



## Special Warfare and Combat Support Development Newsletter

Volume 1, Issue 5

### THE TOP TIPS FOR YOUR CAREER FIELD!

#### SERE Top 11 Tips

- Attention to Detail is the number one factor in success; mistakes are costly
- Time Management is the next greatest factor in success
- Any task failed one day must be recompleted and turned in the next day
- Tasks keep adding up until completed, you quit or you are eliminated
- Build strong endurance in push-ups and pull ups; you'll be doing hundreds of them
- Running fast is not as important as being able to run far; endurance is important
- Be a team player; nobody makes it on their own and your job is to teach others
- Learn to sharpen an axe and a knife if you can, to save time later.
- Learn basic sewing if you have time, lower priority.
- Be prepared to speak like a professional. No "um, and uh, you know", etc.
- Memorize the Code of Conduct

#### EOD Top 5 Tips

- Attention to Detail is the number one factor in success; mistakes are costly
- Time Management is the next greatest factor in success
  - There is a lot to study and memorize, you can't waste time or fall behind
- Learn basic tools and how to use them, examples include: Adjustable wrench, Pliers (vice-grip, needle-nose, etc.), Tape Measure, Calipers
- Study to understand concepts first, then memorize data
  - There is a TON to memorize but you need to understand how various classes of munitions function similarly in order to make sense of procedures
- Stay fit; PT is difficult and being out of shape just makes life harder
  - Do lots of push-ups, pull ups, and flutter kicks
  - Improve core strength; you'll be using it a lot
  - Continue to run; you'll be running everywhere on the compound
  - I can no longer recommend rucking due to injuries suffered in the Pipeline; not by any of OUR people but by others. My company will produce a formal training plan and I'll pass that on to you when it becomes available.

#### Special Warfare Operator Enlistment (SWOE) Top 10 Tips

- Attention to Detail is the number one factor in success; mistakes are costly
- Be a team player; give more than you take but ask for help when you need it
- Fitness is important; you don't have to be first but you better not be last!
- Manage time and priorities wisely; don't waste time on things that don't matter
- Work on mental toughness techniques: Goal Setting, Positive Visualization, Positive Self-talk, and Arousal Control
- Ensure your core is strong and durable, many students are extremely challenged
- Ramp up your running to 30-60 minutes at an 8-minute mile pace
- Ramp up your running mileage to 15-18 miles per week
- Be able to do calisthenics for 50-minutes straight
- Practice Water Skills training, especially treading water!



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### MEMORIZE YOUR CAREERS MOTTO

**SERE motto is:**  
"Return with Honor"

**EOD motto is:**  
"Initial Success or Total Failure"

**CCT motto is:**  
"First There"

**PJ motto is:**  
"These Things we do,  
That Others May Live"

**SR motto is: Not  
standardized**

**TACP motto is:**  
"The strong shall stand,  
the weak will fall by the  
wayside"

## NUTRITION FOR WARRIOR ATHLETES

### Fueling the Machine!

When prepping for a PAST /Development day, your physical training is obviously important, but you also need to practice your nutrition, a crucial part of getting you through assessment events. What to eat before a PAST /Development is always tricky to figure out, so here are a few tips which can help power your day, to help you feel strong and confident.



1. **Top Off the Tank Before the Big Day** - Your preassessment/development meals are crucial! For the two to three meals before the big day, choose high-carb, moderate-protein, and low-fat and fiber options.
2. **Listen to your Body** - While you're practicing your fueling strategy during long days of training, pay attention to how you feel toward the end and once you finish. If you finish feeling good, you likely have a great nutrition plan in place. If you're totally wiped out, try adding 15 grams of carbs per hour. If you finish feeling energized but with GI distress, you probably ate too much, didn't drink enough water, or need to experiment with other fuel sources.
3. **Nothing New on Assessment Day** - Don't try anything on assessment day that you haven't practiced during training. It's not always easy, but test different fuel options, amounts, and time on your long runs or long training days and take note of what works.
4. **Mid-assessment/development Fuel is a Must** - Maybe you got by without having to refuel during your training, but over the course of the PAST/Development, your body will not be able to perform at max effort without fueling every 30-45 minutes. It's better to have a little extra nutrition stowed away than to not enough and hit the dreaded wall hard. Start experimenting with different fuel sources - everything from whole foods, to gels and gummies - during your training, so you know what will work for you.
5. **It's All About Timing** - After the first event in the PAST/Development start with 30 grams of carbs, then another after the second event. Your stomach can absorb up to 60 grams of carbs per hour when diluted with water so be sure to hydrate properly throughout the day.
6. **Fueling Doesn't Stop at the End of the Assessment/Development** - Within 20-40 minutes post workout, refuel with 15-30 grams of protein to prevent further muscle breakdown and kick start the recovery process. It's also important to replenish your glycogen stores and the harder the workout, the more you'll need. When in doubt, aim to 60-120 grams of carbohydrate in addition to your protein post-workouts.

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*"If you have a dream, don't just sit there.*

*Gather courage to believe that you can succeed and leave no stone unturned to make it a reality."* - Dr. Roopleen

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*Pre-breathing 100% oxygen on the aircraft before a high altitude, low opening (HALO) parachute jump.*

## CHARACTER TRAITS

What are character traits of an operator? Traits are the distinguishing qualities or characteristics that typically belong to a person and are observable through our actions. It's not limited to a single value but the traits are demonstrated in the "good" choices and the "bad." Consequently the cadre members (instructors) look for good key traits when selecting students. They are looking for students with strong character, consisting of high values and integrity. Below are a few of the specific traits that they focus on:

### The Three Golden Traits

- **Pays Attention to Detail** - This means to achieve thoroughness and accuracy when accomplishing a task.
- **Has a Sense of Urgency** - This term means that the student has a sense of a gut-level determination to move, and win, now!
- **Puts Team Before Self** - Defined, this means that team duties take precedence over personal desires.

### Other Key Traits

- Is a Team Player
- Has Integrity
- Demonstrates Tenacity
- Demonstrates Grit
- Is Durable/Physically Capable
- Is Trainable
- Has Situational Awareness
- Detail Oriented
- Has Mental Agility
- Always on Time
- Shows Confidence
- Is Optimistic
- Is Enthusiastic
- Is Always Prepared



**TACP Students on an overland march**

## CONSISTENCY: THE MOST IMPORTANT ELEMENT OF TRAINING

Without a doubt consistent training is the most important aspect of your development program and forward progress. In my experience, the candidates that perform well all have one thing in common: they've trained consistently and rarely gave up ground.

A well-designed training plan followed consistently will maximize results.

Consistency doesn't just apply to frequency or workouts, but how consistently you adhere to the workout format. It's no surprise that those who follow their plan precisely are the ones that see the greatest improvements in performance.

### Having trouble maintaining consistency?

- *Have a well-balanced set of priorities to balance family, work, school, and your workouts* - Its important to design a training program that fits your lifestyle and can be followed consistently without upsetting other areas of your life. Make sure your goals don't overreach the available time you have to train.
- *Schedule time for your workouts as you would any other appointment.* Don't try to fit them in haphazardly; put workouts on your calendar or have a set time each day. I have found that athletes who workout in the morning have greater consistency than those who workout later in the day. Things will often occur throughout the day to sidetrack your workouts, and this is less likely to happen in the morning.
- *Make each workout have a purpose, consistently moving you forward.* A plan built four weeks in advance is more likely to be adhered to than one that is thrown together randomly.
- *Train hard, train smart and train consistently!*



## AIR FORCE DEVELOPMENT PAGE



*U.S Air Force Enlisted Ranks and Insignia*

## AIR FORCE CORE VALUES

The Air Force core values are the foundation of leadership that consist of three fundamental and enduring values: integrity, service, and excellence. All Airmen must fully internalize these values to be able to act in all situations to maintain integrity, serve others before self, and to perform with excellence and encourage others to do the same. The Air Force core values—Integrity First, Service Before Self, and Excellence in All We Do—represent the commitment each Airman makes when joining the Air Force.

### INTEGRITY FIRST

- Integrity is the willingness to do what is right even when no one is looking.

### SERVICE BEFORE SELF

- Service before self represents an abiding dedication to the age-old military virtue of selfless dedication to duty.

### EXCELLENCE IN ALL WE DO

- This core value demands Airmen to constantly strive to exceed standards and perform at their very best.

## REPORTING STATEMENTS

### • When Ordered

***“Sir/Ma’am trainee [your name] reports as ordered.”***

You will be required to say this statement before you begin any conversation with anyone you speak with when ordered at Basic Military Training, other than fellow trainees.

The reporting statement is only given at the position of attention and never any other position.

### • Not Called Upon

***“Sir/Ma’am, trainee [your name] reports.”***

You will be required to say this statement before you begin any conversation with anyone you speak with when not called upon at Basic Military Training, other than fellow trainees.

The reporting statement is only given at the position of attention and never any other position.

## FEEDBACK FROM THE FIELD

### STUDENTS OF EVERY SPECIAL WARFARE AFSC AT ALL STAGES OF THE PIPELINE WANT YOU TO KNOW:

1. You absolutely WILL FAIL, get used to it and get over it! Even if you don't fail, you will feel like you did
2. Get in the best shape you can and square away your personal life so you can focus on the challenge in front of you
3. Workout until the day you leave— many people fail their first PAST at BMT (you'll test on Day 6 of BMT)
4. Do not game the system by faking injury or quitting; you'll be dropped from SW/CS and assigned a random AFSC
5. The Pipeline is harder than expected but those who make it are the ones who decide not to quit

People who desire challenge, adventure, and want to achieve their potential will find a way to make it

People who manage their fear and use mental resiliency techniques learned in Development make it

People who are used to success with minimal effort are the first to quit- adversity is a blessing

People who depend on recognition and praise from others usually quit

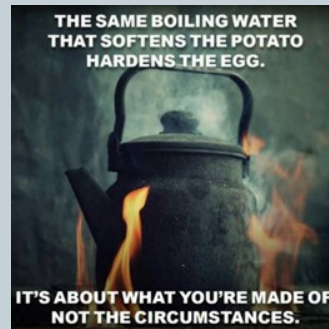
[Pitts- Portraits In Courage](#)

[PJ and CRO Class 18-3 Pipeline](#)

[Fates Worse Than Death](#)

[AFSOC Any Time Any Place MHS](#)

It's better  
to cross the  
line and  
suffer the  
consequences  
than to just  
stare at that  
line for the  
rest of your  
life.



3 things you  
can't recover in  
life: The word  
after it's said, the  
moment after  
it's missed,  
and the time  
after it's gone.

#### WORKOUT CHALLENGE

"Hackney"

For Time:

6 ROUNDS OF

Max Pull ups

Max Push ups

25 Eight Count Body Builders

400m run

[Duane Hackney Air Force Cross Citation](#)



[That Others May Live MHS](#)

US Air Force Pararescue is the only Special Operations Force dedicated to Personnel Recovery, taking on the most dangerous rescue missions.

Bill Sine was a PJ for 28 years and led the first Combat Military Free Fall Jump in Afghanistan by parachuting into a drop zone surrounded by minefields in order to save an injured soldier. He lived the moto "That Others May Live"

Read what it was like!

[Guardian Angel Book Link](#)

[MSgt Ruiz, PJ, Sword and Shield](#)

#### About the Publishers

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