

MARYLAND ARMY NATIONAL GUARD RECRUIT SUSTAINMENT PROGRAM

MDARNG Recruiting Site
<http://mdarmyguard.com>

NEXT DRILL 15-16 JULY 2017

DRILL SCHEDULE

15-16 July 2017

12-13 August 2017

16-17 September 2017

14-15 October 2017

4-5 November 2017

2-3 December 2017

20-21 January 2018

www.facebook.com/MDARNG

RSP updates on your

smart phone text:

MDRSP to 95577

Attendance at the Recruit Sustainment Program (RSP) is **mandatory**. If you must be absent from training (illness, scheduling problems, etc.), contact your recruiter or Company RSP NCO as soon as possible. They will provide guidance for providing documentation and on making up the missed training. You will remain attached to the RSP until you have completed all of your Initial Active Duty Training (IADT). After completing IADT you will participate in a Graduation and Battle Handoff Ceremony and introduced to a representative from your Unit.



Battalion Commander

Abraham Lincoln once said, "*Reputation is the shadow. Character is the tree.*" Our character is much more than just our reputation. Our reputation is what we try to display for others to see but, our character is who we are even when no one is watching. Consequently, we can define character as the mental and moral qualities distinctive to an individual. It defines who we are, how we act, helps us determine right from wrong, and most importantly, guides our responses to the various situations and challenges we face in our daily lives.

In the Army, character is one of the most prominent of all Soldier attributes. It is essential to successful leadership because it gives a leader motivation to do what is appropriate, regardless of the circumstances or consequences.

Soldiers with strong character remain true to themselves and are able to stand for what they believe in and value, even in the face of opposition and adversity. Soldiers of integrity do the right thing because their character permits nothing less. To the contrary, those who lack moral character will quickly lose trust with others, destroy relationships, and find themselves with a ruined reputation.

Doing the right thing is good but doing the right thing for the right reason and with the right goal is better.

Sources:

Roach, L. (n.d.). *What Is Character?* Retrieved January 16, 2017, from [http://www.character-training.com/blog/ADRP-6-22 \(Army Doctrine Reference Publication\), Army Leadership, 10 September 2012](http://www.character-training.com/blog/ADRP-6-22-Army-Doctrine-Reference-Publication-Army-Leadership-10-September-2012)
<http://resultsempowerment.com/benefits-of-a-strong-character/>
<http://www.davidsawyer.me/2015/05/13/5-consequences-of-poor-character/>

"Provide the Line!"

CLEVELAND F. HENRY, JR
LTC, FA, MDARNG
RRB Commanding

GOLD PHASE

A COMPANY

ATTENTION GOLD PHASE:

First of all congratulations on a job well done! You are now officially MOSQ'd Soldiers!!!

What to bring to drill:

- ID/CAC card and ID tags
- ALL** Medical & Dental Records
- ALL** records from IET
- Naturalization Documentation (if applicable)**
- Proof of Honor Grad/High PT for Recognition
- PT gear
- Report in ACU's/OCD

What to expect during drill weekend:

Saturday:

- Report to Bldg 4227 with all records (0800-0900)
- Clothing & Equipment issue (Havre de Grace)
- Bonus/Education Benefits Counseling
- Employment briefing
- Assembly of Initial Equipment

Sunday:

- Periodic Health Assessment (PHA)
- Graduation Practice
- Luncheon with unit representatives
- Patch Ceremony

RSP GRADUATION CEREMONY 1300 Sunday 16 July
STARK RECREATION CENTER
BLDG E4140 AUSTIN ROAD
APG-Edgewood Area, MD 21010

You can do the following survey before drill:

Periodic Health Assessment (PHA) For PHA registration you need Your CAC card; go to:

<https://rc.mods.army.mil/MHA/pdha/DHADeploymentCheck.aspx>

Click new form on the right side of the page

First Sergeant's Message

For those of you who will be shipping in the next few months, you need to make sure you are ready for the challenges you are going to face at Basic Combat Training (BCT) and Advanced Individual Training (AIT). That means not only being physically prepared, but mentally as well. Make sure you continue to be proactive on your APFT standards, as this will help you in the future. Do not wait until drill to conduct PT, working out a minimal of 4-5 days a week will help you successfully complete Basic Combat Training (BCT) without any injuries.

Talk with your Recruiter or one of the cadre members at RSP concerning any changes since your enlistment. Some examples are: **change of address, bank account, marital status, or you have become a new parent. We also need to know about any open law violations. All of these could prevent you from shipping, if we are not aware of them ahead of time.** We are here to help you successfully start your military career. Always remember, you are the future of the Maryland Army National Guard and a member of the family. This is a life changing career and not just a job!

1SG Tina Sievers & 1SG Mark Bagley

Points of Contact

Your primary Point of contact is always your recruiter.

If you are unable to reach your Recruiter:

Senior RSP NCO: SSG Booker
Office: 410-702-9011 Cell: 410-979-5276
Ciara.m.booker.mil@mail.mil

RSP Contractor: Ms. Diane Groft
Office: 410-702-9632 Cell: 717-634-9114
diane.l.groft.ctr@mail.mil

First Sergeant 1SG Sievers 240-529-2005
Commander MAJ Davis 443-845-6291

NCOIC's

Team 'W' SFC F. Cox 410-292-4530
Team 'N' SFC Maxwell 443-379-6897

Report Time: 0800-0900

Report Place: Bldg 4228

First Formation: 0915 at Barracks

Drill SGT Notes

B COMPANY

Drill Sergeant

Comments:

-Greeting of the weekend when any drill Sergeant says good morning/evening/night, the phrase for this weekend which you will respond back with the proper time of day AND **“Always motivated Drill Sergeant!!!”**

Males- don't forget to shave and get a haircut prior to Saturday's check in.

Females - take off all acrylic nails, hair ties must be the same color of your hair and if wearing makeup make sure it is in a neutral color.

ALL - wear black or white socks with NO logos on the side. Bring back everything that was issued to you if this is not your first drill. You are not staying at a hotel so be sure to bring your own towel and shower shoes (flip flops)
*optional...

NOTE- Random inspections will be conducted. Do not bring any unauthorized items to include; candy, weapons, iPad, sexual paraphernalia, etc... If you have a question about what is not allowed ask any NCO at check in.

ALWAYS MOTIVATED!

PHYSICAL READINESS TRAINING WILL BE THE MORNING OF SUNDAY DRILL.

Remember to bring your complete PT uniform to include white socks and running shoes for morning PT. Weather permitting.

EVERYONE SHOULD HAVE BEEN ISSUED TRADOC Pam 600-4 THE SOLDIER'S BLUE BOOK (The Guide for Initial Entry Training-IET). Don't wait OPEN it up today and familiarize yourself with everything in it! **ESPECIALLY: ARMY HISTORY-BCT Requirements THE ARMY VALUES-TNG PHASES AIT Requirements-Code of conduct-The Army Song-Rank structure-General Orders-Warrior Tasks & Battle Drills-APFT-UCMJ**

DON'T WAIT UNTIL THE LAST MINUTE GET PREPARED TODAY!

GUARDSMAN FOR A DAY

Tell your friends, family and co-workers to come out and join us for an RSP drill weekend. Help them to understand this important career decision you have made and see if they too are ready to join you living the Army Values, reaping the educational benefits and most of all **servicing your country!** Remember those individuals you bring to RSP (GFAD) that lead to an enlistment are a promotion for YOU!

Points of Contact

Your primary Point of contact is always your Recruiter.

If you are unable to reach your Recruiter:

Senior RSP NCO: SFC Michael Boettger
Office: 410-702-9054
Cell: 443-641-4233
michael.h.boettger.mil@mail.mil

RSP Contractor: Mr. Dan Granofsky
Office: 410-702-9634 Cell: 410-877-4805
daniel.m.granofsky.ctr@mail.mil

First Sergeant-1SG Bagley 410-292-4375
Commander-CPT McGraw 443-465-0686

NCOICs

Team 'E' MSG Sutphin 240-529-7066
Team 'S' MSG Mccluskey 443-204-4686

Report Time: 0800-0900
Report Place: Bldg 4228
First Formation: 0915 at Barracks

IMPORTANT NOTES:

-EVERY RECRUIT MUST HAVE AN ARMY EMAIL ACCOUNT

-EVERY RECRUIT MUST ESTABLISH A MYPAY ACCOUNT

- EVERY RECRUIT Begin hydrating for drill NLT 5 days prior to RSP drill.

INCREASE YOUR CHANCES OF SUCCESS BY BEING CONFIDENT, PHYSICALLY FIT AND RESILIENT AT ALL TIMES! STUDY YOUR BLUE BOOK, ASK QUESTIONS AND FULFILL YOUR OBLIGATIONS.

NUTRITION TIPS-WARRIOR FIT-WORKOUTS

Warrior Fit Members:

Day 1-Run two miles at a good pace, either in your neighborhood or cross-country. Make sure that you stretch and warm-up first!

Day 2-Push-Ups '15-Second Push-Ups' Use a stopwatch to measure seconds. Start by doing 15 push-ups. Go to your knees and wait 15 seconds. Do 14 Push-ups, go to your knees and wait 14 seconds. Do 13 Push-ups, go to your knees and wait 13 seconds. Continue this until you reach 1. *If you start with 15 push-ups, you will total 120 push-ups. If you can't do all push-ups in a row, go to your knees and do them.

Day 3-Run 3+ miles at a nice even (slower) pace on a track or neighborhood road.

Again, stretching and warming up first!

Day 4-Sit-Ups 'Sit-Up, Plank, Sit-Up' Perform 20 sit-ups (or crunches) and then Plank for 1 minute. Complete 5 sets for a total of 100 sit-ups.

Day 5-Run Quarter-Mile sprints (as fast as you can maintain your speed) for a quarter of a mile (or one full lap around a PT track). Rest for 1 minute. Run another quarter mile sprint. Rest for 1 minute. Continue until you have reached at least 1 mile. Add quarter-miles as your endurance improves.

Day 6-Cardio spend at least 30-60 minutes on a stationary bike, or ride your bike for an hour around your neighborhood. Then stretch thoroughly for 15-20 minutes.

Day 7-Rest (don't over-eat).

AKO (Army Knowledge Online)

Do you have an AKO account?

Do you know your user name and password?

If you cannot answer "YES" to both questions, please contact your recruiter immediately! Not only is AKO a requirement for shipping, it is also a very important communication tool that links to your MyPay, email account, training information and individual readiness.

WEIGHT CONTROL STANDARDS

Army Regulation 600-9, The Army Weight control Program, states that each Soldier (commissioned, warrant, or enlisted) is responsible for meeting service weight control standards.

On the day of your MEPS physical you met the Army weight control standards. It is your responsibility to remain in compliance. You must meet the same requirements when you ship to Basic or Advanced Individual Training.

Know your maximum weight allowed (or body fat percentage if necessary). You will be weighed on if needed, taped each month at drill in order to ensure you maintain the Weight control standard.

RSP TRAINING

RED Phase is your first drill weekend with the Recruit Sustainment Program (RSP). Red Phase weekends will teach the recruit the basics of being a Soldier in the ARNG Physical Fitness Assessment.

QUICK SHIP Phase is your first drill and only weekend with the Recruit Sustainment Program (RSP) prior to shipping to Basic Combat Training (BCT). It is a combination of the RED and BLUE Phases

WHITE Phase varies in length to cover the period between the RED and BLUE Phases and is designed to mimic the training environment you will enter at Basic combat Training (BCT).

BLUE Phase is the final drill before shipping to BCT or to Advanced Individual Training (AIT). Blue Phase also allows the Cadre one last quality check to ensure that you are Mentally Prepared, Physically Fit and Administratively Correct.

GREEN Phase is for warriors who have completed BCT and have returned to RSP prior to attending AIT. Green Phase reintegrates BCT graduates into the RSP through advanced training, and sustains Soldiering skills learned at BCT.

GOLD Phase will be your final drill with RSP. It will ensure that you are Administratively Correct to join your MDARNG Unit. You will be introduced to a member of your unit at the RSP Graduation Ceremony.

"The Soldier's Blue Book"

NOW available in the Google Play Store. It can be downloaded by clicking this link and selecting install on an Android device: <https://play.google.com/store/apps/details?id=mil.army.bluebook&hl=en> or by opening the Google Play App and searching for Soldier's Blue Book. The app provides Soldiers with a copy of The Soldier's Blue Book that they will utilize in basic training and it contains checks on learning. An IOS version of this app is not currently available for I-phones but there is a PDF file of the Blue Book (attached) that can be viewed on I-phones. It can also be downloaded from TRADOC's website here: <http://www.tradoc.army.mil/tpubs/pams/TP600-4.pdf>.

It is recommended that all Soldiers are encouraged to download the Soldier's Blue Book App or PDF upon enlistment and begin becoming familiar with the content in preparation for Basic Training.

BLUE / QUICK SHIP PHASE

All Blue and Purple Phase Warriors will need their Photo ID, SS Card, ATM Card and any change documents for the Pre-Shipper Brief and Counseling on Saturday. Verify your AKO and MyPay accounts prior to Drill.

To receive Basic Allowance for Housing you must have a copy of a lease or mortgage, with your name on it, dated prior to the date on the MEPS orders (MEPS orders are usually published 30 prior to Ship Date) The Address for the Lease / Mortgage must be the same as your orders which is the address you used for enlistment. **If there is a discrepancy – contact your Recruiter.**

CAC CARD WEBSITE: Walk through site step by step CAC installation @ www.militarycac.com

MDARNGBenefitsGuide:

www.md.ngb.army.mil/absolutenm/articlefiles/842MDARNG_Benefits_Guide_130129.pdf

Soldier Transportation Schedule

Pickup

Route 1

Cheltenham (0530) 9900 Surratt's Rd, Cheltenham, MD 20623
Glen Burnie (0630) 14 Dorsey Rd, Glen Burnie, MD 21061
5th Regiment (0700) 29th Division St, Baltimore, MD 21201

Route 2

Green Belt (0700) will be picked up at **White Oak Armory**
White Oak (0700) 12200 Cherry Hill Rd, Silver Springs, MD 20904
Ellicott City (0730) 4244 Montgomery Rd, Ellicott City, MD 21043

Route 3

Salisbury (0515) Royal Farms, 101 N. Salisbury, Salisbury, MD 21801
Queen Anne (0615) 3011 Starr Rd, Queen Anne, MD 21657 (NEW)
Elkton (0745) 101 Railroad Ave, Elkton, MD 21921

Route 4

Cumberland (0430) 1100 Brown Ave, Cumberland, MD 21502
Hagerstown (0600) 18500 Roxbury Rd, Hagerstown, MD 21740
Frederick (0700) 8501 Old National Pike, Frederick, MD 21701

Route 5

Westminster Armory (0600) 350 Hahn Rd, Westminster, MD 21157
Pikesville (0630) 610 Reisterstown Rd, Pikesville, MD 21208
Parkville (0700) 3727 Putty Hill Ave, Parkville, MD 21236

Privately owned vehicles: Recruits are not authorized to drive their own vehicles unless instructed to do so by their recruiter.

All vehicle keys will be secured by your phase instructor for the weekend.

HISTORICAL DATES FOR JULY:

July 1, 1863-Beginning of the Gettysburg Campaign
<http://www.civilwar.org/battlefields/gettysburg.html>

July 4, 1776-Independence Day
http://en.wikipedia.org/wiki/United_States_Declaration_of_Independence

July 4, 1802-West Point Military Academy Founded
<http://www.usma.edu/wphistory/SitePages/Home.aspx>

July 17, 1775-Capt Morgan's rifle company of VA were met by Capt. Price's and Capt. Cresap's company of MD near Frederick as they marched to meet Washington's Army at Boston
http://www.emmitsburg.net/archive_list/articles/history/rev_war/flying_camp_battalion.htm

July 20, 1942-Congress creates the Legion of Merit
http://military.wikia.com/wiki/Legion_of_Merit

July 28, 1868-14th Amendment ratified
http://en.wikipedia.org/wiki/Fourteenth_Amendment_to_the_United_States_Constitution

Prepare Yourself Administratively

You can help prepare yourself using the acronym **APPLE MD**. This acronym is used in screening prospects for enlistment. You must **continue to meet the Enlistment Eligibility Criteria until you have completed AIT**.

A-AGE you are as old as you are – nothing you can do about it. However, does your Social Security Card match your Birth Certificate? Did you enlist under the name on your Social Security Card? Remember to have your Social Security Card and State issued photo ID when you report to MEPS to ship.

P-PHYSICAL Has anything changes since you took the Entrance Physical? Have you seen a doctor or gone to the hospital? **If you have - contact your Recruiter immediately.** Do you still meet Height and Weight Standards?

P-PRIOR SERVICE This mainly affects Phase 2 Shippers (Green Phase). Do you have a copy of your Clothing Record? Do you have **everything** that was issued at BCT?

L-LAW VIOLATIONS Has anything changed since you enlisted? Did you get a Traffic Ticket? Even if it is paid – **contact your recruiter immediately** – at a minimum you will need to have the paid receipt when you return to MEPS.

E-EDUCATION Official Transcripts and Diplomas that must be in your records. Even if you have given it to your Recruiter – take a copy with you to MEPS.

M-MARRIED Did you get married since enlistment? **Contact your Recruiter immediately.** All married soldiers, even if you were married when you enlisted, should have a copy of their certified (file number and raised seal) marriage certificate when they report to MEPS.

D-DEPENDENTS Do you have any Dependents? (Spouse, children, stepchildren) You will need to have copies of Spouse's State issued Photo ID, copies Spouse's and dependent children's SS Cards. Parental Affidavits, Custody Agreements, or Family Care Plans if required. **If any doubt – contact your Recruiter immediately.** Does your Spouse and/or dependent children (over 10 years old) have a Military ID Card?

OTHER REQUIREMENTS

BAH

To receive Basic Allowance for Housing (BAH) you must have a copy of a lease or mortgage, with your name on it, dated prior to the date on the MEPS orders (MEPS orders are usually published 5-30 DAYS prior to Ship Date). The Address for the Lease / Mortgage must be the same as your orders which is the address you used for enlistment. **If there is a discrepancy – contact your Recruiter.**

MYPAY

Everyone needed to have a SF1199a Form (Direct Deposit) to Enlist. Once you have set up your AKO account you will receive information via your AKO email concerning the set up of your **MyPay** account. This is where you will find your Leave & Earning Statements (LES), W-2s and all information concerning your pay status. If you change bank account and/or have moved, you can update your information in MyPay. (Always remember to report these changes to your unit as well.) If you feel you have a pay concern, you will need to access your LES to show the concern.

THE CHAPLAIN'S CORNER



Ch. Dowell

tdowell@mddf.maryland.gov

(443) 206-4949

Recruiting & Retention CSM

Selfless Service

The fourth Army Value is Selfless Service. You have already demonstrated this value by raising your right hand and giving the oath to serve your State and Country. What is Selfless Service? Is it simply putting the welfare of the nation, the Army and your subordinates before your own? It is all of that, but for you the Citizen Soldier it is much more. You do not wake up every morning and put on the uniform as your active component peers do. It is easier to demonstrate Selfless Service when you are reminded of it daily, but not so easy when your thoughts and priorities may be different each day. What do you have today, school, work, family, or all three? Are you trying to find time to spend with your friends or family or do you have drill this weekend or Annual Training when your friends are going to the beach?

As a Citizen Soldier, you have to juggle the job that pays your bills with your duty as a Guard Soldier. You have to make the time to study for finals the weekend you have training. By choosing and accepting this responsibility you truly do what is best for our nation and community, what is best for our unit, what is best for our fellow Soldiers and what is best for our families first. We accept what is left for us, we are Soldiers, and it's what we do.

"Provide The Line"

Kenneth T. Klein
Command Sergeant Major
Maryland Recruiting & Retention Battalion

☎ Office: 410-702-9705

☎ Cell: 240-344-5406

JOB SITES

If you are looking for a job in Maryland please register at our state site:

<http://www.msccn.org/MDNationalGuard/MDJobs.html>

Once registered you will receive personal advice on resume writing and job searching. Other helpful sites:

www.usajobs.gov

<http://www.baltimorecity.gov/Government/ActsofStateLegislature/CivilServiceCommission.aspx>

www.vetjobs.com

<http://www.indeed.com/q-gateway-jobs.html>

www.recruitmilitary.com

<https://h2h.jobs/>

www.clearancejobs.com

<http://www.proudtoserveagain.com/>

<https://www.fbo.gov/>

<http://www.snagajob.com/>

For additional job information contact our state rep at (410) 576-6177

FAMILY INFORMATION NIGHT

Who: Parents, Loved ones and Employers of Maryland Army National Guard Soldiers preparing to ship to training

What: Family Information Night

Where: Building E4228

Edgewood Area of Aberdeen Proving Grounds, Gunpowder, MD 21010

When: 1800hrs (6:00pm) **15 JULY 2017**

Why: To give recruits, family members, loved ones and answers to questions and address concerns about Basic Training, Advanced Individual Training and the Maryland Army National Guard.

Points of Contact are:

Mr. Scott Swank- Office: (410) 702-9744

Cell: (717) 885-3871 scott.a.swank.ctr@mail.mil

CSM Ken Klein- Office: (410) 702-9705

Cell: (240) 344-5406 kenneth.t.klein.mil@mail.mil