



The 1MC

NC State NROTC
10/4/2019
Volume 1, Issue 1

Welcome back to the monthly 1MC as we enter the fall semester of 2019. In this month's issue, you will find articles detailing the experiences of midshipmen who went on summer cruise, perspectives from squad leaders who ran New Student Orientation (NSO), and information about the first lab of the fall semester. The NC State Battalion would also like to extend a warm welcome to the new active duty staff who joined us over the summer. We look forward to the upcoming year, and hope you enjoy this month's issue of the 1MC!



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Alumni Engagement

The NCSU
NROTC
program is
proud to
announce the
creation of a
Naval ROTC
Alumni
Network!

GOALS:

- ♦ Create a network between current and future alumni to better connect our Navy and Marine Corps
- ♦ Keep alumni up to date with the current affairs of the NROTC Unit
- ♦ Increase awareness of alumni events during the football season and homecoming (to be announced).

If you are interested in reconnecting with the Battalion, please send an email to MIDN 1/C Alec Hunter with your name, service (Marine Corps/Navy), and your graduation year.

nrotc.Wolfpack.alumni@gmail.com

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NC State NSO

Day One

On Saturday, August 17th, 2019 the NCSU NROTC Battalion, gained 25 new midshipmen. These young men and women underwent 4 days of rigorous physical and mental training where they learned what it takes to become a member of the NCSU NROTC Battalion.

The first day began with the new fourth class (4/C) midshipmen reporting to Thompson Hall, where they gave their final farewells to their loved ones, and took their Oath of Office to signify and solidify their commitment to the Battalion and naval service.

After the ceremony, the 4/C rotated through four stations which included administrative tasks, supply/gear issue, drill, and medical.

Soon after, they received a customs and courtesies brief from GySgt Bradley, the Assistant Marine Officer Instructor, in order to become more familiar with proper military behavior.

To conclude the day, they received their first Warrior Toughness brief from LT Watson, the freshman adviser, who introduced them to the Chief of Naval Operation's initiatives for sailors.

Day Two

On Training Day 2, the 4/C reported to an early 0600 formation for their first Physical Readiness Test (PRT). The PRT consisted of a maximum effort of push-ups and sit-ups in 2 minutes, followed by a 1.5 mile run on Faucette



Drive .

Following a short break for PT recovery, they returned to Reynolds Coliseum to learn more advanced concepts in drill, and how to properly wear their uniforms in order to prepare for an inspection the following day.

Afterwards, the 4/C received a Sexual Assault and Response (SAPR) training brief from LT Hammond. They were then briefed by the Battalion Commander, Executive Officer, and Command Master Chief, who then made themselves available for further information and questions.

Soon after, the 4/C midshipmen were introduced to a diverse panel of upperclassmen who offered advice on transitioning to campus life. They received guidance in everything from academics to social life.

The day concluded with a challenging Personnel Qualifications Standards (PQS) quiz, evaluating their level of military knowledge.

MIDN 2/C Ojeda

Day Three

Day three of NSO started off bright and early with a campus run. The 4/C, their squad leader, and other motivated Midshipmen from the Wolfpack Battalion ran across campus, stopping at specific locations to receive short briefs about their significance, and to conduct different calisthenic exercises.

After the run, the 4/C took the next 45 minutes to prepare for their first khaki uniform inspection. They formed up outside of Reynolds Coliseum, where their squad leaders, assisted by newly commissioned NC State officers, inspected each of the 4/C to ensure proper wear and fit of the uniforms.

Following the inspection and breakfast, the 4/C received a series of informative briefs on topics ranging from academics to nutrition.

Day three ended with the 4/C attending the NC State Convocation Ceremony. This event was meant to instill school pride, and provided a brief break before the 4/C faced their final event: The Wolfpack Challenge.

Day Four

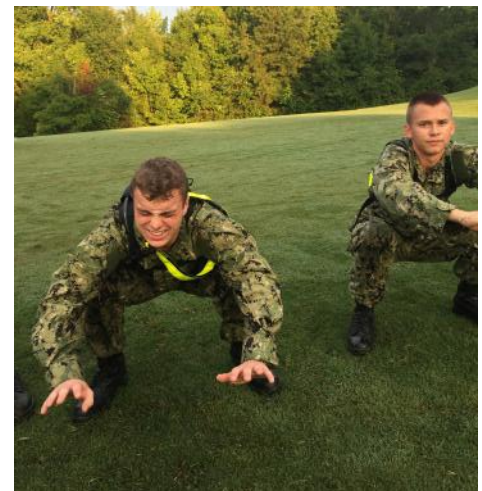
On the final day of NSO, the 4/C formed up dark and early at Centennial Fields to face the Wolfpack Challenge. Conjured up by 2ndLt Kakaley, a recent graduate from the NC State NROTC program, the Wolfpack Challenge consisted of a series of practical application stations where the 4/C put into practice the knowledge they acquired over the course of NSO. Some of

these stations pertained to drill and sleeve rolling, while others consisted of basic military knowledge questions from the midshipman PQS manual. In between each station was a physical training event where the resolve of the 4/C was tested as they worked to make it to the next station. This event was a timed competition, and the 4/C competed in their squads against one another to see which squad was the most proficient.

Upon the completion of the event, the winners were announced. Third Squad claimed the bragging rights, as they were the winning squad of the Wolfpack Challenge, and their squad member MIDN 4/C Melcher was the top Midshipman of NSO. The squad leader of 4th Squad, MIDN 2/C Ojeda, was named the top performer of the student staff as well.

Overall, NSO was a challenge for the 4/C, as they learned what it means to be a part of the Wolfpack Battalion, and ultimately an officer in the Navy or Marine Corps. It proved to be a rewarding experience for both the 4/C and all who helped plan and execute this year's training.

MIDN 3/C Magda



CORTRAMID



Over the past summer, 3/C midshipmen completed their summer cruise known as CORTRAMID (Career Orientation Training Midshipmen). Over the span of four weeks, these midshipmen spent one week familiarizing themselves with each community they could possibly enter including Surface Warfare, Submarine Warfare, Aviation, and the Marine Corps. During the weekends and at the end of each day (with the exception of Marine week), midshipmen were given liberty to explore the facilities of Naval Base San Diego, the city, Coronado Island,



and surrounding landmarks as far as the U.S./Mexico border and Los Angeles.

Surface Warfare week consisted of midshipmen touring various ships such as DDG's, CG's, and LHD's. Every midshipmen also went underway for a day on either the USS Omaha, LCS-12, and the USS Lake Champlain, CG-57. One select group was even able to participate in physical training led by Navy Seal Instructors before a Seabee tour and brief.

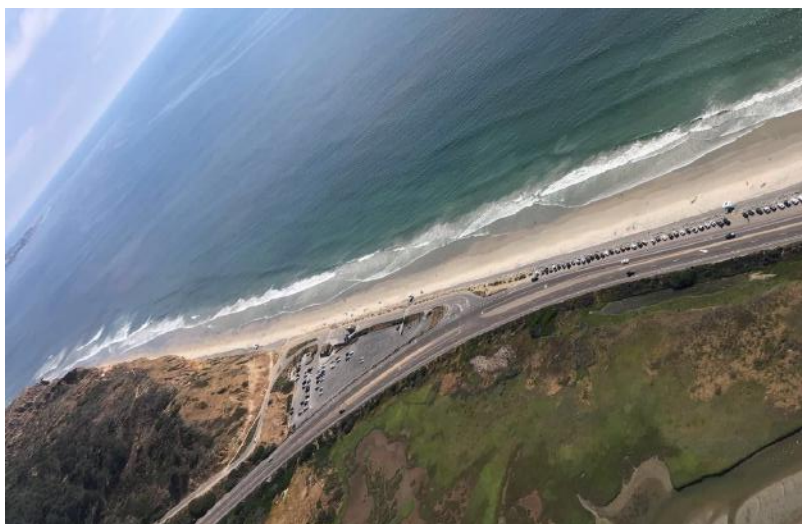


During Submarine Week, midshipmen were trained in damage control procedures, and were taught by naval personnel serving on submarines. Other training activities included navigation, controlling the boat, underwater rescue, and learning the capabilities of submarines. Later on in the week they were given the opportunity to go underway for 24 hours aboard the USS Henry M. Jackson, SSBN 730, a ballistic missile submarine. On board, the crew helped midshipmen experience and participate in exercises such as angles and dangles as well as force protection drills. They were also



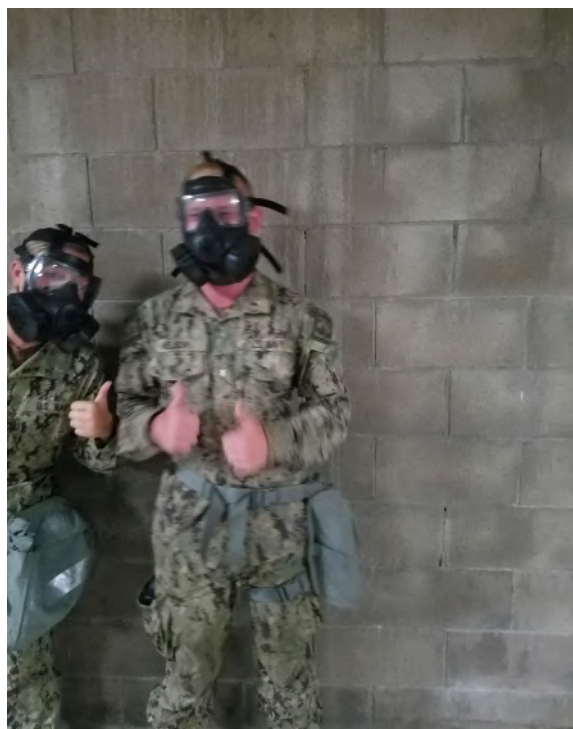
educated about the typical daily life and schedule of a submariner

Aviation week began with the issuing of flight suits, which the MIDN wore to complete the 2/C swim qualification at Naval Air Station Miramar. Throughout the week, everyone looked forward to the main focal point of the week: flying in the T-34 trainer jet and the MH-60 Seahawk. The week also consisted of aviation squadron tours such as the VRC-30 (C-2 Greyhound squadron) and VMM-165 (V-22 Osprey squadron). The midshipmen were also given the opportunity to train on one of the most advanced helicopter



simulators the Navy has to offer.

Marine week gave midshipmen the opportunity to spend the week at Camp Pendleton in order to experience the life and opportunities the Marine Corps has to offer. Midshipmen were exposed to the obstacle course, Marine Corps Martial Arts Program (MCMAP), and weapons handling and safe-



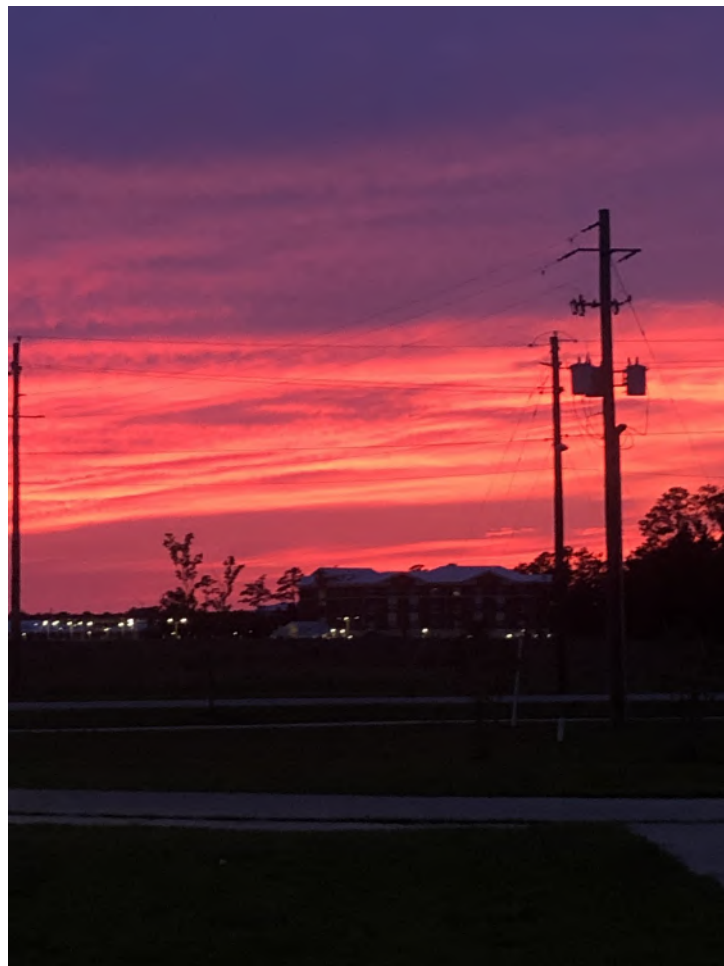
ty, which included some range time with the M4 rifle and M9 handgun. To further put these skills to the test midshipmen spent one day at the infantry immersion trainer practicing small unit tactics, room clearing, and patrolling. The week capped off with exposure to the gas chamber and a discussion panel with Marine Officers from various career backgrounds.

MIDN 3/C Spargo

MAGTF Immersion

This summer, myself and two other Marine Option midshipmen traveled to Marine Corps Base, Camp Lejeune, located in Jacksonville, North Carolina for a summer cruise new to the NROTC Marine-Option pipeline called MAGTF Immersion. During the 10 day duration of the cruise, we had the opportunity to meet midshipmen from schools up and down the east coast, and were able to participate in the day to day activities of both junior officers and enlisted Marines. Upon our arrival, we were randomly split into small groups of three or four, and then disbursed the next day to different units across the base.

I was assigned to 8th ESB (Engineer Support Battalion) in a group with four other midshipmen from Penn State and the University of Florida. The small groups made it easy to ask questions, and get the attention we needed in order to really benefit from this cruise. While I was there, I was able to observe several operational meetings, counselings, Professional Military Education (PME) briefs, Landing Craft Air Cushioned (LCAC) on-loading and offloading, and even



visit the range for a couple days. The operational meetings were helpful to sit in on because they helped us to understand the profound impact officers have as leaders in regard to both mission accomplishment and the lives of the enlisted Marines.

Overall, the MAGTF Immersion Cruise was an eye opening experience that helped me to gain a deeper understanding of the Marine Corps, and I wouldn't hesitate to go again.

MIDN 2/C Ward

1/C Cruise

For my 1/C Summer Training, I was sent to the USS Roosevelt, DDG-80 along with my fellow NC State student, MIDN Burcher, who was assigned the USS Carney, DDG 64. The ships were in transition from their home port in Florida to Rota, Spain, so we flew to Scotland to meet the them.

We left the port to join 11 other ships for an integrated missile and air defense NATO exercise called Formidable Shield. We sailed north of Scotland, joining ships from Canada, France, the Netherlands, Italy, Denmark, Norway, Spain, and the UK. At one point during the exercise, an uninvited Russian Auxiliary General Intelligence (AGI) ship joined the party while the

Carney and Roosevelt fired off several SM-2's and SM-3's. The French and Canadian ships launched many other missiles, targeting both surface objects and air drones. Each ship also participated in a replenishment at sea exercise with the USNS Medgar Evers. While the exercise was taking place, the midshipmen from the DDG-80 were flown to the Medgar Evers so they could observe the operation. After the exercise was complete, the Roosevelt and Carney caravanned to Rota, Spain and pulled in for a few days of liberty after which we disembarked, and flew home.

MIDN 1/C Stoops



21 AUG Lab

At 0530 on 21 Aug 2019, the Battalion met for the first lab session of the year for personnel introductions, recognition of new scholarship recipients, and the establishment of Battalion goals and standards for the upcoming year.

The lab began with a brief from the Consortium Commanding Officer, CAPT Hertel, regarding the goals and priorities of the Battalion. Academic performance, leadership development, and physical readiness are to be prioritized and reinforced within the CO's goals. CAPT Hertel closed by instructing the Battalion to continue to build mental and physical toughness, and to stay aware of global issues and how they relate to our future professions in the fleet.

Next, the XO, Maj Arguello, gave his personal introduction to the unit. Maj Arguello reinforced the CO's goals and priorities, while also stressing that midshipmen "have to be ready before you pin your bars."

After the introduction of the CO and the XO, all of the active duty staff gave brief introductions, beginning with the class advisers: Capt Stanich, LT Watson, LT Henderson, LT Hammond, and LT Whitmore. The AMOI, GySgt Bradley followed with his introduction.



Finally, the

Battalion CO, XO, and CMC stepped up to explain their tenants and roles within the Battalion. Battalion CO MIDN 1/C Olson spoke about his three tenants for the Battalion; To take responsibility of any order or billet fully and completely, to take care of our own, and to enjoy every moment spent inside the Battalion and at NC State. The Battalion XO, GySgt DeJong, described his role as ensuring that all unit events are conducted safely and successfully. Finally, the Command Master Chief, MIDN 1/C Stoops, closed out the introductions with the explanation of her role within the unit. The lab session ended with a presentation from OC Ray, who informed the Battalion about the duties involved with working the football games in the coming semester.

MIDN 4/C Chaisson

PTO's PT Plan

The Wolfpack Battalion has been engaged in generally the same type of PT for the last several semesters. In order to implement a much needed change of pace, the new PTO, MIDN 1/C Krasny hopes to reveal irregular sub categories of fitness to the future Naval and Marine Corps Officers of the NCSU Battalion. Competition is a primary element of the training, incorporated to develop teamwork and motivation.

The first new aspect of PT this semester is called

“The Gut Check”

a five to ten minute workout specifically designed to exploit the greatest amount of effort from each competitor in the shortest amount of time. The workout is engineered to assess each participants level of fitness

more effectively than a typical PRT or PFT.

Gut Check PT sessions will occur about every six weeks, in between that time the Battalion engages in workouts constructed around diversity-in-training. This may include tire flipping, sprints, Log PT, weights, powerlifting, and possibly even swimming. The intensity of each workout remains the same across all members of the Battalion, however the Battalion has been split up into four separate fitness groups based on each individual's score on the Gut Check, balancing competition between members of the Battalion.

One final new aspect to the Wolfpack Battalions fitness plan for the Fall 2019 semester is PTO's Fittest Squad on Earth competition, where the PTO sends out weekly new workouts, denoted the Fittest Squad Workout of the Week, in the hopes Battalion members will complete them. Upon completion of the workout an individual earns points for their squad, with the ultimate goal being 20 points, in which case

the squad may miss a PT session.

In conclusion, PT for the Fall 2019 semester is curated to make a difference, that difference being difficult, yet rewarding workouts that keep each Battalion member invested in their personal health.

MIDN 1/C Krasny



MIDN Highlight: MIDN 3/C O'Connor



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Outside of my coursework and NROTC activities, I am a member of a social fraternity, play intramural (IM) volleyball, and officiate ice hockey. My involvement with these activities help me to maintain a work-life balance and develop myself as a well-rounded individual.

Coming to NC State, I decided to join a fraternity for two reasons. First, I wanted to associate myself with a group of guys who would push me to be successful, and I wanted to build lifelong friendships. Second, I wanted to find a group on campus outside of NROTC where I could take on leadership positions and identify myself with. Sigma Phi Epsilon, or SigEp, has given me exactly that. You are a product of the people you associate yourself with, and SigEp could not be a better group for me to be a part of. Our fraternity currently boasts the second highest average GPA of all the fraternities at NC State, and the top overall intramural sports

program (President's Cup Champions).

Within the fraternity, I am currently the Risk Management chair, responsible for all chapter safety at events. I have previously held positions as Brotherhood Chair and Transportation chair, and later this semester, I will be running for Vice President of Programming, responsible for planning social events. Leadership roles in a fraternity are uniquely challenging because they encompass peer leadership. Naturally, trying to guide a chapter of over one hundred young men is going to be inherently difficult so to be an effective leader here, it is imperative that you gain and maintain the respect of the chapter. It is my goal that the culmination of these experiences will ultimately set me up well for success in the fleet. Learning lessons in leadership now will help me to avoid some headaches down the road.

Outside of my fraternity, I play IM volleyball with a group of friends I met freshman year. Playing volleyball together is a great way for us to stay connected, even though we do not see each other as often. Unfortunately, our performance on the court is absolutely abysmal. As I write this, we are in week four and yet to win a single game. Regardless of whether we win or lose, I play IM volleyball because it is a great way to relax, spend some time outside, socialize with friends, and take my mind off school work.

In high school, I played competitive ice hockey. I have since stopped playing, but now officiate ice hockey as a way to stay involved in the game while making extra money on the side. This year, I hope to develop my skills so that I can begin to work college level games. Hockey has been my

passion since I started playing in middle school. I thoroughly enjoy officiating, and I believe it develops attributes valuable to a military officer. Officiating requires a high degree of confidence, discipline, and integrity, all of which are crucial traits to possess to be a successful officer.

NROTC works to develop Midshipmen morally, mentally, and physically, but it can only do so much. To be a successful student and future officer, it is essential for Midshipmen to get involved with extracurricular programs on campus. I am thankful to have the opportunities that I do, and I believe the organizations I am apart of will set me up well for success in the future.

MIDN 3/C O'Connor



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