



## Teams to lose it for the kids

By ELISSA DICKEY | Posted: Sunday, January 3, 2010 12:15 pm

There's a rivalry brewing in Day County.

Starting Monday, two teams of law enforcers in the county will participate in the National 911 Fitness Challenge basically, "The Biggest Loser" for law enforcement.

"There will be a little competition between the two teams in the county," said Jesse Coyle, Day County sheriff's deputy and captain of one team.

But the real winners will be kids: Proceeds from the challenge benefit Shriners Hospitals for Children. Now in its 12th year, the 911 Fitness Challenge is a contest for the public safety population to compete as three- to five-member teams to lose fat and gain muscle, according to [911Fitness.com](http://911Fitness.com). The challenge's mission is to help injured children with disabilities.

The competition is broken into five regions: West Coast, Central, Northeast, Southeast and Canada. The team with the greatest averaged body composition improvement from its region will receive a \$5,000 prize and a trip to Orlando, Fla.

Team members weigh in Tuesday and "weigh out" on April 1.

The Day County teams are the only ones from South Dakota participating, according to information from 911 Fitness Challenge officials.

Members are:

- Coyle; Jake McGrath, Day County Sheriff's deputy; and Sam Swanson, Roslyn assistant fire chief.
- Wyatt Koens, Ryan Kiefer and Garret Premus, all Webster police officers.

Koens is captain of his team, "Protect and Condition," which is already working hard: They do a cardiovascular workout in the morning and then work out in the gym at night.

Coyle's team is also hard at work: He said his team gets together four days a week to work out; running and weightlifting have been part of their regime so far.

As the challenge progresses, participants are sent workout plans and food options to help, he said. Sponsors covered the \$49-per-person registration fee for both teams, Coyle said. Rosie's Bar in Roslyn and Northland Auto in Webster sponsored his team; Webster Mayor Mike Grosek, owner of Mike's Jack and Jill, covered the other team.

Coyle said this is a great way to help out the Shriners and also for team members to improve themselves and be more active.

Koens said it's also good that the people who are out taking care of others are taking care of their own health so that they are able to do their jobs. Team members are excited, he said.

"We've got a lot of pounds to lose and a lot of incentive to do it," he said.

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