

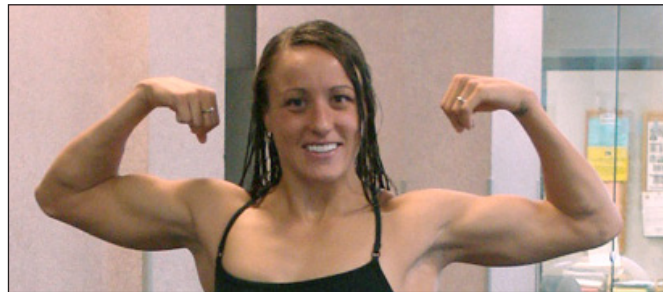


Inside SWCS

The official newsletter of the U.S. Army John F. Kennedy
Special Warfare Center and School

Nov. 29, 2010
Issue 37, Volume 1

To protect Training Group's money, you've got to be **tough.**



Just ask their comptroller, aspiring Olympic athlete Capt. Chelsea Treboniak

By Dave Chace

USAJFKSWCS Public Affairs Office

Chelsea Treboniak is fit.

Seriously fit. She'll run 8 miles and lift weights, then still probably kick your butt in a push-up contest.

She holds high school and college-level diving records. She was a member of Team USA in 2006, and was recently named the top military representative for BodyBuilding.com.

Most importantly, she's an officer assigned to the 1st Special Warfare Training Group (Airborne) at Fort Bragg, N.C.

A finance officer serving as the 1st SWTG(A) Comptroller, Capt. Treboniak said athletics were a big part of her life while growing up in Minnesota, and are now a big part of her career in the Army.

"Fitness truly is a hobby for me," she said. "It's not just about being fit; I enjoy the challenge it takes to reach an outcome."

Her day job tracking millions of taxpayer dollars allocated for special-operations training across the country keeps the pressure on, so Treboniak turns to exercise to cool off before and after work.

"Working out can be a release," she said. "You'd be amazed by how much a 30-minute

workout can improve your attitude."

Treboniak shares this mentality with many personnel assigned throughout SWCS, where not everyone works as an instructor in the field. Within the SWCS headquarters and directorates, Soldiers and civilians work together to develop doctrine, manage proponentcy for three regiments and forecast the future of the Army's special-operations landscape.

"Everybody plays by big-kid rules here in the special-operations community," she said. "Nobody tries to micro-manage anyone else's physical training, because leaders know their subordinates are going to take care of their bodies and fitness."

"It's always better to lead from the front, and a leader's own physical training falls right in line with that," she said.

After her graduation from the U.S. Military Academy at West Point, Treboniak was commissioned into the Finance Corps – she let her mother choose her branch preference. "That was the deal," she said. After a year of post-graduation, on-the-job supervisor work as a West Point

division team assistant, she's moved on to bigger and better assignments within the Army, but never lost sight of her personal fitness goals.

While deployed to Camp Eggers, Afghanistan in 2008, Treboniak would wake up in the middle of the night to squeeze in a bike ride.

The Army's small but reliable Finance Corps may not be known for its athletic prowess, but Treboniak said that she's found the Army's finance

detachment Soldiers to be in phenomenal shape.

"Everybody needs their outlet, and for Soldiers who spend most of their days sitting down, that outlet is usually a workout at the end of the day," she said.

Treboniak, who is currently training to compete in triathlons, hopes her past and future accomplishments help lead others to invest some extra time into their personal fitness.

"Get up in the morning and do it; make a point of setting that alarm clock," she said.

Just don't get discouraged if she's already beaten you to the gym.

"Everybody needs their outlet, and for Soldiers who spend most of their days sitting down, that outlet is usually a workout at the end of the day."

Capt. Chelsea Treboniak
Comptroller, 1st Special Warfare Training Group (A)

SFQC revisions streamline tactical and UW training

By Col. Jack J. Jensen

Commander, 1st Special Warfare Training Group (Airborne)

In continuing to improve the quality and efficiency of our training, 1st Special Warfare Training Group (Airborne) has made significant improvements to all phases of the Special Forces Qualification Course.



Jensen

For example, stringent physical standards must be met prior to course completion, including a 50-meter swim, 5-mile run, 12-mile ruck march, pull-ups, 30-foot rope climb, basic rifle marksmanship, land navigation and an APFT.

These “hard gates” will ensure that Soldiers who lack the attributes required for success are identified and relieved early in the course.

We have also revamped the two-week orientation phase at the beginning of the SFQC to better prepare students and their Families to join our community, to define our eight core attributes and expectation of standards, and to introduce them to our lineage and core missions.

The tactical combat skills (TCS) phase is a completely revamped program based on current operational realities, incorporating Special Forces common tasks, small unit tactics, advanced marksmanship, mounted operations, urban operations, calls for fire, advanced special-operations techniques, sensitive site exploitation, the military decision-making process, and SERE.

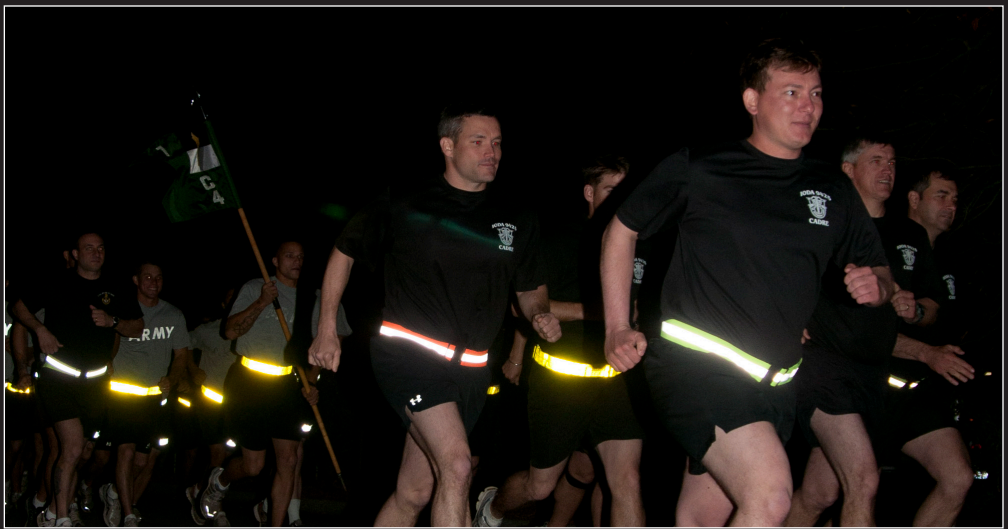
Furthermore, rather than being taught solely during the Robin Sage exercise, we have begun to introduce unconventional warfare early in the SFQC through a scenario-based progression.

For example, the Pineland scenario starts in a foreign internal defense environment during the TCS phase where students practice training and leading an indigenous force in small unit tactics. As the scenario builds throughout the course, student ODAs gain increasing contextual knowledge that will allow them to apply their skills during Robin Sage to achieve the expected learning outcome.

To build a well-educated and professionally trained force, we need to provide a comprehensive training environment (CTE) — the dynamic application of human and physical infrastructure, language, culture and scenario-based training, unmatched in depth and substance, integrated into all phases and aspects of the qualification course.

This will require effective and efficient management of role-players, facilities and training scenarios. We have developed a CTE concept and are preparing this requirement as my first priority for funding in support of our qualification courses.

We are also working to provide graduates with follow-on training opportunities before reporting to their first assignment to one of the Special Forces groups in order to further enhance their capabilities.



1st Special Warfare Training Group (Airborne) cadre members run alongside hundreds of Special Forces candidates during a collective run for all Special Forces Qualification Course students the morning of Nov. 23 up and down Ardennes St. on Fort Bragg, N.C. The run incorporated students in each phase of Special Forces training, including pre-SFAS 18Xs and SFQC students attending language and specialty skills training.

Support your Army by donating your blood

By Maj. Benjamin Tipton

Commander, SWCS Headquarters and Headquarters Co.

A blood drive will be held from 9 a.m. to 2 p.m. on Dec. 8 in the Kennedy Hall Atrium.

By donating to the Fort Bragg Blood Donor Center you are donating to our Soldiers and their Family members here at home and around the world.



Tipton

In order to prevent long wait times, we suggest that you register and

make an appointment at:

www.militaryblood.dod.mil

Once there, you will click the “Give blood now!” button in order to set up an online donation profile. Then you will be able to sign up to donate by using the blood drive code, “HHCSWCSC”.

The entire sign-up process should take you less than five minutes. Walk-ins will be allowed at the drive, but I highly recommend signing up online beforehand — this will save you some valuable time while saving walk-in slots for those who really can’t commit to give blood ahead of time.

Military personnel: Per Army Regulation 50-2 Sec. G(1), “the award of time off for ‘exceptional performance of duty’ to military personnel who donate blood is encouraged.”

Civilian personnel: In accordance with AFG Local 1770 Article 14/Sec 3, “employees who volunteer as blood donors (which excludes donation for compensation, or for their own blood bank) and actually donate blood, to the American Red Cross, military hospitals or other local blood donation facilities, that service the Fort Bragg area, or respond to emergency calls for blood donations within the Fort Bragg area, may be authorized up to four hours excused absence for the blood donation recovery.”

All SWCS personnel are encouraged to donate blood Dec. 8. However, mission requirements take precedence, so be sure to check with your first-line supervisor before making arrangements to donate. If you are not able to donate at the Kennedy Hall Atrium blood drive feel free to contact the Fort Bragg Blood Donor Center to arrange another day to donate.

I personally encourage everyone who is able to donate blood to do so Dec. 8 or as soon as possible after you become eligible. This is one of the most precious and selfless gifts that we can give to one another. Do your part, support your unit, support your Army and support your nation!

For additional information, please call the Fort Bragg Blood Donor Center at (910) 396-9925.

Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	NDU Distinguished Lecture Series Thomas Kravjeski JFK Auditorium 10 - 11:30 a.m.	4
5	USASOC Sniper Competition begins	7	Military Blood Drive 9 a.m. - 2 p.m. Kennedy Hall Atrium www.militaryblood.dod.mil	9	Operation Toy Drop 2010 Lottery Drawing Day Green Ramp, Pope AFB	Operation Toy Drop 2010 Lottery Jump Day Sicily Drop Zone
12	13	14	15	Regimental First Formation and SFQC Graduation Ceremony 3 p.m. Crown Coliseum	SWCS Holiday Social Day	18