

2003 Coast Guard Elite Athletes of the Year



YN3 Erin L. Slycord



AMT1 Steven J. Mlujeak, is stationed at Coast Guard Air Station Detroit. PO Mlujeak has distinguished himself in the sport of cycling. He is one of the select few in the United States designated as a Category One cyclist by the United States Cycling Federation. PO Mlujeak was the team captain for the Armed Forces Cycling Team for 2003. He also successfully defended his title as the U.S. Military National Criterium Champion and won a Silver Medal in the Military Time

Trial Championships. He as a Bronze Medalist in the Military Road Race Championships. PO Mlujeak was selected as the Coast Guard athlete featured with other military athletes on Cheerios boxes sold in commissaries throughout the world PO Mlujeak volunteers his time as an assistant coach of a local cycling team for children.

PO Mlujeak is setting his sites on the 2004 Olympic Trials, hoping to qualify for a spot on the 2004 Olympic team.

YN3 Erin L. Slycord, who is assigned to Coast Guard Headquarters, Commandant (CG-61). PO Slycord has distinguished herself in the sport of Tae Kwon Do. In 2003, PO Slycord, completed for the first time in Armed Forces Sports winning a Gold Medal in the Bantam Weight Division (51 kg to 55 kg) at the Tae Kwon Do championships. By winning this event, she earned a position on the All-Service team, representing the United States in the Military Conseil International Du Sports Militaire (CISM) championships held in Zagreb, Croatia. This international military championship brought together military athletes from 22 countries from all parts of the world to compete against their counterparts. Competing for the first time at this level, PO Slycord won a Silver

Medal in the Basntam Weight Division.

Additionally in 2003, PO Slycord won first place in sparing in the Virginia State Tae Kwon Do Union Championships. PO Slycord is filling a critical YN1 billet as a YN3 in the Office of Information Management in Coast Guard Headquarters. PO Slycord serves her community by mentoring, coaching and training children at area martial arts schools. PO Slycord is also furthering her education as a full time student at the Northers Virginia Community College.

PO Slycord has continued her training and plans to apply for the 2004 Armed Forces Tae Kwon Do team again hoping to earn a spot on the All-Service team to compete in the International competition again this year.



AMT1 Steven J. Mlujeak