



310TH ESC 2015 BEST WARRIOR COMPETITION

US Army

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'America's ESC'

CSM HINTON

The 310th conducted the first ever ESC level competition for all BN level winners. The entire concept was to up the level of competition to mirror the TSC and USARC competitions. The 310th ESC would normally field an NCO and Soldier candidate that had difficulty adjusting to the higher level of multiple competitors. In order to win this event an NCO or Soldier had to place consistently in all events in order to win. The budget shortfall led to our not conducting group and brigade level competitions so the 310th ESC was able to focus our efforts on an ESC level competition that went a step beyond in competition and training.

Key to our Best Warrior was not only the projection of an NCO and Soldier to the 377th competition but the delivery of world class training that all of our Soldiers should take back to their



units to enhance Soldier skills there. Since this was an ESC wide event, it was the perfect platform to transfer knowledge across units. A key highlight of our training was bringing in the US Army Reserve Marksmanship Team to deliver world class M-9 and M-16 training.

Another element was a combatives assessment and teach back. Using a controlled environment, we ensured each competitor's basic understanding. We instructed and then had students demonstrate how to

fall, how to roll, and at least four basic moves. We then, in a structured evaluation, had each competitor compete in take-down, take-down defense, dominate position, and defending from the guard. It is training like this that reinforces my belief in the effectiveness of sharing knowledge.

It have always stressed that we can use this as quality training time and that we would not have to break, bend, or LOD our way through this competition just to forward project a best warrior NCO and Soldier. The real win is the level of training we delivered that will make its way back to each Battalion along with the camaradery that we all felt in competing together.

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BEST WARRIOR 2015 HIGHLIGHTS

This year's Best Warrior Competition consisted of several events, including:

1. Army Warrior Training Testing
2. Army Physical Fitness Test
3. 10K Ruck March
4. M9 Weapons Qual Range
5. Army Combatives

Competition

6. M16 Weapons Qual Range
7. Land Navigation Course
8. CSM Board

The focus this year is on Training the Warrior as well as assessing skills



BEST WARRIOR 2015

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during the Best Warrior Competition, held from 4 through 8 March, 2015 here. The competition had some surprises for everyone as

competitors were hit by extreme weather conditions and some welcome training from the USAR Marksmanship Team.

The 2015 310th ESC Best Warrior Competition encountered freezing weather conditions and a foot of snow, adding to the challenge for the Army Reserve Soldiers competing in the event. The 11 Soldiers and noncommissioned officers put the pedal to the mettle in events starting with Army Warrior Task Training, an Army Physical Fitness Test, and a 10K ruck march with a loaded ruck sack on day one of the Best Warrior.

Day two of the Best Warrior Competition began with weapons training hosted by the USAR Marksmanship Team, the 9mm weapons range in a downpour of sleet, snow and freezing temperatures, and a challenging Army combatives competition. The competition ended with Land Navigation and M4 weapons qualification on day three and the honor of appearing in front of the sergeants major board.

Army Reserve Capt. Ervin L. Marion, 310th Sustainment Command (Expeditionary) G-3 Operations Officer and officer in charge of the 2014 Best Warrior Competition, said

he believes that “the inclusion of the USAR Marksmanship Team makes all the difference.”

Many of the Soldiers competing during the four days of the Best Warrior had not fired a 9mm handgun before the competition.

Preparation to include the USAR Marksmanship Team in the 310th ESC 2015 Best Warrior Competition began months before the actual beginning of the event. “I wanted to differentiate our competition by adding large learning components rather than just projecting a winner to the 377th BWC. For example, bringing in the US Marksmanship team brought an unparalleled level of instruction for all of our Soldiers to bring back to their units”. This meant that funding, cross organization lines of accounting were set up, and DTS was completed along with orders from the 310th to the marksmanship team. Members of the Marksmanship Team were sought after by the event planners due to their exceptional weapons instruction and reputation of excellence in their craft.

“It’s great to have the Marksmanship Team here,” Marion said,

“they show the Soldiers the tricks of the trade of working with their weapons systems.”

“The event this year went exceptionally well, Marion continued, “the Soldiers aren’t just competing during this Best Warrior, but learning their skill set and enhancing their basic Soldier skills.”

Preparation for the 2015 Best Warrior Competition began months before the actual event. The Soldiers competing for the event cannot use time during their full time occupations to train, for the most part. Most of the Soldiers of the 310th ESC sacrificed countless hours of personal time to physical fitness, Warrior Task proficiency training, and weapons training.





USAR MARKSMANSHIP TEAM

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SHOWING SKILL WITH THE BASICS

FORT A.P. HILL, Va – While caring for the casualty at his feet, Sgt. Richard M. Callis, a 42A admin specialist from the 373rd Quartermaster Battalion, 38th Regional Support Group, comes under fire and advances toward an enemy position amidst the noise of incoming enemy fire and physical obstacles. Sgt. 1st Class Paixao stands by Sgt. Callis' side with paper and pencil in hand, yelling instructions to react to the situation. Sgt. Paixao destroys the enemy position and returns to assess the casualty and apply a tourniquet to the victim's wounds.

This is just the first of the many tasks Soldiers competing in the 310th Sustainment Command (Expeditionary) Best Warrior Competition had to conduct to show their proficiency with key Warrior Task skills at Fort A.P. Hill from 4 through 8 March.

The competition had the Soldiers

of the 310th ESC testing for several tasks required of the profession of arms.

“The Warrior Tasks are something I don't normally have the opportunity to do often at my unit,” said Spc. Reno S. Johnson, Jr., an 88L, Watercraft Engineer with the 55th Sustainment Brigade, “Events like Best Warrior help me develop those skills.”

While the primary purpose of many of the events of the Best Warrior Competition were focused on endurance, the emphasis of this first event is the basic knowledge of combat skills.

“Every event is important,” said Callis, “you don't have to be the best at a single event to win, but you also can't be poor at any of the events.”





EXCELLING IN THE ARMY PHYSICAL FITNESS TEST

FORT A.P. HILL, Va – Detailed instructions given to them, 11 Soldiers from the 310th Sustainment Command (Expeditionary) competed against each other as they prepared for the Army Physical Fitness Test (APFT), part of the Best Warrior Competition, March 4.

Since 1980, the U.S. Army has used the APFT to assess the physical fitness of Soldiers. While the APFT is one of the basic requirements Soldiers must successfully complete throughout their careers, the competition for the Best Warrior is fierce with professional reputation and unit status on the line during the event.

The APFT is the second event in the Best Warrior Competition, testing the participants' muscular strength and endurance with pushups, sit-ups and the two-mile run- the total-warrior package.

This APFT this year was won by Staff Sgt. Keith J. Hoffman, a 25U, a Signal Support Systems Specialist from the 55th Sustainment Brigade. Exceptionally, the NCO was the first person to come across the finish line during the two-mile run, and received maximum scores for both situp and the pushup events.

"I stay physically fit because I enjoy it," said Hoffman, "but it all parlays into mission readiness."

It is expected that Soldiers taking part in the Best Warrior Competition will take their physical fitness achievement back to their units after the event and motivate their fellow Soldiers to increase overall unit fitness levels.

"We've set up with our commander," continued Hoffman, "to share experience with younger Soldiers and they can then pass it down."





BEST WARRIOR SPEED RUCK

FORT A.P. HILL, Va. – The Soldiers of the 310th ESC 2015 Best Warrior Competition gathered in the hilly wooded training area to compete in the 10K ruck march here, March 4.

Despite having completed an Army Physical Fitness Test less than 4 hours earlier, the Best Warriors prepared for the ruck march with the steely eyed determination to make the distance

as far under the two hour time limit as possible.

The ruck march was one of several challenging events making up the Best Warrior Competition, but this event held a surprise for the competitors – 310th ESC senior enlisted NCO, Command Sgt. Maj. Scott Hinton was marching with them wearing battle gear and a ruck sack.

“I always tell my Soldiers that I wouldn’t ask them to do something that I wouldn’t do,” explained Hinton, “It’s important for them to see senior leaders compete and complete the course.”

As the competing Soldiers took off from the starting-line with full rucks and gear on, Hinton also marched with them, falling in place behind them.

“The esprit de core we felt at the end of the ruck march was inspirational.” said Hinton. “The goal

of this was to teach and train these skills so they can bring them back to the unit for the other Soldiers.”

The terrain for the 10K ruck march presented the challenge of steep inclines and uneven ground, adding an element of realism to the competition. The danger of tripping hazards while running with fully loaded gear demanded a sense of awareness beyond the focus of simply finishing the ruck march.

“One Soldier was struggling, cramping and hobbling along but would not quit. As he came up to the line all the Soldiers shouted and encouraged him,” continued Hinton, “and as soon as he crossed the line every Soldier held him while he walked off his injury. The grit and determination of this Soldier turned an individual event to a collective experience,” said Hinton. “The level of comradery was amazing”.

Motivation, for many Soldiers, is the key to completing a ruck march such as the 10K.

“I learned that preparation is key,” said Spc. Reno S. Johnson, Jr., an 88L, Watercraft Engineer with the 55th Sustainment Brigade, “Being physically fit and mentally prepared helped me push through.

Beyond individual achievement, the event focused on teamwork.

“My legs locked up towards the end,” continued Johnson, “the other Soldiers worked with me to get through; helped keep me going.”

The ruck march is often as much a race for the competitors as the two-mile run during the APFT. Soldiers battle fatigue, blistered feet and the knowledge that the other Soldiers are right there with them making for the same goal-the finish line.

“People I didn’t know three days ago have now become my Team,” said Johnson.





9MM/M-16 RANGE

FORT A.P. HILL, Va. – The 310th ESC 2015 Best Warrior Competition continued with a bang here from 4 to 8 March. Both M9 and M16 ranges were conducted during the Best Warrior, assessing Soldiers competing in the event on their weapons marksmanship of both pistol and rifle.

The goal of this Best Warrior kept with the theme of Warrior Task Training as well as assessment of the skills the Soldiers brought with them. Both the pistol and rifle ranges had weapons training be-

forehand conducted by the US Army Reserve Marksmanship Team.

Keeping with the training concept of this Best Warrior competition, the Army Reserve Marksmanship Team was asked to train competitors before the range and then to help run the range. The 310th ESC requested the assistance of the Marksmanship Team because of the successes of the shooter-instructors and their reputation of excellence in marksmanship training.

The instruction was part of the Best Warrior Competition and encouraged participants to follow effective methods of weapons safety, maintenance and firing technique.

Gerner, “we’ve seen that Soldiers will be placed in the job that the situation demands, which may not be their technician MOS, but may be a combat role.”

Marksmanship training of this type reinforces effective procedures over some traditional doctrine, such as using the M16’s magazine to stabilize the weapon on the ground when shooting.

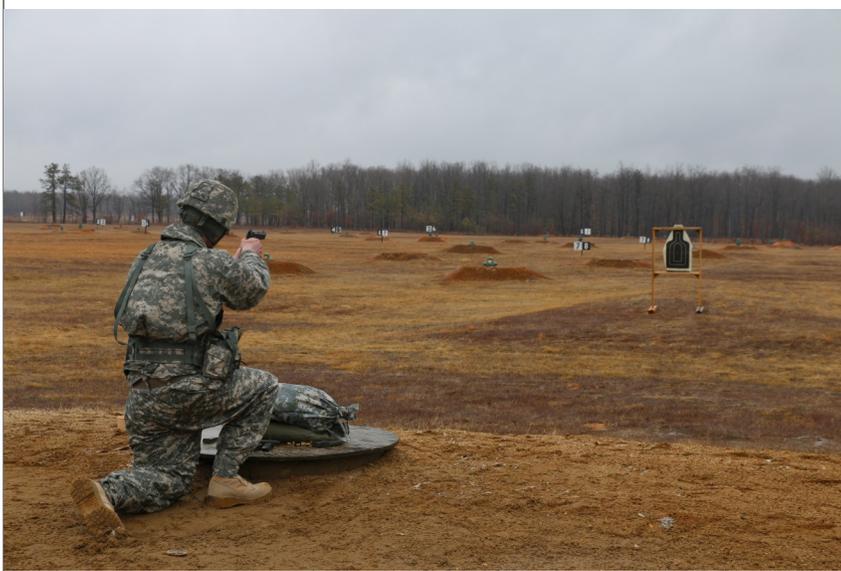
“The expectation is that these Soldiers will train their fellows at their units, to build a culture of excellence at the unit level,” said Army Reserve Capt. Thomas G. Bourne, U.S. Army Marksmanship Team Pistol Trainer.

The addition of the Marksmanship Team to the Best Warrior Competition also allows competitors the chance to receive professional level training on weapons systems that they may not have previously had the chance to use.

“None of these Soldiers but two have previously fired an M9,” said Maj. Luis Garcia, Mobile Training Team Officer In Charge, “with this opportunity, it allows us to expose some first time Soldiers to it, and reinforce marksmanship to those that have.”

“Marksmanship is one of the things that Soldiers don’t have enough chance to practice, said Command Sgt. Maj. Thomas Gerner, Service Rifle Instructor NCOIC, “so we’re happy to train them any chance we get.”

“Over the last 10 or 15 years, continued





COMBATIVES

FORT A.P. HILL, Va. – Despite the difficulties associated with the Army's self-defense technique, such as bruising and cracked ribs, 11 Soldiers from the 310th Sustainment Command (Expeditionary) competed in the Army Combatives event to place in the Command's Best Warrior Competition.

Army Combatives teaches basic hand-to-hand combat, and is similar to civilian MMA fighting. The training that is taught in combatives level one is tested at the Best Warrior Competition.

"Combatives brings adaptability to the simulated combat environment," said Sgt. 1st Class Mark A. Paixao, of the 55th Sustainment Brigade and Army Combatives instructor for the 310th ESC Best Warrior Competition, "and adds team-building to the competition."

When Soldiers compete in the Best Warrior Competition they will have to demonstrate their skills on how to use the 17

moves that include things such as arm bars and choke holds.

"We took Soldiers into a learning environment first, teaching them to fall, roll, and each of the basics," said 310th Sustainment Command (Expeditionary) Command Sgt. Maj. Scott Hinton.

"Teaching them to teach back to us several moves reinforced the learning," continued Hinton. "Each competitor had to teach four moves from us to pass in order to compete at the next level. The next level was assessing their skill to project a winner."

A Soldier who is trained in Army combatives can use basic moves to stop the enemy from doing further damage. When the time comes to use his hands and not his weapon, a life can be saved.

"We evaluated Soldiers in take down, take down defense, mount, and guard. The level of Soldiers interacting, working together, teaching each other was another rein-

forcement that we think we know what right looks like in evaluating our Soldiers without inflicting injury," said Hinton.

All Soldiers need to make sure they are trained and proficient in combatives because that skill just might just save a life. "If you have to use hand-to-hand combat, when your primary weapons is down, said Sgt. Lloyd A. Stone, a ground mechanic with the 55th Sustainment Brigade, "combatives is great for the situation."

Army combatives can also be a physical fitness multiplier when properly conducted. "I've never had a workout like combatives training. I plan on working it into my routine," said Stone, "it has it's own level of conditioning."

The Best Warrior Competition has a tournament that separates the competitor by choosing a winner and at the same time teaches Soldiers different strategies in combatives.

Special Thanks to Sgt. 1st Class Mark Paixao. The success of the combatives event was directly attributed to the hard work put into the event

-Command Sgt. Maj. Scott Hinton







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**310TH SUSTAINMENT COMMAND
(EXPEDITIONARY)**



The Core mission of the 310th ESC is to provide an Operational Command Post of the Theater Sustainment Command. Plan, Coordinate, Synchronize, Monitor, and Control Operational-Level Sustainment Operations other than Medical for the ASCC, JTF, or JFC.

The additional doctrinal missions are to Plan, Coordinate, and Provide Sustainment to Forces; Plan, Prepare, and Execute Theatre Opening and Reception, Staging, Onward Movement and Enable Integration of Forces; Provide Movement Control; Establish and Operate Sustainment Facilities and Bases.

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