



Individual Training Course (ITC/MTCC) 16-2 Read-Ahead Package

This information is for ITC/MTCC students. Changes are made as necessary. Check periodically for the most current version at:

<http://www.marines.mil/unit/marsoc/MSOS/Pages/ITC.aspx>

26 February 2016

Earlier versions obsolete

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UNITED STATES MARINE CORPS
MARINE SPECIAL OPERATIONS SCHOOL
U.S. MARINE CORPS FORCES
SPECIAL OPERATIONS COMMAND
PSC BOX 20185
CAMP LEJEUNE, NC 28542-0185

IN REPLY REFER
1000
MSOS
26 Feb 16

From: Commanding Officer, Marine Special Operations School
To: Individual Training Course Students

Subj: WELCOME ABOARD

1. Welcome to MARSOC! Congratulations on your selection to ITC.
2. Individual Training Course (ITC) will teach you the basic skills demanded of an operator in SOCOM and MARSOC. You will be expected to master a variety of skills, to include: tactical combat casualty care; communications; fire support; light infantry tactics; reconnaissance tactics, techniques, and procedures; close quarter's battle; foreign internal defense; irregular warfare; as well as cultural and interpersonal skills. This comprehensive training will result in awarding you the special operations MOS and will be the foundation for your career as a Marine Special Operator.
3. ITC is demanding both physically and mentally, and as such it is imperative that you come prepared for the challenges ahead. At a minimum you should have a solid fitness base prior to arriving, and doing so will directly benefit our efforts to enhance your cognitive abilities and intellectual capacity. You should arrive with the mindset that this period of your development is your primary duty, if not your sole responsibility.
4. ITC will place frequent demands on your time, but the schedule does balance the volume of instruction with your needs for personal time. Just as with any other military endeavor prepare your families now for the upcoming training; while comprehensive it is manageable for students and staff alike. There are frequent periods where training is either offsite or everyone is required to reside in the barracks due to training events. When possible you will still be able to take liberty and receive visitors on weekends. You and your family will be part of the Marine Special Operations School (MSOS) during your time here so our Family Readiness Team is at your disposal. Prior to the commencement of ITC, all married Marines will be **required**, and spouses will be **encouraged**, to attend a family orientation. This brief is designed to facilitate your transition, provide your family with important schedule information, enroll you and your spouse in the MSOS eMarine Unit Website, and update your Family Readiness information in Marine Online.
5. ITC instructors and staff are here to train you. The role of everyone is to teach, coach, mentor and do everything in our power to turn you into the finest special operations operator we can. Prepare yourself now and you will be well rewarded. Good luck and we look forward to seeing you soon.

R. A. WELLS
MASTER GUNNERY SERGEANT
SENIOR ENLISTED ADVISOR

B. A. BOURNE
COLONEL
COMMANDING OFFICER

MARSOC CSO / SOO Creed

My Title is Marine, but it is my choice and my choice alone to be a Special Operations Marine. I will never forget the tremendous sacrifices and reputation of those who came before me.

At all ranges my fires will be accurate. With surprise, speed, and violence of action, I will hunt the enemies of my country and bring chaos to their doorstep. I will keep my body strong, my mind sharp and my kit ready at all times.

Raiders and Recon Men forged the path I follow. With Determination, Dependability and Teamwork I will uphold the honor of the legacy passed down to me. I will do the right thing always, and will let my actions speak for me. As a quiet professional, I will not bring shame upon myself or those with which I serve.

Spiritus Invictus, an Unconquerable Spirit, will be my goal. I will never quit, I will never surrender, I will never fail. I will adapt to the situation. I will gain and maintain the initiative. I will always go a little farther, and carry more than my share.

On any battlefield, at any point of the compass I will excel. I will set the example for all others to emulate. At the tip of the spear, I will teach and prepare others to seek out, dismantle and destroy our common enemies. I will fight side by side with my partners and will be the first in and the last out of any mission.

Conquering all obstacles of mind, body, and spirit; the honor and pride of serving in special operations will be my driving force. I will remain always faithful to my brothers and always forward in my service.

Administrative Instructions

Marines attending ITC/MTCC will receive Permanent Change of Station Orders from M&RA to report to MCC KAT. These orders will be issued within web orders. Commands will be required to ensure the detaching endorsement has the Marine directed to **report to the Commanding Officer, Marines Special Operations School, Camp Lejeune NC.**

√	HAND CARRY THE FOLLOWING ITEMS:
	Current DoD Common Access Card with certificates good for at least 12 months
	Naturalization papers if not a US born citizen
	SRB / OQR If no electronic copies available
	Hard copy of your orders
	<p>Medical Record SO Physical must be completed and signed as physically qualified by an Undersea Medical Officer within 2 years of the class start date. Any waivers required must be completed, approved by HQMC, and attached to the physical. A current interim waiver is acceptable if the formal waiver request has been submitted to BUMED and is pending approval. (Bring a hard copy of the physical and waivers).</p> <p>A current PHA, including Type II dental exam, hearing test, and completion of any outstanding Post Deployment Health assessments, must be completed within 60 days of the class start date. Immunizations requirements should be projected for one year from the date of the PHA.</p>
	<p>Dental Record Students must be a minimum of class 2 dental. A Type II dental exam must be completed within 60 days of class start date</p>
	Copy of your Will and any Power of Attorney – not required but encouraged.
	Completion certificates for Marine Net courses listed on Page 9 and Joint Special Operations University (JSOU) courses listed on Page 9.
	Students must possess current secret eligibility adjudicated by DOD CAF and verifiable on the Joint Personnel Adjudication System (JPAS).
	Completed hard copy of your SF86 (Officers only for SCI Screening)
	All student records will be reviewed at the MSOS during in-processing.

Orders and Entitlements

Government messing and billeting are available and directed. (note: Officers will not be assigned to government quarters or messing.)

Rental car is not authorized.

Marines issued PCA orders to the Marine Special Operations School coming from local Permanent Duty Station (PDS) as defined by the Joint Travel Regulation (JTR) do not rate any entitlements.

Marines traveling from East Coast commands are authorized to use POV for travel to and from Marine Special Operations School, Camp Lejeune NC, BLDG RR-5; MSOS compound (Stone Bay). In and around mileage is not authorized.

Marines authorized commercial air or POV under PCS orders as per JTR. Mileage will be reimbursed not to exceed the cost of Government Travel Rate (GTR). In and around mileage not authorized.

Transportation costs from Jacksonville airport (OAJ) to MSOS compound will be reimbursed with receipt.

Enlisted Marines executing PCS move external to the CLNC area are not authorized Dislocation Allowance (DLA) entitlements unless dependents accompany the Marine.

Officers with or without dependents will rate DLA.

Upon arrival at MSOS, Marines electing not to relocate their dependents will submit a request for a PME/training BAH waiver IOT maintain BAH at their previous duty station. Marines electing not to relocate their dependents WILL NOT rate Family Separation Allowance (FSA). **INITIATE BAH Waivers at parent command, and if approved bring signed approval with you.**

- **If you elect to move your dependents from your PDS to another location other than Camp Lejeune, you will be entitled to receive the BAH at the Camp Lejeune rate.**

IAW the ACTSMAN, any Marine not able to execute CMC directed orders will submit official naval correspondence to M&RA. Contact your recruiter for further guidance.

Fitness reports/Proficiency and Conduct Marks: students will require a "TR" fitness report or "TR" Pro/Cons prior to reporting. Upon graduation, MSOS will submit an academic fitness report that will cover the duration of the course.

Due to the duration and fast pace of ITC/MTCC, students should complete all required annual training and required (in grade) PME (**MARADMIN 541-14**) prior to reporting date.

Single Sergeants and below arriving from external commands will not be authorized BAH and will not be authorized to reside off base. Government billeting is available.

If the member is a local Marine and currently in receipt of BAH own right by MCB Camp Lejeune, the member will be authorized to retain BAH own right and continue to reside at their current local residence. If approved by MCAS New River, NC or MCAS Cherry Point, NC you must submit a request to retain BAH to MCB Camp Lejeune.

All enlisted students will receive a meal card upon check-in for Phase 0. After moving into Phase 1 of training, Married Marines who have their families here will be given the opportunity to turn in their meal cards. Students who are married and do not have their families here or are not married will keep their meal card. (Single Marines that were previously approved by MCB Camp Lejeune to reside in town will also be allowed to turn in their meal cards.) Officers and Marines that do not have a meal card will be checked DMR for meals that are provided by the government for the duration of ITC/BLC/MTCC.

Students do not rate Special Duty Assignment Pay until executing orders to an operational battalion.

Reporting

Report in the Service "A" Uniform.

Students will report to the MSOS ITC Proctor, Bldg RR-5, Camp Lejeune, NC. All students must be present NLT 1200 on the Sunday prior to the course commencing. Any students who will not meet this timeline are required to contact the MSOS POC's listed in this package.

Enlisted Marines will report on **14 August 2016** in order to attend ITC 16-2.

Marine Officers will report on **7 August 2016** in order to attend MTCC 16-2.

Housing

There are many factors that could cause your removal from the course. Due to this, we **highly recommend** that you do not purchase a home until after you receive orders to an operational battalion. This could cause a serious financial burden on you and your family.

If you decide to move your dependents and household goods, arrange delivery of household goods during the block leave period prior to the course commencing, or be prepared to have someone receive your household goods for you via a power of attorney.

Single Marines coming from commands external to MCB Camp Lejeune are not authorized to secure off-base housing before check-in or during the ITC. BAH own right WILL NOT be authorized.

DMO Storage: Appropriation data for Long Term Storage is on Web Orders. Contact Defense Management Office for setting up Long Term Storage.

SINGLE RESERVE PERSONNEL

Reserve component Marines must coordinate with MCIRSA (for IRR or IMA members) through the MARFORRES Customer Service Center at mfr.csc@marforres.usmc.mil or their SMCR units to ensure proper transfer to Marine Special Operations School MCC (KAT) RUC (20904). If the unit does not transfer you to MCC (KAT) your pay **WILL** be affected.

Reserve component Marines are directed to review MARADMIN 429/11 (**FREEZE ON FURTHER APPROVAL OF BAH**) and MARADMIN 280-13 (**RESERVE ENLISTED CSO OPPORTUNITIES WITHIN MARSOC**) to ensure all current requirements are met.

All single reserve Sergeants and below will be issued Permanent Change of Station Orders to report to MCC KAT. These orders do not constitute your entitlement to maintain you current BAH rate. You will be assigned to government quarters and messing and will not be entitled to receive BAH. Single Reserve Staff Sergeants will be required to request to receive BAH w/o dependents upon arrival at Camp Lejeune. Once approved, the BAH will start on the date your request was approved. It will not be backdated. (All single reserve personnel will be categorized as Active Duty personnel for all entitlements.)

Single reserve personnel must make arrangements to close out any leases or financial commitments, and contact DMO to move all your household goods. You will be entitled to long term storage during the ITC/BLC pipeline.

All single reserve personnel who have a mortgage, must plan accordingly. **You will only be entitled to receive Base Pay during ITC.**

Married Reserve personnel refer to the above package to receive guidance on PCS move.

As a reminder you signed the below statement while attending A&S, any changes prior to reporting ITC please notify your recruiter and or MSOS Student section (910-440-1179/1569).

STATEMENT OF UNDERSTANDING

I, _____, understand that as a single reservist
(LAST, FIRST M.)

executing PCS orders to MCB Camp Lejeune I will fall under the active duty rules and I will not rate Base Housing Allowances once joined to the Monitored Command Code (KAT). I understand that I will be assigned to government quarters and I will also have messing available. I will make any arrangements required to close out any leases or financial commitments. Also, I will contact DMO to move all my household goods. I understand that I will be entitled to long term storage while attending ITC/BLC pipeline.

Leave

Emergency leave will be granted on a case by case basis and will likely require the student to be recycled to a follow on class if the missed training cannot be made up in time.

Career Planner

Marines will need to submit for lateral move/re-enlistment as soon as possible with their unit Career Planner in order to have a response back from HQMC in a timely manner. Marines will be required to re-enlist for **no more than 60 months of obligated service in order to rate full SRBP payment**. 23 month lateral move extensions for those Marines that do not fall under the current fiscal year to submit for retention. **Do not sign a contract for anything over 60 months**. Contact MSOS Career Planner for any questions.

***Prior to departure from your command please ensure that your ECC/EAS is updated and your enlistment was successfully run in Marine Corps Total Force System (3270).**

Prerequisite Marine Net Training

Before you check-in complete the following Marine Net and JSOU Courses. Bring completion certificates with you.

√	COURSE NUMBER	COURSE NAME
	M00CO_0799	COMBAT ORDERS
	CYBER M0000	CYBER AWARENESS
	SOC 1210	INTRO TO SOF

The ISOF course is an introduction to U.S. Special Operations Forces (USSOF). It will help students get familiarized with activities, functions, and employment of USSOF as well as concepts and terms. The course is fully on-line and does not require the user to have a CAC Reader. JSOU is also available on the blackboard app.

Go to the link below, and click on the Introduction to Special Operations Forces (Fully Online) link (Course # SOC 1210). Click on the yellow, Register for this course, tab. Fill out the registration sheet.

Duty Title: Student
Organization: Marine Special Operations School
Organization Address: Stone Bay, Camp Lejeune
SOF Category: Non SOF, 0 yrs experience
Command: MARSOC
Supervisor Name: Capt Flores, Gabriel
Supervisor Email: Gabriel.Flores@socom.mil

Justification: MARSOC Student

Site: <https://jsou.socom.mil/pages/courses.aspx>

Students should receive an email from the course director detailing follow on instruction for log in. If there are any questions please contact Capt Flores, (910) 440-0035 or gabriel.flores@socom.mil.

FAMILIARIZE YOURSELF WITH MICROSOFT OFFICE 2010, WORD, POWERPOINT AND EXCEL BEFORE ARRIVING.

Be at a minimum, non-resident PME Complete.

Complete the Defense Language Aptitude Battery Test prior to arriving for ITC/MTCC. Your score will be maintained in the DLAB Database

From MARADMIN 0551/09 -THE FOLLOWING SITES HAVE BEEN ESTABLISHED AND APPROVED BY CMC (MPP-50 TESTING) TO ADMINISTER DLPT AND/OR DLAB TESTS:

SITE	PHONE NUMBER
MCAGCC 29 PALMS, CA	(760) 830-6881
MCLB ALBANY, GA	(229) 639-5162
MCLB BARSTOW, CA	(760) 577-6118
MCAS BEAUFORT, SC	(843) 228-7474
MCB CAMP LEJEUNE, NC	(910) 451-3092
MCAS CHERRY POINT, NC	(252) 466-5196
MCB HAWAII	(808) 257-6730
HQBN, HENDERSON HALL	(703) 614-9104
MCAS IWAKUNI, JA	DSN: 253-4803
MCAS MIRAMAR, CA	(858) 577-1801
MOBCOM, KCMO	(816) 843-3659
MCB CAMP BUTLER, JA	DSN: 645-2469
MCRD PARRIS ISLAND, SC	(843) 228-3426
MCB CAMP PENDLETON, CA	(760) 725-6660
MCB QUANTICO, VA	(703) 784-4012
MCAS YUMA, AZ	(928) 269-3248
MCRD SAN DIEGO, CA	(619) 524-6123
MCB CAMP FUJI, JA	DSN: 922-1623

MARINES NOT CO-LOCATED WITH ANY OF THE ABOVE-LISTED TEST SITES MAY TEST AT ANY SISTER SERVICE TEST SITE PROVIDED THE TEST SITE APPROVES AND CAN SUPPORT THE REQUEST.

DTS AND GOVERNMENT TRAVEL CHARGE CARD

Programs & Policies - Travel Card Program (Travel Card 101). Mandatory course, if you have and will be utilizing the GOVCC.

MSOS Security Manager

Clearance Requirements:

ALL Marines assigned to the ITC/MTCC must possess and be able to maintain a Finally Adjudicated Secret Clearance (minimum), No Exceptions

SNCO's and Officers only (with a final SECRET Clearance):

All SNCO's/Officer's that do Not already hold TS/SCI, will be processed for a Top Secret/SCI clearance by the MARSOC SSO. Subject personnel must be prepared to provide applicable information going back TEN (10) years, until your 18th birthday, or as requested in the questionnaire (some questions are "Have you EVER").

Go to the following website: <http://www.opm.gov/forms/html/sf.asp>

Once there, scroll down to the **SF-86 (2010)**. Open it, save it to your desktop or hard drive so you have a copy available. Next print it (Double Sided) and fill it in stubby pencil style! Bring the hard copy (filled in) SF-86 and any other documentation with you when returning for ITC/MTCC. You are going to need this info during the first stages of ITC/MTCC when filling out the E-Qip (on-line) form for your TS/SCI.

The MSOS Security Manager and ITC/MTCC Staff will make arrangements for further clearance screening and processing with the MARSOC SSO. **Do NOT Submit the SF-86 or E-Qip for your TS/SCI with your current Security Manager or SSO!** This must be submitted and tracked by the MARSOC SSO (start to finish)!

Other Security Practices:

Operational Security. During the course of recruitment, A&S and now ITC/MTCC you will have heard multiple "SOF Truths and Axioms". "MARSOC Silent Warriors" is one that comes to mind. This holds true for you "and" your families. Please be very careful with the information that you pass via open e-mail and especially anything that is posted on Facebook or exchanged over other social mediums. Times, dates, locations, events, pictures or anything that speaks to a capability or limitation should Never be posted to any social medium or discussed via civilian e-mail (Hotmail, Gmail, AOL, Yahoo, etc.).

For additional Security Information or concerns please contact me directly at:

Mr. Tim Abbey
MSOS Security Manager
timothy.abbey@socom.mil
910-440-2736 Office

Equipment List

You will be responsible for providing the following uniforms, clothing and equipment. An inspection will be conducted during ITC/MTCC in-processing. Students will turn in all CIF / NBC gear prior to arrival.

You will **ONLY** be allowed to wear USMC issued gear unless specifically directed.

Uniform Items			
√	ITEM	Min QTY	REMARKS
	Service "A" Uniform	1	
	Service "C" Uniform	1	
	Coat, Cammie, MARPAT Desert	2	
	Trouser, Cammie MARPAT Desert	2	
	Cover, Cammie, MARPAT Desert	2	
	Boonie, Cammie, MARPAT Desert	1	
	Coat, Cammie, MARPAT Woodland	2	
	Trouser Cammie MARPAT Woodland	2	
	Cover, Cammie, MARPAT Woodland	2	
	Boonie, Cammie, MARPAT Woodland	1	
	T-shirts, green	6	
	Boots Marine Corps Issue	2	Must have 1pr cold weather boots
	Boot socks	6	Good socks recommended
	Socks, white (calf or ankle length)	6	
	PT Uniform Summer top & bottom	2	Green on Green
	PT Uniform Winter top & bottom	1	USMC Green Sweats
	Shoe, running	1	New
	MARPAT Desert Name Tapes	4	For marking equipment
	Dress Socks (for service uniforms)	2	
	Skivvy Drawers	6	
Civilian clothes			
√	ITEM	QTY	REMARKS
	Shirt Polo or button up	4	Appropriate attire
	Pants	4	
	Belt	1	
	Socks	4	
	Jacket /wind breaker season appropriate	1	
	Shoes	1	Business Casual
Additional equipment			
√	ITEM	QTY	REMARKS
	Copy of orders	3	

SRB/OQR (if not electronic)	1	
Medical record	1	(to include a copy of NSW/SO physical and medical waivers)
Dental Record	1	
ID Card	1	Notify S-1 at check in if it will expire during course
ID Tags with Breakaway Chain	1	
Medical Alert Tags or Bracelet	1	As required
Reflective belt	1	
Sea Bag	1	
Eyeglasses (military issue)	2	As required
Eyeglasses, retainer band	2	As required
Notebook, pocket size	1	
Pens	10	
Pencils	10	
Pocket Knife	1	Multi-tool recommended
Sewing Kit	1	
Wristwatch	1	
Combination Locks	4	
Swim goggles	1	
Mouth guard	1	
Map Pen set w/ eraser	1	
Cammie paint	1	
*** DO NOT BUY OR BRING FINS, YOU WILL USE WHAT YOU ARE ISSUED***		
Recommended hygiene gear list		
Finger/toe nail clippers	1	
Foot Powder, (Anti-fungal)	1	
Razor, shaving	1	
Razor Blades	1	
Shaving Cream	1	
Shower Shoes	1	
Soap, bars	1	
Soap Dish	1	
Sunscreen	1	
Lip Balm	1	
Toothbrush	1	
Toothpaste	1	
Towels, large	2	
Towels (wash cloth)	2	
Laundry Detergent	1	
Baby Wipes	1	
Hand sanitizer		
Shampoo		
Deodorant		
Body Lotion		

MSOS Family Readiness Officer

Greetings and Welcome to the Marine Special Operations School.

As the School's Family Readiness Officer, I will ensure to educate, assist and empower Marines and families, and guide members to maintain a high state of personal and family readiness. Per the MCO 1754.9a, it states: "Personal and family readiness is the ability of the individual Marine and his family to successfully balance the challenges of a military lifestyle, family, career, and mission events." I represent the Commanding Officer on all matters pertaining to the Unit, Personal and Family Readiness Program. It is my duty to provide you with official communication, information, resources, and training opportunities. You can call me Any Time!!

I encourage spouses to partake in training offered by the Marine Corps Family Team Building. <http://www.mccslejeune.com/mcftb/index.html> I am also excited to expand the Family Readiness Team. For Marines and families new to the school, we have a mixed population of permanent personnel and students. Both permanent and student personnel's readiness is vital to the overall fundamental mission of the Marine Corps. If you are interested in being involved in the Marine Special Operations School's Family Readiness Program, please contact: willie.perry@socom.mil. This is a great way to be involved with the program and to have your voice heard at the same time.

Updates about Marine Special Operations School events, news and information can be found on the following websites:

<http://www.marines.mil/unit/marsoc/family/Pages/MSOS-Family-Readiness.aspx> and <http://www.mccslejeune.com/fro/msos.html>.

After you have checked in to ITC/MTCC, you will be able to subscribe to the MSOS eMarine site. This is a comprehensive information source for the MSOS Family Readiness Program that is updated weekly.

In closing, I look forward to getting to know you and your families. Please feel free to call or email with questions, comments, and/or concerns.

MARSOC MSOS FRO@usmc.mil

Mr. Willie Perry
Office: 910-440-0103 Cell: 910-278-8262
willie.perry@socom.mil

STUDENT MAILING ADDRESS

STUDENT NAME / ITC CLASS # - #
MARSOC MSOS
PSC BOX 20185
CAMP LEJEUNE, NC 28542-0185

Family Preparation

ITC/MTCC is a demanding course. Prepare your family accordingly.

You will be allowed to retain cell phones and have regular access to e-mail for the majority of the ITC/MTCC. Phones cannot be carried during the training day.

During phases I-IV, you are authorized to go home during the work week when the training schedule permits. When training extends beyond 2000 local time, you may be required to remain overnight in the barracks.

Enlisted students will remain at MSOS to attend follow-on language training commencing on **8 May 2017** for approximately 6 months.

You will be required to stand duty for the duration of the ITC/MTCC, to include weekends and holidays. The only exceptions will be for the Thanksgiving weekend, and Christmas and New Year's leave period.

If you miss extended amounts of training due to family situations (childbirth, EFMP, etc) you may be pulled from the course and recycled to a follow-on class. Students are strongly encouraged to make appropriate personal preparations to facilitate continuity of training.

There will be blocks of training during ITC/MTCC which are executed offsite, at which times students generally do not have access to cell phones or e-mail. These training blocks generally last 2-3 weeks. You are encouraged to make family preparations accordingly.

There will be a family brief during in-processing for you and you spouses. The MSOS Family Readiness Officer (FRO) is here to assist you and your family. If you or your family have specific questions prior to or while attending the course, contact the MSOS FRO during normal working hours (EST) prior to their arrival at (910) 440-0103 or after hours 910-278-8262.

ITC/MTCC Expectations

At the Marine Special Operations School, we adhere to the SOF Truths:

- Humans are more important than hardware.
- Special Operations Forces cannot be mass-produced.
- Quality is better than quantity.
- Competent Special Operations Forces cannot be created after emergencies occur.
- Most SOF operations require non-SOF assistance.

ITC/MTCC graduates are the future of MARSOC. Prior to assignment to ITC/MTCC, you completed a rigorous Assessment and Selection process. However, you need to understand that A&S was only the beginning in a lifelong challenge to prove and improve yourself; MARSOF Marines are evaluated every day throughout their MARSOC career, starting with ITC/MTCC. MARSOF Marines will be evaluated by their seniors, juniors, team-mates and by all other Marines. They will be evaluated by other SOF units and by those they are tasked to train and advise. Finally, MARSOF are evaluated by those they fight; in combat, second place is last place.

If you fail to develop and maintain high standards of MARSOF you will not be successful. Any momentary lapse in judgment may impact the credibility of MARSOC and US Special Operations. The SOF Imperatives state that we must ensure the legitimacy and credibility of special operations. In order to accomplish this, MARSOF operators must be highly trained, technically and tactically proficient, and must maintain and strengthen the MARSOF Attributes and Mindset.

The foundation of excellence is a “brilliance in the basics” approach to training. Among the most basic fundamentals are inspections and rehearsals. Professionals inspect everything and rehearse every aspect of their missions. If you fail in this, you invite mission failure. The nation will task MARSOF Marines with missions that carry political implications; understanding the operational environment and considering the long-term effects of their actions are not options. MARSOF Marines must understand the relationship between the direct and indirect approaches and learn to apply either at the right time and place. MARSOF Marines must not fail in any of these tasks.

You must understand that others look to MARSOF operators as an example. Your behavior must be above reproach. MARSOF Marines will wear their uniform with pride and adhere to all uniform and grooming regulations. You will demonstrate courtesy in your dealings with instructors and seniors and will apply fairness and understanding in dealings with your juniors. MARSOF Marines proactively seek out responsibility and shoulder more than their share of the burden.

Do not be the weak link that leads to mission failure. MARSOF Marines constantly demand more of themselves and their teammates than they think possible; to accept mediocrity is to accept failure. This is not an option. The goal of ITC/MTCC is to develop your individual skills and teach you the MARSOF Mindset. The skills you learn will add capability to your operational MSOT and will increase your ability to contribute to the accomplishment of any mission. You must understand that your most important weapon is your mind; your ability to out-think and out-act the enemy is critical to success. Maximize your training time here. Study, discuss, ask questions, debate. It is not enough to be able to recite the book answer, you must understand and be able to apply the concepts you will be taught in uncertain environments under adverse conditions. MSOS instructors will accept nothing less than excellence because they will one day serve with you in combat. MSOS instructors will make every effort to provide assistance or remedial training however, you must realize that remediation is required and ask for assistance. The ball is in your court.

Physical Preparation

Continue to:

Conduct the movement preparation and post workout regeneration taught at A&S.

Follow the nutrition and hydration information taught at A&S.

Strive for 7 hours of sleep each night

Follow the ITC/MTCC Workout guide that you were given.

Alternate increasing distance with increasing speed.

Use good form; your focus should be on quality over quantity

Use one day per week for recovery

Reduce workload one week per month

Prevent injury- take care of small problems before they become big ones

You should arrive at ITC/MTCC prepared to complete the Operator Fitness Test (OPFIT): You should be able to complete each of these events or any combination of them without being completely used up.

5 mile run in PT gear at an 8 minute per mile maximum pace.

10 mile hike in the MCCU with weapon, LBE and 45 lb ruck+ water at a 15 minute per mile maximum pace.

500 meter combat stroke (Side/Breast) swim in a maximum of 12.5 minutes (Swim trunks).

2 consecutive running's of the Marine Corps obstacle course in a maximum of 5 minutes.

Be prepared to complete the Water Safety Advanced (WSA) swim qualification.

Principles of Exercise

Progression: Following this principle means that you take a systematic approach to increasing the physical demands over time. For example, if you have been performing long runs of 35 minutes and you want to progress to 60, then you need a plan for doing so. The general rule of thumb is to progress time/distance by no more than 10% per week. When

you do the math, you see that it will take about six weeks to safely progress from 35 to 60 minutes. The principal of gradual progression is just as important for resistance training. Start by mastering core stability and control of body weight exercises. Add external resistance and/or volume (number of reps over a given period of time) gradually as long as control of the movement is well maintained. Many injuries can be traced to attempting workouts that are beyond an individual's current capability.

Regularity: Marines don't generally have a problem with this. However, two points should be noted. First, if for whatever reason you cannot PT for two or more consecutive weeks, assume you've lost some degree of fitness. You should then resume PT at a lower level and gradually build back up. Second, even though you may be doing PT on a regular basis, if you stop doing a particular component of PT (agility or plyometric training, for example), then you should re-master the basics of those drills before jumping back into an aggressive workout. Note that endurance is lost faster than strength.

Overload: To improve strength, endurance, or movement skills, you must provide a stimulus. This means moving outside your comfort zone...Progressively lifting a little more, running a little faster or farther, practicing agility drills that don't come easy, etc. It is extremely easy to overload. The challenge is to do it intelligently. You must apply the principles of progression and recovery together with overload.

Variety: Over the years, researchers and trainers have learned that athletes maximize their potential by dedicating a given period of time to a particular aspect of physical development, then changing the focus at regular intervals. For example, many strength programs begin with the focus on mass producing workouts, then strength, later emphasizing general power training, and finally move to activity specific strength/power drills. Such regular changes to workouts force the body to continue adapting. If you stay with the same routine, your body becomes accustomed to it and development stops. Maintaining variety in a program also helps to control overuse injuries. If all of your endurance training comes from running, you are more susceptible to stress-related injuries (stress fracture, tendonitis, etc.). Finally, variety in physical training is absolutely necessary to be prepared for the broad-ranging physical requirements of MARSOC missions.

Recovery: The principal of recovery is closely related to the principals of overload and progression. Overload must be followed by some degree of recovery. Some workouts demand more recovery than others. Sessions that aggressively train speed, power, jumping/landing/cutting, or heavy lifting should be followed by either a day of rest or PT that involves a moderate session of some other component (an easy run/swim and some mat-based core training, for example). Regarding progression and recover, some periods, whether it is a day, a week, or several weeks, will involve PT that is relatively easy compared to the hardest days or training cycles. Another way of saying this is: you should not be red-lining every day, nor burn out at the end of each week. Attempting to maintain maximum workouts for several months runs the risk of over-training, which is related to not only muscle/bones/tendons stress injuries, but also disruption of hormonal balance. By incorporating relatively less training-intensive volume during a portion of the training cycle, the body is much less likely to break down.

Balance: For a Marine Special Operator, a balanced approach to PT scheduling means your program consistently incorporates strength, endurance, and movement skills (Power, Agility, Coordination, etc.). Taking this notion a step further, strength must be balanced by

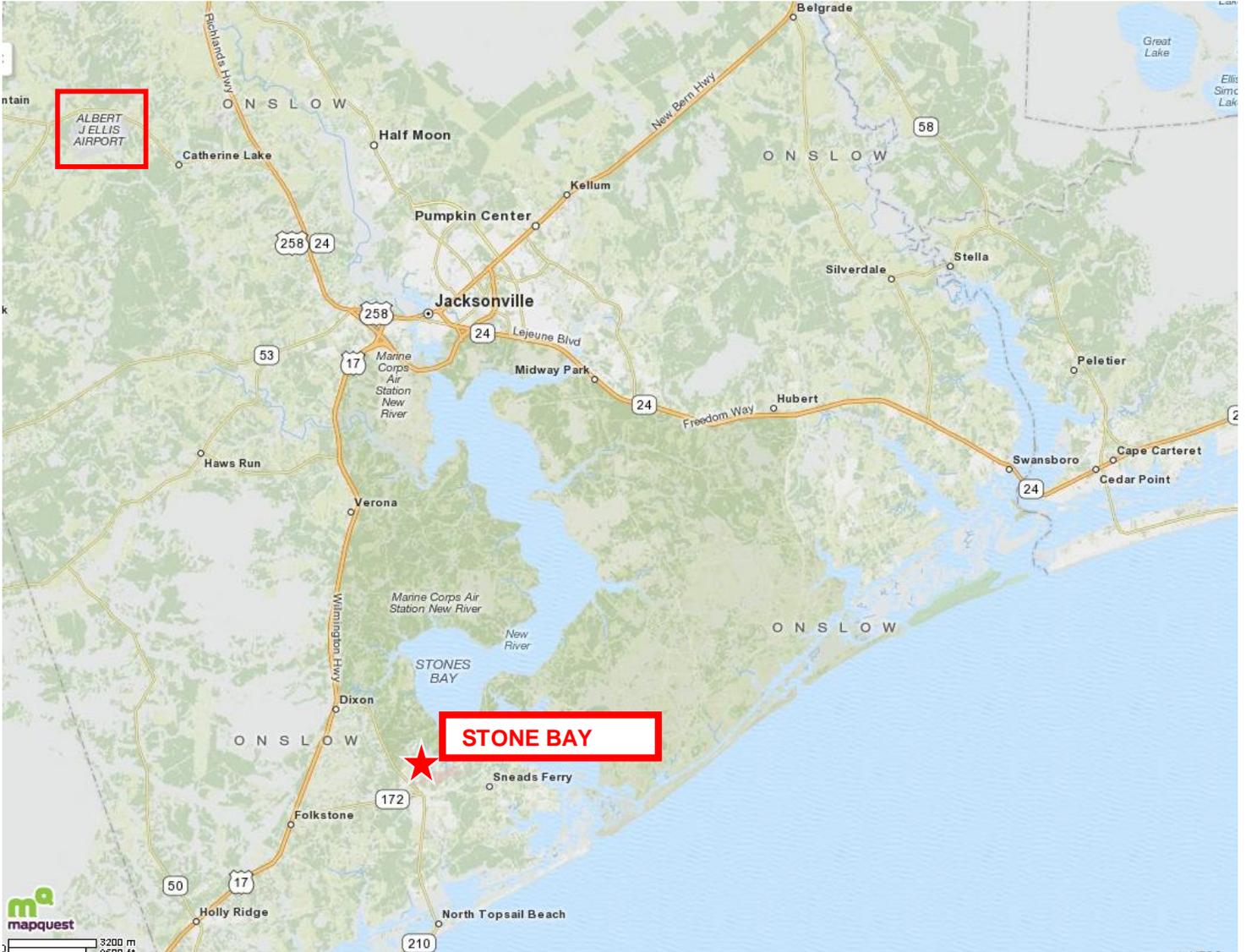
performing some workouts with body/weight resistance, some with moderate/heavy resistance, and some with a moderate resistance that is moved quickly (power training). Endurance should be balanced by performing a mix of aerobic and anaerobic training.

Specificity: Following this principle ensures that you will be fit for the important stuff. Whenever the idea of fitness is discussed, the question “fit for what?” should be part of the discussion. For Marine Special Operators, the answer is “fit for current and potential MARSOC training and combat missions.” This doesn’t mean that every workout must look like a combat mission. It does mean that you should always be aware of your big-picture PT objectives and understand how each workout, each week, each month of PT contributes to it. At least part of a training cycle needs to focus directly on tactical fitness. Such training must involve an operationally relevant degree of intensity and volume, but should be preceded by general fitness development (strength, endurance, movement skills).

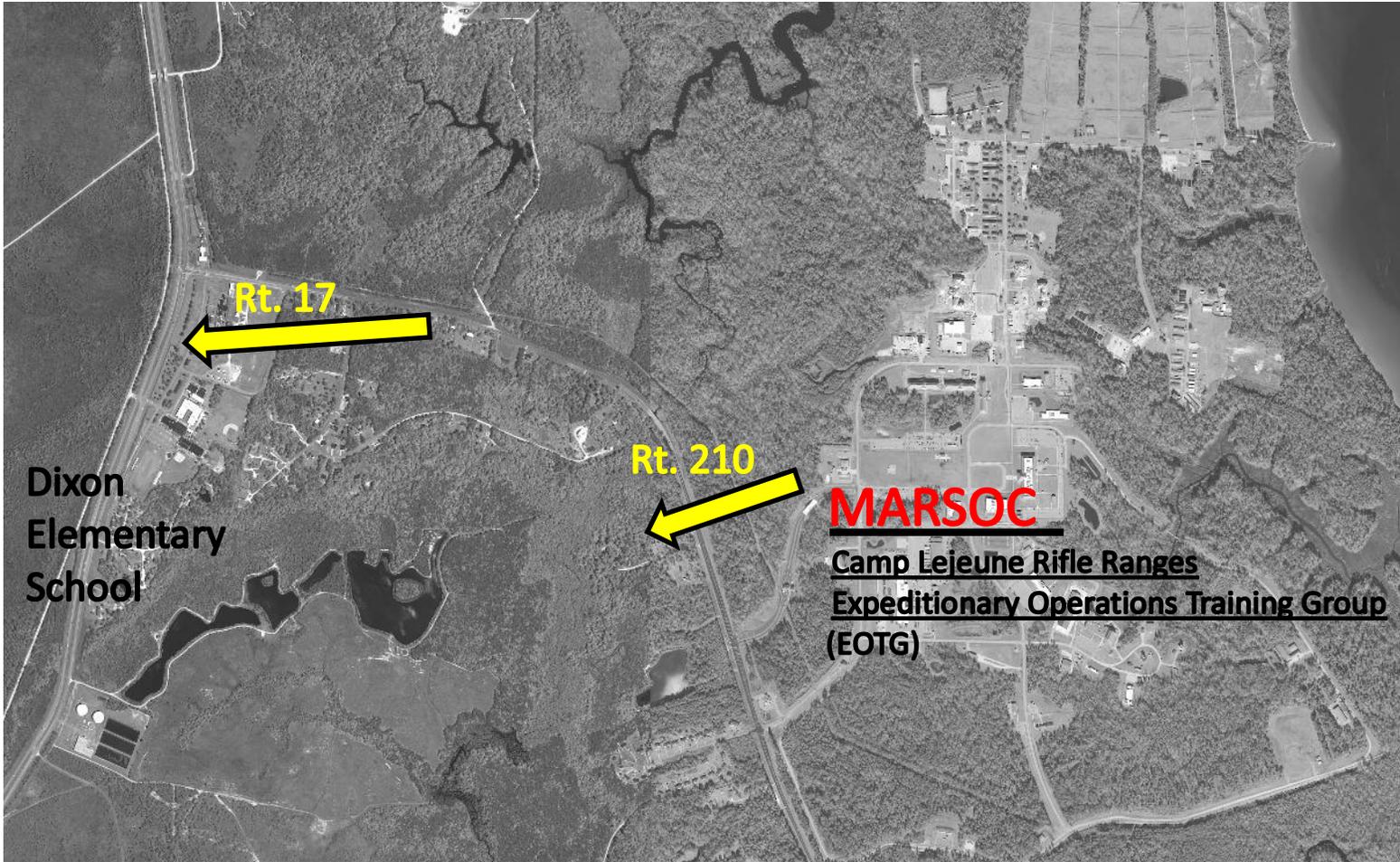
Precision: This term refers to a biomechanical correctness of movement. We know through observation and research that some movement patterns are efficient and effective, while other are inefficient and possibly destructive (over time, likely to lead to injury). For example, spinal stability not only protects the spine but also creates a stable base of support from which the arms and legs can generate power. There will be times during training when we must push ourselves through fatigue and perhaps sacrifice perfect form. However, these should be the exceptions and not the everyday norms.

AREA MAPS

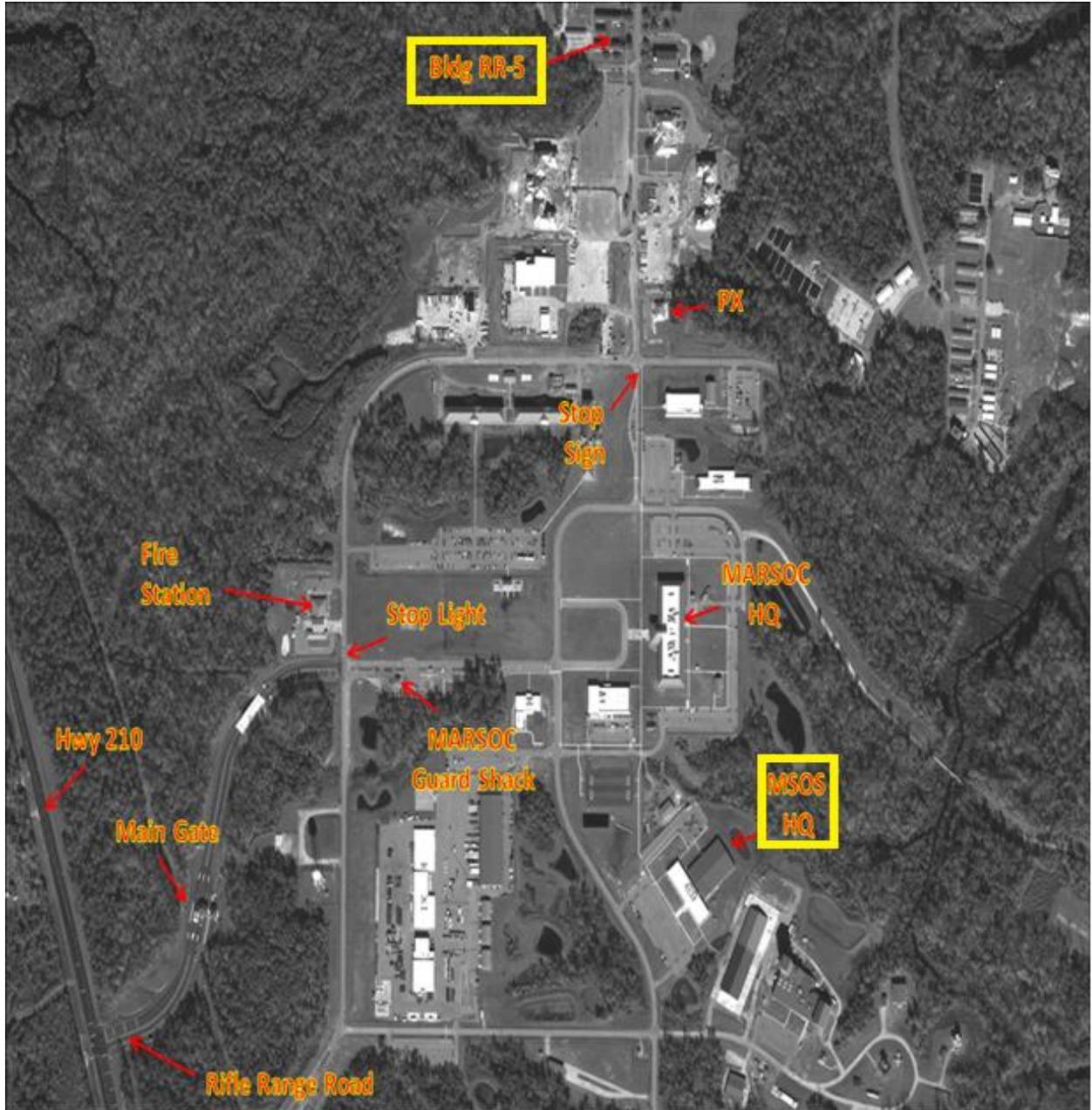
AREA OVERVIEW



SNEADS FERRY AREA



AERIAL MAP AND DIRECTIONS TO BUILDING RR-5



1. When coming off of HWY 210 you will make a left or right depending on the direction you are coming onto Rifle Range Road.
2. Go through the Main Gate and continue until you get to the 1st stop light and make a left.
3. Follow this road until you get to a 4 way stop. (You will see the MCX in front of you on the left.) Make a left at this 4 way stop.

4. You will now continue until you get to another 4 way intersection you will continue to go straight. You will then see a white gym on the right and across from the gym you will see building RR-5 on the left.

Points of Contact List

MARINE SPECIAL OPERATIONS SCHOOL

OOD.....	(910) 440-2727
S-1.....	(910) 440-1179
Career Planner.....	(910) 440-2733
Entitlements.....	(910) 440-1179
Family Readiness Officer	(910) 440-0103
S-2/Security Manager.....	(910) 440-2010
Medical	(910) 440-0011 / 0195
Officer Proctor.....	(910) 440-1328 / 2008 Cell: (910) 742-7325
Enlisted Proctor.....	(910) 440-2003 / 2004 Cell: (910) 388-7492
Training & Education Branch SNCOIC.....	(910) 440-0036
Student Barracks (BLDG RR5).....	(910) 440-2004

When calling with questions, be sure to identify yourself with your name and rank and that you are a future ITC/MTCC student.