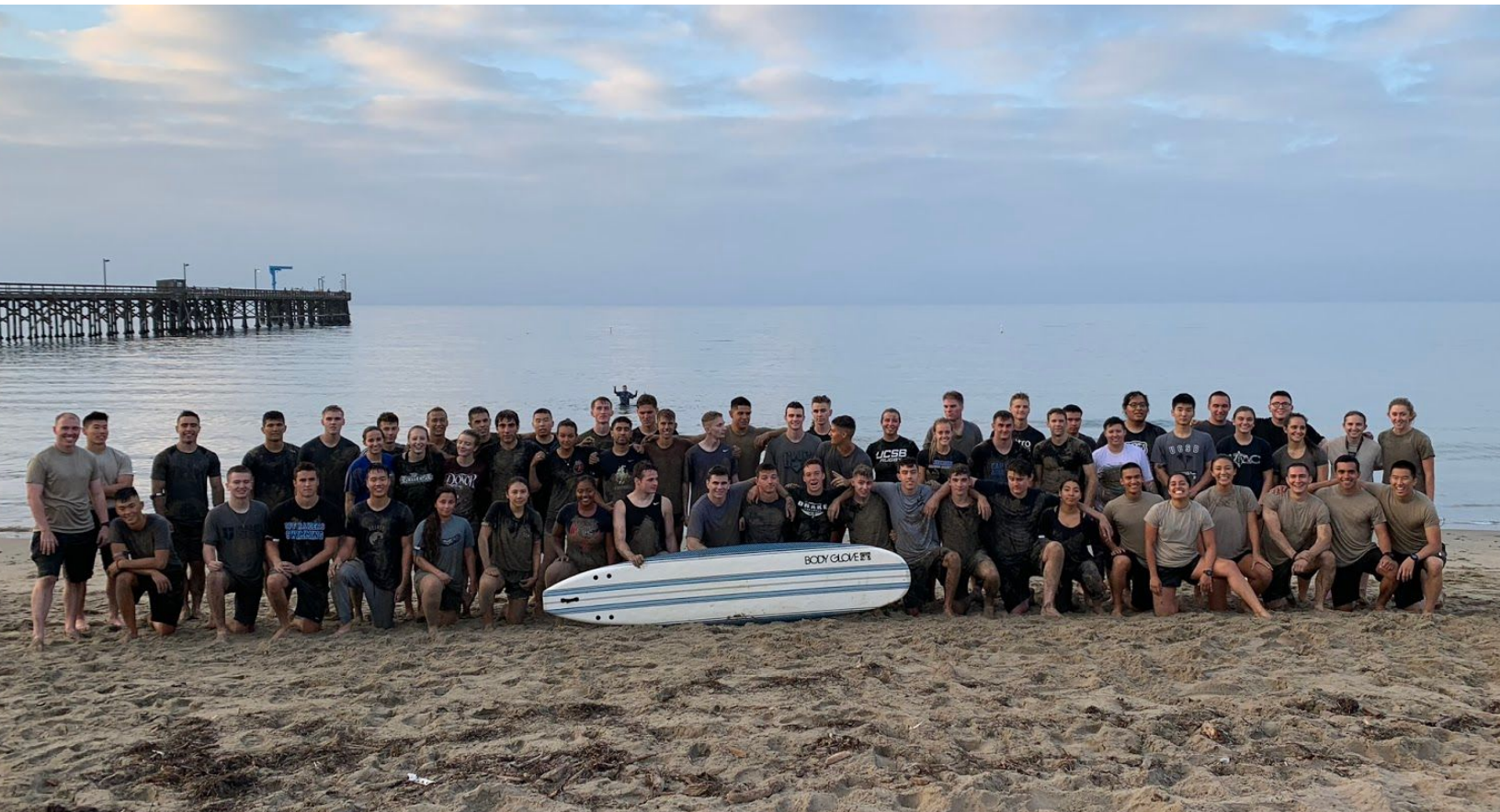




# The Surf Report

UCSB ROTC NEWSLETTER WINTER 2019





## LETTER FROM THE BATTALION COMMANDER

As the year begins, I am proud to recognize all the Surfrider Battalion has accomplished over this past summer and all we set out to do over the course of the year. Unique to the cadets of UC Santa Barbara is the desire for excellence and drive to succeed which allows them to accomplish their goals and overcome obstacles. It remains the mission of the Surfrider Battalion to train and mold the future leaders of the United States Army and through the dedication of these cadets and their passion throughout all training events, we succeed in our mission every day. As the Battalion Commander, I am eager to experience the next mountain we ruck, the next Field Training Exercise we crush, and the next wave we shred here on our beautiful campus where we continue to expand our minds academically in the classroom. I can confidently say, there is nothing as extraordinary as this program and the people in it, and if you feel up to the task, I invite you to come find us.

SURFRIDERS -CDT Vance. C/BC



## PHYSICAL TRAINING

A basic attribute known to all that come to the ROTC program is that the cadets in the program are held to a very high standard for physical fitness. Cadets, enrolled students, and participating individuals in the program report every Monday, Wednesday, and Friday at 0615, at a designated location, for mandatory physical training (PT). This training begins promptly at 0630 with gaining accountability, then directly into the warm up of preparation drills (PD) and either military movement drill 1 or 2 (MMD1 or MMD2) After everyone is properly stretched and warmed up, the two platoons split up to conduct the PT plan for that day. The plans for the workouts are made by the Cadet Command Sergeant Major and usually consist of bodyweight exercises. Examples of some exercises that the cadets will do on a regular basis are push ups, squats, lunges, military press, pistol squats, and burpees. There is also regular distance runs instead of workouts in which cadets separate into ability groups and are given the opportunity to push themselves in a group or individual run.

Other physical training offered to those in the ROTC program is the optional physical training (OPT). This is specifically required for cadets that are unable to pass the Army Physical Fitness Test (APFT). The workouts in this PT are mostly concerned with strengthening the three groups that are

tested in the APFT, which are pushups, sit-ups, and the 2 mile run. The participating cadets in OPT have said that they find it very helpful in solidifying their ability with those specific exercises, as well as keeping a steady progress in their overall physical ability rather than just doing the Monday, Wednesday, Friday mandatory PT workouts.

The PT and OPT that are offered to the cadets are engineered to make them physically competitive in the APFT and in general against other cadets throughout the nation. This is because the APFT score of each cadet is factored into their Order of Merit List (OML) points which helps rank them higher than other cadets and makes them more physically capable for things such as long rucks or marches.





## RANGER CHALLENGE 2018

The UCSB Surfriders sent ten highly motivated cadets to compete in the **8th Brigade Ranger Challenge Competition** at ARNG Camp San Luis Obispo. The grueling three day competition is designed to test the competitors' physical and mental limits through a series of ten events.

The events for Ranger Challenge 2018 were all new from last year, and focused on tactical skills, military knowledge, team communication, as well as physical strength and endurance. From paddling a Zodiac F470, to qualifying on the shooting range, to a "squad attack" graded training lane, the 2018 Ranger Challenge lived up to its reputation as an arduous, high intensity event. The competition was tight, with only a couple points separating the 7th place Surfriders from 1st place.

*"The Surfrider Ranger Challenge Team performed extremely well as a unit and showed a strong finish against some of the best Ranger Challenge teams in the nation."*

- MS3 Michael Lazich (Jr.), Team Captain



## Basic vs. Advanced Camp

For Cadets in their 1st or 2nd years, **Basic Camp** is a measure of their ability to retain the knowledge they gained in their first 2 years of the program, as well as their individual soldier skills. For 31 days in Fort Knox, Kentucky, Cadets conduct troop procedures, execute tactical missions, and apply the fundamentals they've learned, all while displaying the Warrior Ethos and Army Values. Cadet Skyler Leak (pictured bottom, right) says that through the entire experience she learned the “...*Importance of trusting your people...*”, because in the end, the success of the mission could be at stake.

While Basic Camp might seem like a trying experience for Cadets halfway through their progression in ROTC, **Advanced Camp** poses a new challenge. These Cadets are held to a new standard as they test a multitude of skills such as: *marksmanship, first aid, land navigation, reaction courses, leadership skills, and critical thinking*. While basic camp gives a chance to improve on their individual soldier skills, Advanced Camp is a test for those entering their last year in the program, and failure means they cannot commission. Cadet Taylor White describes the experience as “... *one of the most intense tiring experiences I’ve ever had, but worth it...*”.



# Summer Training

While during the school year, Cadets in UCSB's ROTC program juggle Physical Training, Leadership Labs, and classes, their summers are just as busy, if not more! From Air Assault to Project Go, cadets have no lack of opportunities to expand their knowledge on a variety of areas, further preparing them for their careers in the Army. Cadet Jessica Hanson, a current 3rd year who attended **Project Go**, describes the experience as *"a way to completely immerse [yourself] in a new culture, travel and learn a new language"*.

Cadet Zackary Joseph was selected to attend **Air Assault School**, spending 10 days at Fort Campbell, KY. The course consists of rigorous obstacle courses, ruck marches, and rappelling, culminating in their final examination, after which they will be rewarded with the honor of wearing the Air Assault Badge. Cadets Joseph Zanolli and Tristan Jai were selected for **Airborne School**, spending 3 weeks at Fort Benning, GA, training to conduct static line parachute jumps from military aircraft. Upon completion, they were awarded the coveted Parachutists Badge.

Cadets Dahee Choi and Jake Lazich were sent to Peru with the **Cultural Understanding and Language Proficiency (CULP)** program. Cadet Dahee Choi (pictured below), a participant in the CULP program described her experience as "such an eye opening and humbling experience to be able to first-handedly interact with the Peruvian Cadets. Their pride and excitement towards their culture was so inspiring and they maintained good morale throughout the entire trip".





# “Get ready to get wet!”

It’s no secret that UC Santa Barbara has some of the best climate and most breathtaking views in the nation, with miles of scenic coastline stretching along the campus. The Surfrider Battalion takes full advantage of these unique features, regularly conducting beach PT and pool PT. After running along the scenic coast near Coal Oil Point, cadets get “wet and sandy” before completing an uncountable number of calisthenic exercises, designed to build muscular and cardiovascular endurance.

The beach isn’t the only place Surfrider cadets get wet, as UCSB also offers an outstanding aquatic center. The **Combat Water Survival Test (CWST)** is conducted in the 15 ft deep diving well, where cadets complete a variety of survival tasks in full uniform. From tying trousers into flotation devices to ditching their weapons and equipment underwater, this test ensures that all Cadets are competent to operate in a maritime or riverine environment.

Following the CWST, Surfriders jumped back in the water at the next PT session to conduct pool PT. These sessions take advantage of our unique facilities, and took a different approach to building physical endurance and mental strength than Cadets had experienced before. Thanks to Santa Barbara’s sunny climate, these PT sessions rival those conducted at any other location in the country.



# Leadership Lab

Every Thursday afternoon, Surfrider Cadets engage in hands-on tactical training. The Fall quarter focuses on teaching basic soldier skills and Army knowledge, with all classes being taught by the MS3 Cadets. In the Winter quarter, the Battalion moves to the Ellwood Restoration area where MS3s begin leading squad level **Situational Training Exercises** (STX). These evolutions test the adaptiveness, knowledge of tactics, and leadership of the MS3 Cadets. All STX lanes are organized and graded by MS4 cadets, with each lane conducted against an “opposing force” element.

By Spring quarter, the MS3 Cadets graduate to platoon level STX lanes, culminating in a 3 day field training exercise where they lead their peers in unfamiliar territory and live weapons. The ultimate goal of these training evolutions is to prepare MS3 Cadets for Advanced Camp, a month long summer leadership assessment course, required for commissioning, as well as build the fundamental tactical skills of MS2 and MS1 Cadets.



# Fall Field Training Exercise

The first major event of the year was the Fall **Field Training Exercise** (FTX). Cadets spent 2 nights in bivouac at ARNG Camp San Luis Obispo, conducting non-stop training during the day. Select Cadets were transported to the training area in a UH-60 Blackhawk helicopter, courtesy of the 40th Combat Aviation Brigade of the CA Army National Guard. Training evolutions included land navigation (day and night), a high ropes course, a leadership reaction course, and an obstacle course.

The exercise culminated in all cadets completing the 60 foot rappel tower, with MS3s additionally descending the “free” side of the tower. Each training evolution was intended to build communication, team cohesion, and individual confidence. Cadets marched to and from each training evolution, and many cadets got their first taste of MREs (meals ready to eat). With long days in the sun and cold nights, cadets rose to the occasion and performed strongly, leaving Camp San Luis Obispo exhausted, but with a strong sense of belonging and team unity.



# Pop-Up Range Day

On Saturday, January 12, 2019 the MS3 class was welcomed to the first weekend of their winter quarter with a 0400 wake up and a trip to the range. This range day however was special, it was the first time in several years that the Surfriders had gone to a pop-up range. It was a cold, wet morning, with lots of mud and many puddles. Everyone got at least a little muddy lying in prone position as they zeroed their M-16 weapons. About halfway through the zeroing phase the sun came out and a mobile coffee shop arrived.

With a little coffee and sunshine, morale was boosted and soon everyone was able to move to the pop up range. For many cadets, it was their first time shooting pop up targets, and everyone showed great improvement. Cadets left feeling more confident about their marksmanship, and better prepared for Advanced Camp.

*“The range made me feel more comfortable handling weapons. It was a vital training lesson in how to manage and maintain weapons. The shooting range was an invaluable learning experience that prepared me for Advanced Camp.”*

- MS3 Celeste Wilson (Jr.)

