Recruit training program combats common injuries

BY LANCE CPL. CRYSTAL DUREEY 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 488 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 amount 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’re pin-pointing what we can really do to maintain the physical readiness and physical strength 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 positive recruits had to take, 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 that those who 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 have 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 17 miles. Running fast weeken 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 stronger, depending on what it is you are doing. Same is true with bones. If you increase the amount of activity

see BONES ➢ 2

Society honors vets of the Korean Conflict

BY LANCE CPL. ERIC QUINTANILLA CHEVRON STAFF

Army Maj.Gen. Frank E. Lowe once said, “The oddest 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 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 Phleboton 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 and tradition 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, 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.”

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.

Recruiting is the mission for the Marine Corps. According to a Time magazine article printed earlier this month, almost 100 percent of the men recruited in the Western Recruiting Region are top applicants.

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

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 brave range.

see RECRUIT ➢ 2

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 Lc. Col. Arthur Woods, deputy, assistant chief of staff recruiting.

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

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 brave range.

see RECRUIT ➢ 2

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 Lc. Col. Arthur Woods, deputy, assistant chief of staff recruiting.

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

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 brave range.

see RECRUIT ➢ 2
DIs work with Air Force JROTC cadets

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 416 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 AJROTC 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.

RECRUIT ¶

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 75.5 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 Mariner 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 Recruiting Regiment on planning how applicants should be prepared before leaving for basic training. If IRTR 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-dash 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 commissioned officers leading them."
Marine pilots land 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. Louisians 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. 2nd. Shane Yonko, commanding officer, 2/3/14, 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 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.

Marine pilots land a CH-53 Super Stallion as part of the static display at the Ballpark Village at Busch Stadium.
Waiting 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," said Mary Young, MCCS 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."

Letting 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, MCCS 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 MCCS 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 depot’s Marine Corps Community Services Youth Sports 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 of Champions. “We’re also trying to make sure their first tennis experience is fun and easy.”

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. 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. "We are trying to teach them that exercise and sports are fun," said Karen Ronney, tennis coach, San Diego Hall of Champions.
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.”

There was a surprise visit from two special visitors; former Strikeforce Light Heavyweight Champion, Renato “Babalu” Sobral and Strikeforce 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 barbecue sponsored by the Single Marine Program.

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 1974. Upon completion of the Basic School and her occupational specialty school, Maj. Gen. Garrett received orders to 1st Marine Division.


In November 2002, Maj. Gen. Garrett served as chief of staff and commander for 1st SSG. In July 2004, Maj. Gen. Garrett was assigned as the chief of staff for 1st SSG (Deployed) and in September 2004, she served in Iraq.


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 1997-1999, 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!”
INDIA COMPANY

3rd RECRUIT TRAINING BATTALION
Commanding Officer
Capt. G. M. Dutruer

COMPANY I
Commanding Officer
Capt. C. D. Alatorre

COMPANY II
Commanding Officer
Capt. L. C. Ensign

COMPANY III
Commanding Officer
Capt. B. D. Niklas

PLATOON 3201
Series Commander
Capt. R. C. Paletta

PLATOON 3202
Series Commander
Capt. B. C. Paletta

PLATOON 3203
Series Commander
Capt. C. D. Paletta

PLATOON 3204
Series Commander
Capt. D. C. Paletta

PLATOON 3205
Series Commander
Capt. E. C. Paletta

HONOR PLATOON

Pvt. A. A. Rodriguez
Pvt. A. A. Rider
Pvt. E. W. Regules
Pfc. C. G. Rasmussen
Pvt. B. D. Niklas
Pvt. L. A. Nay
Pfc. A. P. Kunze
Pvt. M. J. Larabee
Pvt. P. A. Kunze
Pfc. L. C. Kaulupali
Pfc. C. V. Just
Pfc. S. R. Iniguez
Pfc. T. J. Phelan
Pvt. C. J. Taylor
Pfc. T. V. Piccard
Pfc. D. A. Posada
Pvt. N. A. Pusey
Pfc. G. A. Ramirez
Pfc. G. C. Ratcliffe
Pvt. E. W. Regules
Pvt. Z. J. Remmer
Pfc. B. A. Rider
Pfc. J. M. Nobles
Pfc. A. A. Rodriguez

*Indicates Meritorious Promotion.
Fun, unit cohesion part of CG's Cup sports

BY CHEVON STAFF

In a military check-off of surveys, programs and helpful feedback, 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 softball playoffs 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 Recruiting 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 Regiment through two games to come out on top during the final game with a score of 15-3. Headquarters and Service Battalion stomped Recruit Training Regiment with a score of 15-3 during the last game play.

“We whooped it on, put on a good game, blocked well and had overall good defense,” said Sgt. Benedict “The Beast” Budig, 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: a trophy and several points winning teams can expect to achieve with their 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 teamcaptains and post commanders participating in CG’s Cup sports has numerous other benefits. CC’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,” Budig 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.MCCSMD.com or call Rachel Dickinson at (619) 524-0548.

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

BY LANCE CPL. KATALYN THOMAS

Headquarters and Service Battalion knocked 3rd 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 hayoey to RTB. 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 Alonso, 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 on the players could catch their second wind, they began playing the next game.

“We are doing well this year,” said Lance Cpl. Jamette 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 Maxwell, 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 Alonso. “The second game we got a little cocky and swept them fairly easy.”

With RTB 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 Parmar, a drill instructor with Support Battalion and RTB’s coach. “Headquarters has good sportsmanship and experience.”

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 Recruiting Training Regiment with a score of 15-3 during the last match.

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 Recruiting Training Regiment through two games to come out on top during the final game with a score of 15-3.