

THE SHAMROCK

Newsletter of the Fightin' Irish Battalion

Vol. XXI, No. 3

Spring 1997

Airborne... All the Way... Everyday...

Cadets Look Forward to Summer Training After Weeks of Preparation

By C/SSG Michelle Marcotte

Airborne-, airborne- all the way. Airborne-, airborne-everyday. This jody was the reality of 24 high speed, low drag ROTC cadets as they participated in Notre Dame Army ROTC's Airborne training headed by C/CPT Ben Rost. The training started the last week of January as cadets were still trying to motivate themselves after their relaxing Christmas breaks.

Cadets met at 0530 each morning and would march to Pasquerilla Center for inspections. Cadets are inspected by a Blackhat assigned to their stick (squad). A Blackhat is a senior trainer who has graduated from airborne, air assault, or mountain warfare. Inspections cover Airborne facts, Notre Dame trivia, and any information relevant to the Blackhat's life. For every wrong answer, the cadet is required to drop and perform a series of push-ups.

After the inspection is complete, cadets march to Loftus or the JACC and start physical training. It was not uncommon for cadets to work to physical exhaustion. A common motivation was the concept of mind over matter - "Your minds tell you to quit much earlier than do your bodies." Training focuses heavily on upper-body strengthening and running. Pull-ups are a required part of Airborne and Air Assault school and are performed each morning and before each meal. Notre Dame Airborne


training took place every morning over four weeks. Fridays were reserved for a PT test.


So what would make a normal Army ROTC cadet want to endure such mental and physical pressure to jump out of a perfectly good airplane? Each of the cadets had their own reasoning. Many of

one simply cannot miss. By the end of the training, every cadet was also doing it to prove to themselves that they were capable of the mental and physical strength needed for camp.

After four weeks of training, cadets are placed on an Order of Merit list which ranks them based on attitude and training performance. Notre Dame is allotted a certain number of slots for Airborne and Air Assault school. Slots will be designated according to the OML list. Airborne school is three weeks long and located at Ft. Benning, GA. Air Assault is a two week school held at various bases.

Cadets commented on what their expectations had been before the training began. Cadet Jennifer Hinkle remarked "It was not as bad as I expected, that is not to say that it was not difficult or physically challenging, but it was an excellent learning device."

Airborne training is an excellent learning tool. All the cadets remarked that they are now better prepared for Army ROTC in general. They learned drill and ceremony, how to maintain their military bearing, and respect for authority. It also took discipline and motivation to rise every morning at 0500. They learned a great deal about team work and how much that support can help ease the pain of grueling activities. The training also prepared the senior Blackhats for after graduation. They were placed in a position which is a basic model of what they will experience in the Army. 

 **Are you ready to jump?**
Cadets who will attend summer training

Airborne

Michelle Marcotte
Charlton Warnke
David Violand
Paul Maloney
Matthew Stump
Jeremy Scarlett
Nalomi Freeman
John Curry
Brian Sykes
Date Redman
Megan Cavanaugh

Air Assault

Kevin Jinks
Daniel Arney

Mt. Warfare

Richard Schwartz

the cadets wanted a disciplined schedule to improve their physical strength and ability. PT scores increase by an average of 50-60 points after Airborne training.

Some cadets also hope it would help prepare them for their career in the military after graduation. Jumping out of a plane is also seen as a lifetime opportunity

Letter from the Professor of Military Science, LTC O'Brien

IT IS SPRINGTIME IN SOUTH BEND!!! The birds are chirping; the trees are budding; the temperature is above freezing; and the sun is... well, except for the sun—Spring has finally arrived. ... And not a moment too soon for most of us. It has been a long haul through the winter semester, but we have made it.

It is that time of the year when we finish up that last paper, study for and “max” those final exams, and breathe a sigh of relief that the school year is almost at an end. We all look forward to that time within the next month that we all have that richly deserved SUMMER BREAK.

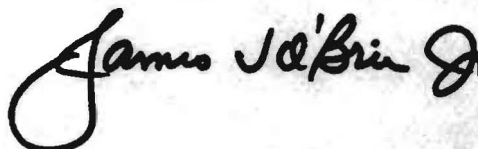
Of course, with every ending, there is also a new beginning for our focus. The MS IVs will soon celebrate their commissioning and graduation. Shortly thereafter, they will embark on their new lives as officers in the US Army. They will face and overcome numerous challenges and adventures—all of which we will hear retold in great detail during future reunions. Our MS IIIs eagerly await their “trial by Advanced Camp” at Fort Lewis, Washington, where their leadership abilities will be tested and evaluated against thousands of other cadets from across the country. Some of us will journey to the ROTC Basic Camp at Fort Knox, to compress two years of on-campus ROTC into six weeks of camp. MS IIs and MS Is will return home, somehow “different”—certainly older, maybe wiser—than when they left for college last fall.

With all of the excitement of the new beginnings, all of us feel some apprehension and anxiety for what our future holds. Next week, next month, next year will be different in many ways for us. We all have some “new” role to play in our lives. Always remember that you are all properly prepared for what lies ahead by your experiences here in the Fightin’ Irish Battalion. Remember the advice, guidance, and encouragement that your parents, teachers, friends, and mentors have given you. Rely on your inner courage and integrity. ALWAYS DO THE RIGHT THING. You will succeed.

My personal thanks to everyone who has made this year such a successful one for our battalion. All you cadets who volunteer so much of your free time to make our operation run smoothly are very important to us. The cadet chain of command from Battalion Commander down to Team Leader has done much to make us the great unit that we are. My thanks to each of you. Please join me in extending thanks to all the cadre—I strongly encourage each of you to personally offer your thanks to them. Every cadre member gives 100%+++ to this unit. It is not unusual for the lights of Pasquerilla Center to burn late into the night, early in the morning, or over the weekend. Your cadre makes a great difference for all of us here.

My best wishes to each of you as we close out the semester. Ensure that you have a strong finish to the academic year. Be safe over the summer. Prepare for your new challenges.

GO IRISH!!



Cadet Perspective

Changes in Junior Training Prove Successful, Effective

By C/SSG Jeremy Lingenfelter

Out of the deep haze of sleep I hear the faint sounds of a rooster crowing. As I roll over, I realized it is my cursed alarm clock. I fumble with the clock until I finally find the button which will stop the noise. The lady trapped inside the box says, "It is 5 o'clock a.m. I roll out of bed, already dressed in my PT shorts and t-shirt, and start the hurried process of getting ready. After quickly combing my hair and brush my teeth, I do a quick check of my chin to ensure that no hairs had sprung up overnight. My PT sweats come last along with the student ID. Finally, I'm out the door and headed towards the ROTC headquarters—Pasquerilla Center. I enter and do a quick check of my shirt color to reassure myself and then check the time. It is 0526. Drat, I am four minutes early, I need to reset my alarm for 0503. Thus, another junior training is underway.

As many already know, junior training, the annual right of taking a class of cadets and making them battle ready, was drastically changed this year. Junior training focuses on preparing cadets physically and ensuring they have the technical competence needed for camp activities which cannot always be achieved through regular PT and class. Certain changes were implemented to better prepare the junior class for Advanced Camp at Ft. Lewis, Washington and make it all less time consuming for cadets. I believe these changes have been appreciated by the majority of the junior class.

The first major change was the reduction of 0530 training sessions. This year, there were only three weeks of these early morning meetings. The majority of the extra training was instead moved to extended one hour and fifteen

minute classes. This gave us the time for hands-on practical training immediately after being taught in class. It also made it easier to retain the information since we had learned it and used it all at once. Finally, I think all the juniors can agree that it is much easier to understand SGT MAJ Mier at 0930 versus 0530. This change has been welcomed by the juniors immensely.

Another positive change is the PT mentor program. Juniors who fail the PT test or who are in danger of doing so are put on this

of days we could be out in the field. From most of the upperclassmen reaction, this was a lost opportunity for our class. While I am glad I won't miss another weekend, I know RIDPIN would have helped. I'm looking forward to the FTX because I think it will be the closest I come to experiencing camp situations.

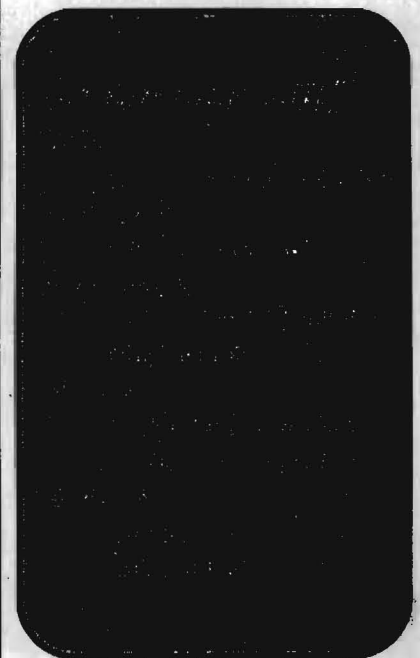
As for the rest of the semester, I plan to make the best of trying to balance my cadet life with student life. It is perhaps the hardest lesson learned from junior training.



SGM MAJ Mier was the primary instructor for junior training

program. Others may voluntarily use the program to help improve and ensure they are exercising. Each MSIII involved gets and MSIV assigned to be their "mentor." MSIVs are suppose to provide guidance and inspiration to the MSIIIs. Many help design a PT schedule and offer tips to improve in running and push-ups, depending on the need areas of improvement. Some pairs have also scheduled weekly PT tests to monitor improvement.

One last major change which the junior class felt was the absence of RIDPIN-X. Usually a weekend simulation of camp for juniors with cadets from other schools, the training was cut due to a rules change regarding the number



Fancy Footwork

Boxing Gives Cadets Workout, Discipline

By C/2LT Damon Affinito

Tradition is the backbone of Notre Dame. In almost every aspect of university life, the legacy of the past remains alive in the present. Perhaps no other sport, with the obvious exception of football, has as much tradition at Notre Dame as does boxing. Boxing was introduced to the university by football coach Knute Rockne in 1923, who used the sport to keep his players in shape during the winter months in an era before the advent of formal off-season conditioning. Following Rockne's death in 1931, Dominic "Nappy" Napolitano, then

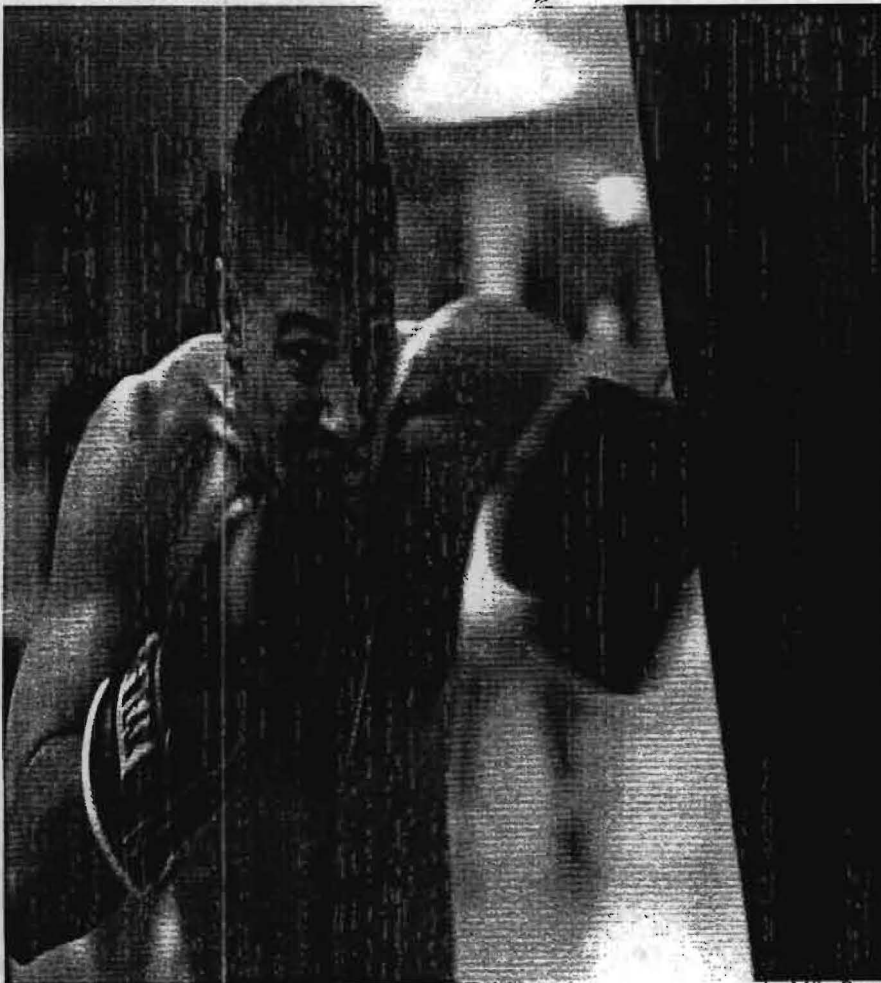
a Notre Dame student, became the director of the boxing program. He soon coordinated the first Bengal Bouts as a one-night boxing card, and the Bouts eventually grew into a campus-wide boxing tournament. Napolitano passed away in 1986, and since then, the Bouts have been organized and directed by former Bengal Bouters, most of whom still reside in the South Bend area. Since 1931, every dollar raised through ticket sales, merchandise, concessions, and donations has been sent to the Holy Cross missions in Bangladesh.

The three night spectacle that students and fans enjoy in late February and early March comes as a result of training that begins months beforehand. Though practice officially opens on the first class day of the spring semester, most boxers start conditioning programs during Christmas vacation at the latest. Veteran boxers know that they must return to campus in reasonably good shape, for the next six weeks of preparation will be demanding. During these six weeks, Bengal Bouters practice in the Boxing Room of the Joyce Center for at least two hours a day, six days a week. A typical early-season practice consists of 250 push-ups, 500 repetitions of abdominal exercises, several hundred jumping jacks, fundamental work, and running. In addition, many boxers opt to fit in extra training either before or after practice, which usually includes shadow boxing, bag work, and jumping rope. Once sparring begins during the third week of practice, boxers are usually granted a little more freedom to pace their own workouts.

Five cadets represented the Fightin' Irish Battalion in the 1997



Damon Affinito *by Mike Ruma*



Seth Roy

by Mike Ruma

edition of the Bouts. Senior veterans Damon Affinito and Seth Roy were joined by three first-year fighters: seniors Dave Buckley and Ben Rost, and sophomore Chad Stracensky. All five agreed that the chance to significantly improve on their physical condition was a major reason for participating in the boxing program. "No sport even comes close to boxing in terms of offering such a complete workout," said Affinito. "This is my fourth year in the program and, although I'm in a lot better shape than I was as a freshman, practice is still a challenge."

Both Rost and Roy drew parallels between boxing and the military. As Rost put it, "Boxing is kind of like ROTC in that it is governed by simple rules, such as 'don't get hit' and 'hit the other guy.' You don't really understand what that means, however, until you get in the ring and box for the first time."

"Bengal Bouts is a great opportunity that cadets and midshipmen can take advantage of to build self-confidence, and both



Ben Rost by Mike Ruma

Seth "Take Your last breath" Roy	170 lbs, 2-yr veteran
★ Damon "Bronko" Affinito	155 lbs Qtr. final winner Divison Champ 4-yr veteran
Dave "What the..." Buckley	175 lbs 1st year
Ben "Ranger" Rost	165 lbs Qtr. final winner
Chad "Money Shot" Stracensky	200 lbs

Boxing Basics

mental and physical strength— assets that every soldier should have," continued Roy. "You get the chance to face your fears in the ring."

The opportunity to box also attracts many students each year. Stracensky cited the "excitement of fighting" as a reason for his participation, and Buckley admitted that he gained a "greater understanding of, and appreciation for, the sport of boxing."

The Bengal Bouts are unique to boxing in that fighters train together and help each other for six weeks, only to ultimately face off in the ring. "It's a little strange when you have to fight a friend for the first time, but in a way, that's what makes the Bouts so special. No matter who you are fighting, you have to give 100 percent, and you know your opponent will as well," Affinito said.

Stracensky continued, "My respect for the coaches, the other fighters, and the program

grew as each day passed." All fighters expressed pride in having fought in the Bouts, as well as in their role in helping to raise needed money for the poor of Bangladesh.

Four-fifths of the Fightin' Irish Battalion's Bengal Bouts contingent will be lost to graduation this spring, and only Stracensky can look forward to the 1998 tournament. Notre Dame Boxing is a once-in-a-lifetime

"Bengal Bouts is a great opportunity that cadets and midshipmen can take advantage of to build self-confidence, and both mental and physical strength -- assets that every soldier should have."

-Seth Roy

opportunity that should be taken advantage of by many more cadets in the coming years. Perhaps Buckley explained the Bengal Bouts phenomenon best, saying, "Some things are written on your resume and some things are written on your

soul. This is something that you just have to do to have it as a part of your soul."

Bengal Bout favorite Seth Roy was upset in the semi-finals. Damon Affinito finished his four year career with his first division title after defeating Pete "Tito" Titterton.

"I feel great," Affinito said. "It is a nice way to go out."



Senior Duty Stations

Seniors which received immediate active duty recently found out their first duty station.

Ft. Hood, Texas: Anne Anderson, Matt Audette, Rebecca Cannata, Pete Thomsen, John Verich, Tim Vail.

Germany: James Bozer, Dave Buckley, Christine Premeske, Ben Rost, Seth Roy, Ryan Liebl, Chris Stein

Ft. Bragg: Chrissy Berry, Christine Duffy

Ft. Carson: Dan Farley, Sarah Lokiec

Ft. Stewart: John Goetz, Joe Phillips

Ft. Sill: Steve Weger

Ft. Drum: Heidi Urben

Korea: Hoa Vu

Hawaii: Brian Tierney, Brendan Johnson

Ft. Polk: Eric Strong

Alaska: Elliot Held

Names in the News..... Matt Danysh, John Kuka, Elly Terrell, and John Menicucci have been named RAs for the next academic year. Susan Inerzillo has been elected as the leader of SADD for next year. Alice Caruso and John Menicucci will attend Mounted Maneuver training at Ft. Knox with West Point cadets. Training is six days long and will take place after camp. Kathleen Kenney will be attending Notre Dame Law school next year. Clark Brixey, Nathan Ledbetter, John Johnston, Megan Cavanaugh, Jeremy Lingenfelter, Susan Inzerillo, Matt Danysh, and Tierney have received slots to attend CTLT training this summer. Lingenfelter will be traveling to Germany for CTLT. Rachel Cuenca and Amy Batt will be studying abroad next semester. James Bozer is appearing in the production of "Picnic," sponsored by the St. Mary's Theatre Department.

Dining In

The annual Fightin' Irish Battalion Dining In was held on Thursday, March 20 at the JACC. Presiding over the mess were members of the ND ROTC Cadre, along with MAJ GEN Wallace from ROTC cadet command at Ft. Monroe.

Senior Dan Green was elected by the senior class to serve as the Vice President for the

evening. Green was responsible for receiving violations of the mess and presided over the grog bowl. The senior class contributed a new toilet grog bowl this year.

The Dining Inn lasted three hours and included guests from outside the battalion. Entertainment was provided with company skits, a videotape and a speech by General Wallace.

A Word from ROTC Women's Basketball - Megan Scull

Each year, the Notre Dame Air Force detachment organizes a basketball tournament, a diplomatic effort to meet ROTC participants from other schools on the fields of friendly strife. The Army women's basketball team had mustered quite a roster back in November, when we thought we would be participating in the annual Flying Irish Basketball Tournament, and under the noble tutelage of Sergeant McCullough, had conducted a practice or two. The hoopsters determined to show the fly-girls that Army girls can "get some air too." The Air Force led the Army teams to the belief that the tournament was cancelled. Inconsolable, the team immediately fell into depression, got out of shape and returned to former slothful ways. Little did we know that the Air Force was practicing behind our backs, just in case the tournament was

rescheduled.

The Air Force did indeed hold the tournament, just on a smaller scale, the only participants being the Army, Navy and Air Force ROTC teams from Notre Dame. The tournament was held, true to tradition, on the morning after the Tri-Military Ball, holding to the military's self-lacerating tendencies. The Army women played the Navy and Air Force teams with undeniable, albeit undisciplined and unpolished tenacity. The day was enjoyable for the women who played and entertaining for the supporters (thank you LT Bigelow and family). The basketball team is always a good way for older and younger cadets to meet and become friends with one outside of formal ROTC functions. A special thanks to Sergeant McCullough, who will be sorely missed next year, by more than just the basketball team.

Packing Up, Moving Out


CPT Walsh Bids Farewell to Battalion

As another year draws to a close in the Fightin' Irish Battalion, things are much different than they were when I first arrived in 1995. Each one of us has matured, developed, and aspired to be better leaders. I can say confidently that I have learned so much from working in the best ROTC battalion in the nation, and I am full of gratitude for everything I have learned from all of you.

It has given me great pleasure to work with you these past few years. I could easily go down the roster of cadets, listing what I have learned from some of the brightest, future leaders of America. I look forward to see everyone of you in the Army, as I am convinced of your enormous potential. I would gladly serve as your company commander.

MSIs and MSIIIs, I truly regret that I will not be able to be an instructor for your classes. I have witnessed the potential that your class brings to the battalion and to the future Army. MSIIIs, enjoy your summer. I wish I could complete the journey with you through camp. The weight of the battalion is on your back. Your class is capable of bringing the battalion to new heights. Teach the underclassmen everything that you know. Soon to be commissioned Lieutenants, I look forward to working with you again. You have taught me so much, and I know I will take that with me in my career and life.

The fellow cadre members both past and present have shown me the ways to succeed in the Army, especially in my upcoming jobs. LTC O'Brien and the staff are of the finest caliber. The new Professor of Military Science will continue the fine tradition of Notre Dame. Once again Thank you!

—CPT Walsh 

**Walsh
at a Glance**

- ✓ West Point Graduate - 1990
- ✓ Served as a Lieutenant at Ft. Benning, GA
- ✓ Airborne Graduate
- ✓ Ranger School Graduate
- ✓ PMS, Univ. of Notre Dame 3/95-4/97

- ✓ New assignment: 10th Mt. Division, 2nd Bgd S1 - likely to take company command by end of year

Send Christmas Cards to:
317 Ward St
Watertown, NY
13601

Spring FTX Prepares MSIIIs for Summer Camp Despite the Rain

By C/ILT Vivian Gembara

Rain was no obstacle to training for the Fightin' Irish battalion at the spring FTX.

About 120 cadets attended the training exercise at Ft. Custer, MI. Cadets departed Friday afternoon and returned Sunday, April 6 at 1300.

The primary mission of the FTX was to prepare juniors for the rigors of Advance Camp this summer. The MSIII cadets were assigned squad, platoon and company level leadership positions in garrison operations. MSIIIs

received their initial operations order prior to arriving at Ft. Custer. There were two chain of commands during Garrison Opns.

First call revealed rain would be part of the training on Saturday morning. Cadets wore waterproof ponchos and completed a 3.5 mile tactical road march to their first site. Upon arrival, each platoon complete three missions during platoon operations: Link-up, conduct an ambush, reconnaissance.

"The rain makes motivation so important when you're in leadership. I think we were all

happy to see the sun come out by the third mission," junior Shane Bigelow said.

Platoon Opns finished by 1630 with third platoon arriving back last. A hot meal of pizza and pie completed the evening while cadets worked on cleaning their weapons.

Sunday training brought better weather and focused mainly on FLRC. After a few hours of barracks maintenance, the company was broken down into squads. Each squad completed four FLRC stations led by MSIIIs.

After arriving back at Pasquerilla Center, the senior class presented CPT Walsh with a painting of Father Sorin and the Irish Battalion as a show of gratitude for his work at Notre Dame.