



AIR FORCE FINAL BATTLE

— ALPHA WARRIOR —



The Air Force Alpha Warrior program is managed by the Air Force Services Center, Joint Base San Antonio-Lackland, Texas.



Competitor: Staff Sgt. Tiffanie Sawatzke, cargo deployment function supervisor, Ramstein AB, Germany

Fitness level: “Very active. I’ve been this way since I was young from being involved in sports.”

Did you face any obstacles along the way? How did you overcome them? “I certainly faced obstacles! I was supposed to attend the final battle last year but because of an injury I sustained at regionals I wasn’t able to go forward. I went through seven months of therapy and braces but my thumb finally healed from ruptured tendons and severed nerves. I had to slowly build my strength back up from that to get to where I am.”

When did you start training for this competition? “As soon as I was healed and cleared by my doctor. Around March I was finally able to fully train for the installation competition.”

How does it feel to make it to the Final Battle? “It feels long awaited. I’ve wanted this since I almost had it last year. Getting injured really set me back but this year I’ve made it again and I’m healthy and ready to finish what I’ve been working for.”

How has Alpha Warrior helped you improve your functional fitness level? “Alpha Warrior has definitely helped me improve my functional fitness by introducing exercises that target different muscle groups that a weight lifter like myself isn’t used to.”

What advice do you have to anyone – Airmen, family members, etc. – who might be thinking about trying out a rig at their installation? “Go for it! If you see a rig and you’re curious or if a friend offers to show you how to use it don’t say no. You will never know if you don’t try ... who knows, you may find a new passion or a new outlet to keep active.”

What would you say to those people who may view Alpha Warrior equipment as “only something top-level athletes” can use? “I would ask them if they’ve asked ‘how is it used?’ because the answer may surprise you. This rig and equipment was designed to accommodate all levels from beginner to advanced. Every workout has levels of modification so I would tell them to explore those levels and see where they are.”

Do you have a unique or interesting story in relations to nutrition or fitness? “I grew up very active and involved in sports from soccer, football, baseball, softball, weightlifting and a passion for gymnastics. I was in competitive gymnastics for 15 years and now have gotten into fitness competitions where my wife is my personal trainer.”

Final thoughts? “I am very honored to be competing in this year’s competition and I’ve been looking forward to this for a long time. Can’t wait to see what is waiting for me in San Antonio!”