



# Inside SWCS

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**C**arry a log in teams of six. Knock out a dozen pull-ups. Throw on a ruck sack and take a brisk 1.5-mile walk. Drop the ruck and run, in boots, for four miles. Put your ruck back on and march the 1.5 miles back to the start point.

Then the fun begins.

Little Nasty — part of which is pictured above — might look short and sweet as you're driving past it on Ardennes Rd, but when it's the last leg of a nonstop, two-hour physical beat-down, you're probably going to feel a little winded.

Even the rough-and-tough Special Forces candidates in Charlie Company, 4th Battalion, 1st Special Warfare Training Group (Airborne) are breaking a sweat by the time this contest is over.

This contest, by the way, is the monthly Commander's Cup held by the company. A variety of students at different stages of their Special Forces qualification journey get together one morning each month to see which group is the most

fit. Physical fitness and mental fortitude are not only necessary throughout all stages of the Special Forces Qualification Course, they are also essential characteristics for any tried-and-true Special Forces Soldier, which is what these students aspire to become.

Charlie Company controls students in the 18X program, Common Leader Training program, and other Soldiers who are either in between phases or out of training.

"After a year-long winning streak, the 18Xs were finally forced to relinquish the trophy to the Common Leader Training section," said Maj. Jeff Ortoli, Charlie Company commander.

While the event is held on a monthly basis, the competitors are constantly changing. The 1st SWTG(A) graduates several classes of new Special Forces Soldiers per year, in order to keep up with the needs and demands of the operational special-operations force. As a result, new students are fre-

quently entering Special Forces training programs at SWCS.

However, the high need of the operational force does not affect the standards necessary for one to earn the right to wear the coveted green beret.

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Commander, C Company, 4th Bn., 1st SWTG(A)

"For the others, the event serves as a precursor to what they can expect in the SFAS, and a reminder for those who have completed SFAS that evaluation of their performance does not stop after graduation," he said. "Special Forces candidates are encouraged to understand that they will be tested daily, both during the SFQC and while serving in the regiment."

"Every day, they must aspire to uphold the Special Forces attributes," he said.

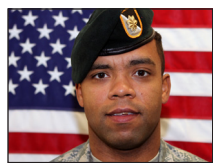
# Physical fitness a must-have to graduate SFQC

By Maj. Jose Vasquez

Commander, B Company, 4th Battalion, 1st SWTG(A)

All IODA cadre members assigned to 4th Bn. contributed to this column and to the new SFQC physical fitness policies. It was truly their efforts that have led to this success story.

When he took command of SWCS in August, Brig. Gen. Bennet S. Sacolick challenged the NCOs and officers within the command to define the ideal standards within each course, particularly the Special Forces Qualification Course. This challenge was quickly and eagerly accepted by the instructors charged with the IODA program.



Vasquez

to define the ideal standards within each course, particularly the Special Forces Qualification Course. This challenge was quickly and eagerly

accepted by the instructors charged with the IODA program.

The problem was simple: Soldiers were coming to the SFQC unprepared to meet the physical challenges of the course, and it became the responsibility of the instructors to get the Soldiers physically ready to endure the training. As a result, physical standards in the SFQC were redefined.

Prior to beginning the SFQC, all candidates must pass a height and weight test, pass an Army Physical Fitness Test with a minimum score of 60 points in each event in the student's age group, and complete at least 25 meters of the 50-meter swim test. Failure to meet any prerequisite will result in immediate relief from the course, with the option to reapply in one year.

Before entering Phase III of the SFQC, Tactical Combat Skills, the students must score a minimum of 70 points in each APFT event using the 17- to 21-year-old APFT standards, despite the student's actual age. They must also complete a 50-meter swim test in ACUs and boots, make a 12-mile foot march with a 45-pound rucksack and weapon in less than three hours, perform at least six pull-ups, climb a 30-foot rope, and run five miles in 40 minutes or less.

Failure to successfully complete any one of the events will result in immediate relief from the SFQC, with an option the reapply one year later.

The impact of the challenge made by the commanding general to the IODA instructors is immeasurable. Their morale increased exponentially because their voices were heard and their counsel was heeded. More importantly, each phase of the SFQC will receive physically fit Soldiers who are driven to endure the arduous demands of earning the Green Beret, ultimately joining our brotherhood.



A U.S. Army paratrooper assigned to SWCS brings an arm full of toys to the end of the Operation Toy Drop donation line Dec. 10 on Pope Air Force Base. Operation Toy Drop, open to all Soldiers assigned to Fort Bragg, allows Fort Bragg's military community to donate toys and games to local children in need.

## Army Chief of Staff: Don't Ask, Don't Tell repeal needs to wait

By Caroline Goins

SWCS Public Affairs Office

With one week remaining in a lame-duck session, Defense Secretary Robert M. Gates said he had hoped for Congress to repeal Don't Ask, Don't Tell.

"My greatest worry will be that then we are at the mercy of the courts and all the lack of predictability that that entails," he said.

Senior service chiefs gave their evaluation on the proposed repeal of the Don't Ask, Don't Tell policy to the Senate Armed Services Committee Dec. 3 in Washington, D.C.

Army Chief of Staff Gen. George W. Casey Jr. told lawmakers that repealing the Don't Ask, Don't Tell policy in a time of war would be a disruption of focus.

"Implementation of the repeal of Don't Ask, Don't Tell would be a major cultural and policy change in the middle of a war," he said. "It would be implemented by a force and leaders that are already stretched by the cumulative effects of almost a decade of war."

Casey was joined in proposing a delay of the repeal of Don't Ask, Don't Tell by the senior chiefs of the Air Force and the Marines. These senior chiefs agreed that bringing in new policy a during war would be stressful for the armed forces.

Adm. Gary Roughead, chief of naval operations, said he was satisfied with the Defense Department reports of how the armed forces would be affected by the repeal of Don't Ask, Don't Tell. Only 24 percent of naval personnel believe the repeal would have a negative effect.

Implementing a new policy at a time when the force is already stretched, especially the combat arms units, would "be more difficult for the Army than the report suggests," Casey said.


Casey said the report was based on the idea that openly gay servicemembers would be a risk to military order.

"I don't believe that's true. And from the surveys, it appears that a large number of our service (members) don't believe that is true either. So eventually, I believe, it should be repealed," Casey said.

"Today I call on the Senate to act as soon as possible so I can sign this repeal into law this year and ensure that Americans who are willing to risk their lives for their country are treated fairly and equally," President Obama said in an official statement.

The Senate on Thursday rejected a Democratic bid to open debate on a defense authorization bill that includes a repeal of the Don't Ask, Don't Tell policy. The House has already given its approval. Proponents of the repeal hope that it will be re-addressed before this year's end of session.

## Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	Regimental First Formation and SFQC Graduation Ceremony 3 p.m. Crown Coliseum	SWCS Holiday Social Day	18
End of GPC Billing Cycle	20	21	22	23	Federal Holiday	
26	27	28	29	30	Federal Holiday	1