



Spartan Messenger



Newsletter for future Marines and proud
parents of
Recruiting Station Frederick

2nd Quarter FY13

WARRIORS



Recruiting Sub-Station Woodbridge celebrates their success after the Tug-O-War tourney at the RS Frederick annual pool function 2013.

A LITTLE WORK PAYS OFF

You can earn an early promotion to private first class, if you refer to your recruiter two qualified individuals who enlist into the Marine Corps. There are people all around you who are potential Marines. You have friends at school who are curious about what you will be doing in the Marines. They might want to talk to your recruiter. Go over your yearbook with your recruiter and show them individuals that might be interested in the Marines. Talk to your friends during extra curricular activities. Get someone to enlist and make more money!

A private's proposed earnings could be \$1,409 a month for the first four months of service. He could earn \$1,561 from that point on. Promotion to private first class could earn you \$1,699 a month, a difference of \$290 a month during recruit training and a \$138 a month after recruit training.

You stand to lose a total of **\$1,436** over that **six month** period.

PFC Monthly Pay:
\$1,699

Effective January
2013

VS.

Pvt. Monthly Pay:
\$1,516

Effective January
2013

Private

$\begin{array}{r} \$1,409 \\ \times 4 \\ \hline \end{array}$ $\begin{array}{r} \$1,561 \\ \times 2 \\ \hline \end{array}$ = **\$8,758 as a Pvt.**

$\begin{array}{r} \$5,636 \\ \times 6 \\ \hline \end{array}$ = **\$10,194 as a PFC**

$\begin{array}{r} \$1,699 \\ \times 6 \\ \hline \end{array}$ = **\$10,194 as a PFC**

Referral form

Information about the person you are referring to us:

Name: _____

Good contact telephone number : _____

Email address: _____@_____.

Mailing address: _____

Street, Apartment #

City State ZIP Code

Information about the person giving us this referral:

Name: _____

Fill in your name here if you want credit for this referral

Current school: _____

The Annual Pool Function



Poole Francesco Amissah from RSS Woodbridge, shipping November 15th, runs the 880 portion, in the 1 1/2 mile relay during the 2013 Annual RS Frederick Pool Function.

RS Frederick hosts the 2013 annual pool function to build camaraderie and motivate poolees that are waiting to ship and allow them the chance to experience drill instructors first hand.



RS Frederick's Sgt.Maj. William Sweeney speaks to all of RS Frederick's poolees at the 2013 annual pool function.



Poolee Mark Marlow and Brandon Clifner from RSS Chantilly compete in the 2013 annual pool function fireman's carry relay.



Aaron Vanschoor performs ammo can lifts for RSS Woodbridge at the 2013 annual pool function.

Sergeant Major's Corner

You have made one of the greatest and most difficult decisions in your life. Your family and friends might not, and may never, understand your reasons for joining. The steps you took to join our ranks are just the first of many steps towards becoming the person that you are capable of becoming. There will come a time that you will doubt yourself, your decision, and your ability. Recruit training is designed to be that way. Your recruiters are held to a very high standard and they will get you prepared for the rigors of Recruit Training.



You must do your part by ensuring that you are mentally, physically, and emotionally prepared. This includes getting into and staying in shape; getting good grades (for those in schools) and studying the Basic Marine knowledge that you were given. Any work that you put in now will pay dividends when you get to Boot Camp, ensuring that you are ahead of the game and not drawing undue attention for being "lost in the sauce". Stay out of trouble and follow the Poolee Code of Conduct that you were given. If something changes in your life, let your recruiter know immediately.

Female Poolees, it is time to start working on those pull-ups!! If you are shipping on or after 1 Oct 2013, you will be required to do one pull-up before departing for boot camp, and a minimum of three before you graduate. Don't wait until the last minute!

Finally, here is a secret to the success of becoming a Marine. If you don't want to come back to your hometown without the Eagle, Globe and Anchor, then you won't. If it sounds really simple....that's because it is. That alone will keep you going when you're tired, hungry and just want to lie down. Stay engaged until your objective is met...then attack a new one. Good luck to those of you that are shipping soon, I hope to shake your hand and say "Good job, MARINE." ~Sgt. Maj. Sweeney

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EXECUTIVE OFFICER
Capt. J. Kilcullen

SERGEANT MAJOR
Sgt. Maj. W. E. Sweeney

POOL PROGRAM SPECIALIST
Staff Sgt. M. Norville

EDITOR
Sgt. A. Williams

Commanding Officer's Corner

To the future Marines of RS Frederick, congratulations on your decision to serve your country, there is no path more honorable.

What I need from you now is a commitment to graduate from Recruit Training at Parris Island. Do not go to boot camp if you are not going to stay there until you are a Marine. It is going to be tough and especially the first few weeks will be very intense. That's okay. You will graduate as long as you keep trying. I set very high standards for your recruiters. If I ship you to Parris Island, then I know you have what it takes.

Maj. James Birchfield III



Do you have the number for your Staff Non-Commissioned Officer-in-Charge?

RSS Alexandria SNCOIC	(877) 323-9426 Staff Sgt. Santiago	RSS Fredericksburg SNCOIC	(888) 870-4224 Gunnery Sgt. Hanzlik
RSS Chantilly SNCOIC	(877) 344-9082 Staff Sgt. Smith	RSS Martinsburg SNCOIC	(877) 744-8436 Gunnery Sgt. Harper
RSS Silver Spring SNCOIC	(877) 323-9404 Staff Sgt. Net	RSS Rockville SNCOIC	(877) 343-9119 Gunnery Sgt. Ward
RSS Morgantown SNCOIC	(800) 892-8016 Staff Sgt. Miller	RSS Leesburg SNCOIC	(877) 744-8436 Staff Sgt. McNew
RSS Frederick NCOIC	(877) 744-8625 Sgt. Thomas	RSS Woodbridge SNCOIC	(888) 870-4375 Staff Sgt. Wetzel
RSS Warrenton SNCOIC	(540) 428-4367 Staff Sgt. Brought		

PHIGHLIGHT:

RSS Rockville



Daniel B. Hughes



“Most of all I want to fight for my country.”

Why did you decide to join the Marine Corps ?

“I decided to join the Marine Corps because I wanted the pride, the brotherhood, the discipline.”

When do you leave for boot camp?

September 16, 2013

What is your military occupational specialty ?

0311- Infantry

Did you play any high school sports?

“Baseball and basketball.”

What do you expect to get out of Marine Corps boot camp?

“Discipline, courage, knowledge, strength, endurance, and all of the leadership traits (Justice, Judgment, Dependability, Initiative, Decisiveness, Tact, Integrity, Enthusiasm, Bearing, Unselfishness, Courage, Knowledge, Loyalty, and Endurance).”

What question do you have about boot camp?

“My Recruiter has pretty much answered all of my questions.”

Where do you want to go in the Marine Corps?

“I want to go to the top. I want to stay in for more than 4 years and my goal is to do at least 20 years.”

RSS Martinsburg

Victoria Gadomski



“When I was a child, when other girls wanted to grow up to be princesses, I wanted to be a Marine.”

Why did you decide to join the Marine Corps?

I wanted to gain that sense of pride, leadership, and belonging.

When do you leave for boot camp?

June 3, 2013

What is your military occupational specialty ?

“My Military Occupational Specialty is Aviation Electronics.”

Did you play any high school sports?

“I was the first female to play football for the Mussleman Appleman during high school”

What do you expect to get out of Marine Corps boot camp?

“I expect to gain the ability of leadership at boot camp.”

What question do you have about boot camp?

What is the most beneficial thing you can take from boot camp?

Where do you want to go in the Marine Corps?

“I want to retire from the Marine Corp. My goal is to be all that I can be and help other Marines out while I’m in the Corps. After, I would like to retire, while becoming an expert in my MOS.”

Marine Corps News

What females are doing to improve pull-ups around the RS



“In less than sixty days I was able to go from zero to four pull-ups by simply doing push-ups and shedding some unnecessary weight.

Every morning when I wake up, I start my day by doing max sets of push-ups. I started with three max sets and every three weeks added an extra.

The weight aspect helps. The less you have to pull-up, the better.”

~Sgt. Donna Williams

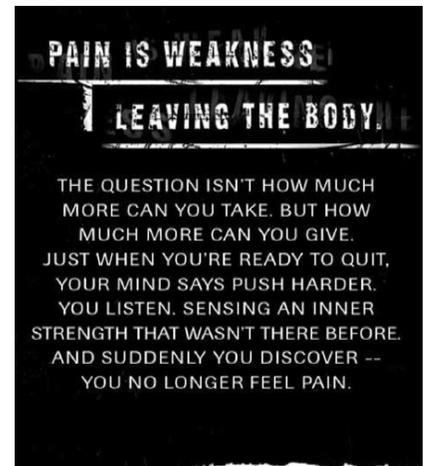
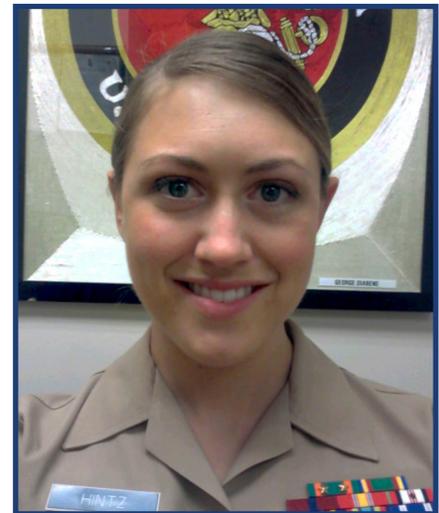
“I am currently at 8 pull ups (this is the amount females will need to be able to do next year to receive max points). What has helped me increase pull-ups is doing pyramids every other day (i.e. starting at 2 pull-ups, working up to 6, and then working my way back down).

If you cannot do any pull-ups my advice to you would be to start working your upper body at the gym. Do not be afraid of the heavier weights, if you are not sore the next day you are not putting in enough work.

If you do not have a gym membership invest in a pull-up bar you can hang from your bedroom door (there is also a pull-up bar at your recruiting station). It doesn't hurt to eat healthy either, if you put garbage in you're going to get garbage out! If you cannot do any pull-ups by the time you ship to boot camp you have nobody to blame but yourself.

Pooles should strive to do more than 20 pull-ups, the more physically prepared you are for boot camp the easier it will be. If you are going to boot camp doing the bare minimum do not be surprised when you are the one the Drill Instructors are paying “special” attention to. Good luck to those of you who are shipping soon!”

~Sgt Samantha Hintz



Marine Corps Rank

Enlisted



Private First Class



Lance Corporal



Corporal



Sergeant



Staff Sergeant



Gunnery Sergeant



Master Sergeant



First Sergeant



Master Gunnery Sergeant



Sergeant Major



Sergeant Major of The Marine Corps

Officer



2nd Lt



1st Lt



Captain



Major



Lt Colonel



Colonel



Brigadier General



Major General



Lieutenant General



General



Warrant Officer



Chief WO 2



Chief WO 3



Chief WO 4



Chief WO 5

Poolee Code of Conduct



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- I** I am a future Marine. I will not use illegal drugs, nor will I tolerate or associate with those who do.
 - II** I will adhere to the highest mental, moral and physical standards that qualified me to become a United States Marine and I will immediately notify my recruiter of any changes to my enlistment status.
 - III** I will always conduct myself in a manner that is befitting the title Marine and prepare myself both mentally and physically for the rigors of recruit training.
 - IV** I will never stop asking other individuals to join me in the ranks of the Corps and will provide my recruiter any assistance asked of me to find future Marines.
 - V** I am responsible for contacting my recruiter at least once a week and attending all scheduled pool functions while I am a member of the Delayed Entry Program.
 - VI** I will never forget that I am a future Marine, responsible for my actions, and bound by my oath of enlistment to serve this country honorably as a United States Marine.
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