



# The Appalachian Challenge Advantage

## KENTUCKY NATIONAL GUARD YOUTH CHALLENGE PROGRAM

APPALACHIAN CHALLENGE ACADEMY

APRIL 2024

VOLUME XXII ISSUE IV

### IMPORTANT DATES:

**Cadet Reward Days:**  
May 24-26<sup>th</sup>

**Graduation:**  
June 15<sup>th</sup>

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# Tristate Challenge Games

Spring 2024

In the spirit of unity, resilience, and sportsmanship, the Youth Challenge Tristate Games ignited the competitive spirit among our cadets. This event, hosted by the Bluegrass Challenge Academy (BCA), along with Hoosier Youth Challenge Academy and Michigan Youth Challenge Academy, was an exhilarating showcase of athleticism, discipline, and teamwork.

Taking place from 24-26 April 2024 on the campus of BCA, this year's games brought together cadet participants from diverse backgrounds, all united under the banner of sportsmanship and camaraderie. Cadet athletes competed in a variety of challenging events designed to test their physical prowess, mental fortitude, and leadership skills.



From events such as chess and a spelling bee that push participants to their limits, to team-based competitions requiring strategic coordination such as track and field, the Youth Challenge Tristate Games offered a platform for cadets to push themselves beyond their comfort zones, fostering personal growth and resilience along the way. One of the most compelling aspects of the games was the opportunity for participants to interact with and learn from Youth Challenge staff from across our tristate region, who serve as mentors and coaches

throughout the event. These dedicated individuals not only provide guidance in athletic training, but also impart invaluable life lessons in discipline, perseverance, and teamwork. Beyond the competitive aspect, the games also serve as a celebration of the values upheld by the NCYCP — integrity, honor, and sacrifice. Through their participation, cadet athletes gained a deeper appreciation for these principles, instilling in them a sense of duty and patriotism that extends far beyond the sports field.



# Into the Woods

Class 024 Field Training Exercise

During Week 12, our cadets participated in a much anticipated milestone of our program—Field Training Exercise (FTX) at the CSM Harold L. Disney Training Center located in Barbourville, KY. This cyclical training offers our cadets a chance to show themselves how they have grown physically and mentally while attending the Appalachian Challenge Academy through a collection of activities meant to put this growth to the test. These activities include their second PT test, a land navigation competition, and a run-through of the obstacle courses provided at the training center.



soldiers ([whfrtc.ky.gov/hldtc](http://whfrtc.ky.gov/hldtc)).

Each cycle when we visit this training facility, it is our hope that the cadets will have the kind of educational and confidence-building experience that the facility's namesake intended. And despite having this event every cycle, we never tire of watching cadets learn that just because something is unfamiliar does not mean it is intimidating, and just because something is challenging does not mean it is impossible. This edition of our newsletter is comprised of the skills and abilities our cadets use to take their FTX by storm and will give you a closer look at what it takes to be a cadet!

The CSM Harold L. Disney Training Center which consists of over 500 acres of wooded terrain, is used to train National Guard units of Eastern Kentucky. The center is named after CSM Harold L. Disney who served in the military for 38 years, during which time he played an instrumental role in helping the local National Guard units receive effective training and preparation needed in the line of duty at the site named after him in 1974. He retired with numerous accolades that depicted his level of dedication and service to his fellow





## Inverted Wall

In this obstacle, cadets approach the wall, jump up, and grab the top. They pull them-



# AGILITY

Agility is the ability to move your body quickly and easily using a mixture of strength, reflexes, and balance. Cadets practice physical agility during their weekly Commandant Competitions while playing sports such as basketball or ultimate frisbee. These events require hand-eye coordination and dexterity that easily translates to the obstacle courses provided at the Harold L. Disney Training Center.



## Six vaults

In this obstacle, cadets vault over six, evenly-spaced logs using one or both hands. Creating a rhythmic movement allows the cadet to complete this obstacle quickly.





# teamwork



# ACHIEVEMENT UNLOCKED

## Week 16 Promotions



### Level 4 MSG

Auberry, D. (Crossville)	Khalil, M. (Lucas)
Aumann, L. (Pulaski)	Lewis, J. (Elliott)
Brewster-Hatter, A. (Grant)	May, C. (Fayette)
Cliff, K. (Grant)	Meade, G. (Adams)
Cobbs, C. (Montgomery)	Meenach, K. (Carter)
Coyle, H. (Clark)	Parker, H. (Boone)
Escobar, I. (Harrison)	Purcell, C. (Kenton)
Franklin, P. (Harrison)	Ritchie, K. (Rogersville)
Graham, E. (Boyd)	Setser, G. (Johnson)
Harless, C. (Johnson)	Simpson, M. (Lawrence)
Jones, G. (Campbell)	Slone, A. (Laurel)
Jones, T. (Corbin)	Walter, K. (Grant)



### Level 3.5 SFC

Banks, S. (Montgomery)	Hillyard, W. (Madison)	Rieskamp, R. (Boone)
Brown, A. (Knox)	Jenks, D. (Scott)	Robinson, C. (Fayette)
Campos-Cardenas, C. (Fayette)	Johnson, K. (Jefferson)	Turner, S. (Lincoln)
Grissett, B. (Grant)	Luna, S. (Kenton)	Weaver, C. (Harrison)
Guy, J. (Montgomery)	Marshall, X. (Carter)	Wiglesworth, V. (Scott)
Hibbitts, D. (Laurel)	Moore, K. (Estill)	Wyatt, L. (Laurel)
	Nunn, K. (Bell)	



### Level 2.5 SGT

Bowers, D. (Fayette)	Demarco, E. (Oakridge, TN)	Scalf, D. (Harlan)
Braman, J. (Fayette)	Greer, S. (Johnson)	Watts, S. (Knott)
Casey, G. (Kenton)	Gullett, K. (Fayette)	
Day, S. (Knox)		



### Level 3 SSG

Barnett, T. (Lawrence)
Boateng, L. (Fayette)
Gross, G. (Harlan)
Roll, S. (Campbell)
Wagers, M. (Garrard)



### Level 1 PVT

Draper, O. (Grant)
Gibbons, A. (Kenton)
Martin, M. (Kenton)
Smith, H. (Shelbyville)
Tackett, C. (Lee)

Bray, J. (Leslie)
Harkins, D. (Fayette)
Littrell, S. (Scott)
Martinez, M. (Scott)
Wilson, K. (Scott)



### Level 1.5 PFC

Jacobson, E. (Fayette)
Mahan, A. (Kenton)
Parker, G. (Kenton)
Peace-Entrailgo, M. (Whitley)



### Level 2 CPL

Bayes, N. (Lawrence)
Breetz, W. (Kenton)
Burlew, A. (Kenton)
Cavitt, J. (Apison, TN)
Jenkins, M. (Grant)
Marshburn, A. (Kenton)
Morgan, I. (Cass)
Pittman, M. (Hamilton)
Smith, R. (Perry)
Stewart, J. (Whitley)
Walker, G. (Perry)

**Level 4**  
Master  
Sergeant (MSG)

**Level 3.5**  
Sergeant First  
Class (SFC)

**Level 3**  
Staff Sergeant  
(SSG)

**Level 2.5**  
Sergeant (SGT)

**Level 2**  
Corporal (CPL)

**Level 1.5**  
Private First  
Class (PFC)

**Level 1**  
Private (PVT)

**Level 0**  
Candidate



# Appalachian ChalleNGe Academy

The Appalachian ChalleNGe Academy is a 22 week, quasi-military program dedicated to advancing foundational development of regional youth. With a focus on 15<sup>1/2</sup>-18 year olds, it is our goal to provide a diverse skillset through our Eight Core Components that will prepare them to successfully transition into adulthood and create the future they set their sights on. If you would like more information or are interested in joining our community of support, feel free to contact us. We look forward to hearing from you!



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