



# EWTGPAC USMC Training Newsletter

3rd Quarter 2021



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

[MCO 6100.13A w/ Ch 2](#) provides policy and procedural guidance on the PFT and CFT. The PFT will muster 0730 at the yellow pull-up bars on Turner Field aboard NAB Coronado. Marines are required to sign up for these events. To secure your space contact the N301 via email or by phone to reserve a place on the PFT attendance roster. Any Marine that previously failed a PFT or CFT in 2020 are required to take the failed PFT/CFT within 90 days of the publishing of MARADMIN 513/20. 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/ Ch1](#) 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 1000-1400 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. Any requests requiring an exception to policy (ETP) will need to be submitted to the EWTGPAC Executive Officer, Colonel Monti, for approval.

## **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.

## **(UPDATE) 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 N382 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.

## **(UPDATE) Annual Training**

Per MARADMIN 694/20, MCO 1500.63. The new Order is slated for release no later than early 2021 and will replace MCBUL 1500 as the 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 non-occupational 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 Santiaguel [thomas.santiaguel@navy.mil](mailto:thomas.santiaguel@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 [ewtgpacquotas@navy.mil](mailto:ewtgpacquotas@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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## 2021 Combat 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, MCC, 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.

Jul	1	Thursday 0730	Turner Field Pull up Bars <b>First CFT if the Year</b>
Aug	5	Thursday 0730	Turner Field Pull up Bars
Sep	2	Thursday 0730	Turner Field Pull up Bars
Oct	7	Thursday 0730	Turner Field Pull up Bars
Nov	4, 18	Thursday 0730	Turner Field Pull up Bars
Dec	2, 9, 16	Thursday 0730	Turner Field Pull up Bars <b>LAST CFT 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 preforming a CFT individual Marines must identify a partner within +/- 10 lbs for the MANUF portion of the CFT.**

## Training POCs

Command	SENIOR MARINE	EMAIL	TRNG POC	EMAIL
EWTGPAC CMD	COL MONTI	<a href="mailto:michael.monti1@navy.mil">michael.monti1@navy.mil</a>	SSGT RENFRO	<a href="mailto:joseph.a.renfro1@navy.mil">joseph.a.renfro1@navy.mil</a>
CNATT	GYSGT HERNANDEZ	<a href="mailto:richard.j.hernandez@navy.mil">richard.j.hernandez@navy.mil</a>	SAME	
CNAP	COL HENGER	<a href="mailto:carl.c.henger@navy.mil">carl.c.henger@navy.mil</a>	MGYSGT MCGOWAN	<a href="mailto:padraig.mcgowan@navy.mil">padraig.mcgowan@navy.mil</a>
CNSP	LTCOL PIERCE	<a href="mailto:bradley.a.pierce@navy.mil">bradley.a.pierce@navy.mil</a>	GYSGT CULVERHOUSE	<a href="mailto:michael.c.culverhou1@navy.mil">michael.c.culverhou1@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 BUERGER	<a href="mailto:frank.buerger1@navy.mil">frank.buerger1@navy.mil</a>	GYSGT WEINRICH	<a href="mailto:joseph.d.weinrich2@navy.mil">joseph.d.weinrich2@navy.mil</a>
3RD FLEET	COL HOLTERMANN	<a href="mailto:jay.m.holtermann@navy.mil">jay.m.holtermann@navy.mil</a>	SAME	
ESG-3	COL HOOPER	<a href="mailto:william.w.hooper@navy.mil">william.w.hooper@navy.mil</a>	MSGT AULL	<a href="mailto:josiah.b.aull@navy.mil">josiah.b.aull@navy.mil</a>
NORTHCOM	MSGT HOLT	<a href="mailto:kenneth.e.holt.mil@mail.mil">kenneth.e.holt.mil@mail.mil</a>	SAME	
SERE	CAPT GLEIS	<a href="mailto:anthony.c.gleis@navy.mil">anthony.c.gleis@navy.mil</a>	GYSGT LYNXWILER	<a href="mailto:robert.lynxwiler1@navy.mil">robert.lynxwiler1@navy.mil</a>

\*Medical Waivers and Partial PFT/CFT requirements, please read [MCO 6100.13A w/ Ch1](#) 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.**

**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.

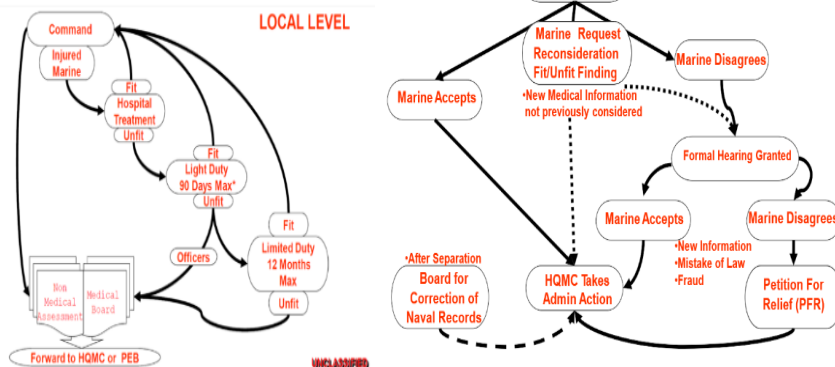
## PHYSICAL EVALUATION BOARD (PEB)

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.

**EWTPAC LIMDU**  
**COORDINATOR**  
**SSgt Osuna, Peter**  
**(619) 437-2009**

peter.osuna1@navy.mil

## PROCESS TIMELINE



Operations Officer: 1stLt Hawley  
Operations Chief: SSgt Renfro  
BST/Annual training: <https://v>

Contact Email: EWTGPAC OPS@navy.mil  
Contact Phone: 619-437-3222

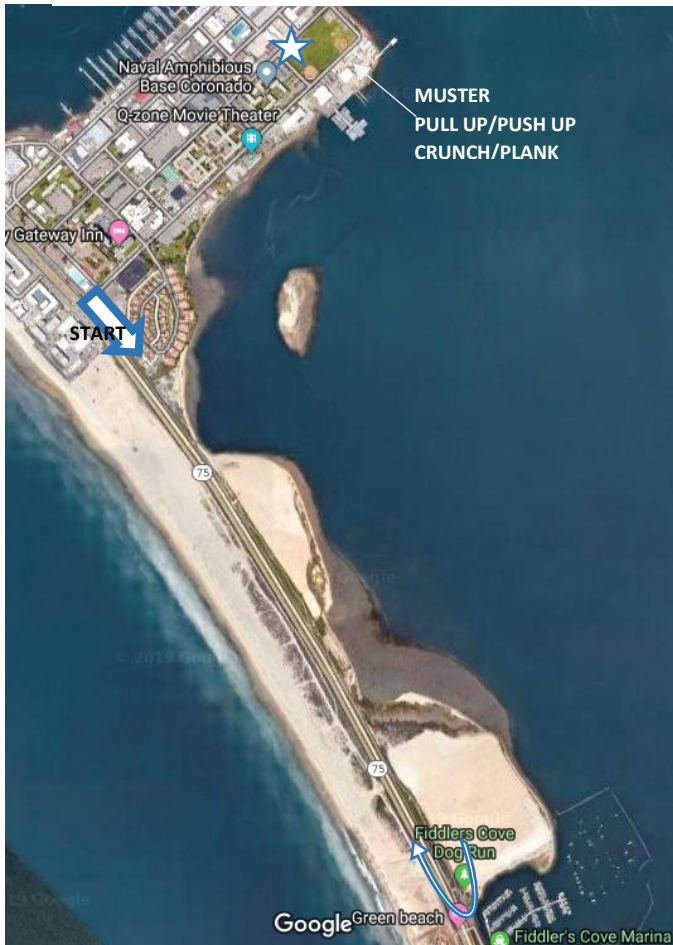
Operations Chief: SSgt Reimold      Contact Phone: 619-457-5222  
BST/Annual training: <https://vcepub.tecom.usmc.mil/sites/directorates/mtesd/SitePages/AnnualTraining.aspx>



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**PFT Map Chip**



**CFT Map Chip**



Operations Officer: 1stLt Hawley  
Operations Chief: SSgt Renfro  
BST/Annual training: <https://vcepub.tecom.usmc.mil/sites/directorates/mtsd/SitePages/AnnualTraining.aspx>

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