

## Special Warfare and Combat Support Development Newsletter 06



### CAREER GOALS

### HAVE YOU DEVELOPED YOUR CAREER GOALS?

Congratulations on choosing one of the best career fields in the Air Force! As you may have already surmised, to become an Operator you will hit headlong into many challenges. A Field Developer's tasking is to coach, mentor, and provide you with key tools to help you through these challenges. Your first objectives are to prepare yourself to pass the IFT and to crush any course of instruction the Air Force puts in front of you!

To tackle these objectives you must set goals. You must envision and develop your own road map that moves you toward success. Goals are what steer athletes and warriors to success. This step is the most important to put your career on-point and headed in the right direction!

Whatever your goals are, we must ensure they SMART. What that means is, they must be *specific, measurable, attainable, relevant, and time-bound*. Each goal must answer the bullets below.

#### A guide for creating SMART Goals:

- *This is an example of a fully developed SMART Goal: "With the assistance of a the T3i Field Developer, I want to improve my 1.5 mile run from 10 minutes and 20 seconds to 9 minutes and 30 seconds, in a six-week time-frame. I want to be prepared for the Special Warfare Operator Enlistment (SWOE) pipeline (courses of instruction). This is the most important thing to me right now."*

Use the questions below to help formulate at least three goals:

#### Specific

- What exactly needs to be accomplished?
- Who else will be involved?
- Where will this take place?
- Why do I want to accomplish the goal?

#### Measurable

- How will I know I've succeeded?
- How much change needs to occur?
- How many accomplishments or actions will it take?

#### Attainable

- Do I have, or can I get, the resources needed to achieve this goal?
- Is the goal a reasonable stretch for me? (neither out of reach nor too easy)
- Are the actions I plan to take likely to bring success?

#### Relevant

- Is this a worthwhile goal for me right now?
- Is it meaningful to me—or just something others think I should do?
- Would it delay or prevent me from achieving a more important goal?
- Am I willing to commit to achieving this goal?

#### Time-bound

- What is the deadline for reaching the goal?
- When do I need to take action?
- What can I do today?

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### REVIEW YOUR GOALS OFTEN

- Set goals
- Set action tasks for each goal
- Do the action tasks
- Motivate yourself to stay positive and focused
- Review your goals daily and weekly
- If you do this you will remember them and work harder towards accomplishing them.
- Don't let small slip-ups stop you from achieving your goals!

A GOAL WITHOUT A PLAN IS JUST A WISH



*A little log play in training!*

## ‘GOOD PAIN’ VS ‘BAD PAIN’

It's well known that some discomfort is part of fitness training and is often part of a successful training program. For strength, power, speed, endurance, and durability to improve, the muscle must see some increase in stress, and this stress is usually called the “burn.”

Fatigue after the workout is also a sign that the exercise is pushing the limits of your physiology, it should not be excessive. Fatigue that lasts days means the individual's physiology has been excessively challenged, and this means that the muscles and the energy stores are not being effectively replenished.

### What are signs of bad pain?

The muscles, tendons and bones of the body are living structures that react to the stress of exercise. If they see stress too fast, they cannot respond effectively and may fail. This can be too much stress too fast or it can be the accumulation of excessive stress over time.

**Delayed Onset Muscle Soreness**—This is when muscles that have not been exercised for long periods of time begin to experience new levels of stress, they respond by getting sore. Muscle soreness typically occurs if you begin a new exercise to which you are not accustomed or if you do a familiar exercise too hard. A little soreness or discomfort means the muscle has been stressed, which is normal. If the muscle is exercised too much, the muscle can become very sore to move or touch and may even swell. To prevent this problem it is recommended to start a new exercise plan slowly until the muscles begin to adapt.

**Tendinitis Pain**—The tendons that connect muscle to bones may get irritated if they see too much stress too rapidly. They respond by getting inflamed, which is characterized by pain and sometimes swelling.

**Bone Pain**—When bones see increased amount of stress, such as an increase in running when preparing for the pipeline they respond by putting more bone in the areas of the bone that are seeing more stress. This response is called remodeling and strengthens the bone. However, if the area of bone sees stress too fast, the bone will actually begin to fail. The first sign of this stress reaction is pain along the bone, which occurs with activity. As the situation worsens, a stress fracture can develop. This may result in pain to the touch, a limp and even pain at night.

### How to treat Pain

- Cut back on the exercise for a period of time. How long to rest depends upon severity.
- Treat the painful area by icing. Ice should be used after activity with an ice pack for 20 minutes for several weeks.
- If you have aches and pains after exercise then continue to move the joint or extremity to avoid stiffness. Range of motion exercises or stretching to maintain the motion of the joint should not be confused with exercising the joint.
- Finally, if the pain is not normal or does not subside then contact your recruiter before contacting your doctor!

“Good Pain Versus Bad Pain for Athletes”, By Edward G. McFarland, M.D. and Andrew Cosgarea, M.D.. Johns Hopkins Medicine, <https://www.hopkinsmedicine.org/orthopaedic-surgery/about-us/ask-the-experts/pain.html>,

## 7 HYDRATION TIPS

In order to perform your best on and off the field, your body needs to stay hydrated. Here are some tips.

**Hydration Tip #1: Make a Daily Hydration Plan**—Hydration is an all-day game. Female adults should consume 91 oz. of liquid per day while adult males should consume 125 oz.; 20 percent of those ounces should come from food.

**Hydration Tip #2: Monitor Fluid Losses**—Weigh yourself before and after activity. A 1-3 percent loss in body weight indicates dehydration. For every pound lost, replace with 20-24 ounces of water or sports beverage. The goal is to replace losses within two hours after activity.

**Hydration Tip #3: Think About Signs of Dehydration During Exercise**—Signs of dehydration are muscle fatigue, coordination decline, muscle cramps, decrease in energy, and a reduction in athletic performance.

**Hydration Tip #4: Hydrate With Your Foods**—Hydration comes not only from beverages, but also from foods. Fruits like grapefruit, watermelon, strawberries, and cantaloupe are excellent for a pre-competition snack or added during activity for maintaining fluid balance.

**Hydration Tip #5: Choose Your Sports Drink Wisely**—Sports drinks should be used for prolonged exercise at or above 60 minutes in duration. Choose a sports drink that contains carbohydrates, sodium, and potassium.

**Hydration Tip #6: Establish Fluid Breaks**—If possible, consume three 8 ounce servings of fluids every 15-20 minutes during activity. Depending on the activity, this can be either water or a sports drink.

**Hydration Tip #7: You Don't Have to Give Up That Morning Cup of Coffee**—Coffee is a mild diuretic but it doesn't dehydrate you. You can even count coffee towards your hydration.

“7 Hydration Tips for Athletes,” UPMC Health Beat , 15 Sept 2016. <https://share.upmc.com/2016/09/7-hydration-tips-athletes/>

# AIR FORCE DEVELOPMENT PAGE

## AIR FORCE - BASIC MILITARY TRAINING (BMT) SCHEDULE (NOTE– SUBJECT TO CHANGE)

### **Week 0**

Commander and Superintendent briefing; Clothing, running shoe, and equipment issue; Dorm and drill basics; Haircuts; Coping with BMT; Health, morale and welfare; Immunization and blood draw; Initial base exchange (BX) issue; Initial phone call; Pay; Physical training; Uniform Code of Military Justice (UCMJ)

### **Week 1**

Reporting and saluting procedures; Entry control procedures; Medical and dental appointments; Fitness and nutrition briefing; Educational benefits briefing; ID card issue; Individual drill; Drill; Dorm/recruit living area preparation; AF rank insignia recognition; Weapon issue and familiarization; Human relations and cultural sensitivity; AF initial PT assessment; Commanders arrival briefing; Dress appearance; Physical training (PT); Immunizations; Military entitlements and educational opportunities; Suicide awareness and prevention; Chapel guide meeting.

### **Week 2**

Career guidance; AF history; AF organization; Drill; Profession of arm; a new beginning; Human relations; Situational awareness; Open ranks inspection; Weapon handling; Professional interpersonal interactions; (PT); Living area appraisal and eval.

### **Week 3**

2nd clothing issue; Dress and appearance; Interview session; PT appraisal; Basic leadership and character; Cyber awareness; Drill; Weapons handling; Professional Airman; Resilience; Healthy lifestyle and adapting to the AF; PT; Public relations and media; Trafficking in persons; Warrior role.

### **Week 4**

Team building; Base liberty; Drill; Consequences; Real responsibilities of Airman; PT; Base referral agencies; Career progression and AF quality of life; Environmental awareness; Financial readiness; Joint ethics; Military citizenship; Sexually transmitted diseases; Sexual assault Prevention; Antiterrorism/force protection level 1.

### **Week 5**

Balance; My role in mission; Warrior ethos; Relationships; Military skills development progress check; PT; Weapons progress check; Portraits; Combat stress recovery; Combatives; Code of Conduct; Joint Operations; Law of armed conflict; Mental preparation for combat; Principles in first aid.

### **Week 6**

Computer training; PT eval; Expeditionary force and pre-deployment briefing; AF fitness program; Core values; Hometown news release; Chemical, Biological, Radiation, and Nuclear defense training; Leadership/followership; Professional competence; Expeditionary skills; Uniform inspection; PT.

### **Week 7**

PT; Expeditionary trng; Combat arms training; Combatives; Pugil sticks; Creating leaders, Airmen, and Warriors; Deployment line processing; SERE training; Field exercise; drills; Zone tear down/equipment turn-in.

### **Week 8—Graduation**

PT; Risky business; Tech school orders; Commanders departure briefing; Base liberty; Open house; Airman's run; Airman's coin and formal retreat ceremony; Airman's parade; Graduation.

## ISSUES THAT COULD IMPACT YOUR SECURITY CLEARANCE PROCESS

### **Law Enforcement Concerns—**

Documentation should be brought to BMT for any law enforcement actions while in DEP, including traffic tickets greater than \$300.

**Marriage/Divorce—**Bring copies of official documents.

**Financial—**Bring copies of any collection notices, bankruptcy, court decrees or wage garnishment actions, proof of payment or settled delinquent accounts, payment plan of delinquent accounts and proof of deferred student loans.

### **Foreign National Contacts—**

Reminder that foreign national contacts impact clearance decisions. Any person (including family members) you have contact with that is not a US citizen or US resident is a foreign contact.

### **Foreign Born Family Members—**

Bring a copy of citizenship documentation (i.e., FS 240-US born abroad; green card; naturalization certificate.

**Drug Use—**Drug use and career as a military professional do not mix. If you aspire to become an Airman, make choices that include sobriety, limit legal drug use and avoid substance abuse. In most cases, substance abuse is disqualifying. However, pre-service marijuana use without exposure to legal proceedings is in itself not disqualifying. Your specific circumstances may be discussed with your recruiter for an accurate determination to be made about your eligibility.



## WEEKLY MOTIVATION

*Life is full of temptations: do we work to achieve our goals or do we use them as an excuse to stop training?*

### Case Study of a Veteran Combat Controller:

February 1993, a young man walked into an Air Force Recruiter's Office determined to join the AF and get on with his life. He had tried working 9 to 5 and found it unrewarding to live a lifestyle that he did not enjoy. He knew only that the AF offered challenge, travel and hard work for a larger cause. The Recruiter listened to his story and asked if he had ever heard of Pararescue or Combat Control. Surprised, the young man asked, "The Air Force will pay me to jump out of airplanes, set up and run an airfield, and blow stuff up with demolitions? What's the catch?" The catch was passing the IFT and a washout rate of 90 percent.

The recruiter asked, "*Can you pass this?*" pointing to the IFT criteria.

He responded, "*Not today, Sergeant, but I will next month!*" (It actually took two months)

And so it began, his quest to become a CCT. He was in no shape to pass the IFT, having pretty much given up on fitness after college. Nonetheless, he reviewed the IFT criteria and did a quick practice test to assess his fitness level – it was depressing. He dusted off his wounded pride and created a workout plan that he could perform in his living room. His workouts consisted of pull ups, sit ups, push ups, and flutter kicks. His new gym consumed about 4 x 8 feet of his living space - nothing special. He scouted some running routes and ran no matter the weather conditions.

**At first**, he could only do three sets of calisthenics at half the passing numbers for the IFT and ran the 1.5 miles in 12 minutes. After a couple weeks he could do calisthenics one day and run the next, then take a day off.

**Six weeks** after he started, he could do 3 sets of calisthenics for 1 minute each and run 3 miles in 21 minutes. He learned the routes the snow plows took so he could run on cleared roads. He got lost a time or two, but kept training.

**Eight weeks** after he started his training, he could pass the IFT.

**Within 6 months**, he was working out 7 days per week, running over 40 miles a week, and could crush the IFT.

**But it all started with a change of lifestyle, a plan, a \$10 pull up bar, a small place to train, and the determination to become a Combat Controller. That young man was Mr. McLane.**

**Now it is your turn. What are you going to do?**

### WEEKLY WORKOUT CHALLENGE

#### FOR TIME:

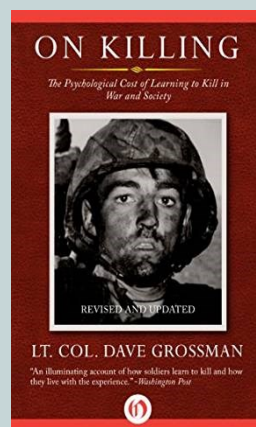
- **6 x 400 METER SPRINT**
- **10 x EIGHT COUNT BODY BUILDERS AFTER EACH 400 METER SPRINT**

[Run For Your Life](#)

[First There That Others May Live](#)

[AFSOC Heritage](#)

[Land of the Free, Home of the Brave](#)



Probably the best book you will ever read on the psychology of human conflict and what makes some people fight while others flee.

Most people have a deep aversion to killing and only in certain circumstances will they overcome this. The right person with the right training makes all the difference; Lt Col Grossman explains why.

If you want to understand stress and how to deal with it– READ THIS BOOK

### About the Publishers

Thomas DeSchane retired as a Chief Master Sergeant after 28 years of service as a Combat Controller. He has been a Special Warfare Developer since 2016.

Sean McLane retired as a Lieutenant Colonel after 23 years of service as a TACP, CCT and Special Tactics Officer. He has been a Special Warfare Developer since 2017.

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