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U.S. ARMY MANEUVER SUPPORT CENTER OF EXCELLENCE FT. LEONARD WOOD, MISSOURI



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FOR IMMEDIATE RELEASE

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Youth, get your game on with “NFL Play 60” at Fort Leonard Wood

FORT LEONARD WOOD, Mo. – Children ages 7 to 14 can have fun and get in shape with representatives from the St. Louis Rams organization as Fort Leonard Wood hosts the "NFL Play 60" initiative starting at noon, July 16 on Gerlach Field.

The event, which is free and open to the public, will feature appearances by some of the Rams' cheerleaders and the team mascot, Rampage.

"They'll have about 15 different types of athletic stations with different activities going on for kids - everything from a 40-yard dash, to a punt-and-kick area, passing drills, tackling dummies, an obstacle course, a football free-play area and more," said Eli Wilson, Family and Morale, Welfare and Recreation Community Activities manager.

The NFL started its "Play 60" campaign in 2007 as a way to promote physical fitness for kids. Participating NFL teams encourage kids to get "60 minutes of play per day" with a variety of fun activities.

"Basically, every NFL team is on board with that program, so the Rams are loading up some equipment and heading this way to set it up on the 16th," Wilson said.

The event will begin with an introduction, followed by a group warm-up and stretch. Participants will then be able to take part in the various activities available. The event is scheduled to end at about 2:30 p.m., Wilson said.

Parents are encouraged to stay and watch from the stands.

"We do want parents to stay. It's not a drop-your-kids-off event, and parents need to be there with their child," Wilson said.

While the event is free, participants will need to register, which includes filling out a liability waiver. Registration will open at 11 a.m. Forms will be available on site, or parents can download forms in advance from fortleonardwoodmwr.com. All registered participants will be entered into a drawing for free tickets to a St. Louis Rams game.

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Wilson also noted that, depending on their ability, participants outside the recommended age range may also participate.

"While the target audience for these activities is 7 to 14, if a parent, for example, comes out and has a 5-year-old who wants to participate and is able to participate, we want them to be able to do so. On the other end (of the age limit), if they are 15 or 16, we also won't turn them away. But I do want to stress that this is for kids, not for adults," Wilson said.

For more information about the NFL Play 60 event, call 596.6913 or visit the FMWR website.

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Media interested in covering this event, should contact the Public Affairs Office at (573) 563.4145, no later than 1 p.m., Tuesday.

About Fort Leonard Wood

Fort Leonard Wood is a thriving and prosperous installation that has evolved from a small basic training post 70 years ago to a premier Army Center of Excellence that trains more than 80,000 military and civilians each year.

Home to the Maneuver Support Center of Excellence, Fort Leonard Wood now trains and educates service members and develops doctrine and capabilities for the Training and Doctrine Command's U.S. Army Chemical, Biological, Radiological, and Nuclear School, U.S. Army Engineer School, and U.S. Army Military Police School, three gender integrated Initial Military Training brigades, one of only five reception stations in the Army, and the Army's largest Noncommissioned Officers Academy.

Over the past several years, Fort Leonard Wood has received numerous additional responsibilities to include supporting the 4th Maneuver Enhancement Brigade, a large Forces Command unit that is responsible for all deployable capabilities at Fort Leonard Wood. A colonel-commanded Marine Corps Detachment and an Air Force Detachment, which are both the largest on any Army installation, are located on Fort Leonard Wood; a large Navy Seabee Detachment and elements of the Coast Guard train here as well.
