



Spartan Messenger



Newsletter for future Marines and proud
parents of
Recruiting Station Frederick

GET SOME



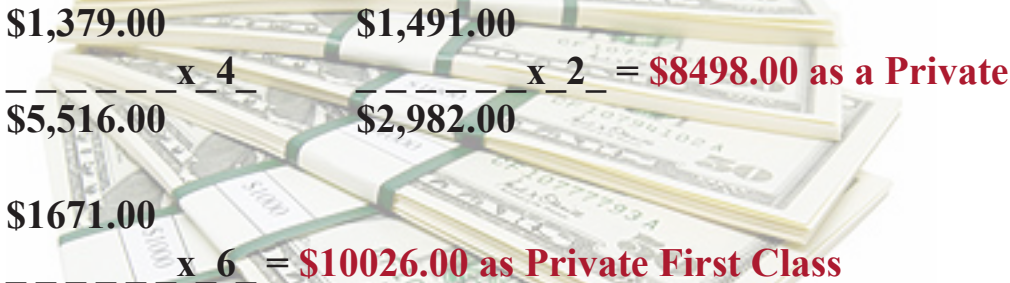
**RSS Alexandria Caitlin Corcoran and
Catherine Miller work together to finish a
cross-fit session during poolee PT.**

A LITTLE WORK PAYS OFF

In order to be promoted to PFC you must refer two (2) qualified individuals who enlist into the Marine Corps. It's really not that hard! 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 and they might want to talk to your recruiter. Go over your yearbook with your recruiter and show them individuals that might be interested about the Marines. Spend some time with your recruiter

A private earns \$1,379.00 a month for the first four months of service. He earns \$1,491.00 from that point on. Promotion to private first class earns you \$1,671.00 a month. A difference of \$287.70/month for the first four, and \$177.30 every month there after until promotion. If the average length of time in which a Marine needs to train includes; three months for recruit training and one more for Marine Combat Training and or the School of Infantry, and another two months for your job school.

You stand to lose a total of **\$1528.00** over that **six month** period.



\$1,379.00	\$1,491.00	
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x 4	x 2	= \$8498.00 as a Private
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\$5,516.00	\$2,982.00	
\$1671.00		

x 6		= \$10026.00 as Private First Class

Private First Class Monthly Pay:

\$1671.10

Effective January 2012

VS.

Private Monthly Pay:

\$1491.00

Effective January 2012

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: _____

Around the RS



RSS Frederick hiking 5 miles through Cunningham Falls State Park during a team building pool function.



RSS Rockville Poolees had the a chance to experience perimeter security training during one of their pool functions.




























RSS Rockville and RSS Frederick getting in some physical training during a friendly competition.



RSS Leesburg Poolees watch The Silent Drill Team preform during The Evening Parade.

Recruit Training Matrix

WK	CO	MON	TUE	WED	THU	FRI	SAT	SUN		
PR						P1 	P2 	P3 MALE PICK-UP	F1	
		RECEIVING								
1		F2	T1 Intro to USMC Values Ethics Intro to MCMAP UCMF Interior Guard I	T2 Combat Conditioning Punches Customs & Courtesies	T3 Combat Conditioning Bayonet Tech First Aid I USMC Uniforms	T4 Combat Conditioning Spiritual Readiness USMC History Core Values Discussion	T5 Combat Conditioning Commitment First Aid II Core Values Discussion	S1 Chapel Pac-App: Interior Guard, First Aid, Customs & Courtesies, Core Values Discussion	PHASE ONE	
2		T6 Pugil Sticks I Lower Body Strikes USMC Problem-Solving Courage Core Values Discussion Direct Deposit (L)	T7 Combat Conditioning Upper Body Strikes Core Values Discussion Direct Deposit (F)	T8  USMC History USMC Mission & Org. Honors Code of Conduct USMC Leadership	T9  Combat Conditioning First Aid III Table / Leg Straps (L) Core Values Discussion	T10 Small Unit Leadership Law of Land Warfare Equal Opportunity First Aid Prac App Core Values Discussion	T11  5 Km Coastal March Pit/TL Sweep (F) First Aid IV Interior Guard II Core Values Discussion	S2 Chapel First Aid Prac App Core Values Discussion		
3		T12 O' Course I Knife Techniques Armed Manipulations First Aid V USMC History	T13 Pugil Sticks II Counter to Chytos/Holds Sexual Harassment Substance Abuse First Aid VI Core Values Discussion	T14 Combat Conditioning Counter to Strikes Chokes First Aid Prac App Core Values Discussion	T15  Combat Conditioning Confidence Course I Core Values Discussion	T16  5 Km Coastal March Hazing USMC History SDI Inspection	T17  5 Km Coastal March Hazing USMC History SDI Inspection	S3 Chapel Core Values Discussion		
4		T18  Armed Manipulations USMC History Intro to OADM Education Benefits	T19	T20 Combat Conditioning	T21 O' Course II (F)	T22 MCMAP Test	T23 Combat Conditioning (F) O' Course II (L) Pugil Sticks III Core Values Discussion	S4 Chapel Core Values Discussion		
		SWIM WEEK								
5		T24  Initial Written Test Spare Parts & MAD/Cas Mask & Batteries	T25  Initial Drill Initial Travel Civilian Attire Personal Appearance	T26  Combat Conditioning (L) D-2 Clothing (F) Individual Photos (L)	T27  Combat Conditioning (F) D-2 Clothing (L) Individual Photos (F)	T28  Inoculations - 2 Thrift Savings Plan	T29  10 Km Coastal March Core Values Discussion	S5 Chapel Core Values Discussion	PHASE TWO	
6		T30 Combat Conditioning	T31 ISMT Exercise	T32	T33 MCMAP Endurance 26 Yd Obstacle Exercise	T34	T35 Initial PFT Core Values Discussion	S6 Chapel Core Values Discussion		
7		GRASS WEEK								
7		T36 Combat Conditioning	T37 O' Course III	T38	T39 Pre-Qual	T40 Qual Day	T41 12 Km Coastal March Messengers Tour Foreign Language Program	S7 Chapel Core Values Discussion Messengers Clothing & Equipment		
		TABLE 1 FIRING WEEK								
8		T42  Interior Guard Prac App	T43 O' Course IV (L) Interior Guard Prac App	T44 O' Course IV (F) Interior Guard Prac App	T45 Final Travel (L) Interior Guard Prac App	T46 Final Travel (F)	T47  Combat Conditioning Co-Ord's Inspection Core Values Discussion	S8 Chapel Field Stations Camo, Cover, Coordinating Prep for Coastal Field Ex Station		
		TEAM WEEK								
9		T48 Table 2 (L) Classes Dumbbells/Angel BWT (F) Messengers Courses, Head & Arm Signals, TED	T49 Table 2 (L) Firing BWT (F) Land Navigation, Coastal Leadership	T50 Table 2 (L) / Qual Table 2 (F) Classes Obstacle Angl	T51 BWT (L) Messengers Courses, Head & Arm Signals, TED Table 2 (F) Firing	T52 BWT (L) Land Navigation, Coastal Leadership Table 2 (F) Qual	T53 Combat Endurance Course Core Values Discussion	S9  Chapel Red Cross BWS/Dive Core Values Discussion		
		BWT/TABLE 2 FIRING								
10		T54 O-3 Clothing (L) Confidence Course II (F) Map Skills / Land Nav II (F)	T55 O-3 Clothing (F) Confidence Course II (L) Map Skills / Land Nav II (L)	T56 O-3 Clothing (F) / Eval (L) Operational Culture Terrorism Awareness Optics/ Comms/Sec	T57 O-3 Clothing (L) / Eval (F) Fraternization Sexual Assault Sexual Responsibility Marriage & 1st Term Marriage	T58  Prac App Testing Personal Assistance (L) Intro to Mentoring (F) Military Career Factors (L) Core Values Discussion	T59 Field Meet Personal Assistance (F) Intro to Mentoring (F) Military Career Factors (F) Core Values Discussion	S10 Chapel Core Values Discussion		
11		T60  Final PFT Written Testing Drivers Safety Pre-Crux Screen	T61  Platoon Photo Core Values Discussion Pre-Crux App	T62  Final Drill Leave & Liberty Core Values Discussion	T63 10 Km March Core Values Stations Warrior Stations Warrior Stations 8 Km Night March	T64 Core Values Stations Warrior Stations Night Assault Course	T65  15 Km March End of Recruit Training Warrior Stations Pre-Crux Screen	S11 Chapel Recruit Liberty Warrior Observation		
		CRUCIBLE								
12		T66 Personal Responsibility Initial Coast Patrol Covers/SRD/SLB Brief Personal Effects Pick-up	T67  BWS Inspection (L) Weapons room-in (L) Pre-Ship (F) Core Values Discussion	T68  BWS Inspection (F) Weapons room-in (F) Pre-Ship (L) Share the Legacy Speech Surrender 1.1 Brief	T69 Motherthon Run Family Day SCL5 Photograph Order Core Values Discussion	T70 GRADUATION				
		MARINE WEEK								

Sergeant Major's Corner

I will echo the comments from the Commanding Officer on commitment. 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. 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. It makes no sense for the Commanding Officer to send you to Recruit Training if you are not fully committed to graduating and claiming the title UNITED STATES MARINE.

SgtMaj. Hammerschmidt



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EXECUTIVE OFFICER
Capt. J. Kilcullen

SERGEANT MAJOR
Sgt. Maj. M. Hammerschmidt

POOL PROGRAM SPECIALIST
Staff Sgt. D Hampton

EDITOR
Cpl. 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 OK. You will graduate as long as you keep trying. I

set very high stan-

dards for your recruiters. If I ship you to Parris Island then I know you have what it takes.



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

RSS Alexandria SNCOIC	1-877-323-9426 Staff Sgt. Romo	RSS Fredericksburg SNCOIC	1-888-870-4224 Gunnery Sgt. Hanzlik
RSS Chantilly SNCOIC	1-877-344-9082 Staff Sgt. Sterling	RSS Martinsburg SNCOIC	1-877-744-8436 Master Sgt. Howard
RSS Silver Spring SNCOIC	1-877-323-9404 Staff Sgt. Stanley	RSS Rockville SNCOIC	1-877-343-9119 Master Sgt. Harper
RSS Morgantown SNCOIC	1-800-892-8016 Gunnery Sgt. Poling	RSS Leesburg SNCOIC	1-877-744-8436 Staff Sgt. McNew
RSS Frederick SNCOIC	1-877-744-8625 Staff Sgt. Nthambiri	RSS Woodbridge SNCOIC	1-888-870-4375 Gunnery Sgt. Paulk
RSS Warrenton SNCOIC	1-540-428-4367 Staff Sgt. Wetzel		

POOLEE HIGHLIGHT: *Travis Dodson* RSS Frederick



Why did you decide to join the Marine Corps ?

“There’s really no replacement for the training I can get in the Marine Corps.”

When do you leave for boot camp?

There was an open spot so Dodson was able to leave Oct. 17th.

What is your military occupational specialty ?

Aircraft Maintenance.

Did you play any high school sports?

I was home schooled, so no.

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

A lot, I expect to be in the best shape of my life...I expect it to be life changing”

What question do you have about boot camp?

I have a million questions about boot camp, but I guess I have to wait to get there.

Where do you want to go in the Marine Corps?

I do want to be deployed, I hope to go overseas and join the guys over there.

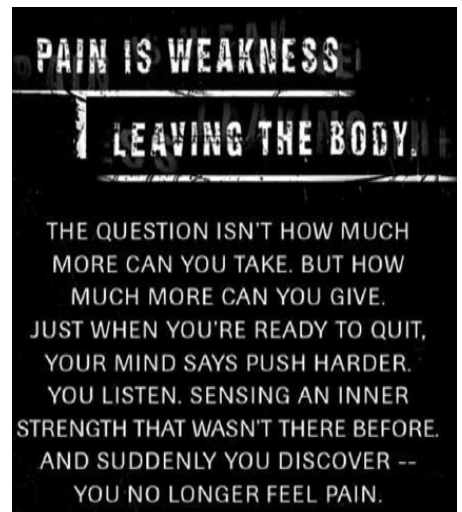
What are your fitness goals?

Get a 300 on the IST.



Travis Dodson, a poolee at Recruiting Subordinate Station Frederick before Oct. 17, Prepares for a video interview.

“I expect it to be hard. It better be hard!” *-Talking about boot camp*



Dodson holds the plank position during a Staff Non-Commissioned Officer physical training session in the field behind Recruiting Subordinate Station Frederick, MD.

KNOWLEDGE - Having professional knowledge and understanding your Marines.

LOYALTY - The quality of faithfulness to country, the Corps, and unit, and to one’s seniors, subordinates, and peers.

ENDURANCE - The mental and physical stamina to withstand pain, fatigue, stress, and hardship.

Marine Corps News

Anti-Terrorism Marines take to the skies

By Lance Cpl. Joshua J. Hines, 2nd Marine Division

MARINE CORPS BASE CAMP LEJEUNE N.C. (Oct. 21, 2011) — The silence of the tree line is shattered as a Marine yells, “ETA one minute!” The tree line bustles as the Marines prepare to embark on an inbound helicopter. Within moments the chopper tears over the horizon, landing in the secured landing zone where Marines await to evacuate a casualty.

This was the scene as Marines with Company F, Anti-Terrorism Battalion, attached to 2nd Marine Division, conducted a day of helicopter operations aboard Marine Corps Base Camp Lejeune, N.C., Oct. 20.

The training consisted of landing zone insertion, extraction and casualty evacuation drills supported by a CH-53E Super Stallion with the Marine Heavy Helicopter Squadron 366, stationed aboard Marine Corps Air Station Cherry Point, N.C.

“Doing these drills and rehearsals is great training,” said Sgt. Vanderbilt Gaditano, squad leader, 4th squad, 4th platoon, Co. F. “It’s really about improving our communication and having good tactics, techniques and procedures set out for us before we have to deal with these kinds of situations in a combat environment.”

The Marines received classes on the capabilities of the many helicopters used by the Marine Corps prior to conducting the training.

“It’s important to know the capabilities of each platform and what they can carry so when air arrives, we know exactly how many people can get on,” said Staff Sgt. David Tellefsen, platoon sergeant, 4th platoon, Co. F. “The Marines also have to know how to

quickly secure a landing zone for both helo insertions and exertions because time is always a factor when dealing with air.”

Over the course of the training each platoon performed two casualty evacuation drills in which a junior Marine was responsible for calling in a nine-line medical evacuation request.



“Practice, practice, practice,” said Gaditano. “It’s not going to get any better unless we actually do it, and for a lot of us, this is our first time getting to work with air, talking to them and learning the procedures.”

As the day’s training came to a close, the Marines boarded the helicopter for one last exercise in which they extracted to the final landing zone.

“This is 90 percent of the company’s first time flying in a helicopter, so everyone’s doing extremely well despite that,” said Tellefsen. “This has been really good training.”

[Editor’s Note] Company F, Anti Terrorism Battalion, 4th

Marine Division is a Special Purpose Marine Air-Ground Task Force designed to rapidly organize, train and deploy specially trained and sustainable task forces to detect, deter and defend against terrorism, as well as to conduct crisis response in the event of a terrorist attack. Co. F is attached to 2nd Marine Division while being supported by Marine forces based in Marine Corps Base Camp Lejeune. Co. F, AT Battalion is comprised of Marine reservists from Marine Corps bases across the U.S. in states that include Hawaii, Louisiana, Alabama, Tallahassee, Florida, Mississippi, New York., Massachusetts and many more.

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 Enlistment 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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