



ROWDY GOLD BAR NEWSLETTER



UTSA ROADRUNNER BATTALION

SPRING 2018, VOL 1

MESSAGE FROM OUR C/BC

Welcome back and happy new year Roadrunner Battalion! As your new Cadet Battalion Commander, I am excited to see every one of you continue to work hard and achieve the goals you set for yourselves. The goals for this semester is to provide you the resources to help you on your path in becoming an Army officer.

Beginning with recreating the mentorship program, where you will have a mentor, as well as, a mentee to personally and/or professionally help you in being successful in and out of the ROTC program. Provide a Battalion Study Hall, as cadets we sometimes forget that we're students first so this study hall will not only provide you the time and place to work on academics but also utilize the writing program and tutors provided by UTSA. We have a lot planned for this semester and a lot more fun! Be involved more, volunteer more, and most importantly stay motivated to push for success!

C/LTC Kristin Alegado



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MESSAGE FROM OUR C/CSM

So...Check it out! I really am glad to be back this semester as your Cadet Command Sergeant Major. I am absolutely confident that this semester will be even better than the last! We are MOTIVATED, we've grown as a team, we've learned from past mistakes, and we are here to improve and become the leaders of tomorrow.

This semester I want you to focus on "you" by doing so, you will improve upon yourself and in turn set a standard for everyone else to meet. Build your confidence by overcoming challenges, mentor and support your peers, lead by example. Be proud of who "you" are. Wear the uniform and stand tall, make sure your hair style and cut is within standards, do additional PT on your own time, wake up a little earlier and arrive a little sooner. Help those that need it; if that person is you, ask for help. I want us to look, sound, and perform as leaders! Stay Motivated!

Roadrunners Lead the Way!

C/CSM Jose Michel¹

MESSAGE FROM OUR PMS & SMI



Greetings Roadrunner Battalion friends and Family! It's a busy time here in the UTSA Army ROTC program. We have had an extremely busy fall semester, and our cadets were able to get some well deserved time off over the winter break and are ready for the spring semester. We hit the ground running the fall semester with the largest enrollment UTSA has seen in many years. We have sent teams to compete in the Army Ten Miler, participated in a staff ride to study the Battle of Vicksburg

in Mississippi, competed in the Regional Ranger Challenge competition - where we placed 2nd, conducted our Fall Field Training Exercise, planned and executed Veteran's Day events, volunteered at countless events, and our color guard has been extremely active within the San Antonio community. On top of all of that, we have been planning and executing tough and realistic training through our many leadership labs both on and off campus. You can read about these events in more detail throughout this newsletter.

We have several new cadre members on our staff and I'd like to introduce you to these new cadre. **CPT Xyla Corpus**, a Logistics Officer, joined us from Italy and is teaching the MSIs as well as helping out with the Executive Officer duties. **SFC Garrie Gordon**, an Infantryman, joined us from Washington D.C., where he was in the Old Guard as part of the Presidential Escort Platoon. He is the Senior Military Instructor and teaches the MSIs. **CPT Leonard (Leo) Willis**, a Signal Officer, joins us from Ft. Hood. He will be assuming duties of the Operations Officer and will be teaching the MSIs this semester. And last, but not least, **Mr. Shay Howard** joins us as a contractor - a retired Field Artilleryman, he joins us with a wealth of experience, and is teaching at Texas A&M San Antonio. I am a Military Intelligence Officer and arrived to UTSA in August from Ft. Bliss, TX where I served as a BCT Intelligence Officer for 2ABCT, 1AD. I am extremely excited to lead this amazing organization!

I would like to take a chance to discuss my four priorities as we begin the spring semester.

1. We are a **disciplined and fit** organization. We understand the foundations of the Army's customs and courtesies and we practice them, we conduct rigorous Physical Readiness Training (PRT) and we do the basic things expertly.
2. We are students AND cadets - we find a balance by **achieving academic excellence** and preparing to become future leaders in America's Army.
3. We **develop leaders**. We do this through our cadre and cadet mentorship program, by being engaged with our cadets and knowing what is going on in their lives, and we lead by example in everything we do.
4. We plan and execute **tough and realistic training**. We do this through developing well thought out PRT plans, leadership labs and off-campus field training that will prepare our cadets to be future commissioned officers and leaders in the U.S. Army.

My cadre comes with a wealth of knowledge and combined 150 years of experience and service. We are here to develop the next generation of Army officers. I look forward to starting another amazing semester with the Roadrunner Battalion where we will continue to get better and learn every day.

Roadrunners Lead the Way!

*MAJ Kristen Shifrin
SFC Garrie Gordon*

CONGRATULATIONS TO OUR NEWEST 2LTs



Our two newest 2LTs, Jack Scott and Wellington Rodrigues commissioned on 15DEC17 in the Main Auditorium at the University of Texas at San Antonio. 2LT Scott will continue his military career in the Chemical Corps and 2LT Rodrigues will go onto becoming our first commissionee in the Army Cyber Corps! Best of luck to these new officers!

UTSA ARMY ROTC

SPRING 2018 CHAIN OF COMMAND



C/Battalion Commander: Kristin Alegado (B.A. Criminal Justice)
C/Command Sergeant Major: Jose Michel (B.S.A.S.T. Emergency Management)
C/Battalion XO: Ana Frederick (M.P.A. Public Administration)

Photos by Cadet Michael Pruneda (MSIII)

ROADRUNNER BATTALION TRAINING



Drill & Ceremony 29AUG17 Cadets instill discipline, confidence, unity, camaraderie, and promote teamwork by practicing their D&C. Cadets learned the proper execution of basic individual, squad, and platoon movements, and are able to properly maneuver their formations



Land Navigation 16SEPT17 Cadets review and practice their land navigation skills to improve their technical and tactical competencies and gain confidence in navigational skills. MSIII's conducted night into day land navigation. Additional First Aid pocketbook training was conducted by the MSIII's. MSI/MSII's arrived and conducted one iteration of day land navigation in groups of three or more with leader oversight.



First Aid 12SEPT17

Cadets trained to use the acronym "MARCH"/"HABC" to administer first aid, delay or stop hemorrhaging by use of battle dressing or tourniquet, and understand how to splint and secure fractures.

ROADRUNNER BATTALION TRAINING

Individual Movement Techniques (IMT)

19SEP17 The Roadrunner Battalion conducted Individual Movement Techniques at Lot 13 on UTSA to prepare cadets for the Fall FTX. MSIIIs taught the MSI/IIIs the fundamentals of IMT during the first iteration of training. MSI/IIIs applied their training in a platoon competition where they were timed on their competition of a MSIV-ran application course.



Squad Movement Formations (SMF)

26SEPT17 The Roadrunner Battalion conducted Individual Movement Techniques at Lot 13 on UTSA to prepare cadets for the Fall FTX. MSIIIs demonstrated the basics of SMFs during the crawl phase of training. Cadets then were evaluated on their ability to move from each formation in a squad element.



Field Craft 17OCT17 Cadets of the Roadrunner Battalion participated in the Field Craft lab on 17OCT. The training stations executed were Poncho lean/Poncho test, applying camouflage, straddle trench & hygiene, how to pack a ruck and S.U.R.V.I.V.A.L.

Field Training Exercise 27-29OCT17

These training events prepared the Roadrunner Battalion for their Fall 2017 FTX, which was held at Camp Bullis. All cadets performed land navigations at TS9. MSIII cadets conducted tactical lanes to review and refine soldiering skills. This included patrol base operations, individual and squad movement techniques, radio communications and tactical combat casualty care.

MSI-II cadets received instruction on basic soldiering task such as Battle drills and Terrain model. All cadets gained confidence and critical thinking skills at the Leaders Reaction Course and the Obstacle Course.

ROADRUNNER BATTALION TRAINING



Combat Water Survival Training 14NOV17

The UTSA Roadrunner Battalion conducted the combat water survival lab at Palo Alto College. They participated in various events such as the 10 minute tread in water (full uniform), 5 minute swim in water (full uniform), 15 meter swim, equipment drop, and blindfolded 10 meter drop.



Team Building Lab 21NOV17 The UTSA Roadrunner Battalion put their companies, Alpha and Bravo, head to head in many team building exercises. They conducted team building games to include a mine-field game, PT trivia and spinny bat. Alpha company came out first!

ARMY ROTC CAMPUS EVENTS

Golf Cart Parade 20OCT17

Volunteer Cadets from the Recruiting "ROO" Team created a golf cart tank on 19OCT for the Homecoming Parade. It took the team five hours in total to transform the golf cart into a golf tank. The working turret was created by CDT Jade Pascual, who took additional time outside of the Decoration Party to create it. The Golf Tank was a success with the crowd during the UTSA Best Fest Golf Cart Parade.



VETERAN'S DAY



Veteran's Day Events 09-11NOV17

The UTSA Roadrunner Battalion conducted Veterans Day Pass in Review Ceremony on 09NOV2017 with the support of AFROTC Det. 842 at the UTSA Main Campus IOT honor our Nation's veterans. The Veteran's Day Football Game support on 11NOV2017 at various locations IOT honor our Nation's veterans. BG Johnson, BAMC Commander, visited the push-up team on 11NOV17.



CADET SPOTLIGHT



Cadet Ashton Rouska (MSIII) competed in the National Open Champion Powerlifting Competition this semester and broke the American record Deadlift and total at 778 lbs and 1851 lbs, respectively.



Cadet Connor Parent (MSIII) graduated Jungle Operations Training Course (JOTC) this summer. He was trained on survival, communication, marksmanship, navigation, waterborne operations, evasion, and patrol base operations.



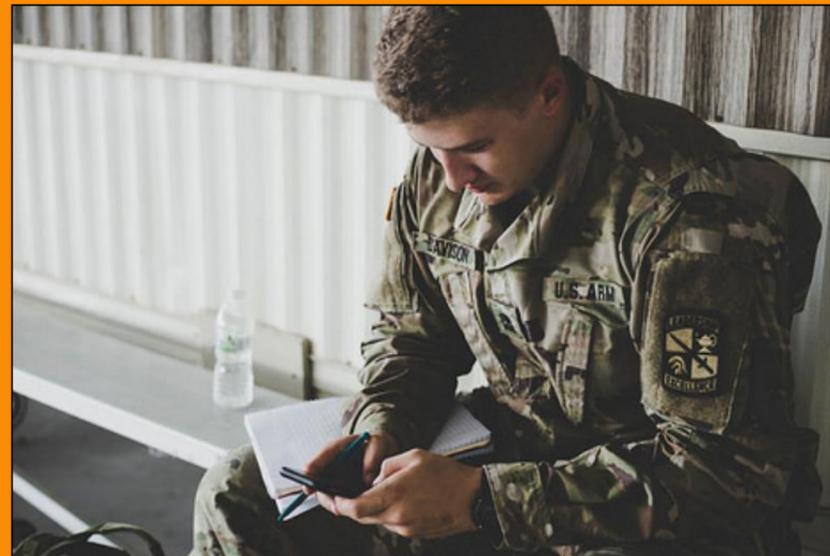
Vicksburg Staff Ride 29SEPT – 01OCT

The MSVI class travelled to Vicksburg, MS by a cadre lead convoy. They participated in Leadership development classes, war game exercises, historical visits to museums, battle analysis's and teamwork activities. They gained a better knowledge of the battles of Vicksburg and understood what decisions the leaders at the time had to face. Mission Command, Commander's Intent and personal leadership definitions were the main focus during the staff ride.

RANGER CHALLENGE REGIONAL COMPETITION



Ranger Challenge 13-14OCT17 Our team competed in the Regional Ranger Challenge competition held in La Copa, TX. The event was hosted by UTSA Army ROTC, with much support from UTSA Cadre and select MSIVs. The team competed in events to include a ruck march, night land-navigation, a grenade assault course, weapons qualification and a APFT. The team came in 2nd place overall.



Pictured (left to right) – Cadets Megan Kujawa (MSI), David Davison (MSIII), Joshua Adams (MSIII) and Hector Landa (MSIV) participate in numerous events during the Regional Ranger Challenge Competition

CADET SPOTLIGHT



Army Ten Miler 07-08OCT

The UTSA Army ROTC Ten-Miler Team competed in the Army Ten-Miler in Washington, D.C on 07-08OCT17. The team consisted of 8 cadets and two cadre as support. The cadets visited historical monuments on 07OCT and competed in the race on 08OCT. The Team met CSM Daily and were coined. The cadets travelled Washington D.C and visited many monuments, to include the White House.

GERMAN ARMED FORCES PROFICIENCY BADGE



GAFPB 03 – 05NOV

Seven motivated cadets of the Roadrunner Battalion completed multiple events, to include a 100 meter swim in uniform, pistol qualification, track events and a 12 km road march. In the end, all cadets were awarded their GAFB, 5 Gold and 2 Silver. Cadets also completed a Pre-Swim at Fort Sam Houston on 02NOV2017 at 1600. Awesome Job! (Pictured are cadets Gabriel Garcia, Sean Murray, Talisa Calhoun, Brendan Murray, Destinee Garcia, Humberto Ruiz and Joseph Kiesling)

VOLUNTEERS



Whiskey & Wishes 29SEPT17

Cadets supported the Whiskey & Wishes Even in San Antonio, Texas, by assisting with crowd traffic, driving guests from the parking lot to the event, and escorted celebrity guests throughout the banquet. Their efforts began at 1500 and ended at midnight. This brought a positive outreach of the Roadrunner Battalion to our local communities.



POW/MIA Run 05-06OCT17 Army ROTC supported the AFROTC in their annual POW/MIA Awareness run. Nineteen Cadets from ROTC supported the event throughout the 24 hours. Cadet Pahola Gonzalez, OIC of the event, coordinated with AFROTC and ran a over 15 miles during the entire event.



Cheer Power Fundraising Events OCT17/NOV17/DEC17

Cheer Power and Air Show Fundraiser Volunteers raised over \$3,000 for the ROTC Cadet Fund during these events. Stay tuned this upcoming semester for ongoing events to volunteer for! Thank you to all of the cadets that helped out this Fall!

VOLUNTEERS



Valor Hurricane Harvey Relief 20-22OCT17

Valor cadets from different Universities came together to help rebuild homes for victims from the Hurricane Harvey. From Army ROTC, cadets Ripley, González, Barrera, Tovar and Vidal all supported. These victims we're able to save \$20,000 worth of labor cost from all the volunteer work that was provided. Cadets learning the importance of safety equipment, demolition and how to install drywall. We are extremely proud of the cadets that stepped up to help our Texas Families in need.

CADET SPOTLIGHT – “ROO RANGERS”



The Roadrunner Battalion Recruiting Team, also known as the “ROO Rangers”, is the newest team within UTSA Army ROTC. Our mission is outreach. With cadets from all backgrounds (i.e prior service, JROTC, scholarship recipients), we are able to inform prospects of all backgrounds about Army ROTC. The cadets use their experiences within ROTC to influence potential recruits to join our battalion. The team sets up recruiting booths at various on-campus and off-campus events (i.e. at high schools, career fairs and local events within San Antonio) and provides tours of the Roadrunner Battalion. Select cadets are also assigned to specific high schools within the San Antonio area and act as a liaison between our ROTC Cadets and their high school. Since it's beginning in Spring 2017, the continues to raise awareness of all of the opportunities the Roadrunner Battalion has to offer.

“LESSONS LEARNED” – NUTRITION *By Cadet Jeffery Prior (MSIII)*

Many people only think about performance nutrition in terms of what to eat just before or after a competition. However, the effect of nutrition on your training and performance starts long before. Performance nutrition really begins during training, when you consistently fuel your body with the proper amounts and kinds of calories and nutrients. The nutrition information in this article is meant to provide a solid foundation to help you train for sporting events, military operations, training events, or rucks lasting longer than 60 minutes.

Fundamental Tips for Success

The human body performs best on a regular schedule. No matter what your goal, skipping meals is never the answer. Those who skip meals are more likely to have trouble losing weight, have a higher percentage of body fat, and are more likely to reach for energy drinks or supplements to re-energize when their body craves energy from food. For optimal performance, **make nutrition a priority** no matter how busy you are. **Fad diets are bad for performance.** They're typically used for a quick fix, such as rapid weight loss. Many omit an entire food group, such as grains or dairy. Unless you have a special medical condition, omitting a food group is more harmful than helpful and could lead to nutrient deficiencies.

Finally, it's fine to have a few “go-to” meals, but the more variety in your diet the better. **Eat balanced meals.** This includes eating grains, fruits, vegetables, protein, and dairy every day. The United States Olympic Committee's [Athletes Plate](#) provides a good visual of what a moderately active person's plate should look like.

Fueling Your Training

Proper fueling allows you to train hard for multiple days without wearing your body down. Fueling tactics need to be tailored to individual needs, but there are some basic guidelines for the basic nutrients.

Carbohydrates

Before and during endurance training, carbohydrates are your most important fuel source. They're in a variety of foods, including grains (such as bread, rice, pasta, and cereal), fruits, starchy vegetables (such as beans, corn, peas, and potatoes), and dairy products (milk, yogurt, etc.).

Include carbs at each meal and, if needed, in additional snacks to meet your training needs. Some easy high-carbohydrate meals include a sandwich, fruit, and yogurt at lunch, and pasta or rice, chicken, side salad, fruit, and milk at dinner. Carbohydrates are classified as simple (fast) or complex (slow). Simple carbs (fruit, juice, honey) break down quickly and often are best right before or during training. Complex carbohydrates (starches and whole grains) take longer to break down, so incorporate them into your meals. A balance of simple and complex carbohydrates is best to help you stay focused and fueled.

Protein

Both protein and fat take longer than carbs to break down, which is why they aren't considered primary fuel sources for exercise. Protein is important for muscle repair and recovery. The recommended (minimum) daily amount (RDA) of protein is 0.8g/kg body weight, but most endurance athletes need 1.0–1.4 g/kg body weight of protein daily. Some people eat too much protein and not enough carbs for endurance training. There is no benefit to eating extra protein. **After** hard workouts, you need a balanced mix of protein and carbs. For most people, 20–25g of protein and 60g of carbohydrate is sufficient.

Fat

Fat is an important part of a well-balanced diet, but you don't need extra fat before, during, or after training or competition. It's best to consume fats as part of balanced meals. Approximately 20–25% of your daily intake should be from fat.

The Finish Line

Fueling for endurance events starts by eating a balanced diet, high in variety. Consuming carbs from various sources before training and throughout each day will keep you energized. Protein after your workouts will help you recover from your workout so you can train again tomorrow.



UTSA ROADRUNNER BATTALION

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Alumni – we welcome your feedback. Please contact armyrotc@utsa.edu or message us on Facebook!

Want more photos? Check out www.flickr.com/utsaarmyrotc

ROWDY GOLD BAR NEWSLETTER

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PHOTOS

BN S6 PAOS Fall 2017

“Ask not what your country can do for you; ask what you can do for your country.” – John F. Kennedy (January 20, 1961)