Individual Training Course (ITC) Read-Ahead Package

This package is intended to ensure all requirements are met before attending the Individual Training Course (ITC). The documents provided herein are only for the informational use of the student. Changes are made as necessary. Ensure that you check periodically for the most current version at:
http://www.marines.mil/unit/marsoc/MSOS/Pages/ITC.aspx

19 February 2015
All 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
19 Feb 15

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 quarters 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

N. C. SCHUEHLE
COLONEL
COMMANDING OFFICER

Administrative Instructions

Marines attending ITC 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 Marines Special Operations School, Camp Lejeune NC, bldg RR-5, Stone Bay.

√	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
	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). 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.
	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
	Copy of your Will and any Power of Attorney – not required but encouraged.
	Completion certificates for Marine Net courses listed on Page 8.
	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.

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 Federal Travel Regulation (JFTR) 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 JFTR. 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 must 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. (It is recommend that BAH Waivers are initiated at your parent command, and if approved bring signed approval with you.)

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: students will require a "TR" fitness report prior to reporting. Upon graduation, MSOS will submit an academic fitness report that will cover the duration of the course.

Due to the duration of the course it is highly recommended that students complete all required annual training and required (in grade) PME prior to reporting date.

Single student 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.

Students who reside off base will still receive BAS upon check in but will receive checkages for meals consumed at the chowhall IAW the training schedule. Students residing in the barracks will receive meal cards and have DMR deducted.

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

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 may be affected.

Reserve component Marines are directed to review MARADMIN 280-13 Reserve enlisted CSO opportunities within MARSOC to ensure all current requirements are met.

Reporting

Report in the Service "A" Uniform.

Students are required to report to Marine Special Operations School at Bldg RR-5, Stone Bay area, Camp Lejeune, NC, by the NLT 1200 on the day prior to the course commencing. Any student who will not meet this timeline is required to contact the MSOS POC's listed in this package.

Marine Officers will report on 27 July 2015 in order to attend required Team Commander training.

All enlisted active component Marines are required to have your re-enlistment/extension/lateral move package completed prior to reporting to ITC. It is directed that you see your unit Career Planner as early as possible to submit your package.

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, try to have your household goods delivered during 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.

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

Leave

Students will be given the opportunity to take annual leave in conjunction with the Christmas / New Year holiday at their own cost.
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.

Prerequisite Marine Net Training

Prior to your arrival at ITC you are expected to complete the following Marine Net course and bring completion certificates on Day 1.

√	COURSE NUMBER	COURSE NAME
	M00CO_0799	COMBAT ORDERS

IT IS RECOMMENDED THAT STUDENTS FAMILIARIZE THEMSELVES WITH MICROSOFT OFFICE 2010, WORD, POWERPOINT AND EXCEL BEFORE ARRIVING.

All students should be, at a minimum, Non-resident PME Complete.

Students should complete the Defense Language Aptitude Battery Test prior to arriving for ITC. 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.

NOTE: Be prepared to complete all the physical requirements listed on Page 14 of this package.

MSOS Security Manager

Clearance Requirements:

ALL Marines assigned to the Individual Training Course (ITC) must currently 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 selected to continue with ITC (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, till 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. You are going to need this info during the first stages of ITC when filling out the E-Qip (on-line) form for your TS/SCI

The MSOS Security Manager and ITC 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 you will have heard multiple "SOF Truths and Axioms". One that comes to mind is "MARSOC Silent Warriors". 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 of limitation should Never be posted to Faceook, other social mediums or discussed via civilian e-mail (Hotmail, Gmail, AOL, 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

Student Equipment List

Students will be responsible for providing the following uniforms, clothing and equipment. An inspection will be conducted during ITC in-processing. Students will turn in all CIF / NBC gear prior to arrival.
Students will **ONLY** be allowed to wear USMC issued gear unless specifically directed.

Uniform Items			
√	**ITEM**	**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
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**	
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)
	Dental Record	**1**	
	Current ID Card	**1**	Notify S-1 upon 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
	Gas Mask inserts	**1**	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		

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, 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 is a demanding course. It is critical that students prepare their family accordingly.

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

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

Officers will report on 27 July 2015 in order to attend the Team Commanders Course.

Enlisted students will remain at MSOS to attend follow-on language training commencing on 6 May 2016 for approximately 6 months.

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

Students that are required to miss extended amounts of training due to family situations (childbirth, EFMP, etc) 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 which are executed offsite, at which times students generally do not have access to cellular phones or e-mail. These training blocks generally last 2-3 weeks, and students are again encouraged to make family preparations accordingly.

MSOS will conduct a family brief the first week of the course for students and their spouses. The MSOS Family Readiness Officer will work with families of Marines assigned to the course. In the event students and their families have specific questions prior to or while attending the course, they may contact the MSOS Family Readiness Officer during normal working hours (EST) prior to their arrival at (910) 440-0103 or after hours 910-278-8262.

ITC Student 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 graduates are the future of MARSOC. Prior to assignment to ITC, you completed a rigorous Assessment and Selection process. However, it is important to understand that A&S was only the beginning in a daily challenge to prove and improve yourself; MARSOF Marines are evaluated every day throughout their MARSOC career, starting with ITC. 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.

Any failure to adhere to the high standards of MARSOF will impact mission success. 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, to fail in this invites 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.

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

Do not be the weak link that leads to mission failure. MARSOF Marines must constantly demand more of themselves and their teammates than they think possible; to accept mediocrity in anything is to accept failure. This is not an option. The goal of ITC is to develop your individual skills and teach you the MARSOF Mindset. The skills you learn will add capability to your operational MSOT and serve to increase your ability to contribute to the accomplishment of any mission. However, 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 may 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 Phase 1.
Follow the nutrition and hydration information located in the A&S 10 week guide.
Strive for 7 hours of sleep each night
Follow the 10 week workout program, increasing distances for runs, hikes and swims by no more than 10 percent per week.
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 prepared to complete:

A five mile run in PT gear (work towards an 8 minute per mile maximum pace),
A 10 mile hike in the MCCU with weapon, LBE and 45 lb ruck+ water (work towards a 15 minute per mile maximum pace)
Water Safety Advanced (WSA)swim qualification
Swim 500 meters in MCCU blouse and trousers in a maximum of 15 minutes (Side or breast stroke)
The Marine Corps obstacle course 2 times in a maximum of 5 minutes.
You should be able to complete each of these events or any combination of them without being completely used up.

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

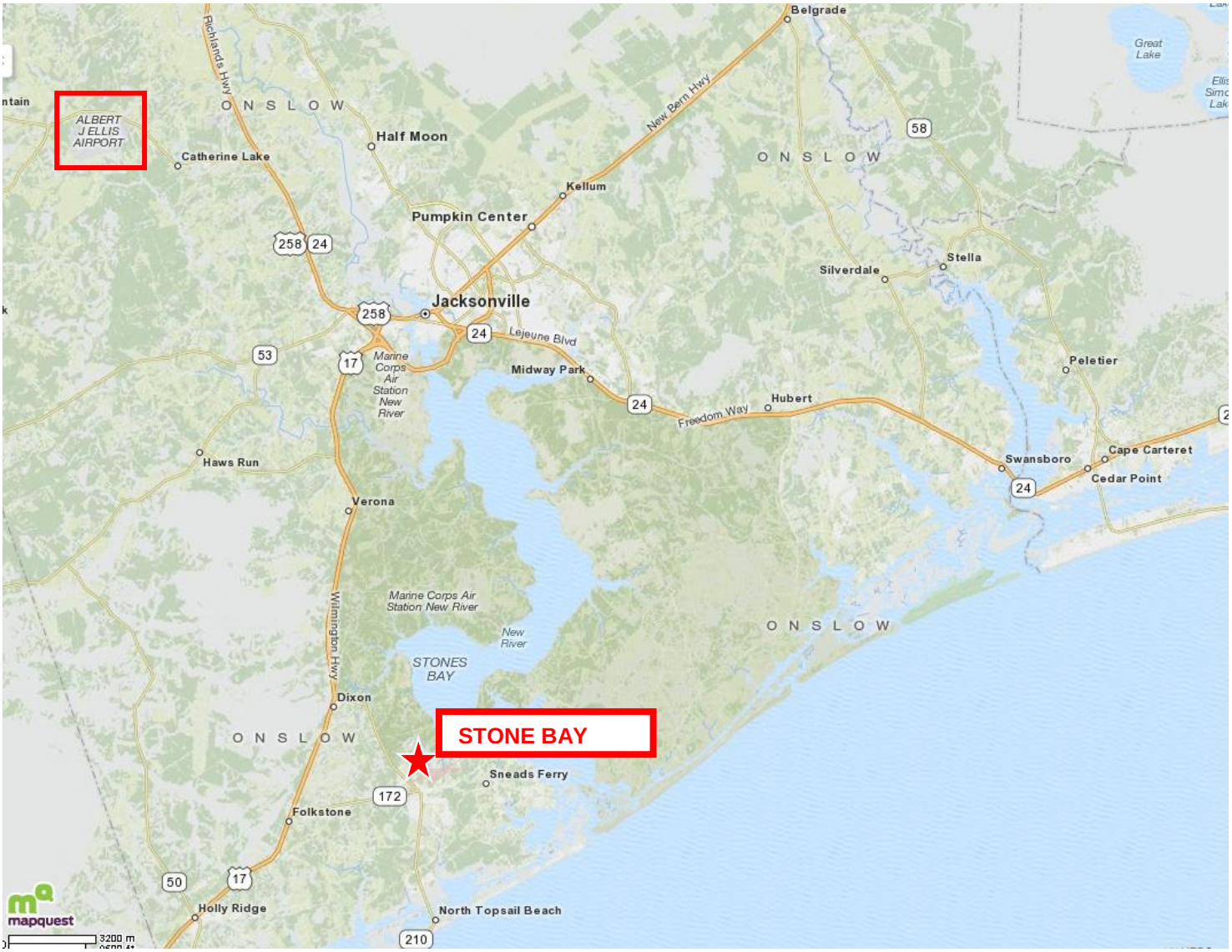
resistance, and some with a moderate resistance that is moved quickly (power training). Endurance should be balanced by performing a mix of aerobic and anaerobic training.

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).

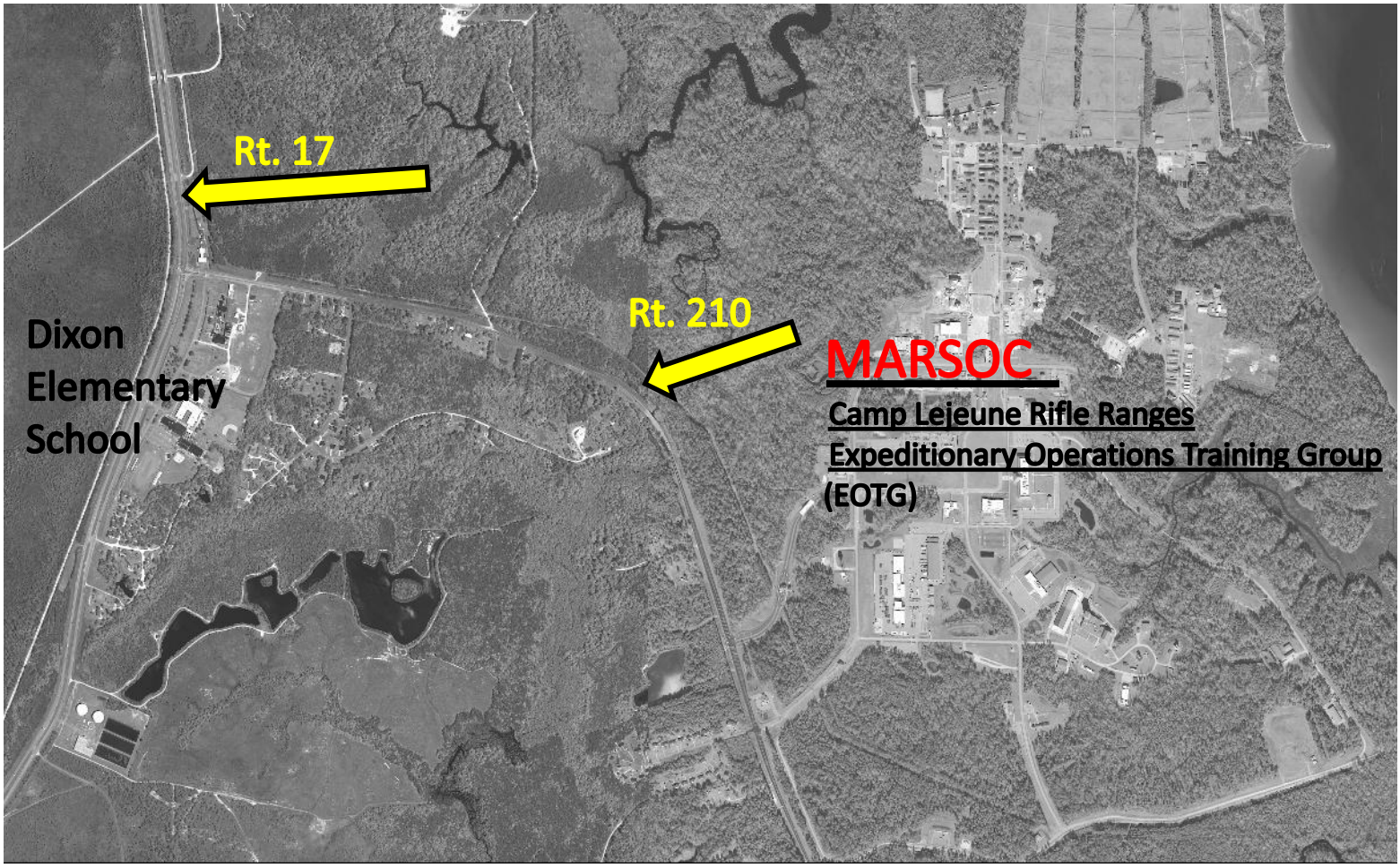
Precision: This term refers to a biomechanical correctness of movement. We know through observation and research that some movement patterns are efficient and effective, while other are inefficient and possibly destructive (over time, likely to lead to injury). For example, spinal stability not only 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

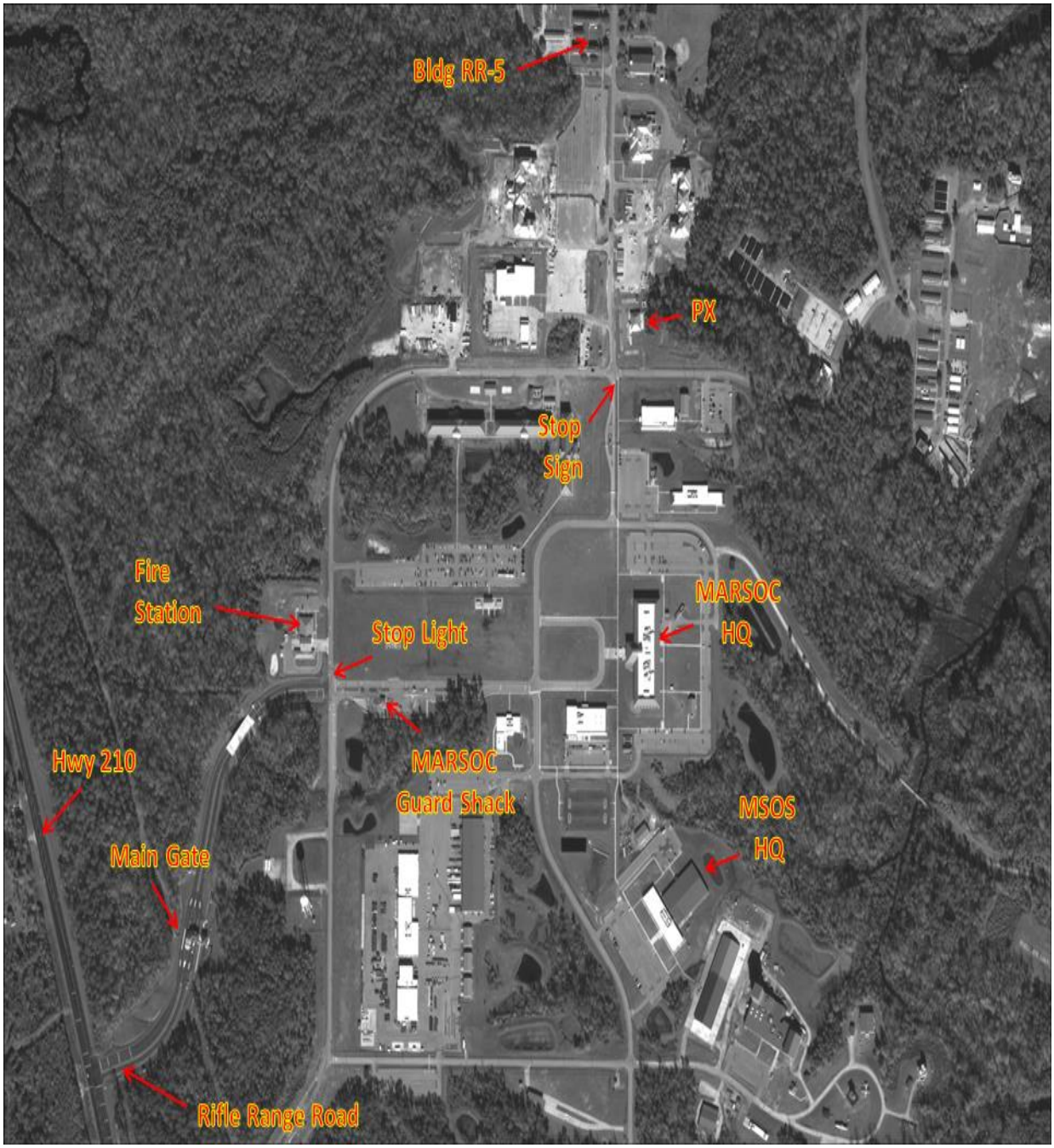
AREA OVERVIEW



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

Entitlements……..…….(910) 440-1179

Family Readiness Officer …….....(910) 440-0103

S-2/Security Manager..……(910) 440-2010

Medical ……..(910) 440-0011 / 0195

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 student.