

BLACK KNIGHT

Raider Handbook

“Winners Never Quit!”



This Handbook belongs to: _____

Last Update: February 22, 2017

THIS HANDBOOK SHOULD BE BROUGHT TO ALL RAIDER PRACTICES. YOU WON'T NEED IT AT EVERY PRACTICE, BUT IT SHOULD BE READILY AVAILABLE AT EVERY PRACTICE.

DO NOT LOSE IT, AND ENSURE THAT BEFORE THE END OF THE SEASON, THAT YOU HAVE READ/FAMILIARIZED YOURSELF WITH ALL OF IT.

KNOW OUR RAIDER HISTORY, IT'S AN IMPORTANT PART OF OUR HERITAGE AND LINEAGE.

**KNOW THE RAIDER CREED- VERBATIM!!!
KNOW THE STANDING ORDERS OF THE
RAIDER COMPANY.**

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Corrections or suggestions for improvement to the Raider Handbook should be in writing, with references to the page and paragraph. Pass this info to MSG Browning or the Raider XO. These are appreciated!

“Constant and Never Ending Improvement”

Expectations/Requirements for Participation on the SMA BLACK KNIGHT Raider Team

- If the words “commitment” “Team” “Hard Work” are not in your vocabulary...give this book to a Raider/Coach and go find another activity....for example- checkers.
- Cadets are responsible for maintaining a **C (*minimum*)** in all classes and an overall GPA of **2.5 or greater**.
- Cadets with behavior problems in any class will be suspended from the team until the Raider Commander/Coaches approve their return.
- We probably practice more than any other team at school, maybe the county. We camp out so we can practice even more. This is a large part of why we are successful. Cadets must attend all Raider training unless excused by MSG Browning, CSM Collis or CSM DALY- **not a Raider**.
- Cadets with serious medical issues must have doctor approval before participating. This isn't worth getting injured.
- Any cadet that bullies or demeans other cadets for any reason will not participate in Raiders. There is NO tolerance for hazing.

All Raiders are expected to study their handbook diligently. You must be able to recall its information and execute difficult tasks when in high stress situations. You should not only be knowledgeable of the contents, but follow the concepts and ideas it promotes. These same concepts may be applied to any goal you set for your future. They will provide you the foundation upon which you can build a successful future.

Safety Requirements:

- (1) A Risk Management Assessment will be incorporated into all of the training events and turned in to the Senior Army Instructor by the Team Commander.
- (2) A safety briefing and instructions will be given prior to training.
- (3) All members of the team are expected to make safety a high priority. **No training or competition is serious injury.**

Heat Safety

Decision to accept heat risk is kept at the Coach Level with input from Raider Team Leadership. Becoming a heat casualty is one of the greatest threats to a Raider. You must take preventive measures for yourself and your teammates.

Raider Leadership Actions: Identify if any Raiders meet the below conditions and take appropriate action before training begins.

- Identify previous heat exhaustion or heat stroke cadets and mark visibly on uniform (red tape or cord)
- Identify overweight cadets and cadets who need conditioning.
- Identify cadets on medications and mark them visibly on their uniform (tape or cord).
- Have ill cadets sit out of practice or competition.

All members of the Raider Team are responsible to ensure implemented controls are followed to prevent the occurrence of heat casualties.

Heat Casualty Prevention Steps:

- Hydrate the 72 hours **prior** to training (we practice so much, that means ALWAYS)... at least 72oz per day.
- Monitor and enforce hydration standards
- Do not allow cadets to empty canteens to lighten load (during practice).
- Ensure cadets are well hydrated before training. Ask about urine; urine is clear if well hydrated.

DRINK WATER!

High Risk for Heat Illness:

- Not acclimatized to heat (need 10-14 days to get cadets adequately acclimatized).
- Exposure to cumulative days (2-3 days) of any of the following:
 - Increased heat exposure
 - Increased exertion level
 - Lack of quality sleep
- Overweight
- Minor illness (cold symptoms, sore throat, low grade fever, nausea, vomiting).
- Taking medications (either prescribed or over counter)/supplements/dietary aids.
Example: Allergy or cold remedies
- Prior history of heat illness (any heat stroke, or >2 episodes of heat exhaustion).

Indications of Possible Heat Casualty

- Dizziness
- Headache
- Nausea
- Unsteady walk
- Weakness or fatigue
- Muscle cramps

IMMEDIATE ACTIONS

- Remove from training
- Allow casualty to rest in shade
- Loosen clothing/restrictive items
- Soak clothing in cool water
- Take sips of water
- While doing the above, call for an Instructor or Medic to evaluate the cadet (They will monitor temperature and check for mental confusion)
- If the situation becomes more serious call ambulance immediately

SERIOUS SIGNS/SYMPTOMS

- Hot body, high temperature
- Not sweating (hot dry/red skin)
- Confusion, agitation
- (Mental Status Assessment)
- Vomiting
- Involuntary bowel movement
- Convulsions
- Weak or rapid pulse
- Unresponsiveness, com

Immediately call ambulance for emergent transport while doing the following:

- Lay person down in shade with feet elevated until ambulance arrives
- Undress as much as possible
- Aggressively apply ice packs or ice sheets
- Pour cold water over casualty and fan w/air
- Give **sips** of water while awaiting ambulance (if conscious)
- Monitor airway and breathing until ambulance or Medevac arrive

Mental Status Assessment

An important sign that the cadet is in a serious life-threatening condition is the presence of mental confusion (with or without increased temperature). Anyone can do a mental status assessment asking some simple questions.

Call for ambulance if *any* of the following exist:

- **What is your name?** (Does not know their name.)
- **What month is it? What year is it?** (Does not know the month or year.)
- **Where are we/you?** (Is not aware of location or surroundings)
- **What were you doing before you became ill?** (Does not know the events that led to the present situation.)

Indications of Possible Water Intoxication (Over Hydration, this is a very rare condition)

- Confusion
- Weakness
- Vomiting

What to do:

Ask these questions to the cadet or raider buddy:

- Has cadet been eating? Check with fellow cadets.
- Has cadet been drinking a lot? (suspect water intoxication if cadet has been drinking constantly)
- How often has cadet urinated? This will be coupled with not eating as well. (frequent urination seen with water intoxication; infrequent urination with heat illness)
- What color is urine (clear urine may indicate over hydration)

Be Safe and Always Look Out For Your Teammates.

Everybody is a safety officer...the best person to keep an eye on your buddy is YOU.

Raider Team Expectations

- The Raider Team expects a Raider to place the needs of the team before their own.
- Team members must actively work together so that all their respective skills are united toward a common purpose.
- Team leaders are expected to set the example at all times.
- They must understand that the key to becoming a high performance team is teamwork.
- The team leaders and team members share in the responsibility of training hard and preparing to compete.
- A Raider is expected to understand that if you want to win; you must train smarter, harder and longer than other teams.
- You are expected to support leaders because they have earned their rank and position through commitment and experience.
- A Raider is expected to contribute and help motivate the team.
- Team members must earn the respect and trust of their team so that they think and act with a single purpose.
- Every Raider will memorize the Raider Creed.
- Quitting will not be tolerated in the Raider program. The first time a Raider commits this offense they will appear before an honor board and be demoted one rank. If a Raider commits this offense a second time, they will be suspended from Raiders until the Raider Commander/coaches approve their return. The **Only** exception is if the Raiders grades are sub-standard. The Raider is then allowed time to bring his/her grades back up before rejoining the team.

Raider Team Leader Expectations

Leadership is critical to teamwork. The Raider team leaders are responsible for ensuring that members work together to achieve the team goals. The leaders must be able to inspire team members to 'go the extra mile'. Tasks allocated to individual Raiders should be meaningful and challenging.

The Raider leaders must:

- Keep members focused and make the training demanding for individual team members and themselves.
- Ensure the team has all resources and information necessary to complete its task.
- Create opportunities for all members to contribute to the team and recognize their teamwork.
- Avoid blaming individuals for problems in the task or in the team. The team wins or loses **as a team**.
- Be fair and impartial, when making competing decisions by asking what is best ***for the team?***
- **Leave drama at the door!!!!** It is highly demeaning to a team, and will lessen team synergy!!
- **Be willing to share credit with the entire team**

Remember Team Leaders.... “If you’re Successful, look at your **TEAM. If you’re Un-Successful, look in the mirror.**

-MSG Browning

Developing a Shared Vision

In order to work effectively, a team needs to have a clear vision of what it wants to achieve. This must be a goal that motivates and inspires team members; a future they feel is worth striving for. Leaders must communicate this vision to team members effectively. Team members must believe their efforts contribute to the overall vision. Shared aims help to create a sense of common purpose and ownership, and promote team identity.

The Raider leadership is expected to develop a vision statement with input from the team members. This vision statement must be written down and shared with all team members. This combined vision will help unify the team and build teamwork or create synergy.

Synergy is the highest outcome of teamwork, it allows team members to share in new untapped abilities and accomplish goals that individuals alone would never find possible. Synergy is the greatest accomplishment a team can achieve and is **its own reward**.

Your teams vision statement (write in every team members handbook): _____

Raider Team Mission Statement

The SMA Raider program provides a wholesome and encouraging platform for teens to develop their own depth, leadership, and character through personal determination and endurance while engaging in challenging teamwork.

SMA Raider Boosters Purpose Statement

The SMA Raider Boosters exist to cultivate support for the Raider team on all levels—physically, financially, and emotionally—ensuring the immediate and future sustainability of the program.

Raider Creed

Recognizing that I volunteered to become a Raider, fully knowing the high standards expected in all areas of my life.

Acknowledging the fact that a Raider is expected to set the example for other cadets. I must run further, faster, and harder than all other cadets.

Ingrained in everything I do is the understanding that I shall never fail my teammates. I will shoulder my share of the task and then some, whatever it may be.

Determination and commitment will be my watch words and a part of me at all times. I will show others that holding the title "Raider" means I am part of an elite team.

Energetically will I meet all obstacles with the realization that there is always a way to overcome them. I shall strike the word "can't" from my vocabulary, and I will never quit.

Readily will I display the intestinal fortitude required to compete and win. As a Raider I realize that I have responsibility to a team that is depending on me, I shall never let them down.

ALL Raider are expected to know the Raider Creed.... Don't get caught not knowing it.

-The first time you quit, it's hard. The second time, it gets easier. The third time, you don't even have to think about it. -B. Bryant

Standing Orders of the Raider Company

- 1. Don't forget nothing.**
- 2. Keep your gear Clean & rope bridge properly packed and accounted for.**
- 3. When training, train as you compete, but harder.**
- 4. Tell the truth about your physical condition/ailments, don't let pride be the downfall of the team.**
- 5. Don't be afraid of risks, hold nothing back.**
- 6. When we run, we run to improve, not to enjoy the view.**
- 7. If we face obstacle, we come together as a team to overcome it.**
- 8. When we ruck up, run. It's not a nature walk.**
- 9. When we camp, we leave not a trace of our presence.**
- 10. We take no prisoners on the competition field.**
- 11. Don't never go home empty-handed...we either win, or learned from the loss.**
- 12. Be it a 5k, Gauntlet or CCR, we stay within 20 meters of each other...Team.**
- 13. Prior to each event, we brief each other about the standards.**
- 14. Grey Berets serve, and eat last.**
- 15. We don't sleep beyond dawn. Dawn's when we are finishing our runs.**
- 16. Don't cross a river without your rope bridge bag.**
- 17. If another team is on your tail...pick up the pace and break their spirit.**
- 18. Don't stand up until you have completely cleared the flagging tape.**
- 19. After you check your gear, check it again.**
- 20. Win With Humility and Lose with Dignity.**

***Whether you think you can, or you think you can't, you are right. –H. Ford**

*All Raiders are expected to know the history of their team.

History of the SMA Raiders

The Raider Team was formed during the inaugural year of the Academy, 2002. Raider “Wes” Rhinehart was the first Raider Commander. He organized and equipped the team. In 2003, Raider Alicia “Ziggy” Ziegler commanded, organized and built the corps of Raiders that would shape the team for the next few years. In 2004 Raider Michael McCaughey took command and led an all male team to a first ever District Championship. This same team muscled their way to a third place finish in the Florida State Raider Competition. Raider McCaughey’s strong leadership significantly improved the Raider Company. He wrote the first version of this handbook and established the tradition of a constant and never ending pursuit of excellence.

In **2005-2006** the first SMA Female Team was formed. Enter CSM Mike Collis...the Raider Coach. He was joined shortly afterwards by CSM Keith Daly, who assisted in coaching the team.

Consisting mainly of sophomores and freshman, the team was commanded by Raiders Kelly Smith and Kayla Wiles. They took first place at the District Meet and went on to secure second place victory in the state of Florida. They set a record time for the one-rope bridge event, surpassing all teams, male, female and mixed in the state. In **2006-2007** the Female Team went to both the District and State Meets placing first in each and winning first in every individual event.

In the **2007-2008** district competition, the female team, led by Kayla Wiles, took first place, while the male-mixed, led by Patrick McDermott, took second and the male team, led by Allen Palmer, placed third.

It was the first year that all three teams went on to the state competition. The Female and Male teams took second place at the state level and the Male Mixed placed third overall. The company was led by Raider Commander Max McGowan, assisted by Raider 1SG Kelly Smith.

The 2008-2009 Season proved even more eventful. The first ever Sarasota Raider Challenge was held at SMA and all new teams were selected for competition.

The Raider Commander was Tara Houghtaling, assisted by Raider 1SG Tim Slusser. The Female Team, led by Raider Carey Gavilanes, placed first at the Area 5 District Meet and forged their way to yet another State Championship. The Mixed Team, commanded by Raider Zack Brodil, placed third at Districts, but due to new State Meet guidelines concerning number of teams per school, were barred from the State Competition. The Male team, commanded by Raider Eric Ross, stole a District Championship and won, for the first time, a Male Team State Championship. Tara Houghtaling took best overall Physical fitness test at the Area 5 District Raider meet.

2009-2010 The team was to be commanded by Faith Folts & 1SG Joseph Hurst. Both the male and female teams won first in both districts and states by a landslide. The male team was led by Raider Mike Martino and the female team was led by Raider Sam Reilly. This is the first time any school has won back to back championships. This is also the year that MSG John Browning joined the team as a Raider Coach.

2010-11 Promised to be an exciting year! The Raider Commander was Sarah Williams, already a female state champion. At her side, probably one of the most intense Raiders to ever wear the Grey Beret, Raider 1SG Josh Payne. Leading the Male Team was Mario Ferrucci and the head of the Female Team was none other than Carrie Swope.

An indomitable force at the head of each team, both leaders led their team to Area 5 and Florida State Championships for the second year in a row. This was also the inaugural year the Florida State Best Raider Competition held in Bartow, FL. Josh Payne and Mario Ferrucci led the way through the entire event, leaving the competition in the dust every step of the way. Such a lead the two built, that on their last event, it was a given that they would win, regardless of how they shot. Fate however, had other plans...BOTH of their rifles failed to function, leaving them with a zero...their lead dropped them to second place. Two female teams went to the same event to represent SMA. The primary team, Sarah Williams and Linn Bo finished in the top three, earning the respect of raiders near and far. However, it was the rock hard and steady efforts of the second SMA female entry, Grace Folts and Liz McKenney that stole the show. Through blood and sweat, they battled the best that the state of Florida had to offer and in the end, pulled off an upset victory as the Central Florida Best Female Raiders!

2011-12 was a bellwether year for the Raider team. The Raider Commander was none other than Alex Williams, himself a repeat Male Team State Champion, with his 1SG Zack Cossey. Leading the Male team was the rock steady Alex Payne and the mighty (already a 3 time Florida State Female Champion) Chantal Guerro leading the Female Team. Both teams would move on to do the unthinkable...complete the Three-Pete Florida State Raider Championship!!! This year, the Florida Best Raider competition was again held in Bartow, FL. This time, the seemingly shoo-in for victory on the male side of the house was the Raider Commander and 1SG- Alex Williams and Zach Cossey. Fate would have different plans though as the young men flew through each event at will, pounding the competition that dare get in their way. At the end of the night, it was a given that they were the Male Best Raiders...but

when the scores were read, they were more than a few places from the presumed first place finish.

A closer look at the score sheet later would reveal that their scores for more than a few events had ended up being switched with the team that actually DID win....that defeat, on a clerical error was a bitter pill to swallow, but swallow it they did. On the other side of the spectrum, the female Best Raider team from SMA was the fiercely focused Shannon Hunihan (a two time state champion) and Luella Nicholas. Together they completely obliterate the field, never leaving a doubt in anyone's mind that they were the Central Florida Best Raiders, from beginning to end!

2012-13... This year marked the fall of the dual Male/Female championships. The Raider Commander for the season was Grace Folts- a seasoned state champion, and a force to be reckoned with. The Raider 1SG was Lazaro Diaz. The Female Team was commanded by Raider Liz McKenney. Teaming up as they did in the Best Raider competition they won the year prior, they would lead their Female Team to an unprecedented FIFTH STRAIGHT Florida State Championship! The Male team, commanded by Lazaro Diaz (also the 1SG), would lead his team on what was looking like a male team fifth straight championship as well. Their male team was clearly in first place heading into the last event....the PU/SU's. Call it grading, call it unpreparedness...call it what you want- the team took 10th place in this one event, knocking them from their first place position to a finishing 3rd place overall, a mere 2 points behind the 1st place team. The lesson to be learned from this is that it doesn't matter if you take 1st in every event, you can't finish worse than 4th in ANY event. No Best Raider event was held this year.

The end of this season brought about a change in coaching for the SMA Raiders as CSM Mike Collis handed the reins of the head coaching position over to MSG John Browning.

CSM Collis and CSM Daly both continue to coach the team as well.

The 2013-2014 Varsity Raider season started as strong as any other. The new Raider Commander Kyranna Oberhoff was quickly acclimating to her new leadership role and, with the help of her 1SG Louis Butera and XO Brianna Butler. The teams were developing and improving quickly. However, this year marked a distinct change in the Raider history as the Raider Company lacked a Varsity Mixed Team. This came as a result of the lack of Female candidates during try-outs. Despite this anomaly, the Male and Female teams trained hard. However, the Male Team soon began to lose traction and slip into disarray with the relieving of the appointed Team Leader, and the promotion of the new Team Leader Will Schaffer. With their new found 'Will'-power, the male team persevered and both they and the Female team took home the Florida State Championship (albeit, the Females did it in a much more graceful fashion). This season also marked a milestone for the Female Team as they tied for 1st Place at the National Raider Competition. There was no Best Raider competition this year.

MSG Browning's rookie year as the Raider Company's Head Coach ended in distinct and victorious fashion.

The 2014-2015 season saw the return of the SMA Raider Mixed Team and the appointment of Jake Howell as the Raider Commander. The training process started quickly as the Male and Female teams were comprised mainly of veterans. This left the Mixed Team comprised mostly of First-year Raiders with a great deal of technical knowledge and physical stamina to gain within a rather short period of time. Battling through several grueling competitions at Camp Shannon and Mariner High School, the Male and Female teams were confident going into the district meet and won decisively.

The mixed team, comprised of 11 first year Raiders and 1 Senior Veteran (Aidan Ortiz), fought hard and with inspiration. At the end of the day, it was anyone call whether they would advance to states. When it was all over and done with, they took third at districts (out of 10 teams, more experienced)...a mere 4 seconds on the rope bridge event kept them from second place.... seconds and inches.

On to Florida States- With their usual swagger, the Female team dominated every category and left no doubt in anyone's mind that they were the best in the state. The Males were in first place by all counts...it just came down to the 5K run. It was their poor placement in this event which prevented the Male Team from securing the win, they took 2nd place. The Female team continued their undefeated streak with a seventh consecutive State title.

All three teams competed at Nationals again this year. The female team tied for first place for the second year in a row, to the SAME team from the previous year. They vow that there won't be a 3-peat of *that!* (We'll see) The male team was in a dog fight, but once again, the 5k would knock them out of reach of a National title. They ended up taking 4th overall, twice as good as the previous two years, with a larger field to compete against. The rookie mixed team competed HARD... clearly not ready for the national level, they faced every obstacle with heart and diligence. Still, they held their own and for a team composed of 11 brand new Raiders, they banded together and performed like champions and made everyone proud.

Best Raider finished off the competition season when Raider Mallory Latsko and Raider Maddie Bricker took 1st Place, with the other two SMA female entrants taking 2nd and 3rd.

The 2015-16 Raider season started off with a "BANG"! The Raider Commander for the team this year is Raider Daniel Mongillo.... A veteran of the last two males teams, he has experienced both state championship success and the agony of defeat. At his side, the Raider 1SG is Raider Lexi

Williamson. A member of the female competing team since her freshman year, there is no one more suited for the role of 1SG.

The male team leader, a 3 year veteran, 1 year on the mixed team and two on the male team, is Raider Brandon Miller. He is more than ready to lead and push his team to what will be their comeback year after last years agonizing 2nd place finish. A member of the competitive Raider team since her freshman year, the leader of the Female team is Raider Samantha Hunihan. Fast and strong enough to be on any schools male team, she is focused on two things...

completing the 8th straight Florida State title and claiming first place at the National Raider competition (after tying for first the last two years). The Mixed category was very robust.

We had so much talent, we field TWO mixed teams (first time in competition season history). Raider Sara Frajerman was made the team leaders of the Mixed team. A member of the previous years championship female team, she was the best/obvious choice to lead this team on its endeavor to its first state title. Josh Chaviano was made the team leader of Mixed Team #2 (later dubbed "Lil' Train"). He would later relinquish his leader slot to Senior Noah Trevino.

First up was nationals. It was the warmest nationals to date and all three teams were more than ready. It was a hard fought battle, with the hardest 5k route yet (half of it was straight up hill) and a rope bridge site that was NOT over the river. They even changed the litter carry route/criteria. The teams adapted well. At the end of the day, the female team took first place in 4 of 5 events, and took and it wasn't even close... no 3-peat for Adairsville... SMA Females won their first National Championship definitively! The males performed better than they ever had. They looked unstoppable at every turn. But, at the end of the day, they took second place to another boy team that seemed unbeatable. Still, 2nd place at the National Raider Championship.... Awesome job! Mixed team 1 had a rougher time. Although they performed very well, at the end

of the day, they took 10th place in what was one of the hardest and largest fields of teams we've competed against. As for Mixed team II (Lil Train), they competed in the inaugural "All Services" Raider competition and just literally ran away with 1st place, earning a National Championship Title. So, at Nationals- 2015, two 1st places, and a 2nd place and 10th.

Next up, Florida States. In what was their closest competition in their history, the female team won first place by 1 point, securing their 8th straight state championship title! The males, not to be outdone, obliterated the competition. Not only did they take first place, the second place team was a full 12 points behind them. The mixed teams were split up after nationals, and we combined them to make 1 mixed team (there others went to stand-by status). Still led by Sara Frajerman, they fought hard and were in serious contention for a 1st or 2nd place finish.... Then came the tire flip. That one event knocked them down to 5th place over all. The team was later disheartened to learn that if they had ran 30 seconds faster on the team run, they WOULD have finished 2nd overall. Or, had they been a few seconds faster on the rope bride event, they would have finished 2nd overall. Hard pills to swallow..... "seconds and inches.....". Best Raider followed in April, with Kiya Williams and Anjolie Berninger taking 1st place, keeping the Best Raider trophy at SMA for the female category.

2016 Competition Season-

The teams are set- Male/Female/Mixed 1/Mixed 2. The Raider Commander is Raider Kersten "Damolish" Damosh. The 1SG is Raider Sara Frajerman. The XO is Raider Jake Ziadeh. Leading the Male Team is Raider Mark-Elliot "Dash" Finley, the Female Team: Raider Caitlin "ExceleRaider" Bardenhagen: Mixed Team 1: Raider McKayla "Maverick" Marshall; and Mixed Team 2: Elise Maddaloni. The Raider company had a great season...the

female team defended their national title, taking 1st place for the second year in a row. The male team again took second place to the defending champs. Mixed 1 had their best showing at nationals, taking 4th place overall and Little Train defended their national title in the All Services competition, taking 1st place. The teams came back from nationals having just 6 days to relearn the standards for a few events to prepare for the district Raider meet. They did amazing as all three teams qualified for the state meet with the females taking 1st, the males 1st, and mixed taking 2nd. States was delayed again, and for the first time in school history, MSG made the switch to beef up the mixed team, taking 4 girls from the female team and switching them out with 4 girls on the mixed team. The result was the best/fastest mixed team we've fielded to date. After much training, states arrived. The female teams, once again defended their state title for the 9th consecutive year! The mixed team, as great as they were, had trouble with the tire flip (again) and took 3rd place overall against a very tough national champion team (Red Knights). The male were in a dog fight, and at the end of the day tied for second, and ended up with 3rd place overall. The difference between 3rd and 1st place overall? -4 seconds on the tire flip. Once again, "seconds and inches....". The regular season ended with the Florida Best Raider competition. The male team performed well, taking 6th, with 2 of the 3 female teams taking 4th and 6th. But one female team, Raider Kiya Williams and Bushmaster Anjolie Berninger, defended their Best Raider title, taking first place for the second year in a row!

So ends the history of the SMA Raider team.....for now. What will the following years history pages read? How will YOUR TEAM be remembered?

Physical Conditioning

“Every morning in Africa.....” - CSM Collis

Raiders who have the desire and commitment to become a member of the competing team must create their own personal training plan to be competitive. Team practices are primarily utilized to teach special skills, develop teamwork, and assess the fitness level of the team.

All Raiders are expected to make their own workout plan for approval by the team leadership. Check with the Raider leadership for assistance with format.

Having said all that, we practice a LOT and train HARD! Your personal success in physical conditioning all depends on how willing you are and how far you will push yourself. Any and every time we train, you should be pushing yourself to that next level. Do it better, faster, and with more desire than you did the time before. Remember, it's not just about YOU, there is a TEAM depending on you!

-Defeat does not finish a man, quitting does. A man is not finished when he's defeated. He's finished when he quits. -R. Nixon

Raider Competitions

1. Raider Competitions. Raider meets are very demanding physical and mental competitions that require intense preparation. The competing team is limited to 12 members (10 participate in each event by Team Leaders Choice), chosen from the most physically fit and skilled Raiders by the team coach with input from Raider leaders. Every competition is unique depending on the school hosting it. The events might stay the same, but the conditions are always different. The Raider Team Commander is responsible for evaluating each competition as early as possible to ensure the team is trained/adjusted prior to the start of an event. The following events are what you can expect from a Raider Competition. As it stands right NOW, these are the events that will be used during a competition:

1. One Rope Bridge (state/nationals)
2. Sandbag Relay (state)
3. Tire Flip (state)
4. First Aid/Litter Carry (state/nationals)
5. 3.1 Mile Team Run (state/nationals)
6. Gauntlet (National Event)
7. PTT (National Event)

(Raider competitions are determined at the start of the season by the State MOI, which details all criteria for a state meet.)

The following pages outline the specific requirements that a team must follow to successfully complete each event.

Remember, when practicing an event...

“Don’t do it until you get it right....do it until you can’t get it wrong!” – SMA LTC Livingston

ONE-ROPE BRIDGE EVENT (Nationals and States)

1. TASK: Construct a one-rope bridge spanning approximately forty-five feet.

2. CONDITIONS:

a. Under existing weather conditions and in a field environment each Raider Team will cross a 30 to 45 foot obstacle on a one-rope bridge spanning approximately 40 to 60 feet.

b. Teams will make only one timed crossing and will compete against the clock. Time will not stop during the conduct of the event unless Teams go over the 10 minute time limit. Penalties will be assessed for rule infractions and safety lapses. Total event time will be calculated from the crossing time plus any accessed penalty time.

c. 10 of the 12 team members will compete in this event. All Raiders with all equipment (pistol belt, canteen and canteen cover) must cross the obstacle *on* the rope with the exception of the first and last Raider.

d. A complete ACU uniform will be worn by all Team members to include individual pistol belt with one full water canteen and cover. Caps may be carried in the cargo pocket prior to commencing construction of their one rope bridge.

e. The bridge site will include a suitable anchor point on the near and far-side of the obstacle, mounting and dismounting points, and barriers (log, plank or tape) to mark the obstacle boundary. **(Do not touch the obstacle or barrier in any way or a penalty will be assessed)**

f. Each Raider Team is responsible for providing their own equipment; 1-bridge rope 120feet long (150 at nationals), a 7/16inch diameter (static rope,), 10-Swiss seat ropes 12 to 15 feet, 12-snap links, and 1-stick (implement) **mandatory** for the wireman's knot (two snap links in place of the stick at nationals).

3. STANDARDS: **IAW the new TC 3-97.61 dated July, 2012**

a. The Swiss seat must be secured with a **square knot** and with an **overhand knot** at each side of the square knot to prevent the knot from becoming untied with at least a four (4) inch pig tail on each knot. First and last Raider may wear sling ropes tied around their waist using an **Aussie Seat** around the waist and secured by a square knot with an overhand knot on each side of the square knot. An end of the line bowline w/overhand knot or figure 8 hooked into the far side Raider's snap link or worn by the far side Raider over one shoulder and under the opposite armpit may be used to secure the far side Raider while crossing the obstacle. The only knots allowed for the far side anchor point will be a round turn around the anchor point secured by two half hitches, or a tensionless anchor knot (see **Pg.5-6**) with a minimum of 4 round turns around the anchor point secured by a snap link which must be secured to the rope bridge rope by and end of the line bowline w/overhand knot or figure 8 knot. The only knots allowed for the near side anchor point/tightening system will be: the wireman's knot and /or the figure 8 slip knot **Pg.4-24** as the tightening system knot; a round turn around the near side anchor point secured by two half hitches. The half hitches are not required to go over all ropes as long as it provides a safe knot extending toward the tightening system knot.

b. The Swiss seat (rappel seat) will be tied IAW TC 3-97.61, Military Mountaineering, page 4-29. **Note: On Step 5, the two ends may travel from bottom to top or top to bottom as long as a half hitch is created on both hips creating a bite.** All Raider Teams will be given five minutes for all members to properly tie each position-appropriate knot (Swiss-seats and Aussie-seats) and set-up their rope for the construction of the bridge.

c. The two anchor knots and the wireman's knot (or figure 8 on a bite, either may be used to construct the one rope bridge) will be visually inspected for safety prior to Raiders mounting the rope bridge. If any are deemed unsafe, the knot will be retied.

e. When crossing, **only three Raiders** will be clipped onto the rope bridge with the Swiss seat at any one time. While crossing each **Raider is not required to have one leg/foot** in contact with and over the bridge rope. The bridge will not be disassembled until the last Raider has crossed and safely unclipped on the far-side. It's important to note that your feet cannot touch the ground, even accidentally.

4. CONCEPT: Upon arrival at the bridge site, the Team will enter the holding area with their bridging equipment and wait for further instructions from a guide or judge. Teams will receive a safety briefing and be given the Task, Conditions and Standards for the event. When a lane is clear, the Team will then move to the preparation area, be given a site orientation and begin the 5 minute cross preparations. "Time Start" begins the exercise/event. "Time Stop" ends the crossing/event, the Team then gathers their equipment, is given a short debrief and proceeds to the next event.

BRIDGING PREPARATION, CONSTRUCTION, CROSS, & DISASSEMBLY:

a. Preparation:

(1) #1 and # 10 Raiders tie an **Aussie Seat** (around-the-waist harness or figure 8/end of the bowline over the shoulder and under the opposite arm pit). The Aussie seat rope is double wrapped around the waist and tied off with a square knot with overhand safeties with a minimum 4 inch pig tail on each side. The snap-link is then clipped around all coils of the harness. The #2 - #9 Raiders will tie Swiss seats with snap-links to aid in transporting themselves across the rope bridge. The snap-link is centered on the body and closed over all the rope parts with the gate facing up and away from the body. The seat must be snug.

(2) The 120 foot bridge rope is uncoiled and either stacked in a coil or is back laid on the ground.

b. Construction: The following steps can be conducted simultaneously but all steps must be completed.

(1). Step One: The #1 Raider ties a figure 8 knot on an end of the bridge rope, attaches the snap-link in the loop and is belayed across the obstacle. Belaying involves a stationary Raider managing and controlling the bridge rope as the Raider crosses the obstacle.

Too much “slack” is to be avoided in order to sense the movement of the crossing Raider and to ensure an immediate safety response.

(2) Step Two: When the #1 Raider reaches the far-side, he/she moves to the anchor point, detaches the snap-link from the harness, wraps the bridge rope around the anchor 180 degrees and “temporarily” secures it by closing the snap-link on the bridge rope (at nationals, simply “touch” the far side anchor point).

(3) Step Three: On the near-side, approximately 3 Meters from the near-side anchor, a wireman's knot is tied into the bridge rope with a wooden, metal, plastic stick/implement (**at nationals, it can only be snap links**), to aid in the disassembly of the knot or a figure 8 slip knot on a bite can be used (**Transport Tightening System Pg. 7-15 Fig. 7-10**) for securing the nearside. Inserting the stick/implement is accomplished by placing it into the upper wing above the butterfly of the knot (upper bight of the wireman's knot). The stick/implement may not be used as a speed-tightener. The fixed loop formed in the knot must naturally lie toward the near-side anchor. The fixed loop is placed into 1 steel snap link, so that the gate is "up" and the open "hook" is pointed away from the anchor point. The remainder of the bridge rope is routed around the anchor point and through the snap-links.

(4) Step Four: When the bridge rope has been passed through and been secured by the two (2) snap-links in the wireman's knot, figure 8 on a bite, or a dowel through the Wireman, the far-side Raider now detaches the "temporary" snap-link and pulls the wireman's knot or figure 8 on a bite out from the near-side anchor point approx 5 to 6 feet and then secures the bridge rope to the anchor with a round turn and two (2) half hitches w/4" pig tail, ensuring the knot is at least waist high or higher.

(5) Step Five: The Raiders on the near-side tighten the bridge rope with up to 8 Raiders. The rope is tightened until the two (2) snap-links clear the dead zone area. The bridge rope should be tight enough to prevent crossing Raiders from making contact with the obstacle. The transport tightening system is then secured to the anchor using a round turn and two (2) half hitches w/4" pig tail.

The half hitches do not have to pass around all ropes between the anchor point and the wireman's knot or figure 8 on a bite.

c. Crossing: The Raider will face the bridge rope with his/her left or right shoulder

Toward the far-side anchor and clip onto the bridge rope. The Raider will then rotate his/her body under the bridge rope and pull with their hands until across the obstacle. No more than three (3) Raiders will be on or clipped into the bridge rope at any one time. No part of the body or equipment may touch the obstacle when hooking up or off the rope bridge. **(Do not touch the boundary marker or any part of the obstacle).** Raiders are not required to have one leg or foot in contact with bridge rope.

d. Disassembly:

(1) When the last Raider has crossed and unclipped from the bridge rope the far-side anchor may be untied while the #10 Raider disassembles the transport system on the near-side. He/she then snaps into the tightening system loop with the snaplink that is on the loop. The #10 Raider is then belayed across the obstacle by Raiders on the far-side using the same technique as the #1 Raider.

(2) Once the #10 Raider is across, the wireman's knot or figure 8 on a bite and bowline knot are removed from the bridge rope for scoring purposes. When the Team leader is certain that all equipment and Raiders are accounted for and the obstacle has been cleared he/she will call "TIME". No individual equipment needs to be removed nor do any Swiss seats/around-the-waist harnesses untied and removed. **NOTE: All knots are to be untied, and snap links off the rope before time is stopped.**

6. SCORING: The score earned by the Team will be the total time based on the time for the crossing plus any penalty time. The fastest time is first etc. (See Score Sheet B-7)

7. PENALTIES: 30 second penalties will be assessed for the following rule violations, unless as otherwise noted.

a. Equipment/Preparation/Inspection Penalties:

(1) The Raider Team must have as a minimum 1 - 120 feet long X 7/16 inch diameter static bridge rope, 8 - 10- Swiss seat ropes 12 to 15 feet long X 7/16 inch diameter, 10-12 – snap-links, and 1 – stick/implement (for quick release of the wireman’s knot).

(2) Each Raider that fails to properly tie a rappel seat (Swiss seat) with a square knot secured w/overhand knots and snap-link attached with the gate up and away from the body in the one minute time limit. The Swiss seat must be a snug fit, not loose on the body.

(3) Failure to properly coil or back lay the bridge rope.

(4) #1 or #10 Raider fails to tie an around-the-waist harness (Aussie Seat) secured with a square knot w/overhand and snap-links attached to all coils.

b. Construction Penalties:

(1) #1 Raider fails to secure the bridge rope to his/her waist harness with bowline knot w/overhand and snap-link. The use of an improper belay.

(2) #1 Raider must “temporarily” secure the bridge rope with a 180 degree turn around on the far-side anchor and reattach the snap-link from his/her waist harness to the bridge rope.

(3) Failure to tie the wireman’s knot or figure 8 on a bite – disqualification.

If the Team must retie for safety– safety stop, time continues to run plus a 30 second penalty. The wireman’s knot must naturally lie toward the near-side anchor and both ends should exit opposite each other without any bends, the loop formed in the knot must not be less than twelve (12) inches in length, and the gates on the snap-links must be opposed and form a X when checked.

4) Failure to secure the bridge system on the far-side or near-side with a round turn with two (2) half

hitches – safety stop, time continues to run plus 30 second penalty.

c. Crossing Penalties:

(1) Not mounting (clipping into) the bridge rope with the shoulder facing the far-side anchor, and then rotating under the bridge rope to cross or mounting before all bridge knots are secure.

(2). More than three (3) Raiders on the bridge rope or clipped into the bridge rope at any one time. 30 second time penalty will be assessed per occurrence.

(3). Each Raider who enters and touches the obstacle with his/her feet-30 second penalty (this includes members on the far and near-side attempting to assist Raiders who are crossing.) Any equipment that the Raider loses in the obstacle while crossing or mounting and dismounting of the bridge will result in 30second penalty per occurrence.

NOTE: #2 thru #9 Raiders “CAN” touch while crossing, as long as the FEET don’t touch and they don’t stand up and run across.

(4). Parts of the uniform/equipment dropped into the obstacle on the cross.

NOTE: All items lost in the Danger Zone will result in a penalty (10 seconds)

(5). Only having 9 Raiders compete in this event: 5 minute penalty.

d. Disassembly Penalties:

(1) The # 10 Raider must be belayed across the obstacle by snapping into the transport system in such a manner that the rope bridge rope will not slip through the Raider's harness without safely securing him/her to the bridge rope. Raider is then belayed safely to the far side – there should be little “slack” in the bridge rope.

(2) Touching of the obstacle by other than the #10 Raider on his/her cross if not secured by Raider's Aussie seat and snap link.

e. Other:

(1) Safety issues – clock runs while corrected plus 30 seconds.

(2) Sportsmanship – profanity, abusive or unethical conduct – 30 second penalty and possibly disqualification.

“DWOP!” – CSM Daly

RAIDER FITNESS CHALLENGE (Sandbag Relay)(States)

1. Task: Complete the Raider Fitness Challenge consisting of each Team member carrying a designated number of 25-30 pound sand bags or like items from one location to another in the shortest time. Team score is the total time it takes all Team members to complete the fitness challenge. .

2. Conditions: During daylight hours and under existing weather conditions, each member of the 10 member Raider Team will complete the Raider Fitness Challenge in the Raider Team uniform: Running Shoes, ACU trousers, and school t-shirt with sleeves or ACU t-shirts. Gloves are not to be worn for this event.

3. Standards: The Team will be scored on the amount of time that it takes all 10 members can individually carry a designated number of sand bags six (6) for all males and four (4) for all females from one location to another.

4. Concept:

a. A course will be set up IAW the diagram in this annex. Each Raider Team member will carry one or two sandbags or like items at a time from Line A 25 meters to Line B where they will place (**NOT THROW**) the carried sand bags or like items. They will return to the first line in the most direct manner possible and repeat the course until all sandbags or like items from their first line have been carried to the other line. If a team members begins the event carrying two sand bags or like items but in the course of moving between lines decides that it is too difficult to continue to carry two, they must ground the second item in place, continue to carry the one item to next line, return to the grounded item by retracing their route, pick up the grounded bag and carry it to the next line. Once the second item is across the line, the team member can travel via the most direct route to first line to continue the carry. Once the first Team member has carried all of the items from line A to B, the next Team member, who will be standing behind a “ready line”, will be tagged by the first team member,

he/she will move to Line B and will carry the items in the same manner described above but from Line B to Line A. Time stops when the last Team member has placed the final item across the line.

b. Regardless of the type of team, all male competitors will carry 6 25-30 pound items and all female competitors will carry 4 25-30 pound item. The Head Judge will insure that the correct number of sand bags (either 6 or 4) are across start line before that team members begins the event. For Mixed Teams the female members will go last to avoid confusion concerning number of items that are required to be carried.

c. Judges will record each Team's total time on the score sheet. Once the Raider Team completes the event score sheets will be sent to the Raider Meet Headquarters for checking and posting.

I-1

d. Penalties. A 5 second penalty will be added to the total team time for each occurrence of item being thrown. A 5 second penalty will be assessed for each item not completely across the line before the next member starts and at the end of the event.

e. If a scoring dispute arises at one of the stations, the Head Judge for that event will attempt to resolve the matter. If the matter is not resolved to the satisfaction of the affected Team, then the SAI/AI must follow the protest/appeal process outlined in paragraph 7 of the State Raider Challenge Competition Meet MOI.

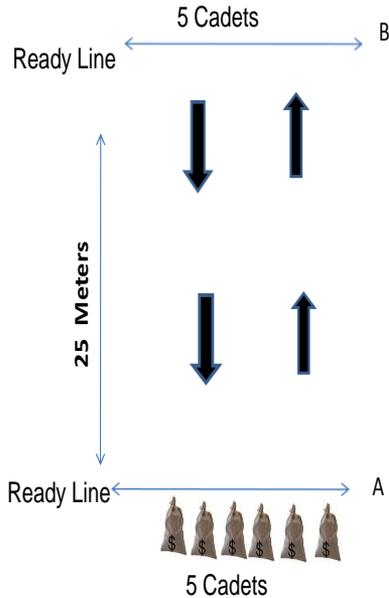
Raider Fitness Challenge

CONCEPT

10 Person team lines up (5 on either Side) 1st Cadet moves Sandbags From line A to line B as quickly as possible (**Can carry up to 2 Sandbags at once**) once all items are across Line B, 2nd Cadet Moves items back to line A and So on, until all cadets have moved bags. Time stops when All 10 cadets have gone and Team Captain says time.

6 Sandbags or like item
Male & Mix Tm's

4 Sandbags or like item
Female Teams



Tire Flip Event (States)

1. **TASK:** 10 member Raider teams will flip a large tire a distance of 50 meters, cross a midpoint line, and flip the tire back to the start/finish line. Team captains will organize their teams into two groups of 5 cadets each. Time begins with the command “BEGIN!” and will end once the tire has completely crossed the start/finish line.

2. **CONDITIONS:** Uniform for this event is ACU trousers, Team or tan t-shirt, and boots. Gloves are required. The event will take place on a grassy field marked with lanes 50 meters long and 20 meters wide. Each team will flip the same size tire. If possible, Female, Mixed, and Male teams will flip progressively larger tires. The judge will command “Ready” and “Begin.” Time will stop once the entire tire has passed the start/finish line.

3. **STANDARDS:** The first group of five moves forward from a nearside ready-line and flips the tire 50 meters out and over the midpoint line. The second team of five will then move from the far-side ready-line and flip the tire back to the start/finish line. The second group may only begin to flip the tire once it has come to rest completely across the midpoint line. All five team members must have at least one hand on the tire at all times. The lane judge will walk along with the five member teams to ensure the guidelines are met. The tire cannot be allowed to twist or roll during the event. The tire must remain completely within the lane while being flipped. If any portion of the tire comes in contact with the lane boundary at any time, the team has committed a violation.

4. **SAFETY:** Gloves must be worn at all times. Team members cannot stand or move in front of tire at any time during the event.

5. **Penalties:**

- Allowing tire to roll and cover more ground (60 seconds)
- Allowing tire to twist to cover more ground (60 seconds)
- More than five cadets with hands on tire at one time (60 seconds)
- Cadet moving forward from ready-line before tire comes to rest (60 seconds).
- Lane violation (60 seconds)
- Intentional safety violation (Disqualification)
- Sliding tire (60 seconds)

CROSS COUNTRY RESCUE EVENT (Nationals and States)

1. **TASK**: 10 member Raider Teams will take a 15 question multiple choice written first aid test followed by transporting a simulated casualty over a one mile course on an unimproved dirt road. There will be a five meter long by 3 meter wide obstacle (low crawl) that all Team members, along with the weighted litter and ruck sacks must go under along the route. The objective is to complete the course in the shortest time.

2. **CONDITIONS**: The uniform for the Cross Country Rescue is ACU trousers, rigger belt, Team or tan t-shirt, running shoes, pistol belts with full canteen. Upon arrival to the site the Raider Teams will be administered a 15 question multiple choice written exam. There will be four different versions of the written exam published. The version give to each Raider Team will be at the discretion of the Head Judge. Teams will have 10 minutes to complete the written test. All test work must be completed on an individual basis; no assistance can be offered or received between Team mates. Each Raider Team must begin and end this event with the same 10 members. No substitutes are allowed between the written test and the litter carry portions. Each Raider Team will be given a litter with a pre-tied container(s) weighing approximately 80 pounds for female Teams and approximately 100 pounds for mixed Raider Teams and 120 pounds for the male Teams. Also, each Team will be given three rucksacks with 20 pounds for the female Raider Teams and 30 pounds for the male and mixed Raider Teams. Each Raider Team will be given 5 minutes to confirm their pre-tied containers are sufficiently secured to not fall off the litter during the carry. There will be an approximately five meter long by three meter wide obstacle (low crawl) that all Team members, along with the weighted litter and ruck sacks must go under along the route. Incorrect answers on the written test will result in 5 seconds per wrong answer time being added to the Teams' total run time.

3. **STANDARDS**: All 10 Raider Team members will complete a 15 questions multiple choice written test. All test questions will

come from a 75 questions study guide taken from the JROTC Curriculum Manager published in advance of the event but no later than 9 September 2013. After the 10 minutes for the written test has expired the Team will move to the adjacent litter carry area. Upon arrival, the 5 minute weighted litter check clock will begin. The Raider Team Captain will notify the evaluator when the simulated casualty is ready to be transported. Upon the command “GO” each Raider Team will transport the simulated casualty and the rucksacks to their destination in the fastest possible time. Upon reaching the obstacle all Team members and all equipment must travel under the obstacle. No penalties will be assessed for the weighted containers falling off the litter but if the container does come off the litter the Team must stop immediately and re-secure the container before continuing the carry. All equipment and Raider Team members must be across the finish line before the time stops. Equipment will not be dragged (except under the obstacle) or thrown. The rucksacks will not be carried on or attached to the litter in any manner. Each Raider Team Commander will task organize their Teams and decide how many cadets will carry the litter and who is carrying the rucksacks and how they switch off during the actual event. Once a Raider Team member crosses the finish line he or she cannot cross back over the finish line to aid their Raider Team in any capacity. Raiders may however place their equipment by the finish line without penalty before crossing it and may return to help their fellow Raider Team members. During the litter carry all Raider Team member must remain within line of sight of each other. Five penalty seconds will be added to the Teams’ total time for each incorrect answer on the written test. IF ALL Raiders cross the finish line without ALL of their equipment they will be DISQUALIFIED.

TEAM RUN EVENT (Nationals and States)

1. TASK: Each Team must complete a 5 Km Team Run over a designated marked course along an unimproved dirt road.

2. **CONDITIONS:** During daylight hours and under existing weather conditions, each 10-member Raider Team will negotiate a 5 Km course consisting of unimproved roads and sandy trails in their prescribed Raider uniform (ACU trousers, Team or tan t-shirt, running shoes, pistol belt and one full canteen). Team members must stay together, and be within 20 meters of each other during the final 300 meters of the course. Coaches and other Team members will not be allowed to run with the Team.

3. **STANDARDS:** Team scores will be based on total time it takes for the Team to finish the course. All Raider Team members must complete the final 300 meters of the course within 20 meters of each other and the time will stop when the last member of the Team crosses the finish line. If any Raider violates the 20 meter rule there will be a 30 second penalty for each Raider in violation. Raider Team Members cannot push, pull or carry their Teammates at any time during the Team Run Event. No Cadet, Alternate Team member, parent or Cadre may run along or “pace” a Raider Team. Any Raider Team caught violating this rule will be disqualified. If for any reason a Raider Team member drops out of the Team Run Event the Team will be disqualified.

4. **CONCEPT:** Each Raider Team will report to the Team Run ready area and will be briefed on the task, conditions and standards for the course. The Team will be given 3 minutes to get ready and to conduct any last minute preparations. When told to report to the starting line, the Team will move forward and a judge will give the command “Get Ready” and “Go”. Time will stop when ALL Raiders have crossed the finish line.

RAIDER GAUNTLET (Nationals)

1) General Scenario:

a. Raider Gauntlet is a two mile event over often rough terrain. This course can be very hilly and can contain a DEEP REVINE (i.e, the PIT), ROPE PULL-UP, and TWO 42 INCH VAULTS on a well-marked path for teams to follow to the finish line directly adjacent to the starting position. In 2014, it was flat, short, included a Hanging Tire obstacle, Two culvert tunnels, and an 8 foot wall that all cadets, w/equipment had to negotiate.

The team will be carrying 5 rucksacks (35 pounds each).

b. For those that have not attended in a few years, this will be a different course & gear requirements than several years ago.

c. The time will stop when the last team member crosses the finish line with all equipment.

d. Team members may provide assistance to one another on any and all obstacles. Prior planning and team work will make your run successful on the Gauntlet course!

e. Uniform: ACU/BDU UNIFORM with boots. Jackets optional. Dress for weather conditions. BRING EXTRA UNIFORMS -YOU MAY GET WET AND MUDDY!

2) Specific Details:

a. Penalties:

1. 5-minute penalty will be assessed for any individual failing to successfully complete the event and cross the finish line or 5-minute penalty for any rucksack failing to successfully be carried through the event and over the obstacles and cross the finish line.

2. All individuals and equipment must pass over two 42 inch high vaults and enter the ravine at the designated entry point; exit at the designated exit point. Any individual bypassing an obstacle will incur a penalty for each

occurrence. Equipment must not be passed around or under the vaults and must be carried into and out of the ravine.

3. We STRONGLY SUGGEST for all teams to especially walk this course together in advance, both for the safety of you team (noting branches, rocks, etc that may be a hazard), as well as discussing strategies to accomplish the PIT, vaults, etc. Again, no practicing on any section of the course....

Physical Team Test (PTT) (Nationals and States)

1) General Scenario:

a. The PTT is the team event designed to test the strength, balance, stamina, strategy and endurance of a team of young cadets over a distance of under ½ mile total using a variety of physical obstacles. To complete this event well, cadets must use teamwork! The team score is the time it takes to complete the tasks, put all items used back in their approximate starting positions, and finish the course with all team members.

b. 10 members of the team must compete in the PTT. Time will be kept and recorded for each team. Judges will be stationed along the route to ensure compliance with all rules.

c. Instructors will be on-hand but moved away from the team at the starting position only with all other spectators during this competition.

2) Specific Details:

a. The grader will then command, “Get Set...GO!” The GO command will start the clock. At that point, the team begins the course.

b. The course will consists of the following items in order over a roughly .35 mile course:

i. A 10-yard Low Crawl (will maintain 5 chutes, one for each tandem to use)

- ii. A 50- yard Water Can Container carry (3, 30lb cans per tandem - 15 cans total)
- iii. A 42" Team Vault
- iv. Speed Agility Maze (a tight zig-zag maze best accomplished in column formation)
- v. 250lb. weighted ", 60' distance, flat bottom canoe
- vi. Turn Around Pole (Team runs around the pole and repeats the course in reverse order)
- vii. **New for 2015-** The "Tire Drill" (think of football players doing "high knees" while running through two rows of tires on the ground.

c. At the waiting area, the team should start in FIVE, two-person tandems. The low crawl will maintain FIVE sections, one for each pair. The uniform for this event: ACU/BDU pants, t-shirt & boots. Jacket may be worn if weather dictates (team decides). No Athletic attire allowed.

d. Each team will compete on the course by themselves to eliminate obstructions. A well-prepared school of any gender should be able to complete the course in less than 5-6 minutes. Any team may be removed from the course at the 8-minute mark for failure to progress. Teams will have course items that will be required to be carried by both members of each team! EXAMPLE: There will be 15 Water Cans, each 2 person team will carry 3 boxes the 50 yards).

e. The boat to be used will be a flat-bottomed canoe. It will maintain 250 lbs. of ballast. The team will pull the canoe 60' .to the marker, drop or release the boat, continue running forward roughly 40 yards as a team, go around the Turn Around Point, run back to the boat, carry or drag the boat BACK to the starting position (and leave it facing the SAME direction as you found it) and complete the course in reverse order, re-setting all of the items as you go.

f. Once any cadet raider crosses the finish line, that cadet raider cannot go back and help other team members or pickup any remaining equipment – their event is completed at

that point. Violation of this rule will be a 30-Second Penalty PER OCCURANCE. Time will stop when the last team member crosses the finish line.

g. Because this PTT event has many obstacles that teams may not have specifically trained on, teams are ALLOWED and ENCOURAGED to walk the course, plan strategies and look for and mitigate hazards the day prior to the event. The PTT is a flat out SPRINT! The difference between 1st and 5th on this event is normally less than 10 seconds. More importantly, at Nationals, the PTT is the “Tie-Breaker” event. Just ask our female team about their first two years at nationals..... Just sayin’.

Knots to Know

Much of the success of the Raiders will depend on their ability to tie a number of knots. These knots can aid them in overcoming obstacles, rappelling or possibly evacuating a casualty. A Raider should know the knots described in this handbook and be able to employ them.

(1) Square knot w/two overhand safeties.

Two interlocking bites, running ends exit on same side of standing portion of rope, 180 degrees away from each other. Each running end is secured with an overhand knot on the standing end flush with the bight. Considered a joining knot, it is a common, useful, multi-purpose knot. The little saying to remember when tying a Square Knot: Left over Right, then Right over Left –or- Right Over Left, then Left over Right....either way produces a Square Knot.

(2) Overhand knot (safety for a Square Knot and End of Line Bowline)

An overhand knot is formed from a loop by pulling the running end through the loop. It is commonly used to secure the running ends of a square knot or other knots. The important thing to remember is: Don't confuse this knot with a "half-hitch" and ENSURE both "safety overhands" are snug against the sides of the Square Knot.

The Square Knot w/Safeties, is used when tying a Swiss Seat/Aussie Seat and all bowline knots. Remember that when your done, your overhand knot should look like a "pretzel".

(3) Round turn with two half hitches. This knot is an anchor knot. It holds well when kept under constant tension, but can work loose when the tension is variable. It is used on both the Far Side and Near Side anchor points of a One Rope Bridge.

(4). Wireman's knot. The wireman's knot forms a single, fixed loop in the middle of the rope. It is a middle rope knot. It is used on the Near Side of the One Rope Bridge.

a. Tying the Knot.

STEP 1. When tying this knot, face the anchor that the tie-off system will be tied to. Take up the slack from the anchor, and wrap two turns around the left hand (palm up) from left to right.

STEP 2. For a picture, search for "Farmers Loop" or "Wireman" in google. For a One Rope Bridge, you want your rope hanging down about 8-10 inches below the hand. This will give you a finished product that has a length of about 12 inches...a requirement for a One Rope Bridge.

STEP 3. Name the wraps from the heel to the fingertips: heel, palm, and fingertip.

STEP 4. Secure the palm wrap with the right thumb and forefinger, and place it over the heel wrap.

STEP 5. Secure the heel wrap and place it over the fingertip wrap.

STEP 6. Secure the fingertip wrap and place it over the palm wrap.

STEP 7. Secure the palm wrap and pull up to form a fixed loop.

STEP 8. Dress the knot down by pulling on the fixed loop and the two working ends.

STEP 9. Pull the working ends apart to finish the knot.

b. Checkpoints. (1) The completed knot should have four separate bights locking down on themselves with the fixed loop exiting from the top of the knot and laying toward the near side anchor point.

(2) Both ends should exit opposite each other without any bends.

(5). Bowline. The bowline is used to tie the end of a rope around an anchor. It may also be used to tie a single fixed loop in the end of a rope. It is an anchor knot.

a. Tying the Knot.

STEP 1. Bring the working end of the rope around the anchor, from right to left (as the climber faces the anchor).

STEP 2. Form an overhand loop in the standing part of the rope (on the climber's right) toward the anchor.

STEP 3. Reach through the loop and pull up a bight.

STEP 4. Place the working end of the rope (on the climber's left) through the bight, and bring it back onto itself, dress the knot down.

STEP 5. Form an overhand knot with the tail from the bight.

(6). Figure-Eight.

Uses: The Figure 8 provides a quick and convenient stopper knot to prevent a line sliding out of sight, e.g., up inside the mast. Its virtue is that, even after it has been jammed tightly against a block, it doesn't bind; it can be undone easily. This virtue is also, occasionally, a vice. The figure 8 can fall undone and then has to be retied.

Tying the knot- Start by forming a bight in the rope that is secured by your right hand (with at least 2 feet of free running end). Securely hold the two ropes about 8 inches below your right hand, with your left hand. Now, rotate your right hand LEFT, 180 degrees so the bight loops is pointed toward the ground, and to the RIGHT of your left hand. Then, rotate the bight loop TOWARD your body (ensuring it is now in front of the rope your left hand is holding). Then, rotate the bight to your left as you simultaneously take it around the left side and behind the rope your left hand is holding. Once around, bring the bight loop back toward your body and then push it through the new loop you just created. Once through, secure the bight loop with your left hand (letting go of the rope it was just holding, and pull it through to cinch it down. Use your right hand to pull down on the two ropes your left hand just let go of to help cinch the knot completely.

Raider Ranks

To achieve rank in Raiders follow these principals.

- Do **extra** physical conditioning on your own
- Ensure you have a fitness plan
- Utilize teamwork and you will win!
- Don't say it unless you are going to do it.
- Train, train and train some more.
- Develop your self-discipline.
- Perfect technical requirements.
- Do it **right** and *then* go for speed.
- Do what is *right* not necessarily what is **popular**.
- Believe in yourself and others will.
- Don't worry about who gets the credit.
- Encourage and help your teammates.
- When the team wins everybody wins.
- **Never** use the "C" word.
- Be committed to the team!

NOTE*

IF THESE PROMOTION SHEETS ARE LOST, or
"STOLEN,"
YOU WILL HAVE TO REDO EVERYTHING FROM
SCRATCH. MAINTAIN YOUR DOCUMENTS!

"Early morning runs, hot sweaty afternoon training, the celery fields, no breaks during the summer, every other weekend committed, shin splints, blisters and sore backs. Heck, I don't know why *anyone* would want to be a Raider....."

-MSG John Browning

Scout Requirements

All items below must be accomplished to be promoted to the Raider rank of SCOUT and to receive the SCOUT arc.

Verifying Raider Initials

- Has a Coach approved improvement fitness plan Coach _____
(There is no specific format)
- Show marked improvement on RFC Coach _____
- Fitness Tracker up to date and checked by G.B. Any Raider _____
- Scored 100% on First Aid Test (Insert #1) Any Raider _____
- Recite entire Raider Creed Any Raider _____
- Attend a **minimum** of 15 practices (this season) Raider S-1 _____
- Attended 2 Raider campouts (this season) Raider S-1 _____
- Demonstrate discipline and motivation
 - Freshman obtain rank of PFC
 - Sophomores and above rank of corporalAny Raider _____
- Write a one page essay explaining why you should be promoted to the rank of Scout. Any Raider _____

All the above requirements must be signed off to be eligible to take the Scout Skills test.

Pass Scout skills test without error And Raider _____

** Skills test consists of the following:

- Knot Test
 - Swiss and Aussie seat with all correct knots (within 1 minute ea.)
 - End of the Line Bowline with appropriate Safety
 - Wireman knot (with dowel properly emplaced)
 - Wireman knot (with 2 Snap link properly emplaced)
 - Figure 8 Knot (Nationals Far-Side)

I verify that I meet the above requirements and voluntarily accept the responsibilities of the rank of Raider Scout.

Printed Name: _____ Signature: _____

I recommend the above cadet for the rank of Raider Scout.

(Signed by Raider Commander) Date: _____

(Signed by Raider 1SG) Date: _____

Bushmaster Requirements

All items below must be accomplished to obtain the Raider rank of BUSHMASTER and receive the BUSHMASTER arc.

- Attend a **minimum** of 15 practices (this season) Raider S-1_____
- Show marked improvement on RFC Coach_____
- Hold rank of scout for at least one semester And Raider_____
- Fitness Tracker up to date and checked by G.B. Any Raider_____
- Scored 100% on First Aid Test (Insert #1) Any Raider_____
- Recite the entire Raider Creed Any Raider_____
- Can give a narrative of Black Knight History Any Raider_____
- Write a one page essay explaining why it is Important to you and why you are eligible Any Raider_____

- Plan (on paper and submit) a full and thoughtful Raider practice (don't be weak-minded) Any Raider_____
- Physically construct a rope bridge to standard (minus the tightness) with ONE buddy of your Choice. (NATIONAL RB standards) Any Raider_____

Pass Bushmaster skills test without error Any Raider_____

** Skills test consists of the following:

- Knot Test
 - Swiss and Aussie seat with all correct knots (within 40 sec ea.)
 - End of the Line Bowline with appropriate Safety w/l 15 sec.
 - Wireman knot (with dowel properly emplaced) w/l 10 sec.
 - Wireman knot (with 2 Snap link properly emplaced) w/l 10 sec.
 - Figure 8 Knot (Nationals Far-Side) w/l 5 sec.

I verify that I have met all the above requirements and voluntarily accept the responsibilities that accompany the rank of Raider Bushmaster.

Print Name: _____

Signature _____

I verify that the above cadet has earned the rank of Raider Bushmaster.

_____ Date: _____
(Signed by Raider Commander)

_____ Date: _____
(Signed by Raider 1SG)

Raider Requirements

All items below must be accomplished to obtain the Raider rank of RAIDER and receive the RAIDER arc.

- Allowed to miss of 2 practices (this season) Raider S-1_____
- Show marked improvement on RFC Coach_____
- Hold rank of Bushmaster at least one semester GB Raider_____
- Fitness Tracker up to date and checked by G.B. GB Raider_____
- Scored 100% on First Aid Test (Insert #1) Raider XO_____
- Recite the entire Raider Creed GB Raider_____
- Recruit no less than 3 non-Raiders to help you Perform an area beautification project at SMA GB Raider_____
- Help NOBs prepare water coolers for one month GB Raider_____
- Attend every fund-raising event for Adv. Season Raider S-1_____
- Passed the written Black Knight History test Raider 1SG_____
- Write a two page essay explaining how you have Upheld the Raider creed of “don’t quit”, “Team”, And never let other Raiders down. Raider CDR_____
- Plan (on paper and submit) a full and thoughtful 2 week Raider practice (don’t be weak-minded) Coach_____
- Obtain 3 letters of recommendation from Grey Beret Raiders. Raider CDR_____

I verify that I have met all the above requirements and voluntarily accept the responsibilities that accompany the rank of Raider.

Print Name: _____

Signature_____

I verify that the above cadet has earned the rank of Raider.

_____ Date: _____
(Signed by Raider Commander)

_____ Date: _____
(Signed by Raider 1SG)

***Although a requirement for turning grey, the rank of Raider should be pursued by those that decline to “Turn Grey”, “DOR” while Turning Grey, not recommended for Turning Grey, or are otherwise ineligible for “Turning Grey”.**

UNIFORM WEAR

ACU – Army Combat Uniform

A sharp appearance is the outward indication of your pride of yourself and the United States Army. **The ACU will NOT be mixed with civilian clothing. Effective Aug, 2016, the Grey Beret is NOT authorized for wear with the ACU.**

These uniforms are designed to be loose fitting; alterations to make it form fitting are not authorized. A tight fit reduces the air flow needed for ventilation and cooling. The coat will be worn outside the trousers and the trousers worn with a belt.

ACU'S

Appearance

First and foremost, as a RAIDER, you *represent* the Raider Company. Not only are you expected to conduct yourself in a manner consistent with good moral values and professionalism, you are expected to be the “Standard Bearer” when it comes to wearing the military uniform, on and off campus. Failure to live up to the high standards expected of ALL Raiders is grounds for a Raider Honor Board and possible reduction in Raider rank/suspension or a combination of the two. RAIDERS LEAD THE WAY!

Hairstyles will not interfere with proper wearing of military headgear. Males will follow the same hair standards as they do in JROTC

Earrings, bracelets or necklaces are not authorized with the ACU.

Cosmetics. Female cadets are authorized to wear cosmetics applied ***conservatively and in good taste***. Exaggerated or faddish cosmetic styles are inappropriate with the uniform and will not be worn. Lipstick and nail polish may **NOT** be worn. Extreme shades of lipstick and nail polish such as two-tone, nail designs, bright fire engine red, khaki, camouflage,

gold, blue, black, white and neon colors will not be worn.

Nails will be trimmed no longer than ¼ inch, as measured from the fingertip.

b. Uniform coats and jackets (**male & female**): **The sleeve length will be 1 inch below the bottom of the wrist bone.**

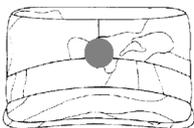
c. **Trousers and slacks:** Trousers are to be fitted and worn with the lower edge of the waistband at the top of the hipbone, plus or minus ½ inch.

The front crease of the trousers will reach the top of the instep and be cut on a diagonal line to reach a point approximately midway between the top of the heel and the top of the standard shoe in the back.

d. **ACU patrol cap** is worn at all times while outdoors (competitions will require it to be put away while competing).

It is worn straight on the head so the cap band is parallel to the ground. The cap will not be blocked or rolled. No rank should be worn on the ACU patrol cap; Raider or JROTC.

You *can* purchase, at your own expense, a Velcro name tape for the back of the patrol cap.



e. **Items in pockets** should not cause a bulky looking appearance.

f. **Keys and key chains** will not be attached to belt loops.

g. **When in uniform**, personnel will not place their hands in the pockets except momentarily to place or retrieve objects.

h. **Uniforms will be kept buttoned, zipped, and snapped;** metallic devices such as metal insignia, belt buckles, and belt tips will be kept in proper luster and will be free of scratches and corrosion; medals and ribbons will be clean and not

frayed. De-blousing only occurs when authorized by your commanding officer or NCO.

Boots will be cleaned and tightly laced. Your ACU pants will be tied snugly with the ties provided, at the top of the boot, or tucked into the boot. You will NOT walk around with your ACU pant legs untucked at any time, unless directed by the Raider Coach/CDR/1SG or heat/safety reasons.

When the wear of the Army uniform is prohibited:

-In connection with the furtherance of any political or commercial interests or when engaged in off-duty civilian employment.

-When participating in public speeches, interviews or picket lines.

-When attending any meeting or event which is a function of, or is sponsored by, an extremist organization.

-When wearing the uniform would bring discredit upon the Army.

*Unless in transit to school, from school, at school or at a school function, wearing of the JROTC issued ACU should not take place.

Closing Statement

Always strive to live by the principals in this handbook and apply them to other areas of your life. They will bring you success. If you make a mistake, shake it off, and try a different approach. Every person who has ever lived and especially those who made great achievements, failed countless times. You must not let fear of failure keep you from trying to succeed. If it was easy then no one would care.

Packing List for Raider Campout

- Tent (no larger than 6 person)
- Sleeping bag/air mattress
- Full ACU's if competing (Fleece during colder months)
- Raider PT shirt
- PT shorts
- Running shoes (2 pairs recommended)
- Toiletries/feminine products
- Bug spray
- Sunscreen
- 3 Extra socks (1 pr in a ziplock bag) and undergarments
- Flashlight
- Hat (that won't be missed if lost)
- Shower stuff (up to you)
- Raider Stuff (gloves, etc.)
- WATER!!!!!!!

DO NOT BRING

- Knives or any weapon
- Fire (matches, Zippos, etc.)
- Large coolers
- Grills or stoves
- Drugs/alcohol/tobacco or any other contraband products

No Eating in Tents (don't want to "invite" bugs in, do you?)

RAIDER SONG

**We're crawling through the mud pit
We're crawling through the grass
We never stand upon our feet
We're always on our AAAAAAAA-
We're rough, tough, hard core
Who the heck are we?
We're proud to be in the Raider
Company
HOOOOAH!**

First Aid Example Questions (these might change)

1. Q- What is the definition of First Aid?

A- The immediate care given to victim until qualified medical personnel arrives.

2. Q- What is the law designed to protect the rescuer and encourage people to assist others in distress by granting them immunity against lawsuits?

A- The Good Samaritan Law

3. Q- List 6 items in a well stocked First Aid kit.

A- Bandages, band-aids, tape, aspirin, antiseptic cream and cleanser, safety pins, scissors, tweezers, cotton, and tissues.

4. Q- List the 7 steps to Evaluating a Casualty ?

A- 1) Consciousness

2) Breathing

3) Bleeding

4) Shock

5) Fractures

6) Burns

7) Head Injury

5. Q- List 3 signs of Shock.

A- Sweaty but cool skin, paleness, restlessness(nervousness), thirst, loss of blood, confusion, fast breathing, blotchy(bluish) skin, vomiting(nausea)

6. Q- What are the ABC's of First Aid?

A- Open Airway, Check for Breathing, Check for Circulation

7. Q- What are the 2 procedures that make up CPR?

A- Mouth-to-mouth resuscitation and closed chest heart massage

8. Q- Only under what circumstance should you use a tourniquet?

A- As the last resort

9. Q- What is the name of the best known method to clear a person's airway?

A- The Heimlich Maneuver

10. Q- What are the 2 types of fractures?

A- Simple and Compound

C-3

ATCC-FF

ANNEX C (CROSS COUNTRY RESCUE) To 6th BDE

JROTC State Raider Challenge Competition (MOI), CROSS COUNTRY RESCUE

11. Q- What are the 3 degrees of burns?

A- 1st, 2nd, 3rd

12. Q- What are the 3 types of heat injuries from least severe to most severe?

A- Heat cramps, heat exhaustion, heat stroke (most)

13. Q- What are the 3 types of venom?

A- Neurotoxins, hemotoxins (skin), cardiotoxins

14. Q- What are 4 symptoms of insects bites and stings?

A- Pain at site, itching(hives), weakness, anxiety, headache, breathing difficulty, nausea(vomiting), diarrhea

15. Q- What type of venom does the Black Widow spider produce?

A- Neurotoxins

16. Q- What type of venom does the Brown Recluse spider produce?

A- Hemotoxins

17. Q- What are 2 precautions to avoid poisonous plants?

A- Dress appropriately;

Avoid areas where poisonous plants grow;

Do not eat plants you don't recognize.

18. Q- Within how long does shock usually occur after a severe injury?

A- Within the first hour after

19. Q- When treating for shock, you should position the victim on his/her____; However, if the victim is having difficulty, allow him/her to____; Or if the victim is vomiting, position the person on his/her_____.

A- Back, sit up, side

20. Q- What are the 3 types of bleeding and how do you recognize each?

A- Arterial- bright red blood that spurts with the heartbeat

Venous- steady flow of dark blood

Capillary- slow flow of blood

21. Q- When is the best time to give food/drink to a shock victim?

A- Not to, unless help is not coming for awhile, then give small amounts of fluids with salt every 15 min.

22. Q- Which body part is least likely to be affected by frostbite?

A) Neck

A- Neck

23. Q- List 2 precautions to take to prevent heat injuries.

A- Avoid working outside in hot, humid weather;

Drink at least 1 quart of water every hour;

Limit your exposure to high temp.

24. Q- What are 2 types of cold-weather injuries?

A- Frostbite, immersion foot/ trench foot, hypothermia, snow blindness, dehydration

25. Q- What is the RICE procedure for muscle injuries?

A- Rest, Ice, Compression, Elevation

SMA Black Knights

A Long History of Excellence

Florida State Championship Titles

<u>Males</u>		<u>Females</u>
		2016*
2015*	(2016)	2015*
2013		2014*
2011*		2013
2010*		2012*
2009*		2011*
2008*		2010*
		2009*
		2008*
		2006*

“ * “ = 1st place at the District meet as well

National Raider Championship

Males

2016- 1st Runner Up

2015- 1st Runner Up

Females

2016- National Champions

2015- National Champions

2014(tied-1st)

2013(tied-1st)

Mixed-2

2016- National Champions (All Services)

2017- National Champions (All Services)

Black Knight Raider Team Coaches:

MSG(Ret) John Browning

CSM(Ret) Mike Collis

CSM(Ret) Keith Daly

Check us out at: www.smaraiders.com