



Youngsters get a taste of tennis

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CHEVRON

AND THE WESTERN RECRUITING REGION



CG's Cup volleyball a hard scramble

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Vol. 71 – Issue 17

“WHERE MARINES ARE MADE”

FRIDAY, JUNE 24, 2011

Recruit training program combats common injuries

BY LANCE CPL. CRYSTAL DRUERY
Chevron staff

Marines pride themselves on being the toughest of all military branches. According to a Time magazine article printed earlier this month, the United States Marine Corps' basic training is the most “bone crushing” basic training in all the United States armed forces.

Data contained in military reports from 2004 to 2010 show Marine Corps Recruit Depot San Diego recruits have broken 688 tibias and fibulas over that period. This marks more lower leg breaks than any other U.S. military training facility. Marine Corps Recruit Depot Parris Island follows closely behind with 613 broken bones.

The Time magazine article also shows the Marine Corps' current status, which is on a decline when it comes to stress fractures. The intent of Marine Corps basic training isn't to break recruits, but to prepare them for the rigorous physical fitness requirements they will encounter in the fleet and in combat.

“We are pin-pointing what we can really do to maintain the physical readiness and physical fitness of recruits while minimizing the number of stress

fractures and other injuries,” said Melissa K. Mahoney, Sports Medicine and Injury Prevention Program manager, MCRD San Diego.

She explains that the high number of injuries in 2004 could have been partially related to the development of the Sports Medicine and Injury Prevention Program in 2003. This program started helping identify the mass of injuries that were tibia and fibula breaks.

After the war began, there was a demand for more people to enlist. Mahoney feels less physically ready people enlisted in hopes they could quickly adapt to the physical aspects of being a Marine.

The war also led to an increase in the number of people wanting to enlist and fight for their country. Their lack of physical readiness resulted in a large number of injuries when they were put under the strenuous activities of basic training.

The initial standard test scores, a physical test poolers conduct to enlist, have increased by a significant amount since 2004. This shows recruits are more physically ready for such vigorous physical activity than were those six years ago.

“The run portion of the

initial standard test is a great predictor for stress fractures,” said Mahoney. “Studies done over the past twenty-five years show recruits that run slower on the initial standard test typically aren't as physically prepared for the training that they are going to receive and are going to break a lot quicker”

Since the Corps has the longest basic training, recruits have more time and opportunity to get injured. According to Time magazine, since 2009 the Air Force ramped up the physical aspects and length of their training, causing them to reach an all time high injury rate since 2004.

Mahoney explains the average amount of running for the recruits during the 12-week span is 37 miles. Running can weaken the lower leg bones causing them to be more prone to fractures.

“When running, each time your foot strikes the ground there's a force that generates up to the bone. It's going to cause breakdown in the bone,” said Mahoney. “Like lifting weights, the muscles tear and it gets bigger and/or stronger, depending on what it is you are doing. The same is true with bones. If you increase the amount of activity

see BONES ▶ 2



Ernest Vega, a Sports Medicine and Injury Prevention trainer, examines a recruit from Company L after a mile and half run. SMIP trainers are present during all physical events during recruit training and Marine Combat Training. This helps manage the recruit's physical fitness and well-being.



Cpl. Jessica Martinez

PERRIS, Calif. – Master Sgt. Luis Aguilar, a former Marine Corps drill instructor, leads football players through stretches and exercises during a morning warm-up session at Citrus Hill High School, April 2, during the Junior Ranks Football Clinic.

Quality Marines recruit quality applicants

LANCE CPL. KATALYNN THOMAS
Chevron Staff

The Marine Corps has been looking for, and finding, a few good men and women. Recruiting has been climbing with their successes. This year almost 100 percent of the men recruited in the Western Recruiting Region are top applicants and the attrition rate is historically low for the Marine Corps.

“The recruiters are given a mission for the quality of future Marines, and they achieved

that mission, much like every mission Marines are given,” said Lt. Col. Arthur Woods, deputy, assistant chief of staff recruiting.

Applicants are categorized by their Armed Services Vocational Aptitude Battery score and their high school educations.

If an applicant scores between 50 and 99 on their ASVAB they are considered to be in the alpha range; if they score between 31 and 49, they are bravo range.

see RECRUIT ▶ 2

Society honors vets of the Korean conflict

BY LANCE CPL. ERIC QUINTANILLA
Chevron staff

Army Maj. Gen. Frank E. Lowe once said, “The safest place in Korea was right behind a platoon of Marines. Lord, how they could fight!”

The Marine Corps Recruit Depot Museum Historical Society honored these Marines June 17, at their annual Globe and Anchor Salute Gala.

The event was held at the Hilton San Diego Bayfront. The society hosted 250 guests, including veterans who served during what is often referred to as the “Forgotten War.” Last year, the honor society honored veterans from World War II.

“We came back home, went to work and no one said anything,” said Robert Licker, USMC retired and Korean veteran.

“There was no fanfare, bands or parades. They forgot that Korea ever existed.”

The society helps promote the study of Marine Corps history and traditions and this year they wanted to let these Marines know their hard work and dedication

will not be forgotten.

The Korean War began in June 1950. An armistice ending the fighting was signed in July 1953.

Tables with actual gear used during the Korean War were set up by the United States Marine Corps Historical Company.

During dinner two Marines from the Basic Marine Platoon put on a short skit for the guests. The skit was based loosely on actual events that took place during the Korean War from the recollection of Artie Barbosa, USMC retired, a Korean veteran who is now a docent at the MCRD Command Museum.

“I have a lot of family who have served in the Marine Corps,” said Pfc. Tyler Landmeier, Marine with BMP and skit actor. “My grandfather served in Korea, so it's an honor to do this.”

Throughout the night was a slideshow of the war in Korea with pictures of some of the veterans present. The event also included an auction to help the museum raise money.

“I'm very proud to be here,” said Licker. “It's not often our own Marine Corps honors us chosen few.”

DIs work with Air Force JROTC cadets



Lance Cpl. Crystal J. Druery

One of the Martial Arts Instructors from Marine Corps Recruit Depot San Diego, motivates Air Force Junior Reserve Officer Training Corps cadets by demonstrating the arm stretch. The 116 cadets from Cathedral High School, Elsinore High School, Santiago High School and Vista High School, are attending a six day AF JROTC summer challenge. The afternoon of day five consisted of the cadets taking on the Confidence Course. "This is a basic training experience for the cadets while developing leadership, teamwork, and esprit de corps," said retired Senior Master Sgt. Marvin Morris, enlisted AFJROTC instructor from Elsinore High School. Morris says this is the first time they have done any training at MCRD and is a good orientation of the military for the first year cadets.



Sgt James A. Hall

Marines from the 12th Marine Corps District and Recruiting Station Orange answered questions from students at Rancho Cucamonga High School, San Diego, Feb. 22. Students interested in joining the Marine Corps asked questions about what to expect if they join the Marine Corps.

RECRUIT ◀ 1

There are three tiers for the high school education. Tier one is a normal high school graduate; tier two is a graduate that has participated in an alternative program; and tier three is a high school dropout.

From October 2010 until May 31, 2011, the WRR has 75.7 percent of their applicants as Alpha males and 99.98 percent are tier-one applicants. "We are looking for

applicants who are fit, did well in school, and are not only able to complete recruit training, but also become outstanding Marines," said Woods.

According to Woods, the perception that recruiting is easy because they are making mission early is not necessarily true. There are more motivated recruiters on the streets with better training.

"We have the right Marines doing the right job," said

Woods. "You can see it with the incoming recruits. Their education is better; they are smarter than they have ever been."

The success is not entirely due to recruiting, said Woods. WRR works closely with the Recruit Training Regiment on planning how applicants should be prepared before leaving for basic training.

If RTR notices a trend in injuries, they inform WRR so that they can better prepare

new applicants.

If we don't provide them a quality, in-shape man, how can they train them, Woods questioned.

"It's interesting that in a time of war the Marines are so successful with recruiting," said Woods. "We are doing so well out there, and it's not just due to patriotism. We have motivated recruiters and amazing officers and staff noncommissioned officers leading them."

BONES ◀ 1

you are doing too quickly, then the amount of the force going up toward the bone is more than remodeling can keep up with and we get weakened bones that develop stress fractures."

With that knowledge that running is a major cause of lower leg fractures, recruit training has been geared more toward completing the mission while still being the toughest and smartest about it.

An example of how the Corps and the SMIP program have worked to prevent injuries is moving the crucible to week eleven. This keeps the recruits from

performing any strenuous activities from field week, week 8, until the crucible.

"Having those three weeks without a pack on seems to have given recruits the rest needed to repair any breakdowns that have accrued. The trainees are not breaking as frequently," said Mahoney.

Trainers are present at every physical training event during basic and Marine Combat Training. This helps manage recruit physical fitness and well-being.

The SMIP program is also educating drill instructors on what to look for regarding injuries.

According to SMIP's statistics on Company E, which graduated June 17, 1.3 percent of the original recruits were

dropped for a fracture or stress fracture.

The statistics are really good because during the winter we usually see more (breaks) because these recruits are predominately those who were not as physically active during high school, according to Mahoney.

While the article in Time magazine points out the Marine Corps has higher physical standards than other services, it failed to mention that the Marine Corps has been working toward minimizing injuries by using the SMIP program.

The Corps is improving its training by keeping tough physical standards, but increasing the recovery time between intense physical training sessions.

BRIEFS

Freedom run

The 5K Freedom Run begins at 1 p.m. today at the Boathouse and Marina. This year an optional 1 mile fun walk will be included for strollers and kids. All race finishers will receive a free T-shirt, food and beverages. Register online at mccsmcrd.com. Please show ID at the time of bib pick up. Race is free for all authorized patrons. Contact Dominique Gary for more information garydj@usmc-mccs.org.

Sponsor orientation on-line

If you have been assigned sponsorship of an in-bound Marine, please be aware that Marine Corps/ Depot Orders require that sponsors receive an orientation and information brief.

For your convenience, the Sponsor Orientation Brief is now available online and is located at the Relocation Assistance Program webpage of the MCCSMCRD.com website. (*Important note: After viewing the orientation presentation be sure to have the date recorded by your unit sponsorship coordinator for tracking purposes.*)

This is a CGIP/IG inspection item. Sponsors may obtain additional assistance by contacting the RAP office at (619) 524-5298.

Baby Boot Camp

The next Baby Boot Camp will be held Tuesday and Wednesday from 10 a.m., to 3:30 p.m.

Baby Boot Camp is a fun and dynamic two-day class for first time expectant parents that addresses baby topics such as diapering, bathing, and soothing your infant, and giving an introduction as to what to expect during baby's first year.

Parents will also learn how to support infant growth and development.

Call the New Parent Support Program at (619) 524-0805 for more information and to register.

Independence Day gate operations

- Gate 2
Closes at 6 p.m., July 1
Reopens 6 a.m., July 3
Closes 4 p.m., July 3
Reopens 6 a.m., July 5

- Gate 5
Closes at 6 p.m., July 1
Reopens at 6 a.m., July 5

(subject to being open upon request over holiday period for deliveries/large vehicles by calling Desk Sergeant at (619) 524-4202)

Col. Nate Smith Memorial Scholarship

Applications for the Co. Nate Smith Memorial Scholarship are now available from the MCRD Museum Historical Society. Three scholarships for \$1,000 each will be awarded this year. The scholarships are available for MCRD San Diego and WRR enlisted Marines, sailors and their dependents, who are enrolled in an accredited undergraduate or graduate college degree program. Applicants must have a high school diploma and provide proof of enrollment in undergraduate or graduate program.

Application forms are available at the Society Business office located in the museum, and on-line at www.mcrdmhs.org. The deadline for applications is 14 July. For more information about the scholarship or application, call (619) 524-6719.

Send briefs to:

RDSD_PAO@USMC.MIL. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.

Around the depot

This week's Chevron asks: "What is the most rewarding aspect of working at MCRD?"



"The most rewarding aspect for me is to be able to train recruits and Marines in martial arts."

Staff Sgt. David O. Gonzalez, staff noncommissioned officer-in-charge at the Marine Corps Martial Arts Satellite School.



"Making the future of the Marine Corps and changing peoples' lives which makes society better."

Staff Sgt. Khanh Nguyen, a senior drill instructor for Charlie Company



"The patients are very motivated to get back to full duty here. It makes me enjoy my job."

Petty Officer Second Class Kevin Mitchell, a physical therapy technician at the Branch Medical Clinic



Sgt. Jimmy D. Shea

Marine pilots man a CH-46 Sea Knight static display under the Gateway Arch during Marine Week in St. Louis, June 20, 2011. Marine Week provides an opportunity to increase public awareness of the Marine Corps' value to our nation's defense and to preserve and mature the Corps' relationship with the American people.

The Marines have landed; Marine Week St. Louis

BY SGT. JIMMY D. SHEA
Headquarters Marine Corps

ST. LOUIS — Francis G. Slay, mayor of St. Louis, officially commenced Marine Week during a proclamation ceremony at the War Memorial, June 20.

"St. Louis is honored to host Marine Week 2011," said Slay. "The Marines' commitment to community, country and Corps is woven into this city's culture and is one to which St. Louisans can certainly relate. We welcome our men and women in uniform and look forward to bolstering St. Louis as a gateway to the Corps."

Marines belonging to the local reserve unit, 3rd Battalion, 24th Marine Regiment, will show the people of the city what their Marine Corps is made of during more than two dozen events.

"Marine Week directly connects our Marines to the American public. St. Louisans will have the opportunity to hear Marines' first-hand stories of service and to talk to Marines about their day-to-day job responsibilities," said Col. Bryan

Salas, director of public affairs, Headquarters Marine Corps. "The week also offers a unique opportunity for the Marines to demonstrate why the Corps is America's expeditionary force in readiness. We invite everyone to meet us in St. Louis to celebrate the Corps' past, present and future."

State-of-the-art ground vehicles, aircraft, weaponry and equipment displays are at the Gateway Arch, Ballpark Village at Busch Stadium, and War Memorial. These displays showcase the MV-22 Osprey, AH-1W Cobra, CH-53E Super Stallion, Amphibious Assault Vehicle (AAV), Mine Resistant Ambush Protected (MRAP) Vehicle, High Mobility Artillery Rocket System and the M777 Howitzer -- all of these used by Marines in combat.

"This week is our opportunity to share the heritage, history and traditions of the Marine Corps with the great patriots of St. Louis," said Lt. Col. T. Shane Tomko, commanding officer, 3/24, Special Purpose Marine Air Ground

Task Force Marine Week. "There will be daily parades through the streets, blood drives, park rebuilding projects. At the end of the day's ceremony, a Marine sentry was posted at the War Memorial, 24 hours a day to show St. Louis the Marines are always on duty."

As part of the week's events, attendees can enjoy performances and demonstrations by the Silent Drill Platoon, Marine Corps martial arts instructors, Marine Corps Logistics Base Albany Band, All-Marine sports teams and military working dog teams. The focal point of these displays is the Marine Air-Ground Task Force demonstration on Friday and Saturday, where Marines will highlight their singularly unique ability to fight battles in the air, on land and sea.

Free and open to the public, all Marine Week events will honor and recognize Marines, especially those from and stationed in Missouri, for their service and sacrifice. Currently, more than 2,300 active duty and reserve Marines from Missouri are serve across the globe.



Sgt. Jimmy D. Shea

Marine pilots land a CH-53 Super Stallion as part of the static display at the Ballpark Village at Busch Stadium.

CHEVRON
ESTABLISHED 1942

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Depot sports clinics let kids, parents try before they buy

BY CPL. MATTHEW BROWN
Chevron staff

Raising children can be pricey; food, clothing, toys, games, doctor fees, dentist bills and extracurricular activity costs may be downright overwhelming at times.

Add that stress with those that come with being a service member, or drill instructor in particular, and one might have quite the mess on their hands. That's why Marine Corps Recruit Depot San Diego's Marine Corps Community Services Youth Sports Program offers military families free trials to many sports available on base before parents have to commit time and money.

Thirty-seven kids from age four to 14 got their first taste of tennis during a free, one-day clinic at the Andy Bower Courts here, June 18.

"These free clinics give the kids a chance to sample different sports in a stress-free environment so they can really find out if they like something before committing," said Marry Young, MCCA special events coordinator. "The sports professionals we have help identify whether or not a child is physically or mentally ready to play a sport in a competitive environment."

Let-

ting children experience things first hand is the best way for them to figure out if they like something.

"Kids learn by doing, by actually getting a chance to try something," said Karen Ronney, San Diego Hall of Champions sports director for tennis. "They don't like hard, they don't like drills and they don't like challenges; so you call something challenging something tricky instead, call a drill a game, and all of a sudden, they want to keep playing."

It is best to teach children to enjoy physical activities and being active at early ages.

"If children don't learn this before they are

around age 10 or young teens, then it will make it really difficult for them to be healthy adults later on," said Ronney, who coached the clinic. "This program is changing the way kids learn about sports and exercise; they are learning that it is fun and that they can be successful by starting small, accomplishing easy goals and working from there."

The Youth Sports Program here doesn't only give military parents a way to be efficient with their money, it also makes watching their children play more accessible than ever, said Young.

"The kids used to play their sports in Murphy Canyon, so the drill instructors would never get to see their child," Young said. "We started the program back in 2007 so drill instructors could see their children play right here on the depot; you should see those kids' faces when their daddy comes – they get all excited. It's great!"

It benefits the children just as much as it benefits the parents, Young said.

"Because military children are moving around all the time, youth sports programs offer them something that remains consistent," Young said. "That something is a solid sports program, great coaches, team building and teammates who are also military kids and a solid community for them."

Although the YSP's tennis clinic is over, MCCA offers many other opportunities and resources for military children to enjoy and their parents to take advantage of throughout the year.

For more information on MCCA programs and events, or to enroll your child in a sport club, visit www.mccsmcrd.com or call Young at (619) 725-6384.



Two boys work on their control skills by maintaining continuous movement of the ball for as much time as possible during the Marine Corps Community Services Youth Sports Program of Champions. "We're also trying to make sure their first tennis experience is fun and easy."



Cpl. Matthew Brown

Four aspiring tennis players (above), practice control techniques by moving their balls in circles on their rackets during the depot's Marine Corps Community Services Youth Sports one-day tennis clinic at Andy Bower Courts here, June 18.

Marine Corps Community Services Youth Sports tennis clinic participants (left), yell team cheers after their free first try with the sport at Andy Bower Courts here, June 18. MCCS offers year round sports and activities for children ages four to 14.



Cpl. Matthew Brown



Cpl. Matthew Brown

All of the Marine Corps Community Services Youth Sports tennis clinic participants get a chance to "play tricky agility games" as part of their free sample of tennis, June 18. Every sport MCCS offers to depot children begins with a free one-day clinic to allow parents and kids to test the waters before committing.



Cpl. Matthew Brown

ts one-day tennis clinic at Andy Bower Courts here, June 18. "We are trying to teach them that exercise and sports are fun," said Karen Ronney, tennis coach, San Diego Hall

'Affliction' martial arts fighters visit depot, health fair

LANCE CPL. KATALYNN THOMAS
Chevron Staff

Semper Fit Health Promotions held a Martial Arts and Men's Health Fair June 15 at Marine Corps Recruit Depot San Diego.

Local San Diego martial arts facilities and local health facilities had stands centralized around men's health set up around the lawn.

There was a surprise visit from members of the mixed martial arts group, Affliction. Health Promotions was able to collaborate with MCRD's Marine Corps Exchange, to arrange for MMA Affliction fighters Brandon "The Truth" Vera and Renato "Babalu" Sobral to make an appearance at the event, followed by an autograph signing at the MCX.

"June is National Men's Health Month," said Andrea Callahan, Semper Fit Health Promotions coordinator.

"Health Promotions developed an event specifically for men's health that would highlight health and wellness issues specific to men."

According to Callahan, most men are unlikely to get really excited about a men's health fair. The thought behind the fair was that by combining martial arts, something that many Marines are interested in that also promotes an active and healthy lifestyle, with health information more Marines would be attracted to the event.

Mostly MCRD male Marines and civilians attended, but the fair was open to all authorized patrons.

"The fair went very well," said Callahan. "It will continue to grow each year. Many of the dojos who attended were at the event the year before and were happy to come back. They are very honored to share their time and expertise and give back to our Marines."

"This was the second year of the event and it was even better received than the year before," said Callahan. "I hope that as it becomes a regular event that Marines begin to anticipate it, and that interest spreads via word of mouth and we can increase the event attendance each year."



Lance Cpl. Katalynn Thomas

Jacob Ellis, a martial artist with USA Freestyle Martial Arts prepares to perform a flip. Semper Fit Health Promotions held a Martial Arts and Men's Health Fair, June 15 at Marine Corps Recruit Depot San Diego's Fieldhouse Lawn. Local martial arts studios had stands set up, and there were two special visitors; former Strikeforce Light Heavyweight Champion, Renato "Babalu" Sobral and Light Heavyweight Mixed Martial Arts Fighter, Brandon "The Truth" Vera, attended before going to the Main Exchange to sign autographs. There also was plenty of men's health information available along with a barbecues sponsored by the Single Marine Program.



Lance Cpl. Katalynn Thomas

Manny Alvarez, a massage therapist from Integrated Medical, gives Master Sgt. Andres Castro, a food technician with Food Services Division, Headquarters and Service Battalion a massage.

Maj. Gen. Tracy L. Garrett

Parade Reviewing Officer

Major General Tracy L. Garrett is the commanding general of 4th Marine Logistics Group. She is a graduate of the University of Washington. Maj. Gen. Garrett was commissioned a second lieutenant in the Marine Corps in June 1978. Upon completion of the Basic School and her occupational specialty school, Maj. Gen. Garrett received orders to 1st Marine Division.

Upon joining the Marine Corps Reserve, Maj. Gen. Garrett served as a battalion supply officer and maintenance management officer, battalion

operations officer, and battalion executive officer with 4th Landing Support Battalion.

In 1984, Maj. Gen. Garrett became the executive officer and company commander for Headquarters and Service Company. Maj. Gen. Garrett also served as the mobilization operational readiness deployment test inspector and was a member of the Marine Air Ground Task Force Staff Training Program in Quantico, Va.

In 1996, Maj. Gen. Garrett was appointed by the Secretary of the Navy to serve on the Marine Corps Reserve Policy Board. In August 1999, Maj. Gen. Garrett commanded the 4th Landing Support Battalion.

Following that assignment, Maj. Gen. Garrett served as the reserve special staff officer for

12th Marine Corps Recruiting District. In October 2002, she took command of the 4th Force Service Support Group Forward (West) at Camp Pendleton.

In November 2002, Maj. Gen. Garrett served as chief of staff and commander for 1st FSSG.

In July 2004, Maj. Gen. Garrett was assigned as the chief of staff for 1st FSSG (Deployed) and, in September 2004, she served in Iraq.

In May 2005, Maj. Gen. Garrett became the deputy commander, 4th Marine Logistics Group and, in January 2007, she assumed duties as acting commander of that unit.

In September 2007, Maj. Gen. Garrett served as the Inspector General of the Marine Corps. In October 2008, she was named commander, Marine Forces Europe and Marine Forces

Africa. Maj. Gen. Garrett assumed her current post as commanding general, 4th MLG on Sept. 13, 2009.

Maj. Gen. Garrett is a graduate of the Reserve Amphibious Warfare Course, Reserve Command and Staff Course, Reserve Intelligence

Officers Course and the Advanced Logistics Officers Course. In 1997-1998, she attended the Naval War College, Newport, Rhode Island as a full time student and received her master's degree in National Security and Strategic Studies.

"Congratulations, Marines! You have become a man feared by some and admired by most, throughout the world. The boot camp experience has forged in you an uncommon patriotism and devotion to duty. The Corps' values are buried in your heart and will be borne out in your actions of honor, courage and commitment. Welcome to a life in service to our great nation and Semper Fidelis!"





Platoon 3203 COMPANY HONOR MAN Pfc. A. T. Pabon Honolulu Recruited by Staff Sgt. C. Nino	Platoon 3207 SERIES HONOR MAN Pfc. T. D. Luna Jefferson City, Mo. Recruited by Sgt. K. T. Dewald	Platoon 3201 PLATOON HONOR MAN Pfc. T. B. Harmon Costa Mesa, Calif. Recruited by Staff Sgt. R. Edington	Platoon 3202 PLATOON HONOR MAN Pfc. S. D. Cruz Battle Creek, Mich. Recruited by SSgt. A. P. Urrutia	Platoon 3205 PLATOON HONOR MAN Pfc. D. L. Patterson Peoria, Ill. Recruited by Sgt. K. Zimmerman	Platoon 3206 PLATOON HONOR MAN Pfc. T. D. Harris Springfield, Ill. Recruited by Sgt. J. A. Clem	Platoon 3203 HIGH SHOOTER (332) Pvt. T. J. Wilson Bosie, Idaho Marksmanship Instructor Cpl. H. Hernandez-Zapata	Platoon 3207 HIGH PFT (300) Pfc. T. D. Luna Jefferson City, Mo. Recruited by Sgt. K. T. Dewald
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INDIA COMPANY



<p>3rd RECRUIT TRAINING BATTALION <i>Commanding Officer</i> Lt. Col. N. C. Stevens <i>Sergeant Major</i> Sgt. Maj. D. A. Lee <i>Battalion Drill Master</i> Staff Sgt. A. K. Bernatowski</p> <p>COMPANY I <i>Commanding Officer</i> Capt. G. M. Duesterhaus <i>Company First Sergeant</i> 1st Sgt. M. D. Wright</p>	<p>SERIES 3201 <i>Series Commander</i> Capt. B. C. Palmer <i>Chief Drill Instructor</i> Gunnery Sgt. M. P. Zamora</p> <hr/> <p>SERIES 3205 <i>Series Commander</i> 1st Lt. R. K. Imamura <i>Chief Drill Instructor</i> Staff Sgt. M. I. Renteria</p>	<p>PLATOON 3201 <i>Senior Drill Instructor</i> Gunnery Sgt. W. J. Milline Jr. <i>Drill Instructors</i> Gunnery Sgt. M. Rojas Staff Sgt. E. D. Ramirez Sgt. M. C. Birch</p> <hr/> <p>PLATOON 3205 <i>Senior Drill Instructor</i> Staff Sgt. T. L. Hill Jr. <i>Drill Instructors</i> Sgt. J. P. Acosta Sgt. J. A. Salguero Sgt. C. S. Soto</p>	<p>PLATOON 3202 <i>Senior Drill Instructor</i> Gunnery Sgt. T. A. Plotz <i>Drill Instructors</i> Staff Sgt. N. N. Lewis Staff Sgt. D. A. Sansoucie Sgt. J. D. Lansdon</p> <hr/> <p>PLATOON 3206 <i>Senior Drill Instructor</i> Sgt. W. Anwar <i>Drill Instructors</i> Sgt. A. K. Brown Sgt. J. Cuevas Sgt. M. J. Magers</p>	<p>PLATOON 3203 <i>Senior Drill Instructor</i> Staff Sgt. E. Delgadillo <i>Drill Instructors</i> Sgt. K. Y. Chung Sgt. E. Guzman Sgt. M. J. Medina</p> <hr/> <p>PLATOON 3207 <i>Senior Drill Instructor</i> Staff Sgt. W. J. Blagg <i>Drill Instructors</i> Staff Sgt. J. Lerma Staff Sgt. J. R. Rochefort Staff Sgt. P. C. Salcido</p>
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* Indicates Meritorious Promotion

<p>PLATOON 3201 Pvt. P. Arriaga Pvt. N. C. Arthus Pvt. D. S. Bartholet Pvt. A. R. Begay Pfc. M. C. Brenay Pvt. A. T. Bruderer Pvt. D. P. Burluson Pvt. L. E. Caldera Pfc. C. A. Calderon Pvt. K. W. Carlson Pfc. T. P. Casey Pvt. A. Chavez Pvt. J. M. Chow Pfc. M. S. Christensen *Pfc. M. R. Corwin Pvt. C. L. Covington Pvt. S. M. Cox Pvt. K. C. Crompton Pvt. J. S. Cruz Pvt. A. T. DeAveiro Pvt. A. J. DeLeon Pfc. B. S. DeMarie Pvt. N. V. DiNardo Pvt. E. J. Dobles Pvt. A. J. Dodd Pvt. C. E. Earhart III Pfc. J. F. Easterling Pvt. Q. C. Ellenberger Pvt. Z. J. Fishel Pfc. D. K. Fletcher Pvt. T. J. Golub Pvt. D. J. Gonzalez Pvt. E. Gonzalez Pvt. E. Gonzalez Jr. *Pfc. T. B. Harmon Pvt. Z. T. James *Pfc. D. J. Ott Pvt. T. A. Tiller</p>	<p>PLATOON 3202 Pfc. H. Acosta Pvt. I. C. Alatorre Pvt. S. D. Allison Pvt. N. C. Baker Pvt. J. R. Barnett Pvt. J. J. Bernal-Montano Pvt. B. J. Bigelow Pvt. B. L. Buell Pvt. M. L. Caffaro Pvt. A. L. Cates Pfc. M. A. Chaki *Pfc. S. D. Cruz Pvt. N. J. Culver Pvt. J. J. Davis Pfc. G. Delgado Pvt. B. L. Doyle Pvt. D. M. Dunlap Pvt. C. J. Ensign Pvt. J. B. Farlee Pvt. M. J. Friberg Pvt. J. A. Fuentes-Mattson *Pfc. G. P. Gottfried Pfc. J. S. Gouge Pvt. L. H. Gracy Pvt. T. D. Granzow Pvt. T. L. Greshik Pvt. J. A. Guerra Pfc. J. A. Guzman Pfc. J. L. Guzman Pvt. S. L. Harrie *Pfc. J. J. Harris Pvt. M. T. Jepsen Pvt. T. L. Lyons Pvt. C. A. Moreno Pfc. C. M. Mowery Pvt. A. J. Ryan Pvt. D. J. Wojtasiak</p>	<p>PLATOON 3203 Pfc. D. F. Anciano Pvt. L. I. Baez Pfc. T. M. Becknell Jr. Pvt. C. K. Brown Pvt. D. V. Cain Pfc. S. T. Davis Pvt. E. H. Favela Pvt. S. D. Gonzales Pvt. S. R. Goodale Pfc. J. M. Griffin Pfc. C. F. Hall Pvt. T. M. Hefley Pvt. B. J. Hennings Pvt. M. P. Klebba Pvt. B. J. La Verne Pvt. J. C. Mapes Jr. Pvt. C. S. Martin Pfc. J. E. Martinez Pvt. K. D. McSorley Pvt. J. S. Ninow *Pfc. A. T. Pabon Pfc. B. D. Phillips Pvt. C. S. Ralston Pvt. P. E. Reece *Pfc. M. A. Robertson Pfc. R. T. Santos Jr. Pvt. D. S. Smith Pvt. J. C. Ukah Pvt. J. M. Ventrella Pvt. B. Vilavanh Pfc. J. R. Vossler Pfc. C. J. Voth Pvt. A. C. Ward Pvt. A. M. Webb *Pfc. K. A. Wells Pvt. J. E. Wiley Pvt. T. J. Wilson Pvt. C. L. Woutzke</p>	<p>PLATOON 3205 Pfc. N. A. Buzzard *Pfc. J. S. Lucero Pfc. M. A. Madrigal Pvt. S. D. Martin Pvt. A. D. McGeath Pvt. J. R. Medina Pvt. J. A. Meno Pfc. T. L. Montiel Pvt. E. O. Moreno-Ramirez Pvt. D. P. Moser Pvt. A. Murcia Pvt. D. N. Nichols Pvt. J. R. Noga Pvt. S. M. Noonan Pvt. K. A. Olszewski Pvt. C. T. Ortega Pvt. P. Palafox Pfc. D. L. Patterson Pvt. A. J. Penaflor Pvt. H. Perez Pfc. B. D. Perkins Pvt. M. J. Petzold Pvt. C. R. Reed Pfc. E. Rodriguez Pvt. J. C. Rodriguez Jr. Pfc. A. E. Roybal *Pfc. A. Sandoval Pfc. R. J. Schnoes Pfc. J. A. Segura Pvt. R. Shaw Pvt. N. A. Smith Pvt. M. H. Spencer Pfc. M. R. Stevens Pfc. L. M. Thacker Pvt. C. K. Thorp Pvt. D. Toban</p>	<p>PLATOON 3206 Pvt. K. Griffith Pvt. A. C. Grounds Pfc. M. T. Hall *Pfc. T. D. Harris Pvt. M. D. Hawthorne Pfc. J. D. Helton Pvt. J. H. Hibler Pvt. J. T. Hineson Pvt. Z. T. Hogenson Pvt. N. M. Huber Pvt. C. M. Jackson Pvt. D. D. Jackson Pvt. C. D. Jeppesen Pvt. M. A. Jimenez Pvt. T. J. Jones Pfc. S. K. Kimma Pfc. G. M. Kinker Pfc. D. T. Kirk Pvt. J. K. Kleven Pvt. B. S. Ladely Pfc. G. S. Land Pfc. S. M. Larocque Pvt. A. S. Ross Pfc. R. A. Sharp Pfc. C. T. Taylor Pvt. S. Vasquez Jr. Pfc. S. C. Ventura Pfc. K. D. Vlasak Pvt. C. J. Waldo Pvt. M. J. Watkins Pvt. S. L. Weiss *Pfc. K. W. Welch *Pfc. J. R. Wilke Pvt. S. D. Willard Pvt. T. N. Williams Pvt. Z. D. Williams Pfc. B. D. Wright Pvt. G. W. Wright Pvt. C. J. Ybarra</p>	<p>PLATOON 3207 Pvt. R. Hernandez Pfc. K. C. Hou Pfc. T. J. Hyland Pfc. S. R. Iniguez Pfc. C. V. Just Pvt. L. C. Kaulupali Pvt. P. A. Kunze Pvt. J. A. Lanz Pvt. M. J. Larabee Pvt. C. D. Lowry Pvt. N. L. Lubanski *Pfc. T. D. Luna Pfc. S. M. McNeal Pvt. J. D. Morton Pfc. E. A. Muniz Pvt. L. A. Nay Pvt. B. D. Niklas Pvt. K. J. Norden Pvt. C. L. Odom Jr. Pvt. B. J. Otte Pvt. M. S. Otto Pvt. G. C. Pacheco Pvt. N. A. Peltier Pvt. Z. A. Pennington *Pfc. T. J. Phelan Pvt. N. Piccard Pvt. D. A. Posada Pvt. N. A. Pusey Pfc. G. A. Ramirez Pvt. C. G. Rasmussen Pvt. M. C. Ratcliffe Pvt. E. W. Regules Pvt. Z. J. Renner Pvt. B. A. Rider Pfc. J. M. Robles Pvt. A. A. Rodriguez</p>
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Fun, unit cohesion part of CG's Cup sports

BY CPL. MATTHEW BROWN
Chevron staff

In a military chock-full of surveys, programs and helpful hotlines, old fashioned team competition remains a major stress reliever for many.

As part of the most recent team competition, eight teams from across Marine Corps Recruit Depot San Diego came together to compete in the playoff elimination games for the volleyball portion of the Commanding General's Cup at the field house here, June 21.

The first match of the day was a back and forth struggle between G-3 Operations and the Recruit Administration Branch, ending in a hard earned two games to one win in for RAB.

The following match concluded after only two games of Medical defeating 3rd Recruit Training Battalion. In the third match, 12th Marine Corps District Team B turned the tables and overthrew them, two wins to none.

Then, in what some considered the most intense game of the day, 12th MCD Team B faced off against the Adjutant's Office and played a back and forth game until the Adjutants finally toppled the 12th MCD Team B in a three-game play.

"We whooped it on, put on a good game, blocked well and (had) overall good defense," said Sgt. Benedict 'The Beast' Buclig, orders chief, 12th MCD and Team B player. "In the end it came down to which team made the least mistakes in the last game and who played just a little better."

The last game of the day placed 12th MCD Team A against Team C, ending in a victory for Team C.

"It's nice to see two teams, who knew they wouldn't enter playoffs, come out and play anyway and have fun," said Rachel Dickinson Commanding General's Cup coordinator. "It's always great to have quite a variety of people come out, of all ages and sizes."

The top four teams from today will play Wednesday in the playoffs and have a chance at the most coveted prize of all: T-shirts.

"First, second and third place teams all get CG's Cup T-shirts they can wear all year for bragging rights and to advertise the CG's Cup to incoming Marines," said Dickinson.

For the one-day tournaments, winning teams can expect a trophy and several points toward their section for the overall CG's Cup. If a team racks up enough points throughout

the year, respectively, the first, second and third place teams are awarded \$300, \$200 and \$100 for a team picnic fund.

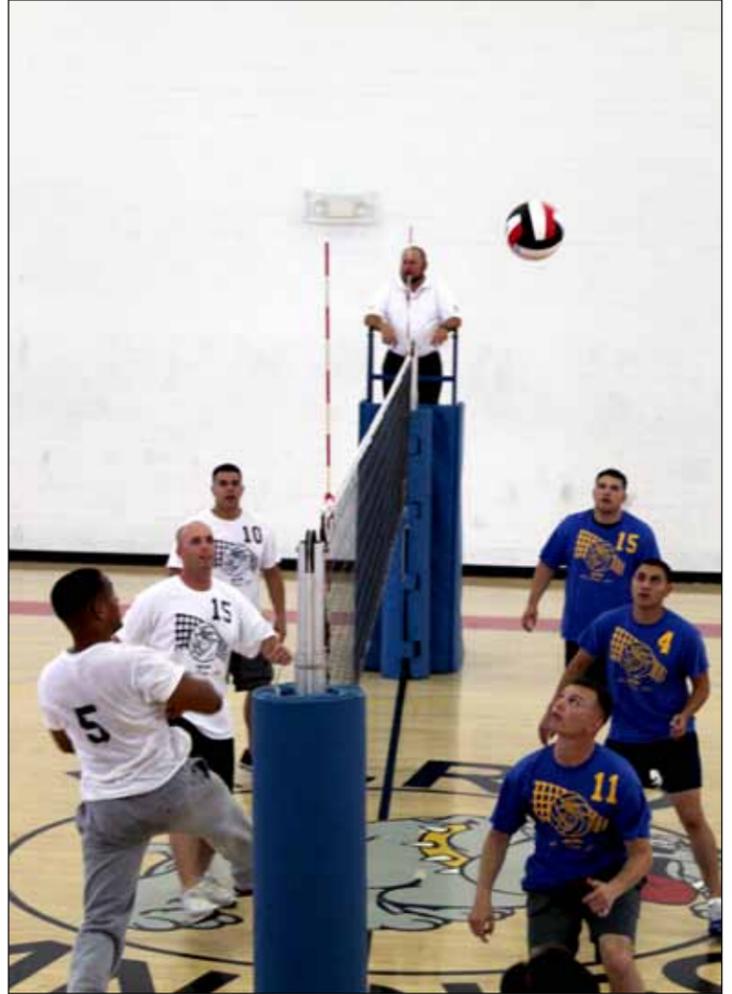
Besides T-shirts, first-place trophies and picnic money, participating in CG's Cup sports has numerous other benefits.

"CG's Cup provides good competition for service members and civilians aboard the depot in the form of various sports leagues and one-day events; we are offering close to 20 of these this year," said Dickinson. "Sports are good for morale, promote exercise, they're free and are a great stress reliever for all you Marines who work so hard."

Some also believe that in addition to relieving stress, the sports offer something that is much more difficult to attain when you work in an office.

"These competitions are great ways to work on teamwork for guys like me who are behind a desk a lot," Buclig said. "It gives us a chance to build unit cohesion we wouldn't usually have with other guys in our building; even if a team loses, at least they are losing together as a team."

For more information on CG's Cup sports, visit www.MCCSMCRD.com or call Rachel Dickinson at (619) 524-0548.



The G1 team, blue tee-shirts, faces off against the 12th Marine Corps Bravo team in CG's Cup volleyball competition in the Field House June 21.

H&S knocks playoffs out of the ballpark, 15-3



Lance Cpl. Katalynn Thomas

Lance Cpl. Caitlyn Maxwell, an administrative clerk for Marine Corps Absentee Collection Unit, sends the ball down field during the women's softball play-offs, June 21. Headquarters and Service Battalion came out in the lead after two games against Recruit Training Regiment with a score of 15-3 during the last match.

BY LANCE CPL. KATALYNN THOMAS
Chevron Staff

Headquarters and Service Battalion stomped Recruit Training Regiment during the women's softball playoffs, June 21, with a score of 15-3.

The playoffs, held at Marine Corps Recruit Depot San Diego's softball field, consisted of a double elimination. The first team to win two games won the playoffs.

The first game seemed to be pretty evenly matched with H&S giving no real leeway to RTR. They held strong with a score of 4-1 for the entire game.

"We had a lot of new players this year," said Staff

Sgt. Hector Alanis, operations chief, H & S Battalion, and team coach. "We even had some who were new to the sport, but we are doing well. We were close with this game, but we were still winning."

After a short break so the players could catch their second wind, they began playing the next game.

"We are doing well this year," said Lance Cpl. Jaimee Williams, an administrative clerk for 3rd Recruit Training Battalion. "The games are a lot closer than last year when Headquarters was scoring points like crazy."

Headquarters and Service Battalion continued to be relentless with scoring points. Lance Cpl. Caitlyn Max-

well, an administrative clerk from Marine Corps Absentee Collection Unit and heavy hitter for H & S Battalion, hit several double runs.

"To be honest, the first game had us a little worried," said Alanis. "The second game we got a little cocky and swept them fairly easy."

With RTR fighting to stay in the game, Headquarters and Service Battalion knocked the game out of the ball park with an outstanding score of 15-3.

"We had fun practicing for this playoffs, and we had fun playing it," said Sgt. David Farmer, a drill instructor with Support Battalion and RTR's coach. "Headquarters has good sportsmanship and experience."



Lance Cpl. Katalynn Thomas

Major Linda Long, company commander, Service Company, runs to first base after hitting the ball during the women's softball play-offs, June 21. Headquarters and Service Battalion battled with Recruit Training Regiment through two games to come out on top during the final game with a score of 15-3.