVIE MARATHONS (FREE!):

20 May - HARRY POTTER MARATHON - MCRD Parris Island Theater

1400 - Harry Potter & the Sorcerer's Stone

1630 - Harry Potter & the Chamber of Secrets

23 June - SUPER HERO MARATHON - MCAS Beaufort Lasseter Theater

1400 - Avengers

1645 - Captain America: Civil War

29 July - AMERICAN HERO MARATHON - MCRD Parris Island Theater

1620 - 13 Hours

1910 - American Sniper

18 August - PIXAR MARATHON - MCAS Beaufort Lasseter Theater

1400 - Shrek 1

1630 - Shrek 2

For more information, please call Shawn Manning at 843-228-1526/7144

FOR ADDITIONAL INFORMATION ON SPECIFIC EVENTS:

SMP EVENTS 843-228-7405

RACE EVENTS: 843-228-6638

MCAS FITNESS CENTER: 843-228-7192

OUTDOOR REC. 843-228-7472

AQUATIC EVENTS: 843-228-1506

THEATERS: 843-228-7183/1525

MCRD FITNESS CENTER: 843-228-1565

Patrons of all ability levels are welcome and encouraged to attend all events. If special assistance is needed, contact Kathy Williams at 843-228-7616.

SFSC 2018 UNIT REGISTRATION

Objective: To create a summer-long unit competition and events utilizing programs that foster and share the overall mission of readiness. A shared mission objective is to establish a community environment that can foster fun, safety and teamwork.

Overview: The program will run 16 May to 31 August 2018. The program will include a variety of unit competitions, incentives, entertainment, and educational opportunities. The various activities will raise awareness while promoting responsible fun and healthy social and team development.

Unit: _____

Unit Representative (POC): _____

POC Phone Number: (W) _____ **(C)** _____

E-mail address: _____

Onboard Personnel Count as of 5/15/18: _____

Commanding Officer: _____

Commanding Officer's or Designated Representative Signature:

Return this form to the Health Promotion (HP) Office at MCAS Beaufort, Bldg. 3012, or fax to 843-228-6276 or scan and email to williamska@usmc-mccs.org. For more information call 843-228-7616.

Registration should be in by 15 May 2018 to be eligible for maximum points and full benefits. Units begin earning points after their registration form is received by the HP office.

Early Registration before 16 May will earn 100 points for their unit!

The sooner you sign up, the sooner you can start earning points!

UNIT LISTING



MCAS BEAUFORT

MAG-31 & HQ Squadron

MALS-31

VMFA-115

VMFA-122

VMFA(AW)-224

VMFA-251

VMFA-312

VMFAT-501

VMFA(AW)-533

MWSD-31

H&HS

CLC-23

MACS-2



MCRD PARRIS ISLAND

H&S BN

WFT BN

RTR

1st BN

2nd BN

3rd BN

4th BN

SUPPORT BN

6th MCD

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 Mad Hatter 5K 0700 @ MCRD Troop Appreciation 1500 @ AB 1600 @ B&B	17	18	19
20 MCRD Harry Potter Movie Marathon 1400 & 1630	21	22 MCAS Kickball Tourney @ 1700	23	24	25	26
27	28	29	30	31		

SIGN ROSTER AT EACH EVENT FOR CREDIT.

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 MCAS Disc Golf 1130-1300	6	7 National Chocolate Ice Cream Day 1130 @ AB 1700 @ B&B	8 MCRD Sub-Run @ 1100	9
10	11	12 MCRD Disc Golf 1130-1300	13	14	15 Famous Founders 5K 0700 @ AB	16
17	18	19 MCRD Kickball Tourney @ 1700 Career, Health & Education Fair 1100 @ MCAS	20 Challenge 1430 @ B&B Troop Appreciation 1500 @ AB 1600 @ B&B	21	22	23 MCAS Super Hero Movie Marathon 1400 & 1645
24	25	26	27 Swim Meet @ 0700	28	29	30

SIGN ROSTER AT EACH EVENT FOR CREDIT.

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11 Super Hero 5K 0700 @ MCRD	12	13 MCRD Sub-Run @ 1100	14
15	16	17	18 MCAS Dodgeball @ 1700 Challenge 1430 @ AB Troop Appreciation 1500 @ AB 1600 @ B&B	19	20	21
22	23	24	25 Swim Meet @ 0700	26	27	28
29 MCRD American Hero Movie Marathon 1620 & 1910	30	31				

SIGN ROSTER AT EACH EVENT FOR CREDIT.

AUGUST

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7 MCRD Dodgeball @ 1700	8	9	10 MCRD Sub-Run @ 1100 National S'mores Day 1130 @ AB 1700 @ B&B	11
12	13	14	15 Troop Appreciation 1500 @ AB 1600 @ B&B	16	17 Cartoon Character 5K 0700 @ AB	18 MCAS Pixar Movie Marathon 1400 & 1645
19	20	21	22 Swim Meet @ 0700	23	24	25
26	27	28	29	30	31	

SIGN ROSTER AT EACH EVENT FOR CREDIT.

