

# BLACK KNIGHT

## Raider Handbook

*“Winners Never Quit!”*



This Handbook belongs to: \_\_\_\_\_

Last Update: March, 2020

**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 YOU HAVE READ/FAMILIARIZED YOURSELF WITH ALL OF IT BEFORE THE END OF THE SEASON.**

**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!

## **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!**

## **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 Booster's 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.

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

## **Raider Creed**

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

**A**cknowledging 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.

**I**ngrained 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.

**D**etermination 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.

**E**nergetically 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.

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

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

# Expectations/Requirements for Participation

“Constant and Never Ending Improvement”

- If the words “commitment”, “Team”, and “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.
- Our extensive practice and competition schedule is a large part of why we are successful. Cadets must attend all Raider training unless excused by MSG Browning- **not a Raider**.
- Cadets with serious medical issues must have doctor approval before participating.
- 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 the 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.**

**Leaders: “Do not *expect* what you do not *inspect*”- MSG Browning**

## Raider Team Expectations

- Place the needs of the team above your own.
- Actively work together so that all of your respective skills are united toward a common purpose.
- Team leaders are expected to set the example at all times.
- 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.
- 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.
- Contribute and help motivate the team.
- Act with a single purpose.
- Memorize the Raider Creed.
- NEVER quit. Quitting is not tolerated.

“Whether you think you can, or you think you can’t, you are right”.

–H. Ford

## 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's goals and must be able to inspire team members to 'go the extra mile'. Tasks allocated to individual raiders should have purpose, direction, and motivation.

### The Raider leaders must:

- Keep members focused and make the training demanding for individual team members and themselves.
- Ensure the team has all the resources and information necessary to complete its tasks.
- 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 decision by asking ***'what is best for the team'?***
- **Leave drama at the door!!!!** It is highly demeaning to a team and will lessen the synergy.
- **Be willing to share credit with the entire team.**

“Remember Team Leaders.... ‘If you’re *Successful*, look at your *TEAM*. If you’re *Unsuccessful*, look in the mirror”’. -  
MSG Browning



## **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 obstacles, 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 then 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.

## Words to the Wise

- Do **extra** physical conditioning on your own
- Ensure you have a 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" & "Q" words.
- Be committed to the team!
- Cut your toenails!!

“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

# Safety Precautions

## Heat Casualty Precautions:

Decision to accept heat risks is kept at the coach level. Becoming a heat casualty is one of the greatest threats to a raider so all members of the team are expected to make safety a high priority. **No training or competition is worth serious injury.**

**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 any ill cadets sit out of practice or competition.

## **Heat Casualty Prevention Steps:**

- Hydrate 72 hours **prior** to training (we practice so much, that means ALWAYS)... at least 72 oz. 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 Risks 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 the counter), supplements, or 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

### **If any of the above are indicated, take the following 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

### **Immediately call an ambulance for emergent transport while doing the following:**

- Lay person down in the 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 like:

- **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.)

**Call for an ambulance if *any* of the above are unable to be answered.**

## **Indications of Possible Water Intoxication** (Overhydration, 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 the 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 overhydration)

**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.**

## Developing a Shared Vision

A clear vision of what needs to be achieved is necessary for a team to work effectively. A vision is a goal that motivates and inspires the entire team and team members must believe they are contributing to the overall vision thus promoting team identity.

**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.

**Develop a vision statement with input from your team members and write it down in the books of every member of your team**

Your team's vision statement (write in every team member's handbook): \_\_\_\_\_

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“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

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

## **History of the SMA Raiders**

### **2002:**

- Inaugural year of the Academy and the Raider Team
- Commander: Raider “Wes” Rhinehart
  - organized and equipped the team

### **2003:**

- Commander: Raider Alicia “Ziggy” Ziegler
  - commanded, organized and built the corps of Raiders

### **2004:**

- Commander: Raider Michael McCaughey
  - wrote the first version of this handbook and established the tradition of a constant and never ending pursuit of excellence.
- Male Team Leader: Raider Michael McCaughey
  - Area 5 District: 1st place
  - States: 3rd place took

### **2005:**

- CSM Mike Collis and CSM Keith Daly joined as Raider coaches
- Female Team Leaders: Raiders Kelly Smith and Kayla Wiles
  - consisted mainly of sophomores and freshmen
  - Area 5 District: 1st place
  - States: 2nd place
    - set a rope-bridge record across all divisions

### **2006-2007:**



- Female Team Leader: Kelly Smith
  - District: 1st place
  - State: 1st place and 1st in every individual event

### **2007-2008:**

- Commander: Raider Max McGowan
- 1SG: Raider Kelly Smith
- Female Team: Raider Kayla Wiles
  - Area 5 District: 1st place
  - State: 2nd place
- Male Team: Raider Allen Palmer
  - Area 5 District: 3rd place
  - State: 2nd place
- Male-Mixed: Raider Patrick McDermott
  - Area 5 District: 2nd place
  - State: 3rd place
- First year that all 3 teams went on to States.

### **2008-2009:**

- Commander: Raider Tara Houghtaling
- 1SG: Raider Tim Slusser
- Female Team Leader: Raider Carey Gavilanes
  - Area 5 District: 1st place
  - States: 1st place
  - Tara Houghtaling took best overall Physical Fitness Test at the Area 5 District Raider meet.
- Male Team Leader: Raider Eric Ross
  - Area 5 District: 1st place
  - States: 1st place (for the first time)
- Mixed Team Leader: Raider Zack Brodil
  - Area 5 District: 3rd place
  - barred from advancing to States due to a new guideline concerning the number of teams per school
- First ever Sarasota Raider Challenge held at SMA

### **2009-2010:**

- Commander: Raider Faith Folts
- 1SG: Raider Joseph Hurst
- Female Team Leader: Raider Sam Reilly
  - Area 5 District: 1st place
  - States: 1st place
- Male Team Leader: Raider Mike Martino
  - Area 5 District: 1st place
  - States: 1st place
- First time any school has won back to back championships.
- MSG Johnny Browning joined the team as a Raider Coach.

### **2010-2011:**

- Commander: Raider Sarah Williams
- 1SG: Raider Josh Payne
- Female Team Leader: Raider Carrie Swope
  - Area 5 District: 1st place
  - States: 1st place
- Male Team Leader: Raider Mario Ferrucci
  - Area 5 District: 1st place
  - States: 1st place
- Florida State Best Raider Competition
  - Inaugural Year
  - Held in Bartow, FL
  - Josh Payne & Mario Ferrucci: 2nd place
    - Major first place lead lost due to rifle failures
  - Sarah Williams & Linn Bo: 3rd place
  - Grace Folts & Liz McKenney: 1st place

### **2011-2012:**

- Commander: Raider Alex Williams
- 1SG: Raider Zack Cossey

- Female Team Leader: Raider Chantal Guerro
  - States: 1st place
- Male Team Leader: Raider Alex Payne
  - States: 1st place
- Florida Best Raider Competition
  - Held in Bartow, FL
  - Alex Williams & Zach Cossey:
    - Lost their deserved 1st place win due to their scores being switched
  - Shannon Hunihan & Luella Nicholas: 1st place

### **2012-2013:**

- Commander: Raider Grace Folts
- 1SG: Raider Lazaro Diaz
- Female Team Leader: Raider Liz McKenney
  - States: 1st place
- Male Team Leader: Raider Lazaro Diaz
  - States: 3rd place
    - lost 1st place due to taking 10th place in PUs/SUs
    - 2 points behind 1st place
- Year of the fall of the dual Male/Female championships
- No Best Raider competition
- Head coaching position changed from CSM Mike Collis to MSG Johnny Browning. CSM Collis and CSM Daly both continued to coach the team.

### **2013-2014:**

- Commander: Raider Kyranna Oberhoff
- XO: Raider Brianna Butler
- 1SG: Raider Louis Butera
- Female Team Leader: Shannon “HunnyBee” Hunihan
  - States: 1st place

- Nationals: 1st place tie with Adairsville but 2nd place overall due to a loss of the tie-breaker event
- Male Team Leader: Will Schaffer
  - Initial male team leader was relieved of responsibility
  - States: 1st place
- No mixed team due to a lack of female candidates during tryouts
- No Best Raider Competition
- MSG Browning's rookie year as the Raider Company's Head Coach

### **2014-2015:**

- Commander: Raider Jake "Mayhem" Howell
- 1SG: Raider Mallory "Lattitude" Latsko
- XO: Raider Judson "Merle" Haggard
- Female Team Leader: Raider Mallory "Lattitude" Latsko
  - Districts: 1st place
  - States: 1st place
  - Nationals: 1st place tie with Adairsville but 2nd place overall due to a loss of the tie breaker event
- Male Team Leader: Raider Jake "Mayhem" Howell
  - Districts: 1st place
  - States: 2nd place due to poor placement in 5k
  - Nationals: 4th overall due to 5k
    - twice as good as the previous two years
- Mixed Team Leader: Aidan Ortiz
  - comprised of 11 first year raiders and 1 senior veteran (Aidan Ortiz)
  - Districts: 3rd place
    - kept from 2nd place by 4 seconds on rope bridge
- Florida Best Raider Competition

- Mallory Latsko & Maddie Bricker: 1st place
- female team 2: Samantha Hunihan & Kersten Damosh
- female team 3: Lexi Williamson and Caitlin Bardenhagen

## **2015-2016:**

- Commander: Raider Daniel Mongillo
- 1SG: Raider Lexi Williamson
- Female Team Leader: Raider Samantha “Samurai” Hunihan
  - States: 1st place
    - won by 1 point
  - Nationals: 1st place
    - 1st in 4 of 5 events
- Male Team Leader: Raider Brandon Miller
  - States: 1st place
    - won by 12 points
  - Nationals: 2nd place
- Mixed Team 1 Leader: Raider Sara Frajerma
  - States: 5th place
    - would have won 2nd if they had run 30 seconds faster on 5k or had been a few seconds faster on rope bridge
  - Nationals: 10th place
- Mixed Team 2 (Li'l train) Leader: Noah Trevino
  - initial team leader was Josh Chaviano but he relinquished his position
  - All Services Competition/Nationals: 1st place
    - inaugural year of the All Services Competition
- First time 5k at Nationals was uphill and rope bridge wasn't over the river
- Mixed teams split up after nationals and combined to make 1 mixed team for States
- Florida Best Raider Competition

- Kiya Williams & Anjolie Berninger: 1st place

### **2016-2017:**

- Commander: Raider Kersten “Damolish” Damosh
- XO: Raider Jake “Patriot” Ziadeh
- 1SG: Raider Sara “Moxie” Frajerman
- Female Team Leader: Raider Caitlin “ExceleRaider” Bardenhagen
  - Districts: 1st place
  - States: 1st place
  - Nationals: 1st place
- Male Team Leader: Raider Mark-Elliot “Dash” Finley
  - Districts: 1st place
  - States: 3rd place
    - tied for second but ended up with 3rd place due to 4seconds on tire flip
  - Nationals: 2nd place
- Mixed Team 1 Leader: Raider McKayla “Maverick” Marshall
  - Districts: 2nd place
  - States: 3rd place
  - Nationals: 4th place
- Mixed Team 2 (Li'l Train) Leader: Elise Maddaloni
  - All Services Competition/Nationals: 1st place
- First time in the school’s history that MSG stacked the females on the mixed team for States- taking 4 girls from the female team and switching them with 4 girls on the mixed team
- Florida Best Raider Competition
  - 1st Place: Kiya Williams & Anjolie Berninger

### **2017-2018:**

- Commander: Tori Hostetler
  - 1st ever Raider Commander that has not attained a Grey Beret status
- XO: Raider Erick “Rogue” Barnard

- 1SG: Raider Casey “Dynamite” Frajerma
- S-1: Raider David “Spitfire” Kisiah
- Female Team Leader: Raider Bethany “Anaconda” Beachy
  - States: 1st place
    - year a dynasty was created
  - Nationals: 1st place
- Male Team Leader: Raider Collin “Clementine” Boyas
  - States: 1st place
- Mixed Team 1 Leader: Raider Casey Frajerma
  - Ryan Benton almost broke his hand at the beginning of the Nationals litter course
- Mixed Team 2 (Li'l Train) Leader: Hannah Phillips
  - All Service Competition/Nationals: 4th place
- New 5k route at nationals
- Mud pit introduced at States
- Florida Best Raider Competition:
  - Anjolie Berninger & Mariah Hochstetler: 1st place
  - Holly Batchelder & Tori Hochstetler
  - Elizabeth Wagler & Bethany Beachy
  - Christian Lopez & Jake Miller
  - Alex Murphy & Gabe Aponte
  - DJ Nixon & Kamil Kusznerewicz
  - Collin Boyas & Lukas Souza

## **2018-2019:**

- Commander: Raider Elizabeth “Elizabeast” Wagler
- XO: Raider Holly “Amazon” Batchelder
- 1SG: Raider Darrell “Darrelldevil” Nixon
- S-1: Raider Jordan “Shades” Williams
- Female Team Leader: Raider Rosana “Rosanadana” Viera
  - States: 4th place
  - Nationals: 4th place
- Male Team Leader: Noah Neitlich

- States: 5th place
- Nationals: 14th place
- made up of entirely new raiders except for Noah Neitlich
- Mixed Team 1 Leader: Raider Anjolie “Roadrunner” Berninger
  - States: 1st place
    - took first in every event thus sweeping the competition
  - Nationals: 1st place
  - First time in SMA raider history that mixed team won Nationals or States, let alone both, giving 6 boys their first National title
  - First year the mixed team was completely stacked
- Mixed Team 2 (Li'l train) Leader: Raider Juliana “RDR Barbie” Rendle
  - All Services Competition/Nationals: 4th place
  - partially stacked
- Florida Best Raider Competition
  - at Camp Shannon
  - Darrel Nixon & Kamil Kuszniereicz: 4th place
  - Gabe Yoder & David Dehart: 2nd place
  - Emily Alford & Chloe Lahman: 2nd place
  - Anjolie Berninger & Aeryn Sachs: 1st place
    - Anjolie’s 4th Best Raider title
- Start of CSM Collis’ weight training workouts at practice and morning runs that included running the height of the Empire State Building
- CSM Daly’s last year as a Raider coach as he retired from the school.
- All teams except for Mixed Team 1 switched up for States
- Mr. Houghtaling’s last year cooking for the Raider company



## 2019-2020

- Commander: Raider Juliana “RDR Barbie” Rendle
- XO: Raider Aeryn “Savage” Sachs
- 1SG: Raider Haley “Hollywood” Wood
- S-1: Raider Vanesa “Kettlebell” Viera
- Female Team Leader: Raider Carlie “Ruckus” Murphy
  - Districts: 1st place
  - States: 2nd place
  - Nationals: 2nd place
- Male Team Leader: Raider Noah “Knight-Lite” Neitlich
  - Districts: 3rd place
    - allowed a slot at States despite placement
  - States: 3rd place
  - Nationals:
- Mixed Team 1 Leader: Raider Megan “Smallfry” Frajerman
  - Districts: 2nd place
  - States: 4th place
  - Nationals: 8<sup>th</sup> Place
- Mixed Team 2 (Li'l Train) Leader: Cassandra Bryan
  - All Services Competition/Nationals:
- Florida Best Raider Competition
  - Noah Neitlich & Colby Manrodt
  - John Sabin & Liam Ries
  - Daniel Hernandez & Addison Carlson
  - Aeryn Sachs & Katie Ries: 2nd place
  - Chloe Lahman & Savannah Ream: 3rd place
  - Brooke McGreevy & Taja Madeiros: 1st place
- CSM Collis retires- last year working at SMA. Stays on to help with Raiders when he can.
- Last year practicing in the JPL at SMA
- First year since it was started that there was no MUD PIT/Adventure Raiders/Turning Grey/NOB Challenge.

Award ceremony delayed until July, and then- Live streamed. Thank you Covid-19. That is all.

“Winners do routinely the things that losers don’t like to do”  
-CSM Collis

**So ends the history of the SMA Raider team.....for now. What will the following years history pages read? Will YOU be mentioned? How will your TEAM be remembered?**

## **Physical Conditioning**

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 as team practices are primarily for developing skills and teamwork.

Assistance with the format can be given by the Raider leadership team.

Success depends on how willing you are to push yourself past your limits. Every time you practice, do it better, faster, and with more desire than you did before; your team is depending on you.

“Don’t do it til you get it right ...do it until you can’t get it wrong!”

– MSG Browning

## **Raider Competitions**

### **1. Raider Competitions:**

- Very demanding physical and mental competitions
- Each team has 12 members (chosen by the Raider coaches), 10 of which compete (chosen by team leaders)
- Every competition is unique depending on the school hosting it.
- 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:

#### **1. Rope Bridge (States/Nationals)**

2. Tire Flip (States)

3. Cross Country Rescue - litter (States/Nationals)

4. 3.1 Mile Team Run (States/Nationals)

5. Gauntlet (Nationals)

6. PTT (States/Nationals)

- 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 general requirements that a team must follow to successfully complete each event due to their constantly changing criteria.

“Be humble in victory and gracious in defeat”  
- MSG Browning

## **ROPE BRIDGE EVENT (Nationals and States)**

1. TASK: Construct a rope bridge spanning approximately 60 feet at States or 90 feet at Nationals.

2. EQUIPMENT:

- 1 rope bridge of 120 feet at States or 150 feet at Nationals
- 10 swiss seat ropes of 12-15 feet
- 12-snap links
- 1 spring loaded carabiner (butterfly)

3. POSITIONS:

- Squirrel
- Nearside
- Farside
- Mule team
- Butterfly
- Wrap
- Chomp
- Belay
- 2-clips
- Figure 8 on a bight
- Whip

4. KNOTS TO KNOW:

- Swiss seat w/ 2 overhand safeties
- Aussie seat w/ 2 overhand safeties
- Swami seat w/ 2 overhand safeties
- Figure 8 knot
- Wireman knot
- End of the line bowline w/ overhand safety

- Square knot
- Round turn w/ two half-hitches
- Figure 8 slip knot on a bight

## 5. STANDARDS:

- 10 minute time limit
- At States. the rope is back laid into a duffel bag and at Nationals it is back laid into a pile on the ground
- All raiders except those tying the nearside and farside knots must cross the bridge
- Anything that falls out of your pockets while on the rope bridge will receive a penalty
- Everything that you bring with you to the rope bridge site must cross with you
- Each team member must tie a swiss seat except for the nearside and farside positions which tie aussie/swami seats
- The nearside knot can't touch the spring loaded carabiner and the spring loaded carabiner can't touch the pole/tree
- When wrapping the rope around the nearside of the tree, the ropes cannot overlap
- Do not step into the danger zone
- No more than 3 people can be crossing the rope at a time
- When crossing, your feet can't touch the ground
- All knots must be untied before time is called
- At States, don't overrun the rope when disassembling

## **TIRE FLIP EVENT (States)**

1. TASK: 10 member Raider teams will flip a large tire a distance of 30 meters, cross a midpoint line, and flip the tire back to the start/finish line.

### 2. STANDARDS:

- Organize teams into 2 smaller teams of 5 members each
- Time begins with the command “BEGIN!” and will end once the tire has completely crossed the start/finish line.
- 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.

## **CROSS COUNTRY RESCUE EVENT (Nationals and States)**

1. TASK: 10 member Raider Teams will transport a simulated casualty over a one mile course. The objective is to complete the course in the shortest time

### 2. CONDITIONS:

- States:
  - 3 rucks that weigh 25 lbs each
  - 1 weighted litter that weighs 80 lbs
  - 1 unweighted litter
  - Sometimes there is a first aid test
- Nationals
  - 6 rucks that weigh 35 lbs each

- 1 weighted litter
  - Male: 120 lbs
  - Female & Mixed: 100 lbs

### 3. STANDARDS:

- States:
  - Everyone must carry a water source
  - Start off with 3 weighted rucksacks and 1 unweighted litter
  - Go over an over obstacle
  - Drop off the unweighted litter and pick up the weighted litter
  - Go through a low crawl with the litter and the rucksacks
  - Drop off the weighted litter and carry the unweighted litter back to the finish line
- Nationals
  - Start with 6 rucksacks and 1 weighted litter
  - Drop the litter off at the wall
  - Go over the wall with the rucksacks
  - Drop off the litter and the rucksacks and go through the mud pit
  - Pick the equipment back up
  - Go through the low crawl with the rucksacks and the litter

### **TEAM RUN EVENT (Nationals and States)**

1. TASK: Each Team must complete a 5 Km Team Run over a designated marked course

### 3. STANDARDS:

- States:
  - Team members must be within 10 meters of each other at all times
  - No pushing or pulling at any time
  - Time will stop when ALL Raiders have crossed the finish line.
- Nationals:
  - All team members must make it to the turnaround point and pick up a token before anyone starts the run back to the finish line.
  - Pushing and pulling is allowed
  - All team members must be in the 10 meter box at the end of the run before crossing the finish line

## **GAUNTLET (Nationals)**

1. TASK: Raider Gauntlet is a 0.8 mile event where the team must move assigned equipment through the trail and through obstacles to the finish line.

### 2. EQUIPMENT:

- 4 rucksacks of 35 lbs
- 2 wooden boxes
  - about 40 lbs for males
  - about 30 lbs for females/mixed

### 3. STANDARDS:

- Do not touch the rope/chain on the hanging tire, it will result in a penalty
- Use the right culvert first and the left culvert second. Remember Raider Life.



## **PHYSICAL TEAM TEST (PTT)/RAIDER FITNESS CHALLENGE (RFC) (Nationals and States)**

1. TASK: 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.

### **2. CONDITIONS:**

- 30 yard equipment carry
  - 15-20 pieces of equipment including:
    - Water cans
    - Ammo cans
    - Kettlebells
    - Fence posts
    - Sandbags
  - Vault
  - Low crawl
  - Tire steps
  - Weaver
  - Canoe carry
  - Culvert crawl/under obstacle

### **3. STANDARDS:**

- Place the equipment down nicely and completely over the line
- Make sure the canoe completely crosses the line
- Keep a hand on the canoe at all times
- Flat out sprints, the difference between 1st and 5th place is usually no more than 10 seconds
- This is the tie-breaker event at Nationals

## **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 a 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**

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

**A- 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>**

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 insect 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 a while, 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**

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**

*“DWOP!”* – CSM Daly

## **UNIFORM WEAR**

### **OCP – Operational Camouflage Pattern**

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

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.

### **OCP'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 and females will follow the same hair standards as they do in JROTC.

### **Jewelry:**

- Earrings, bracelets, and necklaces are not authorized with the OCP.

### **Cosmetics:**

- Females are allowed to wear cosmetics that are conservative and in good taste.
- Lipstick and nail polish may **NOT** be worn.
- **Nails will be trimmed no longer than ¼ inch, as measured from the fingertip.**

### **OCP Uniform:**

- **Uniform coats and jackets (male & female):**
  - The sleeve length will be 1 inch below the bottom of the wrist bone.
- **Trousers and slacks:**
  - To be fitted and worn with the lower edge of the waistband at the top of the hipbone, plus or minus ½ inch.
- **OCP patrol cap:**
  - 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.
  - No rank should be worn on the OCP patrol cap; Raider or JROTC.
- **Items in pockets:**
  - should not cause a bulky looking appearance.

- **Keys and keychains:**
  - will not be attached to belt loops.
- **When in uniform**, personnel will not place their hands in the pockets except momentarily to place or retrieve objects.
- **Uniforms will be kept buttoned, zipped, and snapped.** De-blousing only occurs when authorized by your commanding officer or NCO.
- **Boots:**
  - Cleaned and tightly laced
  - Your OCP 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 OCP should not take place.



## NOTE\*

IF THE FOLLOWING PROMOTION SHEETS ARE LOST, YOU WILL HAVE TO REDO EVERYTHING FROM SCRATCH. MAINTAIN YOUR DOCUMENTS!

### Scout Requirements

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

- Show marked improvement on RFC TL\_\_\_\_\_
  - 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 at least 1 Raider campout (this season) Raider S-1\_\_\_\_\_
  - Must promote at least one time during adventure season (unless already a Sergeant) Any Raider\_\_\_\_\_
  - Write a one page essay explaining why you should be promoted to the rank of Scout. Any
- Raider\_\_\_\_\_
- Pass the rucksack test. GB Raider\_\_\_\_\_

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

Pass Scout skills test without error Any Raider\_\_\_\_\_

\*\* Skills test consists of the following:

- Knot Test
  - Swiss and Aussie seat with all correct knots (within 1 minute ea.)
  - Figure 8 slip knot on a bight (in place of wireman knot)
  - 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.

Print Name: \_\_\_\_\_

Signature \_\_\_\_\_

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

\_\_\_\_\_ Date: \_\_\_\_\_  
(Signed by Raider Commander)

\_\_\_\_\_ Date: \_\_\_\_\_  
(Signed by Raider 1SG)

## **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 TL \_\_\_\_\_
- Hold rank of scout for at least one semester Any Raider \_\_\_\_\_
- Scored 100% on First Aid Test (Insert #1) Any Raider \_\_\_\_\_
- Recite the entire Raider Creed Any Raider \_\_\_\_\_
- Pass the rucksack test. GB 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 \_\_\_\_\_

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 2 Snap link properly emplaced) w/l 10 sec.
  - Figure 8 Knot (Nationals Far-Side) w/l 5 sec.
  - Round Turn with two half hitches w/l 30 sec.
  - Figure 8 Slip Knot on a bight w/l 20 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 2 practices (this season) Raider S-1 \_\_\_\_\_
- Show marked improvement on RFC Cadre/TL \_\_\_\_\_
- Hold rank of Bushmaster at least one semester 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  
(Must get approval by GB beforehand) 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 \_\_\_\_\_
- Passed the rucksack test. GB Raider \_\_\_\_\_
- 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”.**

### **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.

“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 Johnny Browning

# SMA Black Knights A Long History of Excellence

## Florida State Championship Titles

<u>Males</u>	<u>Females</u>	<u>Mixed</u>
2017	2017	2018
	(Jan 2017)	
2015*	(Jan 2016)	
2013		
2011*		
2010*		
2009*		
2008*		

“ \* “ = 1<sup>st</sup> place at the District meet as well

### Females

- 2017- National Champions
- 2016- National Champions
- 2015- National Champions
- 2014(tied-1<sup>st</sup>)
- 2013(tied-1<sup>st</sup>)

### Mixed-1

- 2018- National Champions

### Mixed-2

- 2016- National Champions (All Services)
- 2017- National Champions (All Services)

### Best Raider

- 2018- Female Champions
- 2017- Female Champions
- 2016- Female Champions

**2015- Female Champions**  
**2014- Female Champions**  
**2011- Female Champions**  
**2010- Female Champions**  
**\*Best Raider wasn't held during 2012 & 2013**

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