



**Co. D
takes
first
Combat
Fitness Test**

Pg 8

MARINE CORPS RECRUIT DEPOT SAN DIEGO

CHEVRON

AND THE WESTERN RECRUITING REGION



Vol. 74 – Issue 20

“WHERE MARINES ARE MADE”

FRIDAY, JULY 25, 2014

Pick up, the official start point of training

STORY & PHOTOS BY
SGT. WALTER D. MARINO II
Chevron staff

Expressions of nervousness and tension blanketed the faces of recruits as they were brought into the squad bay that will be their home for the next 12 weeks.

Recruits of Fox Company, 2nd Recruit Training Battalion, conducted pick up at Marine Corps Recruit Depot San Diego, July 18.

Pick up is the first official training day for recruits, and it is the first time they meet their platoon drill instructors.

Although the introduction started with a calm and relaxed tone, it was just the calm before the storm. Once the senior drill instructors were done with the formalities, the drill instructors took charge of the recruits and began barking out their first commands.

“Get on line! Get on line!” yelled the drill instructors.

Inside the squad bay are three rows of bunk beds and in front of each bed are two foot lockers for equipment.

Drill instructors placed the recruits in front of their racks and began calling out each piece of



Sgt. Anthony J. Juedes, drill instructor, Platoon 2129, Fox Company, 2nd Recruit Training Battalion, gives recruits instructions during platoon pick up at Recruit Depot San Diego, Calif., July 18. Pick up is the day that recruits are introduced to the drill instructors they will have during recruit training.

issued gear. Recruits responded by raising each item to show they had it.

Drill instructors yelled for the recruits to move quickly, and the

transition from the calm to the chaotic seemed to stress many of the recruits.

“Your heart starts racing and your adrenaline starts pump-

ing when they’re yelling at you to move at lightning speed,” said Recruit Anthony J. Mesa, Platoon 2129.

Sgt. Anthony J. Juedes, drill

instructor, Platoon 2129, explained he brings as much intensity as possible on pick up day

see PICK UP ▶2

Company K recruits learn MCMAP chokeholds

STORY & PHOTOS BY
CPL. TYLER VIGLIONE
Chevron staff

Recruits of Kilo Company, 3rd Recruit Training Battalion, learned knife techniques and chokes with counters during a Marine Corps Martial Arts



Recruits Nolan Cagle and Daniel Cook, Platoon 3223, Kilo Company, 3rd Recruit Training Battalion, practice the rear choke technique during a Marine Corps Martial Arts Program session at Marine Corps Recruit Depot San Diego, July 21.

Program class at Marine Corps Recruit Depot San Diego, July 21.

While in recruit training, recruits are taught MCMAP because it builds the foundation for hand-to-hand combat that they will expand on later in their careers.

During the session, recruits learned two knife techniques, the vertical slash and vertical thrust, and two different chokes, the blood and air choke, all moves included on the practical application test later on in recruit training. In addition to the chokes, recruits also learned how to perform counters to the moves as well.

“The blood choke is used to constrict blood from entering the brain while the air choke is used to compress oxygen from the brain,” said Sgt. Hervacio H. Mata, MCMAP instructor, Support Battalion. “These are typically the chokes that are most effective and used.”

Drill instructors demonstrated the moves and then the recruits began to rehearse the techniques with a partner.

“Repetition is key,” said Mata, a native of San Diego. “Here, it’s new to them and its ok if they mess up. It’s better to mess up here than there.”

Recruits practiced each technique, from an offensive and defensive perspective, until each movement was fluid and preformed correctly. Safety is paramount during MCMAP training, so the recruit being choked simply tapped the arm of the other recruit, signaling a successful choke hold.

Recruits learned every move step-by-step to ensure each it was done thoroughly and correctly.

“The biggest challenge I see with recruits is they forget the small details in each technique,” said 29-year-old Mata. “In a real-life situation, that could be deadly.”

The primary objective of MCMAP is to teach recruits how to fight and defend themselves, however,

see MCMAP ▶2

Charlie Company gets combat care training

STORY & PHOTO BY
LANCE CPL. JERICHO W.
CRUTCHER
Chevron staff

Combat care training provides knowledge of how to apply combat first aid during volatile or life threatening situations. Knowing these skills could mean the difference between life or death in the combat environment.

Recruits of Charlie Company, 1st Recruit Training Battalion, learned various methods of treating casualties with hands-on training during a Combat Care III class aboard Marine Corps Recruit Depot San Diego, July 22.

“Up, down, left, right, all clear! Are you all right? Are you ok?” shouted recruit David A. Melendez, Platoon 1043, as he cleared the area and searched for a wound on a simulated casualty.

During the class, recruits learned how to assess and treat different situations such as a chemical burn, sucking chest wound, open and closed fractures as well as how to apply a tourniquet.

“While treating the wound, you have to make sure the en-

tire wounded area is covered and the bandage is secured enough to not fall off or unravel,” said 18-year-old Melendez, a Los Banos, Calif., native. “If your only Corpsman gets injured, then it’s important Marines have enough knowledge about combat care to start applying the appropriate first aid to the wounded.”

The event was broken into five stations, each with a different combat wound. Recruits were required to assess each simulated casualty and apply proper treatment before rotation to each of the stations, ensuring they had the opportunity to receive hands-on experience for each station.

Recruits are required to pass a combat care test during training week 10 and during the practical application, they must correctly assess and treat a casualty with an unknown injury.

If a recruit incorrectly assesses and treats the casualty, he will be required to retest. Because of the importance of learning these life-saving skills, recruits who do not pass the first aid test could be

see CARE ▶2



Senior Drill Instructor, Sgt. Brandon M. Whelan, Platoon 2129, Fox Company, 2nd Recruit Training Battalion, introduces himself to the new recruits of Company F during platoon pick up at Recruit Depot San Diego, Calif., July 18. During the meeting, recruits are informed that their drill instructors are not only there to train them but to ensure their safety as well.

PICK UP ◀ 1

because it leaves a lasting impression on the recruits.

“The drill instructors had a lot of intensity, their veins were coming out of their necks and they were all sweaty,” said Mesa, a Las Vegas native.

Juedes said the intense first impression is crucial in quickly establishing willingness and obedience to orders.

“If you don’t establish that shock and awe in the beginning, you’re just another guy talking,” said Juedes. “Having intensity sets the tone that if I say something, (they’re) going to listen.”

Once the chaotic mess of issued gear items ceased and the tempo was brought back down, it appeared the recruits were relieved they had weathered the storm.

“Coming in I was really nervous

because of all the videos I’d seen on Marine recruit training and what I’ve heard from others who graduated,” said Mesa. “But afterwards I felt a sense of accomplishment knowing I’m on my way to becoming a Marine.”

With the introductions and gear inspection completed, new Company F recruits can focus on the bigger challenges that lie ahead in Marine Corps recruit training.



Recruits of Kilo Company, 3rd Recruit Training Battalion, place each other in chokes during a Marine Corps Martial Arts Program sessions at Marine Corps Recruit Depot San Diego, July 21. Not only do recruits learn martial arts in MCMAP, but also discipline and warrior ethos.

MCMAP ◀ 1

an equally important second objective is for them to learn discipline and the warrior ethos.

“There has to be a lot of discipline to learn a fighting style,” said Recruit Nolan Cagle, Platoon 3223, Kilo Company, 3rd Recruit Training Battalion. “There are certain times where violence is necessary, but there are more times when it is not. You have to be the one to differentiate the two.”

When the recruits enter the Fleet Marine Force, they will have the opportunity to test for higher level belts, which gives them

more confidence and further deepens the warrior ethos in them.

“You can’t be scared,” said Cagle, a native of Garland, Texas. “You have to be stronger and faster than your opponent at all times.”

Recruits of Kilo Company will soon be ready to test for their tan MCMAP belts, which entails confidence and accuracy while performing each technique they learned throughout recruit training.

“I am excited to learn more MCMAP, both in recruit training and in my Marine Corps career,” said Cagle. “Who knows, one day it might save my life.”

CARE ◀ 1

held back in training to ensure they learn the valuable information.

“Recruits should leave this class knowing the importance of learning combat care because it could be any of them who might have to save a fellow brother, friend and Marine,” said Staff Sgt. Jeremy M. Willetts, drill instructor, Platoon 1043. “Any Marine

in any military occupational specialty can find themselves in that situation.”

Being able to provide timely assistance in a stressful situation is paramount during combat. Assessing and treating injuries must come to Marines as second nature, which means the recruits conduct first aid drills constantly during training, explained 28-year-old Willetts, a Hornell, N.Y., native.

The Combat Care III class is taught on

training day seven giving recruits nearly 12 weeks to thoroughly understand the information.

“I feel confident after today’s class that I can apply the basics of first aid training to a wounded casualty,” said Melendez. “We will continue to learn about combat care further into detail as training goes on, and I will absorb all the knowledge I can toward it.”

BRIEFS

Emergency family plan

Now that summer is here and the kids are out of school, it’s a great time to update the family communication plan.

Reconnecting with your family in the event of an emergency (fire, flood, earthquake, etc.), may take planning. Changing schools, daycare changes, new job locations or even moving may make critical contact information obsolete. Updating the plan with new information is a must.

Check on and renew neighborhood contacts, evacuation sites and meeting places.

Make sure personal information, including important medical information is readily available to all family members.

Make sure the information for your out-of-state safe point is still accurate. If you have moved, or your out-of-state point contact has moved, this information may need updating.

In a disaster situation, he/she can communicate to others that you and your family are safe. Add this person to your cell phone contacts as “ICE” (in case of emergency).

For more information on emergency preparedness, contact Craig Hunnewell at ext. 8432.

Social Networking Safety for Teens

Marine Corps Family Team Building, Building 6E, hosts Social Networking Safety for Teens July 29, from 5:30 to 7:30 p.m. The workshop is designed to teach teens to stay safe while surfing the net.

The internet represents many benefits and dangers. The workshop addresses the dangers and risks of the net, and ways to protect against them.

Active duty members, dependents, retirees, and DoD civilians are welcome to attend. Have questions about Social Networking Safety for Teens?

For information go to <http://www.eventbrite.com/e/social-networking-safety-for-teens-tickets-11702034099>.

Boots to business

A Boots to Business seminar will be held July 29 - 30, from 7:30 a.m., - 4 p.m., in the P&PD classroom, Building 14.

The event may enhance future business planning efforts. For information call Mina Threat at (619) 524-1283/8440.

Washington state primary

Washington holds its primary election August 5. If you are a Washington resident who needs to vote absentee, you may register and request an absentee ballot using the Federal Post Card Application (FPCA) found at FVAP.gov. Complete, sign and send the FPCA to your local election official. This form needs to be received by August 5, 2014.

Detailed information is available at the following website: www.fvap.gov/washington.

Back to school brigade

Prepare for the 2014-15 school year!

There will be a backpack and school supply giveaway at the depot Fieldhouse, for active duty E1-E6 on Aug. 16 from 10 a.m., until 4 p.m., provided by Operation Homefront. Register at www.operationhomefront.net.

Meet representatives from local schools and agencies!

Younger children may enjoy the Fun Zone and interactive activities.

For information visit: <http://mcc-smcrd.com/MarineAndFamilyPrograms/MarineCorpsFamilyTeamBuilding/BackToSchoolBrigade/index.html>

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.

24th MEU begins first major ‘work-up’ exercise

STORY & PHOTOS BY
CPL. DEVIN NICHOLS
24th Marine Expeditionary Unit

FORT EUSTIS, Va. – A contingent of Marines and Sailors from the 24th Marine Expeditionary Unit and Amphibious Squadron 8 were busy from July 12 to 18, training for maritime interdiction operations at Joint Base Langley-Eustis, Va.

The event was part of Realistic Urban Training Maritime, the first major exercise in the 24th MEU’s pre-deployment training package, and focused largely on visit, board, search, and seizure, or VBSS, operations. The operations serve as a routine, but crucial, capability of the 24th MEU and prepare Marines for missions that may require them to board a foreign vessel, search it for illegal cargo and perhaps seize control of it and hand it over to a U.S. Navy ship control team.

Three types of amphibious operations are often categorized as opposed or unopposed. If unopposed, the U.S. Navy performs appropriate actions to visit and search the ship. If the crew opposes the visit or becomes hostile, the call goes to the 24th MEU’s Maritime Raid Force, a contingent of Force Reconnaissance Marines who are attached to the MEU to provide the MEU commander with a limited, organic, special operations capability.

Captain Jason B. Hibler, the MRF’s 1st platoon commander, emphasized the importance of this training for his Marines.

“The biggest thing I need them to take out of this training is to be able to board a vessel, whether it’s via boats or via air, and board it as quickly as possible, clear it, secure it, and get ready, if necessary, for a turnover with the Navy as soon as possible,” said Hibler.

The MRF previously trained for VBSS missions, but not as part of RUT, a training exercise designed to give the 24th MEU an opportunity to train in unfamiliar environments.

“For some of my Marines, this is a new type of training, but I’m fortunate to have a lot of experienced Marines who take charge and show them what to do,” said Sgt. Michael H. Blair, 1st Platoon team leader, and New Orleans native. “Some of these scenarios are even new to me, but we learned a lot from the Special Operations Training Group instructors who oversaw our training.”

Special Operations Training Group, a group charged with training and evaluating the MEU prior to their deployment, challenged the Marines and Sailors by setting up realistic scenarios they could encounter when conducting VBSS missions.

Hibler seconded Blair’s appreciation for SOTG’s instruction.

“When we initially started this package, the Marines in the pla-



Cpl. Phillip S. Lilly II, a scout sniper with the 24th Marine Expeditionary Unit’s Ground Combat Element, Battalion Landing Team, 3rd Battalion, 6th Marine Regiment, and a Princewick, W.Va., native, looks for simulated targets during a visit, board, search, and seizure exercise at Joint Base Langley-Eustis, Va., July 15. During VBSS, scout snipers provided cover from UH-1Y Hueys to the Maritime Raid Force, Force Reconnaissance Company, 2nd Reconnaissance Battalion on the simulated vessel of interest. The Hueys are part of the organic air assets of the 24th Marine Expeditionary Unit’s Aviation Combat Element, Marine Medium Tiltrotor Squadron 365 (Reinforced). The exercise is part of Realistic Urban Training Maritime and is the first major pre-deployment training exercise for the 24th MEU in preparation for their deployment later this year.

toon had limited experience with SOTG. [SOTG] provided a wealth of knowledge to get my Marines to where they are now and [because of that guidance] they have become extremely proficient over the last few weeks.”

The 24th MEU’s Aviation Combat Element, Marine Medium Tiltrotor Squadron 365 (Reinforced), provided assault support to the MRF from UH-1Y Hueys.

The Marines trained on actual ships in the James River along with real people as role players. The role players, both hostile and compliant, were given special effects small-arms marking systems, or SESAM, rounds - similar to a paintball - to mark the target and allow the shooters to evaluate their accuracy.


“Getting onto a ship really pays dividends in the long run, with going down into an engine

room and getting used to the ladder wells, so I believe it’s very beneficial to us,” said Cpl. Joseph E. Snysdman, a Force Reconnaissance Scout with the MRF, and a Seattle native. “It’s definitely more realistic than [yelling] ‘bang-bang’ because no one wants to get shot with SESAM rounds anyway. So you are definitely a little bit more on edge and paying a little more attention to what’s going on around you.”

After the MRF completed their mission, they were extracted by a combination of helicopters and rigid-hulled inflatable boats, or RHIBs, and returned to the command operations center for debriefing. The 24th MEU’s, RUT is a two-part exercise. The MEU will spend the rest of July conducting RUT Ground, which consists of land-based operations in and around North Carolina and Virginia.



Two rigid-hulled inflatable boats, or RHIBs, from the Navy’s 8th Amphibious Squadron and Marines from the 24th Marine Expeditionary Unit’s Maritime Raid Force, Force Reconnaissance Company, 2nd Reconnaissance Battalion, stalk a simulated vessel of interest during a visit, board, search, and seizure exercise near Joint Base Langley-Eustis, Va., July 15.



ESTABLISHED 1942

COMMANDING GENERAL
BRIG. GEN. JAMES W. BIERMAN

SERGEANT MAJOR
SGT. MAJ. JAMES K. PORTERFIELD

PUBLIC AFFAIRS DIRECTOR
MAJ. NEIL A. RUGGIERO

PUBLIC AFFAIRS DEPUTY
JANICE M. HAGAR

PUBLIC AFFAIRS CHIEF
GUNNERY SGT. JENNIFER M. ANTOINE

PRESS CHIEF
SGT. WALTER D. MARINO II

COMBAT CORRESPONDENTS
CPL. TYLER VIGLIONE
LANCE CPL. JERICHO CRUTCHER

EDITOR
ROGER EDWARDS

CHEVRON/PUBLIC AFFAIRS OFFICE
1600 HENDERSON AVE. #120
SAN DIEGO, CA. 92140
(619) 524-8722
WWW.MCRDSD.MARINES.MIL

The Chevron is published on the internet at the above address by Marine Corps Recruit Depot San Diego personnel. Opinions and views expressed herein are not necessarily those of the Marine Corps or the Department of Defense. The Chevron is promulgated for informational purposes only and in now way should be considered directive in nature. All photos are official USMC property unless otherwise indicated.



Recruits of Echo Company, 2nd Recruit Training Battalion, remove their gear and prepare to conduct the next event in swim qualification.

Swim training more than graduation requirement

STORY & PHOTOS BY
SGT. WALTER D. MARINO II
Chevron staff

Every recruit has his own story and reason for joining the Marine Corps, and for some, that reason is to receive the unique swim training given in recruit training.

Recruits of Echo Company, 2nd Recruit Training Battalion, conducted swim qualification at Marine Corps Recruit Depot San Diego, July 21, moving one recruit closer to conquering his fear of the water.

During the qualification, recruits are taught two floating techniques, four swimming strokes, how to remove their combat gear in water and how to properly conduct an abandon ship drill from the three-meter board.

Recruit Shawn E. Dukes, Platoon 2223, had the desire to learn these techniques after a near-death swimming experience.

"A big wave overturned my innertube in the deep end, and I went straight down," said Dukes. "I couldn't think straight, and could only see the light above me. Even though I was struggling to

get back up, I still passed out."

After being pulled out of the water, Duke required cardiopulmonary resuscitation to restart his breathing.

Oddly enough, Duke explained that swimming didn't become a fear, but rather an obstacle he wanted to defeat and a skill he wanted to hone in recruit training.

Duke felt the pressure of the pool since swim qualification is a graduation requirement, as well as an annual training event for all Marines. After failing the first portion of the qualification, Duke was placed with other recruits who required remediation of basic swimming fundamentals. Despite the setback, Duke explained he was neither worried nor scared he would fail.

"Weakness isn't a characteristic, it's an attribute. You're only weak if you don't try," said the Gary, Ind., native. "Going through Marine Corps training is a once in a lifetime experience. I don't want to look back and say I could have done better if I wasn't scared."

Other recruits had similar reasons for pushing themselves through the vigorous training

exercise.

Recruit Pablo E. Lara, Platoon 3223, was also placed in remediation, but explained he wanted to pass the training because it would give him the tools to possibly save a life.

When Lara was nine years old, he nearly drowned in a pool and saved his sister from drowning when he was 13.

He explained the experience at nine years old caused him to hesitate when it came time to react and rescue his sister. Since then, he has always desired to become a better swimmer.

"I knew I wasn't a good swimmer, and for a second I froze," said Lara. "But then I realized how much she was struggling, and I jumped in and saved her."

Lara said he believes the swimming techniques learned in recruit training would give him the confidence and ability to save a family member or Marine in the future.

"No one in my family can swim, and I want to show them we can do better, that anything is possible," said Lara. "That's why I'm not going to quit on the swimming."



Recruits of Kilo Company, 3rd Recruit Training Battalion, conduct a 25-meter swim utilizing a back pack as a floatation device at Marine Corps Recruit Depot San Diego, July 21. The exercise was part of a swim qualification all recruits must pass in order to become Marines.



Recruits of Kilo Company, 3rd Recruit Training Battalion, await the command to begin floating. Recruits must demonstrate they can float for four minutes in order to pass swim qualification in recruit training.



Recruits of Kilo Company, 3rd Recruit Training Battalion, practice conducting an abandon ship drill from the three-meter board at Marine Corps Recruit Depot San Diego, July 21. Recruits are required to use proper technique during the drill, otherwise it is conducted again.



Recruits of Kilo Company, 3rd Recruit Training Battalion, conduct an abandon ship drill from a three-meter board at Marine Corps Recruit Depot San Diego, July 21. Once in the water, recruits must swim 25-meters to complete the drill.



Pvt. Jose A. Caban (center) Platoon 3203, India Company, 3rd Recruit Training Battalion, runs with his platoon during this week’s Family Day Motivation Run at Marine Corps Recruit Depot San Diego, July 24. Caban, 20, is from Bridgeport, Conn., After graduation he will continue his training at Marine Combat Training at Marine Corps Base Camp Pendleton, Calif., and then to his military occupational specialty school. He was recruited out of Recruiting Substation Visalia, Calif.

Determination, motivation drives young man into Marines

STORY & PHOTO BY
CPL. TYLER VIGLIONE
Chevron staff

Hard work and determination can get people places they never thought they could go. One Marine set his mind to one thing and accomplished it.

Pvt. Jose A. Caban Jr., Platoon 3203, India Company, 3rd Recruit Training Battalion, didn’t give up on his goal and lost 70 pounds to enlist in the Marine Corps.

Caban realized what he wanted to do and did whatever he could to accomplish his mission.

“I was overweight since I was a child,” said 20-year-old Caban. “As I got older, I got used to it, and it didn’t really bother me.”

He attended the Bullard Havens High School in his hometown of Bridgeport, Conn., where he played on the

baseball team as a first baseman and catcher.

Caban graduated high school in 2011 and worked full-time at a T-Mobile retailer.

“I lived awfully,” said Caban. “My diet was awful. I didn’t really care what I ate. I just didn’t take care of myself.”

After high school, Caban was unsure of what his plans were going to be and at the time he had no interest or intention of joining the military, he explained.

About eight months after he graduated high school, Caban was informed of the different opportunities in the military.

“I originally was veered more toward the Air Force,” said Caban. “I learned that the military had height and weight standards and what I would need to do to get down to them.”

Caban explained how he attended a future Airmen function and immediately realized that the Air Force wasn’t enough of a challenge for him and wanted more.

Some time passed and he found himself sitting across the desk from a Marine Corps recruiter, and he was hooked.

“I was 240 pounds when I first went to my recruiter,” said Caban. “I knew I had some serious work to do before I would be able to even enlist.”

Caban soon realized he wanted his dream more and more.

He started going to the recruiting station’s physical training events and pooler functions and started conditioning his body. His recruiters soon realized his determination and worked one-on-one with him to get him where he needed to be.

“When we first started

running, it took us about 30 minutes to run a mile and a half,” said Sgt. Yuri R. Rodriguez, recruiter, Recruiting Substation Visalia, Calif. “We knew how bad he wanted it, and we were willing to help him if he kept his motivation.”

She explained he came to the recruiting office every morning to go running, they researched healthy diets and worked a lot on cardiovascular exercises.

“His determination and motivation were unbelievable,” said Rodriguez, a native of Lindsey, Calif. “He is the true example of how nothing is impossible.”

When Caban dropped his weight down to 170 pounds, he was able to ship to recruit training and take the next step in his goal.

“Recruit training was rough,” said Caban. “There were many times I wanted to

give up and go home, but I didn’t, and that is all because of my drill instructors. I hated them through it all, but now I am thanking them.”

Caban has successfully earned his Eagle, Globe and Anchor and is ready to move on in his Marine Corps career. After graduation he will continue his training at Marine Combat Training in Marine Corps Base Camp Pendleton, Calif., and then to his military occupational specialty school as a tropospheric scatter radio multi-channel equipment operator. He hopes to get education and discipline out of the Marine Corps.

“It is still surreal to be called a Marine after everything I pushed through, and I have finally done it,” said Caban. “I want to accomplish as much as I can from here on out. My opportunities are endless.”

Vice Adm. William H. Hilarides

Parade Reviewing Officer

Vice Adm. William Hunter Hilarides became the 43rd Commander of Naval Sea Systems Command (NAVSEA), June 7, 2013. As NAVSEA commander, he oversees a global workforce of more than 56,000 military and civilian personnel responsible for the development, delivery and maintenance of the Navy’s ships, submarines, and systems.

Raised in Chicago, Hilarides graduated from the U.S. Naval Academy in 1981 with a Bachelor of Science degree in Physics. After graduation, he served as master of the Naval Academy Sailing Squadron sloop Avenger, competing in

numerous offshore racing events.

Prior to command, Hilarides served at sea aboard USS Pargo (SSN 650), USS Gurnard (SSN 662) and USS Maryland (SSBN 738), deploying to the North Atlantic, Mediterranean, Arctic and Western Pacific, as well as conducting several strategic deterrent patrols. Ashore, he served on the staff of Commander Submarine Force, U.S. Atlantic Fleet; Bureau of Naval Personnel; Joint Staff; and the staff of the Chief of Naval Operations.

Hilarides commanded USS Key West (SSN 722) from May 1998 to November 2000 in Pearl Harbor. In command, he deployed to the Western Pacific and conducted a major shipyard maintenance period.

Since becoming an acquisition professional in 2002, Hilarides has served as

director, Advanced Submarine Research and Development, program manager of the SSGN Program and program executive officer for submarines. There he was responsible for all new construction submarine programs, along with the acquisition and life cycle maintenance of submarine weapons, countermeasures, sonar, combat control and imaging systems.

Hilarides holds a master’s degree in Engineering Management from the Catholic University of America. He completed the Air Force Command and Staff College, the Massachusetts Institute of Technology Seminar XXI Program in International Security Affairs, and numerous acquisition schools.

Hilarides has received various personal and campaign awards, including the Distinguished Service Medal, the

Defense Superior Service Medal, the Legion of Merit, and the Meritorious Unit Commendation.





Platoon 3205
COMPANY HONOR MAN
Lance Cpl. J. M. Ochi
Santa Barbara, Ca.,
Recruited by
Sgt. K. Koofaunor

Platoon 3203
PLATOON HONOR MAN
Pfc. A. E. Hart
La Puente Ca.
Recruited by
Staff Sgt. R. Monchace

Platoon 3201
PLATOON HONOR MAN
Pfc. C. E. Montano
Spring, Texas
Recruited by
Staff Sgt. A. Pettigrow

Platoon 3202
PLATOON HONOR MAN
Pfc. J. D. Burton
Castle Rock, Colo.
Recruited by
Staff Sgt. J. Witczak

Platoon 3206
PLATOON HONOR MAN
Pfc. S. W. McGowin
Sherman, Texas
Recruited by
Staff Sgt. J. Gallggus

Platoon 3207
PLATOON HONOR MAN
Pfc. L. S. Schewe
Koon Rapids, Minn.
Recruited by
Sgt. C. Ramiriz

Platoon 3201
HIGH SHOOTER (339)
Pvt. E. Alderete-
Gonzales
Fontana, Calif.
Marksman Instructor
Sgt. F. Martinez

Platoon 3201
HIGH PFT (300)
Pfc. J. L. Connors
Portland, Ore.
Recruited by
Staff Sgt. C. Wost



INDIA COMPANY

3rd RECRUIT TRAINING BATTALION

Commanding Officer
Sergeant Major
Battalion Drill Master

Lt. Col. T. Carlos
Sgt. Maj. J. D. Ferriss
Staff Sgt. N. D. Wahle



| | | | | |
|---|---|---|--|--|
| COMPANY I Commanding Officer Capt. J. J. Zainea Company First Sergeant 1st Sgt. J. L. Branch | SERIES 3201 Series Commander Capt. G. A. Smith Chief Drill Instructor Staff Sgt. C. M. Hutson | PLATOON 3201 Senior Drill Instructor Staff Sgt. R. A. Fromherz Drill Instructors Staff Sgt. B. J. Barclock Staff Sgt. D. P. Carnett Staff Sgt. P. E. Gibson Sgt. M. E. Reconsal | PLATOON 3202 Senior Drill Instructor Sgt. K. R. Caito Drill instructors Sgt. S. M. Fowler Sgt. C. D. Osoria Sgt. J. M. Schrabbs | PLATOON 3203 Senior Drill Instructor Staff Sgt. B. T. Cox Drill instructors Sgt. F. E. Macias Sgt. F. X. Marnell Sgt. J. G. Nickell |
| | SERIES 3205 Series Commander Capt. T. S. Burger Chief Drill Instructor Staff Sgt. A. C. Curtis | PLATOON 3205 Senior Drill Instructor Staff Sgt. A. R. Hopkins Drill Instructors Staff Sgt. A. L. McDade Staff Sgt. M. N. Taylor Sgt. M. Morales Sgt. D. C. Rodriguez | PLATOON 3206 Senior Drill Instructor Staff Sgt. K. G. West Drill Instructors Staff Sgt. K. S. Linnersten Staff Sgt. A. M. Plambeck Sgt. E. G. Covington | PLATOON 3207 Senior Drill Instructor Sgt. E. Uribe Drill Instructors Sgt. C. A. Gomez Sgt. T. T. Huber Sgt. A. Tupou |

* Indicates Meritorious Promotion

PLATOON 3201

Pvt. E. Alderete-Gonzales
Pvt. M. A. Arana
Pvt. K. A. Austin
Pvt. J. A. Benitez-Garcia
*Pfc. J. L. Connors
Pvt. J. D. Cooper
Pvt. R. J. Felix II
Pvt. R. G. Healy
Pvt. N. A. Henning
Pvt. L. J. Hernandez
Pvt. Q. K. Holding
Pvt. C. A. Hughes
Pvt. B. T. Jones
Pvt. A. D. Kneifl
Pfc. R. W. Lincoln
Pfc. J. M. Lovelady
Pvt. U. D. Lucky
Pvt. W. S. Martin
Pvt. J. R. Martinez
Pvt. R. P. Mc Parland
Pvt. B. T. Meline
Pvt. N. A. Merry
Pvt. J. T. Miller
Pfc. Z. L. Miner
*Pfc. F. A. Mires
Pvt. E. C. Mize
Pvt. K. B. Monnett
Pfc. C. E. Montano
*Pfc. E. Morales-Sevilla
Pvt. F. Moreno
*Pfc. C. A. Navarro
Pvt. Z. R. Niles
Pvt. T. M. Odeneal
Pvt. S. T. Ortiz
Pvt. Z. J. Owens
Pvt. M. T. Pennington
Pvt. K. D. Porter
Pvt. T. A. Scott
Pvt. M. J. Stone
Pvt. N. S. Thiel
Pvt. J. M. Trecroce
Pfc. J. A. Youngblood

PLATOON 3202

Pfc. A. E. Alburjas-Navas
Pfc. A. E. Amato
Pfc. F. A. Aureus
Pvt. G. J. Baker
Pvt. D. M. Bard

Pvt. R. M. Barney
Pfc. C. A. Baughman
Pvt. J. C. Beham
Pvt. C. J. Bernal
Pvt. D. M. Biberstein
*Pfc. J. D. Birmingham
Pvt. J. T. Bowe
Pfc. L. Bowens III
Pvt. T. Burleson
Pfc. J. D. Burton
Pfc. A. F. Campbell
*Pfc. O. A. Castro
Pfc. N. A. Ceconi
Pvt. D. Chang
Pvt. B. R. Chastain
Pfc. R. C. Coakley II
Pvt. J. A. Conger
Pvt. S. S. Contreras-Molina
*Pfc. C. D. Darrough
Pvt. J. R. Delay
Pvt. D. R. Ditzenberger
Pfc. J. W. Dunn
Pfc. K. A. Einwalter
Pvt. J. Elias-Campuzan
Pvt. K. T. Fausett
*Pfc. S. L. Fink
Pvt. T. L. Flowers
Pvt. J. M. Galaviz-Cortez
Pvt. R. C. Gandarilla
Pvt. R. D. Gantz
Pvt. E. Garcia-Diaz
Pvt. J. L. Garcia-Duran
Pfc. K. J. Gartner
Pvt. J. O. Gilmont
Pvt. D. L. Grimsley
Pvt. Z. C. Hagestad
Pvt. A. W. Wells
Pvt. E. J. Winder
Pvt. K. M. Swails

PLATOON 3203

Pfc. C. N. Adams
Pfc. M. A. Arreola
Pvt. N. Atondo-Perez
Pvt. J. R. Bakemeyer
Pfc. A. J. Berrera
Pfc. J. K. Belt
*Pfc. K. V. Benda
Pvt. J. A. Caban Jr.
Pvt. E. Calloway III

Pvt. J. A. Carranza
Pfc. B. S. Casper
Pvt. M. Castillo
*Pfc. A. M. Chicca
Pvt. K. S. Connett
Pvt. R. A. Coronado
Pvt. L. J. Cortez
Pvt. A. J. Coscarelli
Pfc. J. K. Cry
Pvt. J. A. Deleon
Pvt. D. R. Duran Jr.
Pfc. I. Engelbrekston
Pfc. W. Enriquez
Pvt. J. J. Estrada
Pfc. D. D. Figueroa
Pfc. R. T. Fisher Jr.
Pvt. T. E. Flamer
Pfc. J. C. Fujioka
Pvt. M. M. Garcia Jr.
Pfc. J. S. Garcia
Pvt. R. Garza
Pvt. R. G. Galvador
Pvt. M. H. Gaytan
Pfc. B. M. Gnirk
Pfc. J. Godinez
Pfc. A. J. Gonzalez
Pvt. B. Gonzalez
Pvt. J. R. Grisnich
*Pfc. A. E. Hart
Pvt. D. M. Hernandez
Pfc. F. Herrera Jr.
Pfc. G. N. Hicks
*Pfc. A. N. Ibarra
Pvt. C. T. Jafar
Pvt. R. Jim
Pfc. R. K. Kennedy
Pvt. B. Kimberling
Pvt. A. L. Noyola

PLATOON 3205

Pvt. B. A. Barraza-Panduro
Pvt. P. G. Bueno
Pvt. J. B. Carevic
*Pfc. J. X. Chang
Pfc. A. E. Cheng
Pvt. C. M. Collins
Pvt. I. Fiscal
Pvt. M. D. Hobbs
Pfc. J. A. Kassen
Pvt. J. S. Leon

Pfc. A. R. Lopez
Pvt. J. Marquez
Pvt. E. J. Martinez
Pfc. S. B. Mendiola
Pvt. C. M. Merino-Hernadez
*Lance Cpl. J. M. Ochi
*Pfc. J. R. Penabeas
Pfc. K. Q. Pere
Pfc. M. R. Pleasant
Pvt. A. W. Rhorer
Pfc. K. E. Salazar
Pfc. B. R. Sampsell
Pvt. R. G. Sarte
Pfc. R. A. Savala
Pvt. W. A. Sattleberg
Pvt. K. E. Schanzlin
Pvt. E. L. Schubert
Pvt. D. M. Smith
Pvt. D. B. Snow
Pfc. J. A. Stob
*Pfc. D. C. Summers
Pfc. O. Tan
Pvt. A. R. Tarango
Pvt. J. M. Thorton
Pvt. B. M. Tischner
Pvt. S. Tran
Pfc. J. R. Trujillo
Pvt. C. A. Turner
Pfc. J. E. Turner
Pfc. C. J. Vaccaro
Pfc. K. E. Vallenzuela
Pvt. S. Vargus
Pfc. J. L. Watson
*Pfc. J. P. Woodspower
Pfc. O. N. Yousif
Pvt. J. J. Zavala

PLATOON 3206

Pvt. D. H. Johnson
Pvt. S. B. Kirk
Pfc. B. Lee
*Pfc. L. D. Lee
Pfc. A. H. Lemus
Pvt. E. M. Levy
*Pfc. S. J. Lindquist
Pvt. D. J. Longoria
Pvt. J. M. Lopez Jr.
Pfc. L. T. Luu
*Pfc. J. M. Lynch
Pfc. R. R. Macedo

Pvt. H. A. Madison
Pfc. T. E. Mann
Pvt. J. Marino
Pfc. C. J. Martinez
Pvt. J. E. Martinez
Pvt. P. R. McCaffery Jr.
Pfc. S. W. McGowin
Pfc. T. D. McKellip
Pvt. S. N. Mejia
*Pfc. M. L. Miller Jr.
*Pfc. C. L. Mills
Pvt. D. I. Mitchell
Pvt. B. J. Morales
Pvt. D. J. Nantz
Pvt. D. A. Nelson
Pvt. S. A. Nelson
Pvt. J. S. Ninow
Pvt. A. Olivo-De La Cruz
Pvt. S. T. Olsen
Pvt. J. A. Oria-Herrera
Pvt. D. A. Ortiz
Pvt. I. Palacios-Esquivel
Pvt. E. Palomo Jr.
Pvt. C. T. Pena
Pvt. J. D. Pierce
Pvt. A. Ramos-Sanchez
Pvt. G. I. Reneau
Pvt. R. A. Reyes
Pvt. G. M. Rivera-Montes
Pfc. J. A. Rodriguez
Pvt. J. F. Rosas
Pvt. M. Ruiz
Pvt. K. G. Wright

PLATOON 3207

*Pfc. C. M. Anderson
Pvt. J. S. Mrsny
*Pfc. J. G. Olsen
Pfc. N. Olvera-Perez
Pvt. C. W. Oxby
Pvt. T. J. Papa
Pfc. J. M. Park
Pvt. E. Perez
Pvt. E. R. Perry
Pvt. F. M. Rangel

Pfc. C. W. Ransone
Pfc. M. H. Reed
Pvt. D. S. Rider
Pvt. A. F. Rodriguez
Pfc. D. M. Rouxel
*Pfc. C. Salazar
Pfc. C. O. Salazar
Pvt. J. Sandoval
Pvt. Z. B. Sasser
Pfc. L. S. Schewe
Pfc. B. J. Schroeder
Pvt. A. J. Schwanz
Pvt. N. T. Scott
Pvt. C. J. Sieracki
Pvt. C. A. Simms
Pvt. J. S. Skeen II
Pvt. P. B. Smith
Pvt. S. R. Stanfel
Pvt. A. M. Staudinger
Pvt. K. E. Stevens
Pvt. K. D. Sullivan
Pfc. E. E. Szwabowski
Pvt. T. J. Tarrh
Pfc. K. Turcios
Pvt. J. C. Vera
Pvt. A. T. Vest
Pfc. J. D. Vo
Pvt. D. J. Wanek
*Pfc. W. R. Westlund
Pvt. A. J. Whisenant
Pvt. D. P. White-Longmore
Pvt. C. J. Wilkinson
Pvt. J. D. Williams
Pvt. S. M. Williams
Pvt. Z. A. Zanella



Recruits of Delta Company, 1st Recruit Training Battalion, sprint during the 880-yard run portion of the Combat Fitness Test at Marine Corps Recruit Depot San Diego, July 17. The Combat Fitness Test is comprised of an 880-yard run, ammunition can lifts and a maneuver under fire.



Recruit Anthony I. Mansfield, Platoon 1066, Delta Company, 1st Recruit Training Battalion, carries two 30-pound ammunition cans in the maneuver under fire portion of the Combat Fitness Test. Mansfield is from Huntington Beach, Calif.

CFT test recruits combat endurance

STORY & PHOTOS BY
LANCE CPL. JERICO W.
CRUTCHER
Chevron staff

Recruits of Delta Company, 1st Recruit Training Battalion, conducted their first Combat Fitness Test at Marine Corps Recruit Depot San Diego, July 17. The event consists of an 880-yard run, timed 30-pound ammunition can lifts and a maneuver under fire drill.

The CFT is a training requirement for all recruits as well as an annual requirement for all Marines. It is conducted in the Marine Corps Combat Utility Uniform and boots to simulate combat environments. There are three events in the CFT, each worth 100 points, leading to a perfect score of 300.

The first event of the CFT began with recruits running the 880-yard timed run. Wearing combat boots makes the sprint around the track difficult for some recruits. The purpose of the run is to simulate moving quickly through a combat situation. In order to gain 100 points on this event, recruits must complete the run in at least 2

minutes and 45 seconds.

The second event was the ammunition can lifts. Each ammunition can weighs 30 pounds and are used to conduct overhead presses. The recruits performed as many presses as they could in two minutes, attempting to reach 91 repetitions to achieve a perfect score of 100.

The final event of the CFT was the maneuver under fire. The maneuver under fire is a course that covers 75 yards and requires recruits to perform exercises such as sprints, ammunition can carries, fireman's carry and throwing a simulated grenade at a marked target. Recruits were timed as they ran through the course and needed to finish it in 2 minutes and 14 seconds to receive 100 points.

"The CFT gives us the basic understanding and requirements that will be demanded in a combat environment, and what combat could potentially feel like on the body," said Recruit Carlos E. Martinez, Platoon 1066.

The initial CFT is taken in first phase of training, but it is just to familiarize the recruits with the course. The final CFT

is taken toward the end of training and is recorded in their basic training record.

Recruits have to fight through the fatigue, push their bodies to new physical limits and block out the pain, explained 23-year-old Martinez, a Phoenix native.

"We have to prepare the recruits for combat endurance and physical performance," said Staff Sgt. Andrew C. Rundle, drill instructor, Platoon 1066.

Recruits are put through several physical training sessions leading up to the final CFT to prepare them, explained 28-year-old Rundle, a San Diego native.

"We are prepared and have trained for it," said Martinez. "Marines have to be combat oriented with their fitness levels and mindsets."

Martinez did not earn a perfect score, but he explained striving for that will be a goal of his.

"Continuing to train is important to better your body's performance," said Martinez. "I will continue my training throughout my career and will strive for a perfect score on next year's CFT."



Recruit Erick S. Berry, Platoon 1061, Delta Company, 1st Recruit Training Battalion, conducts the fireman's carry in the maneuver under fire portion of the Combat Fitness Test. Maneuver under fire is the last portion of the CFT. Berry is a San Diego native.