



# EWTGPAC USMC Training Newsletter

1st / 2nd Quarter 2023



## **Physical Fitness and Combat Fitness Tests**

[MCO 6100.13A w/ Ch4](#) provides policy and procedural guidance on the PFT and CFT. The PFT/CFT will muster at 0730 at the pull-up bars on Turner Field aboard NAB Coronado. Marines are required to sign up for these events 24/48 hours prior. To secure your space contact the N301 via email or by phone to reserve a place on the PFT attendance roster. All Marines shall conduct PFT/CFT training requirements with EWTGPAC N301 Operations. Any requests requiring an exception to policy (ETP) will need to be submitted to the EWTGPAC Executive Officer, Colonel Monti, for approval.

## **Semi-annual Height and Weight**

[MCO 6110.3A w/ Ch3](#) establishes procedures for the effective management of the Marine Corps Body Composition and Military Appearance Program. Every Marine will conform to established Marine Corps weight and body composition standards and present a suitable military appearance regardless of age, grade, gender, or duty assignment. Individual Marines may drop in to the N301 office to complete this requirement 0800-1100 / 1300-1500 Monday through Friday. Unit Training POC's may email or call ahead to schedule a group weigh-in for their Marines. All Marines shall conduct their semi-annual height and weight training requirements with EWTGPAC N301 Operations.

## **Marine Corps Marksmanship Program and Chemical, Biological, Radiological and Nuclear Defense Training Exemption**

All permanent personnel assigned to EWTGPAC are exempt from performing the annual rifle and pistol qualifications and CBRN Defense Training. For more information, contact N301.

## **Marine Corps Water Survival Training Program**

[MCO 1500.52D](#) Provides procedural guidance on the MCWSTP. The MCRD SD Training Tank is unavailable to commands that do not reside on the depot with COVID restrictions in place.

Contact the N301 Training Chief for more information or refer to the Marine Corps Recruit Depot Training Tank at (619) 524-6054. In the event that MCRD Swim tank is restricted, Miramar Pool conducts qualifications on Wednesdays, Thursdays and Fridays. In the event that both of these locations cease to provide this service, N301 will coordinate dates with the N782 to create and publish training opportunities for EWTGPAC and outer MCC Marines.

**Marines may submit the completed NAVMC 11209 to N301 Operations Department via electronic method. It is the Marine's responsibility to obtain the completed NAVMC 11209 MCIWS and submit to EWTGPAC Operations N301 for entry via MCTIMS. MCIWS will provide a copy of the NAVMC to the senior Marine for each unit.**

## **Annual Training**

MCO 1500.63 Change 1 is the current order pertaining to annual training requirements, with a comprehensive listing of mandatory individual Training and Education (T&E) requirements. The events in this order are organized as core and non-core (ancillary) requirements. Core requirements directly support warfighting and unit mission tasks and readiness. Non-core (ancillary) requirements are nonoccupational tasks that provide common knowledge and awareness, reinforce behavioral standards or obligations, and improve the effectiveness of units.

## **Command/Leader-led training can be used for the following topics:**

- Prohibited Activities and Conduct (PAC) training (CY)
- Marine Corps Operations Security (CY)
- Level I Antiterrorism Awareness (CY)
- Risk Management training (CY)
- Strengthening Operations Security And Preventing Unauthorized Disclosures
- SECDEF Directed Extremism Stand-Down Training

## **MarineNet will be used for the following topics:**

- Annual Cyber Awareness/PII Training (FY)
- [CYBERM0000, DONPII010A, DODCAC1000]

## **Qualified Instructors are required for the following topics:**

- Marine Corps Equal Opportunity (CY)/Sexual Harassment Prevention and Response (SAPR) training will be conducted as unit training by a trained EO Program Coordinator per MCO P5354.1E w/ADMIN CH/2 dtd June 2018.

POC: OSC Santiagoel [thomas.santiagoel@navy.mil](mailto:thomas.santiagoel@navy.mil) -Sexual Assault Prevention and Response Training (FY) will be conducted for all Marines by a Unit Victim Advocate (UVA) or Sexual Assault Response Coordinator (SARC) per MCO 1752.5B/MAR 2013 MARADMIN 234/13. POC: GSM1 Pope [nuwoo.pope@navy.mil](mailto:nuwoo.pope@navy.mil)

- Risk Management Training (CY) will be conducted as unit training by a trained Risk Management Instructor per MCO 3500.27C.

POC: LCDR Peterson [bryan.a.peterson2@navy.mil](mailto:bryan.a.peterson2@navy.mil)

## **Formal Schools**

Marines requesting to attend schools within EWTGPAC must submit nominations to [ewtgpac\\_ops@navy.mil](mailto:ewtgpac_ops@navy.mil). Training POC's shall inspect that their Marines who are nominated for formal schools registration meet all course prerequisites per the course memorandum via MCTIMS.

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## 2023 Physical Fitness Test Schedule

Reserve a slot on our Monthly CFT Roster via your training POC (listed below) and email to [EWTGPAC\\_OPS@navy.mil](mailto:EWTGPAC_OPS@navy.mil)

Due to course restrictions, mandatory sign-ups are required to ensure the course is not overloaded.

Make your reservations early to secure your spot.

**Info requirements are: Rank, Name (First MI Last), EDIPI, Age, Gender and PHA date.**

**Bring any Light Duty Chits for Partial PFT/CFT to the event.**

PFT schedule for this semi-annual period will be as follows:

Muster Location: **Turner Field** aboard NAB, Coronado. (Next to the pull pars across from the gym)

JANUARY:	5 <sup>th</sup>	Thursday 0730	Turner Field Pull up Bars	<b>FIRST PFT OF THE YEAR</b>
FEBRUARY:	2 <sup>nd</sup>	Thursday 0730	Turner Field Pull up Bars	
MARCH:	2 <sup>nd</sup>	Thursday 0730	Turner Field Pull up Bars	
APRIL:	6 <sup>th</sup> , 20 <sup>th</sup>	Thursday 0730	Turner Field Pull up Bars	
MAY:	4 <sup>th</sup> , 18 <sup>th</sup>	Thursday 0730	Turner Field Pull up Bars	
JUNE:	1 <sup>st</sup> , 15 <sup>th</sup> , 29 <sup>th</sup>	Thursday 0730	Turner Field Pull up Bars	<b>LAST PFT FOR THE YEAR</b>

\*\*\*If your unit OPTEMPO does not allow attendance on the published PFT/CFT calendar, Training POC's may contact N301 Operations to request an alternative day/time for training. Please contact [EWTGPAC\\_OPS@navy.mil](mailto:EWTGPAC_OPS@navy.mil) IOT establish a day/time for your section/department to train. Attendance rosters must be received **no less than 72 hours prior to execution**. If performing a CFT, individual Marines must identify a partner within +/- 10 lbs for the MANUF portion of the CFT.

## Training POCs

SECTION	SENIOR MARINE	EMAIL	TRNG POC	EMAIL
EWTGPAC OPS	LTCOL MACALONEY	<a href="mailto:clayton.c.macaloney@navy.mil">clayton.c.macaloney@navy.mil</a>	SGT LANGSDALE	<a href="mailto:Drew.langsdale@navy.mil">Drew.langsdale@navy.mil</a>
CNATT	GYSGT CLARK	<a href="mailto:Laura.a.clark1@navy.mil">Laura.a.clark1@navy.mil</a>	SSGT ESTRADA	<a href="mailto:Alfonso.estrada2@navy.mil">Alfonso.estrada2@navy.mil</a>
CNAP	COL MCDONIEL	<a href="mailto:PATRICK.MCDONIEL@NAVY.MIL">PATRICK.MCDONIEL@NAVY.MIL</a>	MGYSGT MCGOWAN	<a href="mailto:padraig.mcgowan@navy.mil">padraig.mcgowan@navy.mil</a>
CNSP	LTCOL ELIAS	<a href="mailto:Matrix.w.elias@navy.mil">Matrix.w.elias@navy.mil</a>	MGYSGT GARCIA	<a href="mailto:Daniel.garcia33@navy.mil">Daniel.garcia33@navy.mil</a>
CTG1/TR11/TR12	MAJ TAGGART	<a href="mailto:benjamin.t.taggart@navy.mil">benjamin.t.taggart@navy.mil</a>	CAPT SIMONS	<a href="mailto:anna.j.simons@navy.mil">anna.j.simons@navy.mil</a>
VSWM	MAJ BUEGER	<a href="mailto:frank.bueger1@navy.mil">frank.bueger1@navy.mil</a>	GYSGT ARBALLO	<a href="mailto:Jake.arballo2@navy.mil">Jake.arballo2@navy.mil</a>
3RD FLEET	COL HOLTERMANN	<a href="mailto:jay.m.holtermann@navy.mil">jay.m.holtermann@navy.mil</a>	CAPT LASCOLA	<a href="mailto:Cathrine.lascola@navy.mil">Cathrine.lascola@navy.mil</a>
ESG-3	LTCOL CLEVINGER	<a href="mailto:Michael.clevenger1@navy.mil">Michael.clevenger1@navy.mil</a>	MSGT AULL	<a href="mailto:josiah.b.aull@navy.mil">josiah.b.aull@navy.mil</a>
NORTHCOM	MSGT REED	<a href="mailto:SHAWN.J.REED8.MIL@MAIL.MIL">SHAWN.J.REED8.MIL@MAIL.MIL</a>	SAME	
SERE	CAPT GLEIS	<a href="mailto:anthony.c.gleis@navy.mil">anthony.c.gleis@navy.mil</a>	GYSGT TIPPETT	<a href="mailto:Matthew.tippet1@navy.mil">Matthew.tippet1@navy.mil</a>

\*Medical Waivers and Partial PFT/CFT requirements, please read [MCO 6100.13A w/ Ch4](#) Chapter 1 Section 5.

**Administrative matters concerning Light Duty/LIMDU will be handled via the Senior Marine POC of your respective MCC and the Command LIMDU Coordinator.**

Operations Officer: LT Ransom  
Operations Chief: MGySgt Benitez

Contact Email: [EWTGPAC\\_OPS@navy.mil](mailto:EWTGPAC_OPS@navy.mil)  
Contact Phone: 619-437-3222

BST/Annual training: <https://vcepub.tecom.usmc.mil/sites/directorates/mtsd/SitePages/AnnualTraining.aspx>



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**EWTGPA LIMDU COORDINATOR**  
**(619) 437-3222**

**SSgt Piedracastaneda, Juan**  
**Email: N/A**

## LIGHT DUTY

A Marine may be placed in light duty status for a maximum of 90 days when a competent medical authority determines that a medical condition exists and interferes with the performance of duties. If a Marine is not expected to return to full duty in those 90 days a limited duty board should be initiated at 60 days.

## MEDICAL EVALUATION BOARD (MEB)

The MEB is an informal process before a board comprised of at least three physicians, who compile, assess, and evaluate a service member's medical history and current condition. The MEB process begins when a service member's optimum medical care has been reached or when a service member's physician determines that, even with further treatment, he or she is able to return to duty.

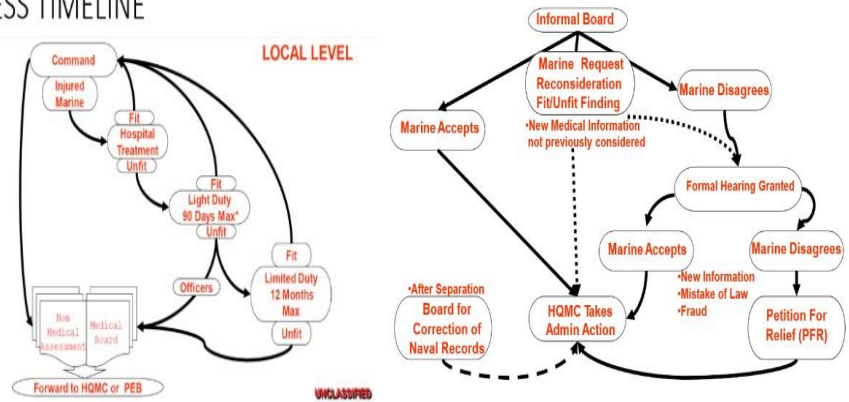
## PHYSICAL EVALUATION BOARD (PEB)

The PEB is a fact-finding board that evaluates all cases of physical disability on behalf of the Marine or Sailor and the Service in accordance with SECNAVINST 1850.4E. The PEB investigates the nature, cause, degree of severity, and probable permanency of the disability concerning the service member referred to the board.

## WAY AHEAD/CONCERNS

- Consolidations with Medical LimDu Coordinator.
- Medical personnel involvement.
- Accountability for outer MCC's
- Medical representatives recommending MEB/PEB
- Member's own accountability

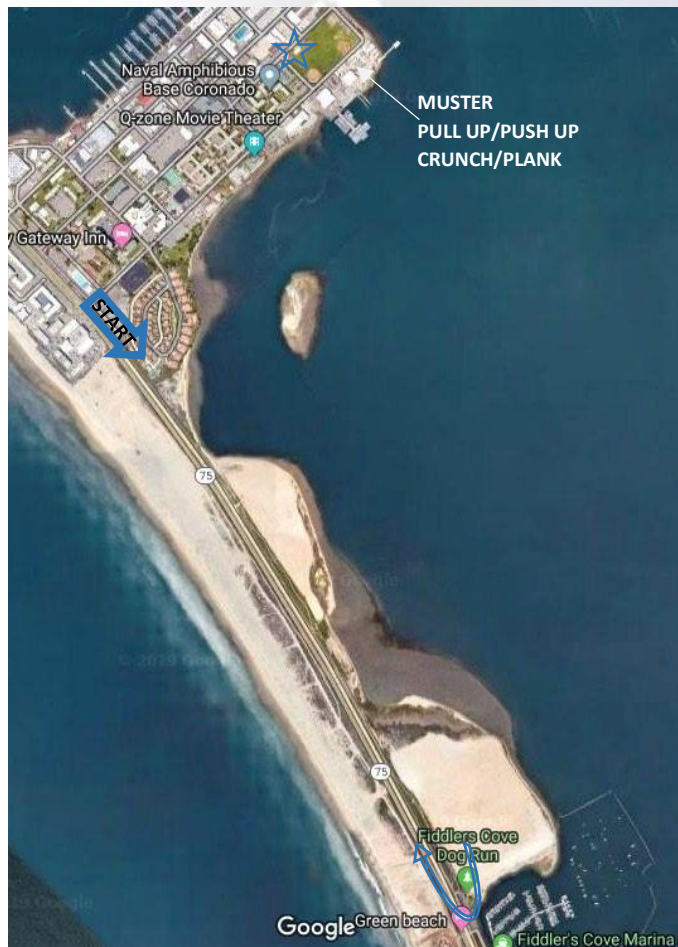
## PROCESS TIMELINE



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**PFT Map Chip**



**CFT Map Chip**

