

# Appalachian Challenge Advantage



Kentucky National Guard Youth Challenge Program

Academy Newsletter

VOLUME XXV, ISSUE IV

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# FIN Edition

## IMPORTANT DATES:

**Commandants Cup**  
October 7-11

**Blackhawk/  
Capitol Tour**  
October 22

**Graduation:**  
November 30th

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# Into the Woods

## Class 025 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.

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 in-

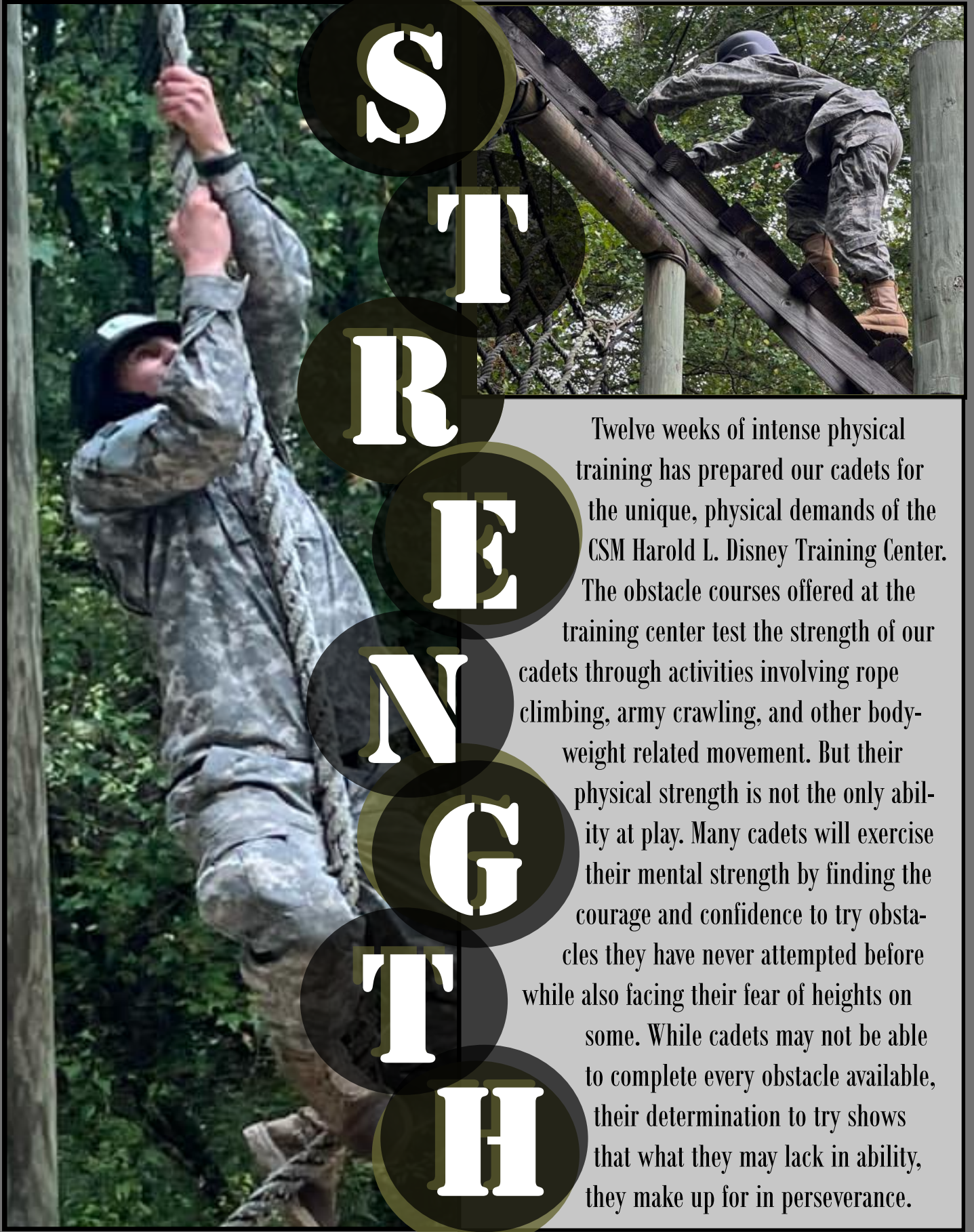


strumental role in helping the local National Guard units receive effective training and preparation needed in the line of duty at the site named after him in 1974. He retired with numerous accolades that depicted his level of dedication and service to his fellow soldiers ([whfrtc.ky.gov/hldtc](http://whfrtc.ky.gov/hldtc)).

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!





# S T R E N G T H

Twelve weeks of intense physical training has prepared our cadets for the unique, physical demands of the CSM Harold L. Disney Training Center. The obstacle courses offered at the training center test the strength of our cadets through activities involving rope climbing, army crawling, and other body-weight related movement. But their physical strength is not the only ability at play. Many cadets will exercise their mental strength by finding the courage and confidence to try obstacles they have never attempted before while also facing their fear of heights on some. While cadets may not be able to complete every obstacle available, their determination to try shows that what they may lack in ability, they make up for in perseverance.

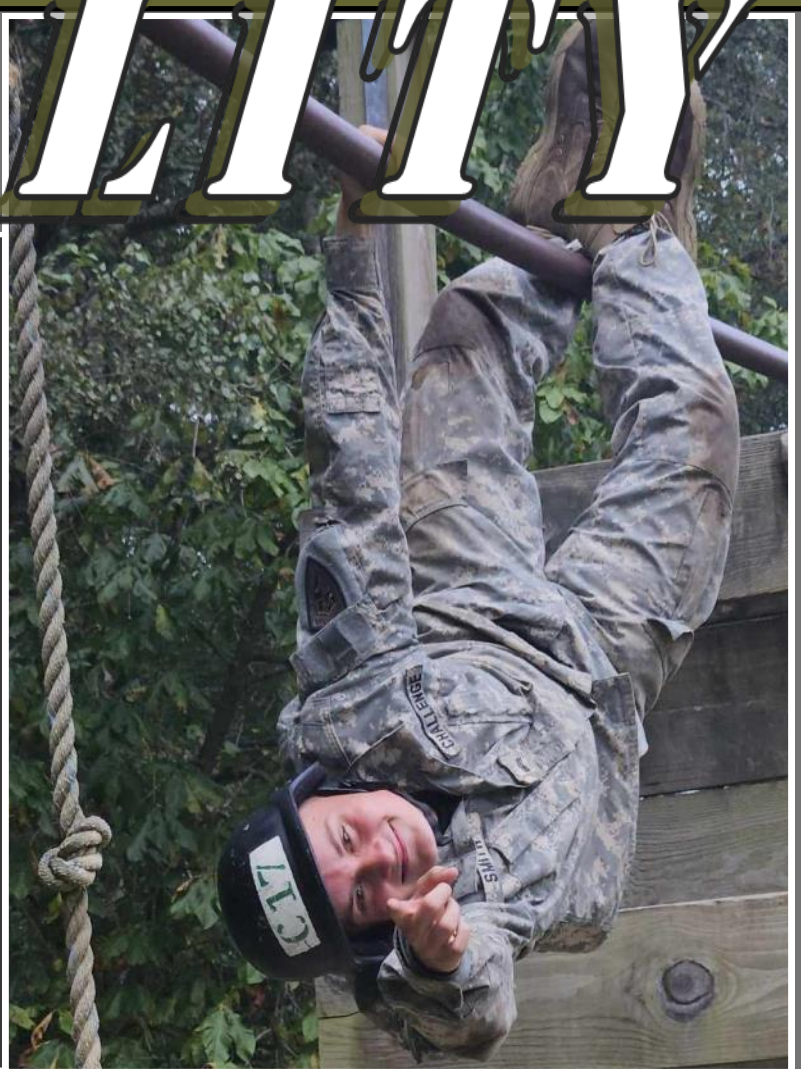
## INVERTED WALL

In this obstacle, cadets approach the wall, jump up, and grab the top. They pull themselves up and over the wall to land on the other side.



# 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.



**You're only as strong as your weakest link! —** Words that are often said as cadre to encourage comradery in cadets are never truer than during the land navigation competition at their FTX. Platoons are divided into groups and given four points to plot out. Once cadets determine the location of their points on the map and assign roles to their group members, the competition begins! The teams have an hour to find all of their points that are located throughout the training facility's 500+ acres. The race against time and unfamiliar terrain make it the ultimate test of strategy and...

# TEAMWORK



# ACHIEVEMENT UNLOCKED

## Week 11 Promotions



### Level 3.5 SFC

<b>Caise</b> (Clark)	<b>Monroe</b> (Harlan)	<b>Shepherd</b> (Magoffin)
<b>Clark</b> (Boyd)	<b>Morgan</b> (Claiborne)	<b>Smith, Jas.</b> (Madison)
<b>Curtis</b> (Hamblen)	<b>Muntean</b> (Fayette)	<b>Thompson</b> (Madison)
<b>Fedrick</b> (Boone)	<b>Napier</b> (Laurel)	<b>Weber</b> (Hamilton)
<b>Gill</b> (Fayette)	<b>Nunn, B.</b> (Grant)	<b>Wood</b> (Lincoln)
<b>Hylton</b> (Floyd)	<b>Ollier</b> (Boone)	<b>Wright</b> (Grant)
<b>Jett, D.</b> (Jessamine)	<b>Provence</b> (Shelby)	
<b>Johnson, K.</b> (Jefferson)	<b>Ross</b> (Boone)	



### Level 3 SSG

<b>Baker, Hai.</b> (Bell)	<b>Gray, J.</b> (Carter)	<b>Messer</b> (Knox)
<b>Brown</b> (Boyd)	<b>Griffin</b> (Lincoln)	<b>Murrell</b> (Fayette)
<b>Carpenter</b> (Johnson)	<b>Hammonds</b> (Lawrence)	<b>Perez</b> (Whitley)
<b>Conn</b> (Pike)	<b>Henderson-Harper</b> (Boone)	<b>Porter</b> (Floyd)
<b>DeLatorre</b> (Hamilton)	<b>Jolly</b> (Boone)	<b>Rose</b> (Bell)
<b>Dunn</b> (Wolfe)	<b>Lang</b> (Mason)	<b>Russell</b> (Bracken)
<b>Dykes</b> (Pulaski)	<b>Lunsford</b> (Boone)	<b>Young, A.</b> (Madison)
<b>Friemoth</b> (Lucas)	<b>Mardis</b> (El Paso)	



### Level 2.5 SGT

<b>Allen</b> (Laurel)	<b>Fry</b> (Rowan)	<b>Poorman</b> (Cumberland)
<b>Anderson, T.</b> (Campbell)	<b>Gorman</b> (Grant)	<b>Smith</b> (Pike)
<b>Andrews</b> (Laurel)	<b>Gray, E.</b> (Scott)	<b>Smith, Jer.</b> (Robertson)
<b>Ayad</b> (Clark)	<b>Hill</b> (Whitley)	<b>Veron</b> (Boone)
<b>Bowman</b> (Nicholas)	<b>Neice</b> (Pendleton)	<b>White</b> (Fayette)
<b>Crawford</b> (Kenton)	<b>Nunn, H.</b> (Whitley)	<b>Young, B.</b> (Kenton)
<b>Cromer</b> (Fayette)	<b>Patterson</b> (Kenton)	



### Level 2 CPL

<b>Adkins, A.</b> (Pike)	<b>Goble</b> (Pike)	<b>Johnson, X.</b> (Grant)
<b>Baker, Hay.</b> (Bell)	<b>Gray, S.</b> (Knox)	<b>Klette</b> (Boone)
<b>Candelario</b> (Fayette)	<b>Greathouse</b> (Greenup)	<b>Osborne</b> (Kenton)
<b>Caudill</b> (Lawrence)	<b>Grozdanoff</b> (Norton City)	<b>Seed</b> (Boone)
<b>Corman</b> (Madison)	<b>Gullett</b> (Fayette)	<b>Tolson</b> (Wolfe)
<b>Estep</b> (Floyd)	<b>Hatcher</b> (Mason)	<b>Trent</b> (Perry)
<b>Farquharson</b> (Wood)	<b>Hogan</b> (Boone)	<b>Wurts</b> (Boyd)
<b>Fortune</b> (Floyd)	<b>Jett, S.</b> (Estill)	



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

**Level 3**  
Staff Sergeant  
(SSG)

**Level 2.5**  
Sergeant (SGT)

**Level 2**  
Corporal (CPL)

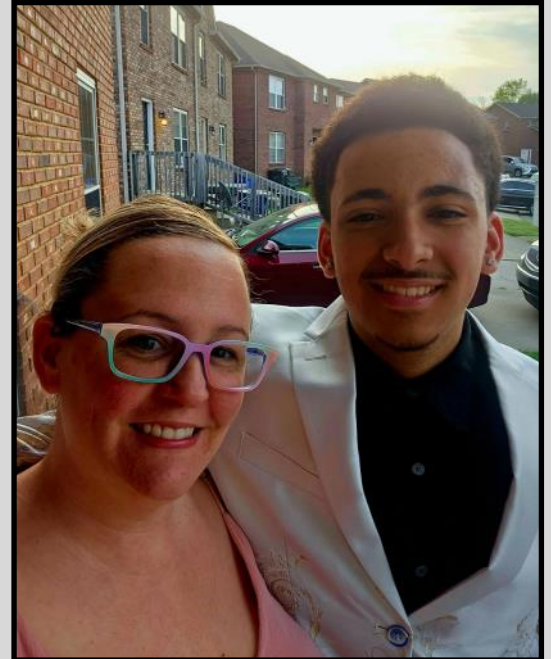
**Level 1.5**  
Private First  
Class (PFC)

**Level 1**  
Private (PVT)

**Level 0**  
Candidate

## GRADUATE HIGHLIGHT Kai Castillo and Mom Rachael Carringer

My son is the oldest of 5. He sets the example for his younger siblings. When he turned 15 years old, he started making some poor decisions. Not doing school work (bad grades), sneaking out of the house in the middle of the night, and defiance against all authority. We sent him to Appalachian Challenge Academy with hopes this would help lead him in the right direction. He came home a few months later with a new outlook on life. ACA helped him make up high school credits and even get ahead! He is now in his senior year of high school with great grades and is starting his first job. Best of all, he is very responsible and respectful now when dealing with authority. I have seen a beautiful change in him. It was difficult for me to send him there (away from me) for several months. It was the longest we had ever been apart. But I would do it all over again! This has had a life changing impact on our family and I am so grateful to all of the staff members at the Appalachian Challenge Academy. If you are struggling with a teen, do it! You won't regret it. *Rachael Carringer*



The Appalachian ChalleNGe Academy is a 22 week, residential quasi-military program dedicated to advancing foundational development of regional youth, followed by a 2 year post residential follow up program. With a focus on 15<sup>1/2</sup>-18 year old youth, 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!



[facebook.com/acaharlan](https://facebook.com/acaharlan)



[@harlanaca](https://www.youtube.com/@harlanaca)

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