

MARYLAND ARMY NATIONAL GUARD RECRUIT SUSTAINMENT PROGRAM

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

NEXT DRILL 23-24 JUNE 2018

DRILL SCHEDULE

23-24 June 2018

14-15 July 2018

18-19 August 2018

15-16 September 2018

13-14 October 2018

3-4 November 2018

1-2 December 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.



RECRUITING & RETENTION BATTALION

Battalion Commander

MATTHEW M. DEENER

LTC, IN, MDARNG

RRB COMMANDER

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Battalion Executive Officer

FAITH A. COURVILLE

MAJ, AM, MDARNG

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Battalion Command Sergeant Major

KENNETH T. KLEIN

CSM MDARNG

RECRUITING & RETENTION COMMAND

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GOLD PHASE

A COMPANY

ATTENTION GOLD PHASE:

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/OCP

What to expect during drill weekend:

Saturday:

- Report to Bldg. 4229 with all records (0800-0900)
- Clothing & Equipment issue (Havre de Grace)
- Bonus/Education Benefits Counseling
- Employment/Finance briefing
- Assembly of Initial Equipment
- Promotions
- Employer Briefs

Sunday:

- Graduation Practice
- Luncheon with unit representatives
- Patch Ceremony

RSP GRADUATION CEREMONY 1230 Sunday 24 June
CONFERENCE CENTER
BLDG E4110 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>

If you have anyone coming to Graduation make sure that they do the following:

- Arrive early because of gate security 1130-1200
- They have driver's license/picture ID
- Their car is registered, insured and contains no weapons
- They have directions to the Graduation site

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: SFC 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 'N' SFC Knoedler 443-655-8026
Team 'W' MSG Morales 240-515-1057

Report Time: 0800-0900

Report Place: Bldg 4228

First Formation: 0915 at Barracks

Drill SGT Notes

B COMPANY

Drill Sergeant Comments:

-Motivation will be present for all RSP Drills! Each Trainee will give the proper greeting of the Day: Good Morning or Afternoon or Evening DS/SGT/Ma'am or Sir followed by **Always Ready!**

-All RSP Soldiers will be addressed as Trainee throughout the RSP Drill.

Males-Will have all facial hair shaved and will have a fresh 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.

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 CLARK
Office: 410-702-9054
Cell: 240-805-0727
david.m.clark34.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- VACANT

NCOICs

Team 'E' MSG Sutphin 240-529-7066
Team 'S' MSG Cox 410-292-4530

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 PT Tips:

The 2 mile run tends to be the event that holds new Recruits back the most on the APFT.

Many new Soldiers are not that active before joining the MDARNG, so the challenge of improving the ability to run can seem a bit overwhelming at first. Here are some tips to help get you started.

INTERVALS: Interval training can be your best friend. Not only will increase your aerobic capacity, but it also teaches you to lengthen your stride and run faster. One interval running workouts:

8-10 min slow run warm-up:

Run 600M (1 ½ laps) rest 3 mins

Run 400M (1 lap) rest 2 mins

Run 200M (½ lap) 1 min rest

8-10 min slow run cool down and light stretching.

Remember, when conducting interval training it is very important that you put out maximum effort during your work cycles. To create different interval workouts just keep changing the work rest cycles for variance. Good Luck!

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.

"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
Elkton (0745) 101 Railroad Ave, Elkton, MD 21921

Route 4

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
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 JUNE:

6 June-1944 29th DIV participates in Operation Overlord
http://en.wikipedia.org/wiki/Operation_Overlord

14 June FLAG DAY & 240th Birthday of the US Army
<http://usflag.org/history/flagday.html>

17 June is Father's Day
<http://www.history.com/topics/holidays/fathers-day>

20 June-1632 Maryland Charter Granted
<http://historycentral.com/documents/MarylandCharter.html>

25 June 1863 General George Meade becomes Commanding General of the Army of the Potomac
<http://waltercoffey.wordpress.com/2013/06/23/meade-replaces-hooker/>

25 June 1950 US enters the Korean War
<http://www.koreanwaronline.com/arms/TimeLine.htm>

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



Ugh. I'm in the middle of a move. My Bishop decided I was needed elsewhere so I've been reassigned to a different church. It means moving my home, my child's school and everything else that goes with such a transition. It's no surprise though. In my faith tradition, pastors serve at the pleasure of the Bishop. We go where we're told, when we're told. It's what we signed up for. It's something we are prepared to do. That doesn't make it any less stressful, however. All of us in the Dowell family are stressing out over all the unknowns that orbit around such a transition.

I understand that I am preaching to the choir. Being an Army National Guard Soldier you serve at the pleasure of the Governor and the President. You will need to have your bags packed and ready to go with little notice. I can't begin to fathom the stresses that go with that, nor can I fathom the stresses that go with heading off into the unknown of BCT or AIT. That having been said; what can we do to manage the stresses surrounding these sorts of transitions?

Key, I believe, is maintaining perspective. Ants look like giant predators when viewed under a microscope. It is only when we stand back and view them in their proper perspective that we realize how small they truly are. Doing that with transition in life is helpful. In my case, packing up my home and family seems HUGE because it's staring me right in the face. When I step back and look at the move in its proper perspective, however, it doesn't seem so bad. I remind myself that I've done it before and survived, as have countless others before me. When I take the time to put things in perspective I'm reminded that this too shall pass and I find myself able to relax and get moving!

Putting transitions in perspective also means viewing them in the grand scope of the larger mission. As a pastor I've been called to a much larger mission than simply moving from one assignment to the next and the same goes for you as Soldiers. While the stresses that come with carrying out each assignment are real and rarely seem worth the trouble in the moment, reminding ourselves of the larger mission and the importance of succeeding in that mission helps put those stresses in their proper perspective.

Finally, always remember the Chaplain is here to listen when the ants seem way too big to overcome. Together we can put things in perspective and keep moving forward in life!

Here for you,

Chaplain Dowell

(443) 206-4949

tdowell@mddf.maryland.gov

Recruiting & Retention Operations SGM

INTEGRITY

Do what's right, legally and morally. Integrity is a quality you develop by adhering to moral principles. It requires that you do and say nothing that deceives others. As your integrity grows so does the trust others place in you. The more choices you make based on integrity, the more this highly prized value will affect your relationships with family and friends, and, finally, the fundamental acceptance of yourself.

"Provide The Line"

John A. Pownall
Operation Sergeant Major
Maryland Recruiting & Retention Battalion
☎ Office: 410-206-8695
john.a.pownall.mil@mail.mil

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

For information regarding:
Direct Officer Appointments
Officer Candidate School
West Point Scholarship opportunities
Warrant Officer Opportunities
ROTC Scholarships

Please contact:

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