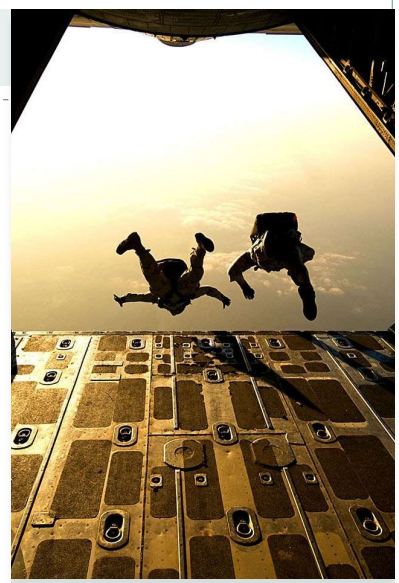
Volume 1, Issue 2

Special Warfare and Combat Support Development Newsletter



HABITS AND RITUALS OF ELITE PERFORMERS

Have you ever thought about who you are and why you're the way you are? How much of your day is programmed by habit or rituals? Duke University conducted a study which identified that 40% of our daily actions require no decision at all because they are simply habitual actions! That means waking up, brushing your teeth, making your bed, driving to work or school, etc. are all habitual or ritualistic decisions. What do you suppose makes elite performers a cut above everyone else? It's my belief that they simply follow consistent and specific routines that help them to achieve high levels of success. What can you change in your daily life that will help you to achieve your goals?

Below are a few simple changes to your habits and rituals that will improve your goal success:

- **Get up early** - set an alarm and get up when it sounds off! Normal people shoot for the recommended 8-hours of sleep while high performers shoot for 6-hours. The extra 2-hours a day or 14-hours a week gives you just that much more productivity! Champions are proactive and sleep less! They don't oversleep. They don't start their day stressed or disorganized. Nor do they play catch up all day long… Literally, getting up early will give you more time in the day to WIN!
- **Hydrate** - build a habit or ritual to set yourself up for success. Before you go to bed, set a liter of water on your nightstand so when you wakeup it's there waiting for you. All you need to do is simply pick it up and hydrate. Dehydration thickens the blood and negatively impacts your blood pressure, cholesterol, makes your organs work harder, and causes headaches. Dehydration robs you of energy and will prevent you from performing at your very best. So, fill a water bottle, put it on your bedside, drink it in the morning, and WIN!
- **Cold Morning** - have you ever noticed that when you initially get cold your body completely awakens? Cold stimulates the fight or flight response! After you wake up and drink water, I suggest that you do something that's cold. Splash water on your face, take a cold shower, or even walk outside for a few minutes. The idea is to shock your system into an awakened state, so you can quickly begin to tackle your day!
- **Breathing and Stretching** - commit to spending 15-20 minutes a morning warming up your body! Do some dynamic and static stretching, and perform deep breathing exercises. Focus on those areas that are tight. Ultimately, you will be conducting a system check of your body, limbering it up, and providing a burst of oxygen to your cognitive system to better perform work, plan, decide, problem solve, synthesize, assess and make judgements!
- **Get your thoughts set and visualize your day** - positively visualize your day so you're mentally prepared for each of your scheduled events. This will help you to feel in control, connected, and balanced! It will also center your focus and put you on target to tackle goals.
- **Workout** - this is the time to get to work! Follow your workout schedule and set challenging goals that you know you'll be able to accomplish and get emotional about them. As you meet your goals then increase them as you progress. This increase develops confidence.
- **Eat right** - How often do you skip meals? If you're working out, then you must complete the cycle and feed your muscles, so they can grow! Eating the right foods is one of the most important parts of a healthy lifestyle.

Be cognizant of your habits and rituals because they preview your future. It's critical that you master them, so they don't master you. Simply chose to follow a routine that'll help you to reach your goals and live the best life for you.

Habits and Rituals of Elite Performers – Ed Mylett, "#Maxout Your Life – Strategies for Becoming an Elite Performer," Copyright 2018 Ed Mylett, pg 23-41.

INSIDE THIS ISSUE

THE QUALITY OF YOUR LIFE IS EQUAL TO THE QUALITY OF THE QUESTIONS YOU ASK YOURSELF

Add these questions to your daily morning:

What am I happy about in my life right now? What about it makes me happy, and how does it make me feel?

What am I excited about in my life right now? What about it makes me excited, and how does that make me feel?

What am I proud of in my life right now? What about it makes me proud, and how does that make me feel?

What am I grateful for in my life right now? What about it makes me grateful, and how does that make me feel?

What am I enjoying most in my life right now? What about it am I enjoying and how does that make me feel?

What am I committed to in my life right now? What about it makes me committed, and how does that make me feel?

Who do I love? Who loves me? How does that make me feel?

The Quality of your life is Equal to the quality of the questions you ask yourself - Ed Mylett, "#Maxout Your Life – Strategies for Becoming an Elite Performer," Copyright 2018 Ed Mylett, pg 31-33.

What is Inflammation?

Inflammation is the bodies reaction to injury or infection, characterized by swelling, heat, redness, and pain. The process includes increased blood flow with an influx of white blood cells and other chemical substances to facilitate healing. To treat acute inflammation follow the PRICE method: *Protect, rest, ice, compression,* and *elevate* the injury.

Just as important is to let food fight the inflammation. Many colorful fruits and vegetables are rich in phytochemicals, as well as fiber, which help fight inflammation. Options include blueberries, carrots, tomatoes, leafy greens, peppers, sweet potatoes, oranges, cherries, papayas, and strawberries. Cherries have been shown to decrease muscle pain. Furthermore, capsaicin, which gives chili peppers their heat, helps block inflammation and the burn tricks the mind into releasing endorphins.

"It's hard to beat a person who never gives up!" - Babe Ruth

CHARBOHYDRATES!!!

Carbohydrate consumption is a fuel strategy for all forms of exercise.

A diet rich in carbohydrates increases endurance performance because of the extra store of carbohydrates in the muscles and liver, called glycogen. Studies show that, if athletes did not consume a diet high in carbohydrates on a daily basis, they would experience chronic fatigue and poor performance.

It is well documented that endurance athletes need to replenish carb stores in the body, especially during periods of intense training. Consuming carbs during workouts lasting over one hour will benefit performance and delay onset of fatigue.

It is well-known that carbohydrates, when compared to protein and dietary fat, are the most efficiently broken down and metabolized form of energy for the body. Athletes doing stop-and-go activities were found to have better speeds and delayed fatigue when consuming a higher carbohydrate diet.

WHY DO I NEED PROTEIN?

It doesn't matter which way you look at it, protein is essential for exercise. Anyone undertaking any kind of exercise routine definitely needs more protein than someone who doesn't. This is because when you exercise, you are effectively tearing and breaking muscle fibers apart, which then need to be repaired by the body, requiring protein to do so.

So where do people get protein from? From a dietary point of view, day to day protein is gained from eating food such as meats, poultry, seafood, beans and peas, eggs, soy protein products, nuts, seeds, and other such foods. Moreover, you can supplement these normal proteins with protein bars, powders or shakes. These can come in a variety of flavors and types so you don't get bored.

Protein is especially important to consume after a workout, as during the exercise you are effectively breaking your muscles down. That is why it's a common sight to see people at the gym eating protein bars or drinking whey shakes when they've finished their routine to help increase the impact of their exercise. It's also important to mix protein with carbohydrates as your body finds it easier to absorb the protein and turn it into more muscle mass.

If you're exercising but find yourself with low energy or feel that you're not building any muscle, it may be that you don't have enough protein in your diet. Make an effort to eat more protein through your diet or special bars and shakes to feel better and get more out of your workout.

More on Protein

- Select a variety of protein foods to improve nutrient intake, including at least 8 ounces of cooked seafood per week.
- Meat and poultry choices should be lean and low-fat.
- All operators require no more than 1 gram of protein per pound of body weight per day. For a 150lbs. Individual that equals out to 150 grams or 0.4 lbs. of protein.

This is an AIE (Alternate Insertion/Extraction) Operation using a rope ladder.

SWIMMING - 5 PRINCIPLES FOR REDUCING DRAG

Article written by Karen Allen-Turner | April 09, 2018

Intensity and duration of swim workouts are definitely important when trying to swim fast. As these components increase, fitness will improve and speed will get faster, but only to a point. For most of us, there is only so much time we have available to swim and there's only so much intensity that the body can cope with. At some point, increasing intensity and duration will not be enough to recognize gains.

This leads to the other key aspect to swimming fast, technique. Two facets of this are:
1. Decreasing drag in the water
2. Increasing propulsion in the water

As we swim faster, the effects of drag will become more noticeable. Since reducing drag requires skill as opposed to applying a force to increase propulsion, it means there is room for improvement. With this in mind, here are five key technique principles.

No. 1: Work on Balance - Improving balance in the water is the first and foremost way to decrease drag. The more horizontal you can remain in the water, the less water is displaced. If the head is positioned too high in the water or is lifted when breathing, the resultant effect is that the hips and legs drop. The streamlined position is compromised and more drag is created.

No. 2: Swim Tall - Make yourself as "long" as possible in the water. Like a racing kayak, length creates less turbulence as you move through the water. Less turbulence equates to less water displacement and decreased drag. Swimming taller requires that upon hand entry into the water, you continue to reach forward, even as you rotate to take a breath.

No. 3: Neutral Head - Keeping the head in an aligned and neutral position (i.e. in line with your body, with just your face in the water) will help with streamlining. Focus on the hips to lead the rotation and then let the head follow. Minimizing head movement will result in less water displacement.

No. 4: Compact and Efficient Kick - Research indicates that even the best swimmers only generate approximately 10% of their speed from the kick. While kick efficiency is important for swimming fast, especially for those competing in 100-meter sprint freestyle events (to help create the propulsion), a compact kick is more important to reduce drag. This means the kick should not move too low below the body line or break the surface.

No. 5: Exhale - Holding the breath when the face is submerged creates additional buoyancy. While this may seem like a good thing, the problem is the increased buoyancy happens in the top half of the body. The resultant effect is it causes the legs to sink. When the face is in the water you should be continuously exhaling through your mouth, nose or combination of both — whichever is most comfortable for you. This will also help to ensure that the lungs are ready to receive a full inhalation of breath.

RUNNING TOO FAR, TOO SOON CAN CAUSE SHIN SPLINTS!

Shin splints are a common problem especially if you have flat feet, your shoes are not designed for your running style, they don't fit or are in poor condition. Other issues are failing to warm up or cool down or you increase your mileage quicker than 10% per week. Additional causes may be weak ankles, hips, or core muscles. Most new runners get shin splints from increasing their mileage too quickly and running in the wrong were I ran in the wrong type of shoe. Running less is easy, just plan your mileage out and stick to the plan. Getting the right shoe is easy, too. Go to a running store and have them look at your feet, your old shoes, and watch you run. You will leave with the right shoe!

How do you treat shin splints? First, reduce your mileage or refrain from running for a week or two. Next, ice your shins to ease the pain and swelling. An easy way to do this is to fill a 3 oz paper cut halfway with water and freeze it. Pull it out of the freezer, tear the paper to expose the ice, and rub on the sore shins for 5 to 10 minutes at least twice per day until the pain goes away. Lastly, think about taking some over-the counter anti-inflammatory painkillers, like ibuprofen, naproxen, or aspirin. Icing and anti-inflammatory drugs reduce swelling and increase blood flow so you'll heal quicker.

There are ways to tell if your shins have healed. 1st, your injured leg is as flexible as your other leg. 2nd, your injured leg feels as strong as your other leg. 3rd, you can push hard on spots that were painful. Lastly, you can run and jump without pain.

The most important thing is to not rush back into running! Take up another low-impact activity that won't aggravate your shins. Try stationary bikes or ellipticals while I'm healing.

AIR FORCE DEVELOPMENT PAGE

DRILL POSITIONS

Drill consists of certain movements by which the flight or squadron is moved in an orderly manner from one formation to another or from one place to another. Standards such as the 24-inch step, cadence of 100 to 120 steps per minute, distance, and interval have been established to ensure movements are executed with order and precision. The task of each person is to learn these movements and execute each part exactly as described. Everyone in the formation must move together on command.

Position of Attention - To come to attention, bring the heels together smartly and in line with one another. Place the heels as near each other as the conformation of the body permits, and ensure the feet are turned out equally, forming a 45-degree angle. Keep the legs straight without stiffening or locking the knees. The body is erect with hips level, chest lifted, back arched, and shoulders square and even. Arms hang straight down alongside the body without stiffness, and the wrists are straight with the forearms. Place thumbs, which are resting along the first joint of the forefinger, along the seams of the trousers or sides of the skirt. Hands are cupped (but not clenched as a fist) with palms facing the leg. The head is kept erect and held straight to the front with the chin drawn in slightly so the axis of the head and neck is vertical; eyes are to the front, with the line of sight parallel to the ground. The weight of the body rests equally on the heels and balls of both feet, and silence and immobility are required.

Parade Rest - The command is Parade, REST. On the command REST, raise the left foot from the hip just enough to clear the ground and move it smartly to the left so the heels are 12 inches apart, as measured from the inside of the heels. Keep the legs straight, but not stiff, and the heels on line. As the left foot moves, bring the arms, fully extended, to the back of the body, uncupping the hands in the process; and extend and join the fingers, pointing them toward the ground. The palms will face outwards. Place the right hand in the palm of the left, right thumb over the left to form an "X". Keep head and eyes straight ahead, and remain silent and immobile.

At Ease - The command is AT EASE. On the command AT EASE, relax in a standing position, but keep the right foot in place. Position in the formation will not change, and silence will be maintained.

THE HAND SALUTE

Hand Salute - The individual raises the right hand smartly in the most direct manner while at the same time extending and joining the fingers. Keep the palm flat and facing the body. Place the thumb along the forefingers, keeping the palm flat and forming a straight line between the fingertips and elbows. Tilt the palm slightly toward the face. Hold the upper arm horizontal, slightly forward of the body and parallel to the ground. Ensure the tip of the middle finger touches the right front corner of the headdress. If wearing a non-billed hat, ensure the middle finger touches the outside corner of the right eyebrow or the front corner of glasses. The rest of the body will remain at the position of attention. To complete the movement, bring the arm smoothly and smartly downward, retracing the path used to raise the arm. Cup the hand as it passes the waist, and return to the position of attention.

The Blessings of Adversity

"What we obtain to cheap, we esteem too lightly.'

Thomas Paine, American Patriot & Founding Father

Talent is a curse and adversity is a blessing. I've seen more lives wasted by the laziness that comes from relying on talent than any other single cause. I've seen more people reach their greatest potential because they were used to adversity. Talent and adversity don't matter , what is important is how we react to them. Unfortunately, it's easy to be satisfied with success. Fortunately, it's much tougher to accept failure. Thus, those who regularly face adversity and failure, but find a way to overcome them, become conditioned to hard work and problem solving. They learn to fall and get up again, they learn to set their own goals and they create their own standards. This is what the Special Warfare and Combat Support Pipelines force you to do.

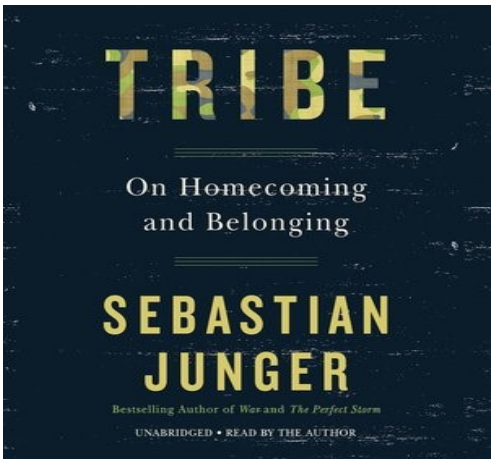
Technical Sergeant Dan Keller was never physically gifted. He struggled physically through every school of the Pipeline, never at the front of the pack, usually somewhere in the middle, and sometimes at the back. But he never gave up. He always found a way to think his way through the hard times, to solve the problems in front of him, and get the job done. That, more than anything else, describes what he did on the day he earned his Air Force Cross.

CITATION TO ACCOMPANY THE AIR FORCE CROSS

Staff Sergeant Daniel Keller, United States Air Force, distinguished himself by gallantry in connection with military operations against an armed enemy of the United States, Combined Joint Special Operations Air Component Afghanistan, on 16 August 2017, during Operation Freedom's Sentinel in support of the Resolute Support mission.

On that date while serving as a joint terminal attack controller attached to a combined joint special operations assault force, Sergeant Keller embarked on a clearance operation in Nangarhar Province, Afghanistan against 350 Islamic State fighters. After fifteen hours of sustained contact, the assault force struck a house-borne improvised explosive device, killing four personnel and wounding thirty one. Less than ten feet away, Sergeant Keller was knocked over by the force of the blast, resulting in a traumatic brain injury. Struggling to his feet, he executed air to ground engagements while returning fire with his M4, repulsing an enemy assault less than 150 meters away. Sergeant Keller helped move thirteen critically wounded casualties to a helicopter landing zone under a hail of enemy fire. When medical evacuation helicopters were unable to identify the landing zone, he sprinted to the center of the field, exposing himself to enemy fire in order to marshal in both aircraft and aid in loading the casualties.

Once the helicopters departed, the ground force Commander aborted the mission due to losing nearly one quarter of the assault force. In spite of his injuries, he loaded wounded personnel into vehicles and volunteered to walk two and a half kilometers back to a combat outpost, escorting other wounded teammates. During this movement, he repulsed a three-sided enemy attack by returning fire with his M4 and simultaneously passing enemy positions to another joint terminal attack controller, allowing friendly forces to break contact. Arriving back at the outpost, Sergeant Keller was evacuated for his injuries. His personal courage, quick actions, and tactical expertise whilst under fire, directly contributed to the survival of the 130 members of his assault force, including thirty one wounded in action and resulted in an estimated fifty enemy killed in action. By his gallantry and devotion to duty, Sergeant Keller has reflected great credit upon himself and the United States Air Force.



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WEEKLY WORKOUT CHALLENGE

"KELLER"

10 ROUNDS FOR TIME OF:

10 EIGHT COUNT BODY BUILDERS

200m SPRINT

10 BURPEES

200m SPRINT

Recommended Reading

Tribe: On Homecoming and Belonging

Sebastian Junger

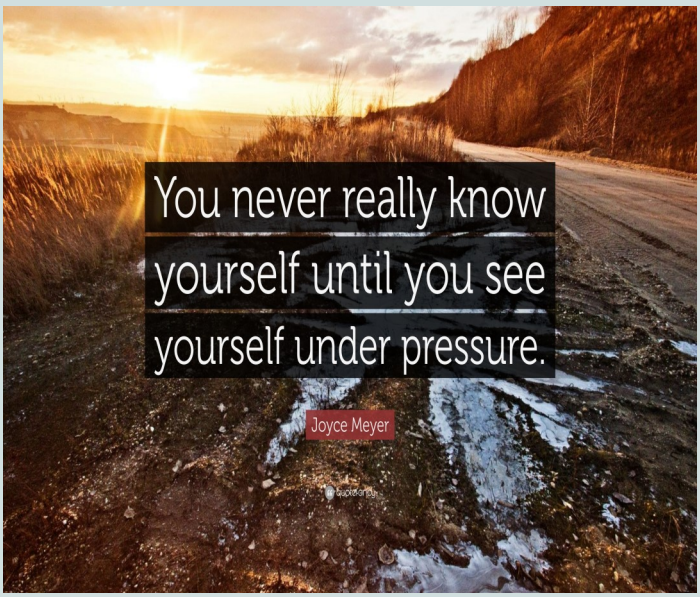
I remain in touch with your teammates who are now in the Pipeline. While each of them reported different challenges, all of them stated that the most powerful driving force was Teamwork and the sense of Brotherhood amongst Students. One of the primary goals of the Pipeline is to teach you the value of Teamwork and to build bonds between students. These bonds are what hold teams together in combat and result in a synergy in which the team is greater than the sum of its parts. Each student not only does their part, they strive to do more for the team. In so doing, each of them performs at a higher level than they would on their own and the Team achieves more than expected.

Those of you who know me have heard me say that I would die to keep the title of Combat Controller. This is not a boast, nor is it unique. It is in fact universally true of all members of Special Warfare.

How are these bonds built?

They are built on mutual respect gained by facing adversity together. They are built on rising to challenges that you did not believe possible. They are built by giving to the Team as much as you can and taking only when you must. NOBODY makes it alone. There will come a time when you cannot succeed on your own merits and will have to ask for help. If you are a good Teammate, a buddy will pick up your slack and carry you until you can carry yourself. If not, well you are a goner. Helping and being helped, giving your all for the good of the group will form a bond not commonly found in American Society but one that all humans crave. Please read Sebastian *Junger's Tribe: On Homecoming and Belonging* for more details as he says it better than I can.

Born to Rise



About the publishers

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

It's Not Over Until I Win

About the publishers

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