



# *Spartan Messenger*



Newsletter for future Marines and proud  
parents of  
Recruiting Station Frederick

## **MOTIVATED**



**RS Frederick's Commanding Officer Maj. Birchfield  
discusses the importance of the commitment made by  
RS Frederick's Poolees.**

# A LITTLE WORK PAYS OFF

In order to be promoted to private first class you must refer two qualified individuals to your recruiter who enlist into the Marine Corps. There are people all around you who are potential Marines. You have friends at school who are curious about what you will be doing in the Marines. They might want to talk to your recruiter. Go over your yearbook with your recruiter and show them individuals that might be interested in the Marines. Talk to your friends during their extra curricular activities. Get someone to enlist and make more money!

A private earns \$1,379 a month for the first four months of service. He earns \$1,491 from that point on. Promotion to private first class earns you \$1,671 a month. A difference of \$287.70 a month for the first four, and \$177.30 every month there after until promotion. If the average length of time in which a Marine needs to train includes; three months for recruit training; and another two to three months for school or infantry training.

You stand to lose a total of **\$1,528.00** over that **six month** period.

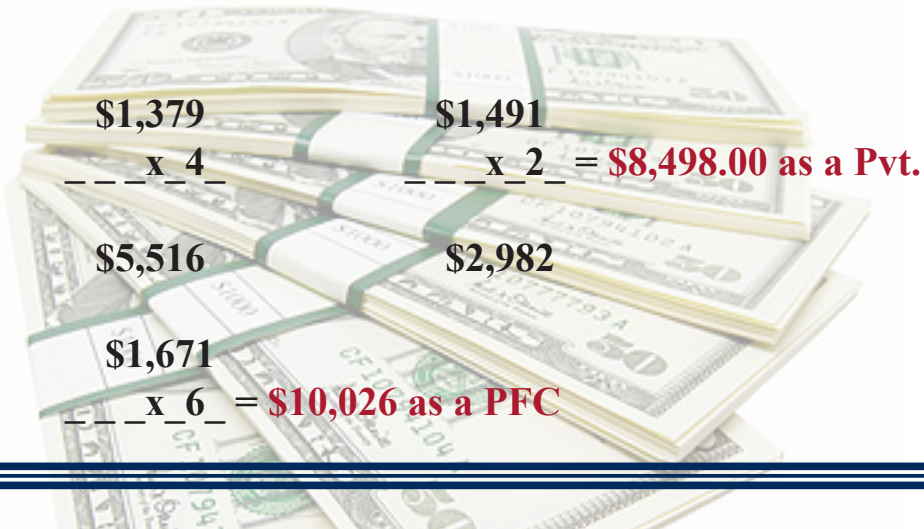
**PFC Monthly Pay:**

**\$1,671.10**  
Effective January 2012

**VS.**

**Pvt. Monthly Pay:**

**\$1,491.00**  
Effective January 2012



\$1,379	\$1,491	
x 4	x 2	= <b>\$8,498.00 as a Pvt.</b>
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\$5,516	\$2,982	
\$1,671		
x 6		= <b>\$10,026 as a PFC</b>
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**Referral form**

**Information about the person you are referring to us:**

Name: \_\_\_\_\_  
 Good contact telephone number : \_\_\_\_\_  
 Email address: \_\_\_\_\_@\_\_\_\_\_.\_\_\_\_\_  
 Mailing address: \_\_\_\_\_  
Street, Apartment #  
 \_\_\_\_\_  
City State ZIP Code

**Information about the person giving us this referral:**

Name: \_\_\_\_\_  
Fill in your name here if you want credit for this referral  
 Current school: \_\_\_\_\_

# Around the RS



RS Frederick's female poolees get a feel for the training they are going to receive at Parris Island.

RS Frederick's annual Pool Function held on April 21 at Frederick Community College in Frederick, Md.



The drill instructor gives a demonstration that consists of learning to follow immediate orders.



Poolee's celebrate a win during the RS Frederick Pool Function tug-o-war challenge.



Marines from RS Frederick watch poolee's pull during the tug-o-war challenge.

# Recruit Training Matrix

WK	CO	MON	TUE	WED	THU	FRI	SAT	SUN			
<b>PR</b>						<b>P1</b> 	<b>P2</b> 	<b>P3</b> 	<b>F1</b>		
		<b>RECEIVING</b>									
<b>1</b>		<b>F2</b>	<b>T1</b> Intro to USMC Values Ethics Intro to MCMAP UCMF Interior Guard I	<b>T2</b> Combat Conditioning Punches Customs & Courtesies	<b>T3</b> Combat Conditioning Bayonet Tech First Aid I USMC Uniforms	<b>T4</b> Combat Conditioning Spiritual Readiness USMC History Core Values Discussion	<b>T5</b> Combat Conditioning Commitment First Aid II Core Values Discussion	<b>S1</b> Chapel Prac App: Interior Guard, First Aid, Customs & Courtesies Core Values Discussion	<b>PHASE ONE</b>		
<b>2</b>		<b>T6</b> Pugil Sticks I Lower Body Strikes USMC Problem-Solving Courage Core Values Discussion Direct Deposit (L)	<b>T7</b> Combat Conditioning Upper Body Strikes Core Values Discussion Direct Deposit (F)	<b>T8</b>  USMC History USMC Mission & Org. Honors Code of Conduct USMC Leadership	<b>T9</b>  Combat Conditioning First Aid III Table / Leg Straps (L) Core Values Discussion	<b>T10</b>  Small Unit Leadership Law of Land Warfare Equal Opportunity First Aid Prac App Core Values Discussion	<b>T11</b>  5 Km Road March Rubb / TL Sweep (F) First Aid IV Interior Guard II Core Values Discussion	<b>S2</b> Chapel First Aid Prac App Core Values Discussion			
<b>3</b>		<b>T12</b> O' Course I Knife Techniques Armed Manipulations First Aid V USMC History	<b>T13</b>  Pugil Sticks II Counter to Chlorox/Bleach Sexual Harassment Substance Abuse First Aid VI Core Values Discussion	<b>T14</b>  Combat Conditioning Counter to Strikes Chokes First Aid Prac App Core Values Discussion	<b>T15</b>  Combat Conditioning Confidence Course I Core Values Discussion	<b>T16</b>  Combat Conditioning USMC History Staircase Prevention Core Values Discussion	<b>T17</b>  8 Km Road March Hazing USMC History SDI Inspection	<b>S3</b> Chapel Core Values Discussion			
<b>4</b>		<b>T18</b>  Armed Manipulations USMC History Intro to OADM Education Benefits	<b>T19</b>	<b>T20</b> Combat Conditioning	<b>T21</b> O' Course II (F)	<b>T22</b> <b>MCMAP Test</b>	<b>T23</b> Combat Conditioning (F) O' Course II (L) Pugil Sticks III Core Values Discussion	<b>S4</b> Chapel Core Values Discussion			
		<b>SWIM WEEK</b>									
<b>5</b>		<b>T24</b>  Initial Written Test Rappelling & Fall Rope M40 Gas Mask & Resistor	<b>T25</b>  Initial Drill Initial Travel Civilian Attire Personal Appearance	<b>T26</b>  Combat Conditioning (L) D-2 Clothing (F) Individual Photos (L)	<b>T27</b>  Combat Conditioning (F) D-2 Clothing (L) Individual Photos (F)	<b>T28</b>  Inoculations - 2 Thrift Savings Plan	<b>T29</b>  10 Km Road March Core Values Discussion	<b>S5</b> Chapel Core Values Discussion	<b>PHASE TWO</b>		
<b>6</b>		<b>T30</b> Combat Conditioning	<b>T31</b> ISMT Exercise	<b>T32</b>	<b>T33</b> MCMAP Endurance 26 Yd Obstacle Exercise	<b>T34</b>	<b>T35</b> <b>Initial PFT</b> Core Values Discussion	<b>S6</b> Chapel Core Values Discussion			
<b>7</b>		<b>GRASS WEEK</b>									
<b>7</b>		<b>T36</b> Combat Conditioning	<b>T37</b> O' Course III	<b>T38</b>	<b>T39</b> Pre-Qual	<b>T40</b> <b>Qual Day</b>	<b>T41</b> 12 Km Road March Mentor's Tour Foreign Language Program	<b>S7</b> Chapel Core Values Discussion Mentor's Clothing & Equipment			
		<b>TABLE 1 FIRING WEEK</b>									
<b>8</b>		<b>T42</b>  Interior Guard Prac App	<b>T43</b>  O' Course IV (L) Interior Guard Prac App	<b>T44</b>  O' Course IV (F) Interior Guard Prac App	<b>T45</b>  Final Travel (L) Interior Guard Prac App	<b>T46</b>  Final Travel (F)	<b>T47</b>  Combat Conditioning Co-Ord's Inspection Core Values Discussion	<b>S8</b> Chapel Field Stations Camo, Cover, Coordinant Prep for Combat Field Ex Station	<b>PHASE THREE</b>		
<b>9</b>		<b>TEAM WEEK</b>									
<b>9</b>		<b>T48</b> Table 2 (L) Classes Crewnet / Aegit BWT (F) Mentor's Courses, Head & Arm Sticks, IED	<b>T49</b> Table 2 (L) Firing BWT (F) Land Navigation, Combat Leadership	<b>T50</b> Table 2 (L) / Qual Table 2 (F) Classes Obstacle Aegit	<b>T51</b> BWT (L) Mentor's Courses, Head & Arm Sticks, IED Table 2 (F) Firing	<b>T52</b> BWT (L) Land Navigation, Coastal Leadership Table 2 (F) Qual	<b>T53</b> Combat Endurance Course Core Values Discussion	<b>S9</b>  Chapel Red Cross Blood Drive Core Values Discussion			
<b>10</b>		<b>BWT/TABLE 2 FIRING</b>									
<b>10</b>		<b>T54</b> O-3 Clothing (L) Confidence Course II (F) Map Skills / Land Nav II (F)	<b>T55</b> O-3 Clothing (F) Confidence Course II (L) Map Skills / Land Nav II (L)	<b>T56</b>  O-3 Clothing (F) / Eval (L) Operational Culture Terrorism Awareness OpSpec / CommSec	<b>T57</b>  O-3 Clothing (L) / Eval (F) Fraternization Sexual Assault Sexual Responsibility Marriage & 1st Term Marriage	<b>T58</b>  Prac App Testing Personal Assistance (L) Intro to Mentoring (F) Military Career Factors (L) Core Values Discussion	<b>T59</b> Field Meet Personal Assistance (F) Intro to Mentoring (F) Military Career Factors (F) Core Values Discussion	<b>S10</b> Chapel Core Values Discussion			
<b>11</b>		<b>T60</b>  Final PFT Written Testing Drivers Safety Pre-Crit Screen	<b>T61</b>  Platoon Photo Core Values Discussion Pre-Crit App	<b>T62</b>  Final Drill Leave & Liberty Core Values Discussion	<b>T63</b>  10 Km March Core Values Stations Warrior Stations Warrior Stations 8 Km Night March	<b>T64</b> Core Values Stations Warrior Stations Night Assault Course	<b>T65</b>  15 Km March End of Training Warrior Stations Photo Team Competition	<b>S11</b> Chapel Recruit Liberty Warrior Observation	<b>PHASE THREE</b>		
		<b>CRUCIBLE</b>									
<b>12</b>		<b>T66</b> Personal Responsibility Initial Course Review Covers/RRD/RLS Brief Personal Effects Pick-up	<b>T67</b>  BWT's Inspection (L) Weapons run-in (L) Pre-Ins (F) Core Values Discussion	<b>T68</b>  BWT's Inspection (F) Weapons run-in (F) Pre-Ins (L) Share the Legacy Speech Surrender / Field	<b>T69</b> Mother's Run Family Day SCL5 Photograph Order Core Values Discussion	<b>T70</b> <b>GRADUATION</b>					
		<b>MARINE WEEK</b>									

# Sergeant Major's Corner

You have made one of the greatest and most difficult decisions in your life. Your family and friends might not and may never understand your reasons for joining. The steps you took to join our ranks are just the first of many steps towards becoming the person that you are capable of. There will come a time that you will doubt yourself, your decision, and your ability. Recruit training is designed to be that way. Your recruiters are held to a very high standard and they will get you prepared for the rigors of recruit training. You must do your part by ensuring that you are mentally, physically and emotionally prepared. This includes getting into and staying in shape, getting good grades (for those in school) and studying the Basic Marine knowledge that you were given. Any work that you put in now will pay dividends when you get to boot camp, ensuring that you are ahead of the game and not drawing undue attention for being "lost in the sauce". Stay out of trouble and follow the Poolee Code of Conduct that you were given. If something changes in your life, let your recruiter know immediately. Finally, here is a secret to the success of becoming a Marine. If you do not want to come back to your hometown without the Eagle, Globe and Anchor, then you will not. If it sounds really simple....that is because it is. That alone can keep you going when you're tired, hungry and just want to lie down. Stay engaged until your objective is met...then attack a new one. Good luck to those of you that are shipping soon, I hope to shake your hand and say "Good job, Marine!"



*SgtMaj Sweeney*

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**COMMANDING OFFICER**  
**Maj. J. Birchfield**

**EXECUTIVE OFFICER**  
**Capt. J. Kilcullen**

**SERGEANT MAJOR**  
**Sgt. Maj. W. E. Sweeney**

**POOL PROGRAM SPECIALIST**  
**Staff Sgt. M. Norville**

**EDITOR**  
**Cpl. A. Williams**

# Commanding Officer's Corner

To the future Marines of RS Frederick, congratulations on your decision to serve your country, there is no path more honorable.

What I need from you now is a commitment to graduate from Recruit Training at Parris Island. Do not go to boot camp if you are not going to stay there until you are a Marine. It is going to be tough and especially the first few

weeks will be very intense. That's OK. You will graduate as long as you keep trying. I set very high standards for your recruiters. If I ship you to Parris Island then I know you have what it takes.



*Do you have the number for your Staff Non-Commissioned Officer-in-Charge?*

<b>RSS Alexandria</b> SNCOIC	(877) 323-9426 Staff Sgt. Romo	<b>RSS Fredericksburg</b> SNCOIC	(888) 870-4224 Gunnery Sgt. Hanzlik
<b>RSS Chantilly</b> NCOIC	(877) 344-9082 Sgt. Smith	<b>RSS Martinsburg</b> SNCOIC	(877) 744-8436 Gunnery Sgt. Harper
<b>RSS Silver Spring</b> SNCOIC	(877) 323-9404 Staff Sgt. Watkins	<b>RSS Rockville</b> SNCOIC	(877) 343-9119 Gunnery Sgt. Ward
<b>RSS Morgantown</b> SNCOIC	(800) 892-8016 Gunnery Sgt. Poling	<b>RSS Leesburg</b> SNCOIC	(877) 744-8436 Staff Sgt. McNew
<b>RSS Frederick</b> NCOIC	(877) 744-8625 Sgt. Thomas	<b>RSS Woodbridge</b> SNCOIC	(888) 870-4375 Gunnery Sgt. Paulk
<b>RSS Warrenton</b> SNCOIC	(540) 428-4367 Staff Sgt. Wetzel		

# POOLEE PHIGHLIGHT: *Bryan Alvarado* RSS Leesburg



**Why did you decide to join the Marine Corps ?**

*"I wanted something other people didn't have."*

**When do you leave for boot camp?**

*"June 25th."*

**What is your military occupational specialty ?**

*0311-Basic Rifleman*

**Did you play any high school sports?**

*"Wrestling-I like to slam people on the matt."*

**What do you expect to get out of Marine Corps boot camp?**

*"I want the Marine Corps swagger."*

**What question do you have about boot camp?**

*"When do I get my rifle?"*

**Where do you want to go in the Marine Corps?**

*"Afghanistan!"*

**What are your fitness goals?**

*"More than 20 chin-ups, more than 100 crunches, and less than 18mins on my run."*



Bryan Alvarado, Poolee, soon to be infantry Marine from Recruiting Sub-Station Leesburg, Va.

**"I wanted something I could call my own!"**

*Talking about why he joined*

*Alvarado does some motivated pull-ups covered in mud from a pool function ran by the Staff Non-Commisioned Officer in Charge Staff Sergeant Patrick McNew.*

**PAIN IS WEAKNESS**  
**LEAVING THE BODY.**

THE QUESTION ISN'T HOW MUCH MORE CAN YOU TAKE. BUT HOW MUCH MORE CAN YOU GIVE. JUST WHEN YOU'RE READY TO QUIT, YOUR MIND SAYS PUSH HARDER. YOU LISTEN. SENSING AN INNER STRENGTH THAT WASN'T THERE BEFORE. AND SUDDENLY YOU DISCOVER -- YOU NO LONGER FEEL PAIN.



**KNOWLEDGE** - Having professional knowledge and understanding your Marines.  
**LOYALTY** - The quality of faithfulness to the country, the Corps, the unit, to one's seniors, subordinates, and peers.  
**ENDURANCE** - The mental and physical stamina to withstand pain, fatigue, stress, and hardship.

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# Marine Corps News

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## Follow the Leader

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February 28 // By Cpl. Colby Brown

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GARMSIR DISTRICT, Helmand province, Afghanistan — Someone always has to go first.

In Afghanistan, the Marine who goes first is the point man. He is the first to jump across a canal, enter a farm field and tread ground that is potentially laced with improvised explosive devices.

“Our squad’s area has good security,” said Lance Cpl. Tyler Wilson, a point man with 3rd Squad, 4th Platoon, Alpha Company, 1st Battalion, 3rd Marine Regiment. “Knowing that there hasn’t been very much IED activity in our area is a good feeling. But when you come across something you need to check out or looks like an IED, it’s definitely an ‘oh shit’ situation.”

The few responsibilities of a point man are of high importance. His first responsibility is sweeping the patrol route for IEDs. Like a metronome, the point man’s arm sways back and forth with a combat metal detector attached. The constant, weighted motion causes most point men to build more muscle in their sweeping arm.

“During the first couple of weeks my arm was numb from sweeping everyday,” said Wilson. “But you get used to that pretty quickly.”

There is a certain tone that every Marine dreads. It alerts the CMD user to a metallic presence in his immediate vicinity. Unlike the metal detector of an old man at the beach searching for loose change, this sound means danger is likely buried nearby.

“You have to make sure you know how to operate the metal detector,” Wilson added. “There is a beep that means metal is below you and another beep that means the batteries are about to die. You need to know how to get a good sweep, every time.”

The point man’s second task is to find a route. During the first weeks in Afghanistan, a point man must study his area of operation and make mental notes of natural landmarks.

As his deployment progresses, the point man will become more comfortable with his surroundings and more knowl-

edgeable on every piece of his AO. When his squad leader holds a patrol brief, the point man will eventually no longer need a map. Carrying a global positioning device for backup, the point man sets the pace and route to the villages his squad will visit on a given patrol.

“You have to know your area and be just as knowledgeable about your area as the squad leader,” Wilson said. “My squad has a pretty big area, but the squad leader could give me a place to go and I would know how to get there, anywhere in the area of operation.”

The task of finding a safe patrol route is complicated by insurgent IED operations. A point man must think like an insurgent, remaining cognizant of IEDs placed at choke points in trails or regularly trafficked areas. While the point man may be in front of the patrol, in the back of his mind lingers the worry of missing an IED.

“Always knowing that there’s a possibility that I could miss an IED and be hit by it stays in my head,” Wilson said.

The variety of IEDs found in southern Helmand makes catching everything laid by insurgent forces a nearly impossible task. Despite this reality, point men still hold themselves responsible for every missed IED and, more importantly, for the safety of their fellow Marines.

“I miss something and one of the guys in my squad gets hit,” said Wilson. “That’s definitely a thought that stays in my head — that I could miss something and someone could get hurt.”

Marines on patrol frequently play a high stakes version of follow the leader. It is important for members of a squad to follow exactly where their point man goes while on patrol. If you stray from the point man’s path, you put yourself in unnecessary danger of stepping on an IED.

For Wilson, being a point man came naturally.

“Not everybody is knowledgeable of their AO or can sweep for hours at a time,” said Wilson. “I take pride in my job.”

As the battalion nears the end of its deployment, Wilson remains in front of his fellow Marines, diligently clearing a path for them over the rugged Afghan terrain.





# Marine Corps Rank

## Enlisted



Private First Class



Lance Corporal



Corporal



Sergeant



Staff Sergeant



Gunnery Sergeant



Master Sergeant



First Sergeant



Master Gunnery Sergeant



Sergeant Major



Sergeant Major of The Marine Corps

## Officer



2nd Lt



1st Lt



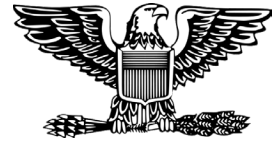
Captain



Major



Lt Colonel



Colonel



Brigadier General



Major General



Lieutenant General



General



Warrant Officer



Chief WO 2



Chief WO 3



Chief WO 4



Chief WO 5

# Poolee Code of Conduct



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- I** I am a future Marine. I will not use illegal drugs, nor will I tolerate or associate with those who do.
  - II** I will adhere to the highest mental, moral and physical standards that qualified me to become a United States Marine and I will immediately notify my recruiter of any changes to my enlistment status.
  - III** I will always conduct myself in a manner that is befitting the title Marine and prepare myself both mentally and physically for the rigors of recruit training.
  - IV** I will never stop asking other individuals to join me in the ranks of the Corps and will provide my recruiter any assistance asked of me to find future Marines.
  - V** I am responsible for contacting my recruiter at least once a week and attending all scheduled pool functions while I am a member of the Delayed Enlistment Program.
  - VI** I will never forget that I am a future Marine, responsible for my actions, and bound by my oath of enlistment to serve this country honorably as a United States Marine.
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