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



PUBLIC AFFAIRS OFFICE  
FORT LEONARD WOOD, MISSOURI 65473  
VOICE: 573-563-4145  
FAX: 573-563-4012  
BY: Shatara Seymour  
EMAIL: [shatara.r.seymour.civ@mail.mil](mailto:shatara.r.seymour.civ@mail.mil)

**FOR IMMEDIATE RELEASE**  
**ICYMI:**

Media Release No. 14-060

July 21, 2014

## **Rams' NFL Play 60 event a success at Fort Leonard Wood**

**FORT LEONARD WOOD, Mo.** – To raise awareness about the importance of physical activity and to encourage kids to get one hour of daily play, members of the St. Louis Rams trekked to Fort Leonard Wood, July 16 for the NFL Play 60.

Hosted in part by Family and Morale, Welfare and Recreation, St. Louis Rams' trainers, cheerleaders and mascot, Rampage, opened the event with a motivational warm up session with the some 300 youth age 7 to 14 in attendance on Gerlach Field.

“We’re really excited, because this is the first NFL Play 60 event we have done at Fort Leonard Wood. This is our first visit here, and this is the largest event we’ve done on any military post,” said Nicole Woodie, St. Louis Rams’ Community Outreach and Player Involvement manager.

Children took part in a variety of activities from passing drills, tackling dummies, a 40-yard dash, long and high jump, to a punt-and-kick area, an obstacle course and a football free-play area.

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.

“We really think it’s important to teach kids about being healthy, eating right and playing 60 minutes a day, so we strive to do that and reach as many kids as possible,” said Zach Kinkeade, St. Louis Rams’ Player Involvement and Community Outreach assistant.

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Fort Leonard Wood youth got to experience hands on the importance of leading a good, healthy lifestyle in this first-ever NFL Play 60 event.

“As a military member, I can really appreciate what the Rams are doing for these military Families. It’s a big deal for an NFL team to come out to military installations, to interact with the kids here,” said St. Louis Rams’ cheerleader Michelle Kolcun, captain in the 375th Medical Group Air Mobility wing at Scott Air Force Base, Ill.

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For more information, contact the Fort Leonard Wood Public Affairs Office at (573) 563.4145.

*(Matt Decker, Guidon Leisure/Sports editor, contributed to this release.)*

Encls: Photos

Photo captions:

Meghan Campise takes down a tackle dummy, followed by a quick catch football recovery during the NFL Play 60 event.

Casey Phillips with the St. Louis Rams interviews Caylee Burdine during the NFL’s “Play 60” at Fort Leonard Wood.

Zach Kinkeade with the St. Louis Rams gets some assistance with his pushups as Rampage adds extra body weight.

Leander Corbett reaches for height at the vertical jump station during the St. Louis Rams’ NFL “Play 60” event at Gerlach Field.

Jackson Burns poses with St. Louis Rams’ mascot, Rampage, and Rams’ cheerleaders today during NFL’s “Play 60” at Fort Leonard Wood.

### *About Fort Leonard Wood*

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*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.*

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