



The Warning Order



This month's edition of the, "Warning Order" is a preliminary notice for the expected check-in of Charlie Company 3-19 on 18 March and Delta 4-19 on 6 May. Charlie and Delta Company conducts the majority of it's training during the summer season and this issue will provide new points of contact and information to help prepare you and your family as you transition to Quantico.

Issue No 3

MARCH 2019

PRE-COMBAT CHECKS

MOS Knowledge

In order to be eligible for assignment for Ground Combat Arms a student must be able to complete the following on the PFT/CFT.

PFT minimum requirements:

- 6 Pull Ups
- 24:51 Run Time

CFT minimum requirements:

- 60 Ammo Can Lifts
- 3:26 Movement to Contact
- 3:12 Maneuver Under Fire

A student must achieve a first class PFT/CFT along with the above PFT/CFT prerequisite minimum score requirements to be considered eligible for a Ground Combat Arms MOS.

CONTACT US

The Basic School
24164 Belleau Ave
Quantico, VA 22134

OOD: 703.784.5207

Mentor & Questions

If you would like a TBS Officer to help prepare you for the program of instruction please contact us:

[TBS Student Liaison Officers@usmc.mil](mailto:TBS_Student_Liaison_Officers@usmc.mil)

www.facebook.com/TheBasicSchool

Past issues of this newsletter can be found on the TBS homepage listed above.

FAMILY READINESS

Power of Attorney (POA)

A POA is a legal document allowing another to act on your behalf, such as selling a car or moving your household.

Contact The Basic School legal office at **703.784.5662** for questions and instructions. You can download the forms from our website under the "Resources" section:

<https://www.trngcmd.marines.mil/Northeast/The-Basic-School/>

Time is a critical resource that must be maximized, as your arrival is coming closer and closer, this month we introduce you to the TBS Gunner, TBS Chaplain along with some prerequisite information regarding MOS eligibility. Last month we discussed beginning preparation for long weighted movements and we are going to double down with additional insights in the *Hydration* and *Hiking Preparation* sections below. If this is the first time you are receiving this newsletter you are likely checking in to Delta Company, however if you are expected to check into Charlie Company on 18 March, 2019, remember that preparation also includes preparing your family. Please use the *Family Readiness* information below or contact us at [student liaison officers@usmc.mil](mailto:student_liaison_officers@usmc.mil) so we can answer any questions you may have regarding your move or any portion of your preparation for TBS.



Bravo Company conducting range week in the snow.



TBS Super Bowl party at the Hawk.

HYDRATION

The aims of fluid consumption/replacement are to prevent a body mass loss of more than 2% (measure before and after physical activity) and to keep morning urine light in color. These strategies will help keep heart rate and core temperature lower during training while also maintaining your level of performance and cognitive function. In addition, focusing on hydration will decrease your chances of succumbing to other heat-related illnesses such as rhabdomyolysis and hyponatremia. Refer to the "Hydrate" tab under the Navy's Operational Fueling Series to learn hydration tactics specific to you.

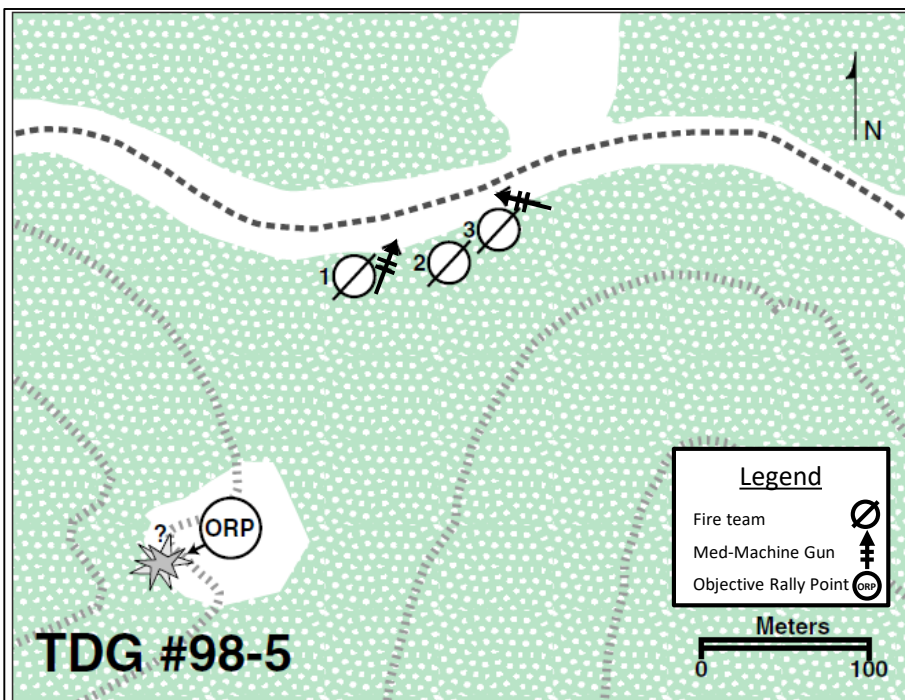
<https://www.navyfitness.org/nutrition/noffs-fueling-series/hydrate>

HIKING PREPARATION: SUCCESSFULLY MANEUVERING UNDER LOAD

Training at TBS will prepare you to be physically tough and mentally strong. One of the ways this is achieved is by elevating your body's tolerance to maneuvering under load by progressively increasing your hiking distances and prescribed loads. Successful hiking requires enough posterior chain strength and stability as well as general lower body flexibility and mobility so that your legs can effectively drive you away from the ground while stabilizing the pack. It also requires enough anterior chest wall flexibility and endurance of your midback musculature to maintain an upright posture to protect your nerves and vessels coming from your cervical spine. If any variable in this equation is deficient, the body will begin to compensate and eventually fail.

PROFESSIONAL DEVELOPMENT

Recommend joining the Marine Corps Association and Foundation (MCA&F), members become part of an association that fosters the spirit and preserves the rich traditions of the Marine Corps. Members stay connected with the Corps by selecting a one, two, or three-year membership that includes print and/or digital issues of our iconic publications, Leatherneck - Magazine of the Marines and The Marine Corps Gazette. If you would like to speak with a member services representative regarding membership, you can reach them at **1.866.622.1775** or visit <https://mca-marines.org/> Additionally, TDG's like the one on page 2 can be found in the *Gazette* to keep your decision making skills sharp.



You are a patrol leader leading an ambush patrol through wooded terrain, which usually limits visibility to 50 meters or less. In addition to your three fire teams, which are well-equipped with claymores and grenades, you have a machinegun squad (two three-man teams, each with an M240B). You are equipped with a radio. Your patrol is in its ambush site along a trail frequently used by the enemy. Your objective rally point (ORP), where you have left two Marines and your packs, is about 200 meters to the southwest. It is about 0100, and you have been waiting for 2 hours when automatic gunfire suddenly erupts from the direction of the ORP. The firing lasts only a few seconds and then silence. It happened so quickly you can't be certain, but your sense is that there were at least 2 weapons involved but certainly no more than 3 or 4. You try to recall the sound of the exchange to determine if any of the weapons were M16s, but you cannot be sure. It will be light at 0500. The rest of your platoon is about 3 kilometers to the southeast. It has now been 3 minutes since the incident and you have not heard or seen any sign of activity from the direction of the ORP. What now? In a time limit of 5 minutes, decide your course of action and submit any ideas to the SLO!

LEADERSHIP

First and foremost is *self-reliance*. This is not to suggest that the weak or the dependent should be left to twist in the wind. In fact, compassion is the responsibility of a strong leader when it comes to protecting those who are unable to fend for themselves. But "rugged individualism" is ingrained in our American cultural DNA, which, in turn, means that it's tightly wound into the double helix of American leadership.

What do we mean by self-reliance? One must rely upon one's self—it's a philosophy of self-motivation and initiative that relies upon nobody else to "get it done."

How does such a trait play into effective team building and group productivity? Consistently, we've observed respected leaders manifest self-reliance as a personal trait, and they put it on display for others to see, to feel, to learn from, and maybe even to fear. In so doing, they effectively inspire, teach, or otherwise mandate that their team members adopt that very same mentality of taking individual responsibility for the success of the group.

This challenge and many like it will be felt upon your arrival to TBS. The true test is how you learn to work with others and create teams that are stronger together than the sum of the individuals that comprise them.

MIKE CO PRO-TIPS

Invest in a printer as well as a laminator. These two resources will save you time, energy, and headaches throughout TBS. Having other office products such as folders, binders, 3x5 study cards, and sheet protectors will also aid in your overall success during the period of instruction. Becoming organized and managing your time wisely will greatly lend a hand in your success during your time at TBS. If you have not started, now is the time to practice these habits, as it may be a deciding factor on how long you will serve in the Marine Corps.



Fox Company at MOUT FEX

TBS GUNNER

A Marine Gunner MOS 0306 is an Infantry Weapons Officer. The TBS Gunner will speak with all Students during Phase 1 of the POI, audit weapons classes and attend all live fire ranges. Things to consider before arriving:

I will provide you with a CD that has Technical Manuals, Infantry Training and Readiness Manual, and squad through platoon publications. Utilize these to understand your issued equipment and hone your warfighting craft while at TBS.

Your new profession requires you to understand the publications and technical Manuals associated to the equipment your Marines will employ.

Lastly, come to TBS under the lens of a student and trainer.

The training you receive will aid you in your development of the training for your unit when you reach the operating forces. Do not leave TBS without the knowledge to successfully lead and conduct small unit training.

TBS CHAPLAIN

The Basic School Chaplain provides for his own faith group (currently Protestant Christian); facilitates the practice of other faith groups; advises the command; and cares for all students, permanent personnel, and their dependents, regardless of faith group or religious belief. Capodanno Chapel holds weekly Protestant services on Sundays at 0900, Bible studies and other religious studies throughout the week, and remains open 24/7 for prayer, meditation, or reflection any time it is not otherwise in use. Please contact Chaplain Brod at 931.279.1750 if you have questions about worship opportunities, or to set an appointment for counseling. All counseling with a Navy chaplain is 100% confidential regardless of content, there are no exceptions.