



BEARKAT BATTALION



Cadets being recognized for their outstanding GPA during Fall semester

February was an exciting time for the program, the seniors were preparing for their future roles in the Army, the Sophomores were learning what it takes to be a Junior in ROTC, and the Freshmen were experiencing the events that makes Sam Houston ROTC Cadets the future of the Army. With Cadets volunteering their time in the community and participating in extracurricular activities, February has been a busy month for the program. Let's keep up the energy and make March equally as exciting!



Eat'Em Up Kats!



LTC Limberg speaking to cadets after an attack lane

MSG Liberatore Guide to Rucking

During the week of February 5th through the 13th, the Contracted Cadets completed their first of many Rucks of this semester. The Cadre and the Seniors were impressed by everyone's work ethic and drive to improve. In fact, Master Sergeant was excited about the progress made during the ruck that he wished to pass on his experiences to help Cadets improve for the next ruck. Rucking is simply walking, a set distance, while carrying a weighted rucksack, 35 pounds or more. In rucking cadets are strengthening their stamina in order to complete the rucking requirement for Cadet Summer Training (CST) in the shortest amounts of time.

What can cadets do to improve their ruck experience?

The best way to improve your ruck experience is to focus on exercises that build endurance, strength, and agility. Some recommended exercises include cardio workouts like running, weightlifting exercises like squats, deadlifts, and functional training exercises like bear crawls, burpees, and farmer's walks. Gradually increase your rucking distance and weight one month before the ruck to build up your endurance and strength. Start with a light load and work up to the required weight. During the ruck, pace yourself and take breaks if needed. Keep a steady pace and maintain proper form while rucking. The terrain will vary, and it's essential to take advantage of it. For example, lean forward and pump your arms while shortening your stride when walking uphill. Conversely, lean back and let gravity pull you down with minimal effort when coming downhill. However, make sure you don't over stride to avoid any unnecessary injuries. You can use spaced-out surging on flat ground to increase your ruck time. For example, you can alternate between walking and speeding up between light poles. These techniques can help you optimize your ruck performance and reduce the risk of injury. Focus on your breathing and keep a positive mindset to make it across the finish line. After the ruck, you need to rehydrate with electrolytes and consume a snack or meal high in protein and carbohydrates. Then, rest and allow your body to recover. To be the best rucker you should focus on gradually building your endurance and strength, eating a balanced diet, getting enough sleep, and maintaining proper form and posture while rucking. Stay hydrated, pace yourself, and keep a positive mindset to make it across the finish line.



Cadets Nitsche, Davee, and Wright-Burwinkel finishing the ruck strong.



Cadets preparing for the ruck



MSG Liberatore MS1 class welcomed him back with a cake



Newly Contracted Cadet: Jenesis Ward



Cadet Ward after being sworn in by LTC Limberg

"Becoming an Army Officer has been my dream since High School. I knew that I had a higher purpose in serving as a leader. I did not know when or how I would become an Officer. So, when I joined JROTC in the 10th grade, I instantly knew, after holding many leadership positions, that the Officer route was the pathway for me. I gained many leadership skills and used them throughout my High School career. My senior year is when I decided to enlist in the Texas National Guard and put my dreams into reality. In 2019, I went to basic training with the utmost confidence, ready to show these future soldiers my capabilities. However, my confidence drastically dropped because I encountered relatively few people that looked like me. What I mean by that is, there were only a handful of African American soldiers in the Company and none in leadership positions. So, I found this to be very discouraging, and it made me feel like an outsider. It made me feel like my only place as a soldier was to be at the bottom of the food chain.

I struggled at the beginning of my Army career because I felt I did not fit or belong anywhere. However, everything changed when I finally arrived at my unit in Houston; it was the most diverse I had seen in a year. They showed me that I could serve my purpose as an Army Officer; and that my military career does not stop as an Enlisted soldier. They are the ones who pushed my desire to join ROTC and commission. On February 22, 2023 I was finally able to make that commitment in being an Army Officer by contracting. My goal is to be the representation of the Black community by showing that we too can hold high-ranking positions while serving."



Jenesis Ward
Houston, TX



Westmoreland Academy Event



Director White (golden circle) with cadets Gray (far left), Sumrall and Knight (middle), and Hammond (far right) at the Westmoreland Academy event.

In partnership with the local Huntsville Independent School District, each semester, our Cadets volunteer time to visit with and provide mentorship to local students from Westmoreland Academy. Westmoreland Academy serves as the district's Disciplinary Alternative Education Program (DAEP), established for elementary through high school students who are removed from their regular classes for mandatory or discretionary disciplinary reasons. During this week's visit, our Cadets did a meet and greet with the students for the first time this semester. During this initial meeting, a partnership is developed between the Cadet and student, designed to assist in meeting a goal unique to the individual through encouragement and accountability. The Cadets do much more than talk; they also seek to enhance the student's overall quality of life by encouraging increased health and well-being through physical activity as an alternate method to relieve stress and channel their frustrations into something positive.

The Cadet OIC, Kynnth LeBlanc, does a fantastic job coordinating these opportunities for our program and has a passion for volunteer work. After his recent visit, Cadet LeBlanc expressed, "Overall, I feel like it is a great experience and opportunity to help the students see their full potential while providing our Cadets with an invaluable opportunity to exercise their devotion to the Army Values, specifically as it relates to selfless service!" We are so proud of our outstanding Cadets and can't wait to see them continue building on their leadership skills throughout the remainder of the Spring semester.



Director Chris White with cadets Cansino-Anaya, Gray, LeBlanc, Slott, Cruz, and Watson



Westmoreland Academy Event



Cadets Gray (in blue) and Sitkowski (in black) talking with their group



Cadets Gray and Sumrall playing basketball with their group



Cadets Cruz, Slott, and Cansino-Anaya with their group



Summer 2023 Internships



Congratulations to Cadets (left to right): Avery Sitkowski, James Cooke, Cinnamon Wright-Burwinkel, and Nicholas Watson for earning summer internships



Cinnamon Wright-Burwinkel
Army Corps of Engineers
New Orleans, LA



Nicholas Watson
(C5ISR*) US Army Futures
Command
Aberdeen Proving Grounds,
Maryland



Avery Sitkowski
JAG* Corp Internship
Redstone Arsenal
Huntsville, AL



James Cooke
Museum Internship
program
Fort Sill Lawton,
Oklahoma

*US Army Command, Control, Communication, Computers, Cyber, Intelligence, Surveillance and Reconnaissance Center (C5ISR)

*Judge Advocate General of the US Army (JAG)



Ranger Company Day Zero Experiences

Schuder's Ranger Company is one of our most successful programs that we have here at Sam. In this program, cadets are pushed physically and mentally to complete objectives as a cohesive unit. Cadets who have completed the program and earned their Schuder's Rangers Scroll are in charge of teaching and pushing the candidate cadets. Cadets are taught discipline, great leadership skills, military tactics, and are expected to know and live by the Ranger Creed. As candidates, we are put through stressful and tiring situations, but we work together to keep each other going and build up one another. The Cadets who have completed this program have done extremely well at Cadet Summer Training and other military schools such as Air Assault School. They have made us proud and have given a great sense of pride to the Bearkat Battalion. News Candidates Rhome III and Gurrola was selected to shared their experience of their first training in Ranger Company.



Leo Rhome III
Houston, TX

"Day zero is a physically and mentally demanding event. However, if you are able to push past your limits and complete it, you will gain valuable life skills that you can apply in your military career. While going through the program, there were times when I wanted to give up, but I had to psychologically tell myself that I could do it. Overall, learning from those who came before me was an amazing experience. I learned how to motivate and encourage people, how to be a lead, and how to push myself beyond my boundaries. Ultimately, I had a great time with my team and I can't wait to continuous this journey with them."

"Day zero started with light rain, making it exciting. It wasn't so hectic initially, but as we went through the day, it became harder to process the situation. Day zero was hectic and physically demanding as well as challenging. However, it was as fun as it could have been. The part I enjoyed the most was how the scrolls and the candidates jumped into a puddle of muddy water. I would not change anything about how day zero happened. We have a strong bond with the candidates, and they are already becoming like another family to me."



Thelma Gurrola
Dallas, TX



Ranger Company Day Zero Pictures



Cadets at Day Zero formation



Ranger Company cadets building team camaraderie

**Train
to
Lead!**



Ranger Company Scrolls leading by example



George C. Marshall Seminar



ROTC Cadets at the Seminar with (left to right): Lt. Gen. John Kolasheski, General Antonio A. Munera, and General Gary M. Brito of US Army Cadet Command

The George C. Marshall Awards and Leadership Seminar is an annual event that honors the achievements of the top Army ROTC Cadet from every college-level unit and top US Military Academy Cadet from each company. This year's seminar at Fort Knox, Kentucky was the first in-person seminar since the outbreak of COVID-19. Over the span of two days, Cadets participated in a number of educational activities focused on leadership and the future of the US Army. Cadet Monroig had the honor to hear a number of distinguished guests speak including General Gary M. Brito, the Commanding General of the US Army Training and Doctrine Command. He also had the opportunity to participate in small group discussions with some of the nation's top cadets from all over the country. Cadet Monroig stated that "It was an immense privilege to represent the Bearkat Battalion at the George C. Marshall Awards and Leadership Seminar. The future of the US Army is very bright. I look forward to passing along the knowledge I gained this past week to my fellow cadets here at Sam Houston State."



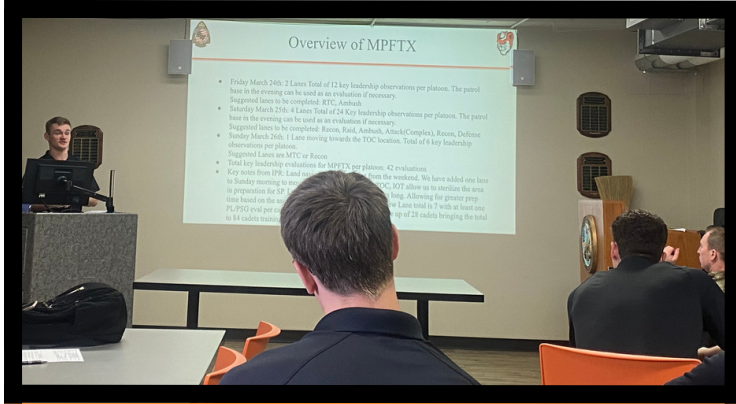
University of Houston Battle Buddies
CDT Lin and LTC Comiskey with LTC
Limberg and CDT Monroig



From left to right: CDT Lin, Major
General Antonio (Andy) Munera of
US Army Cadet Command, CDT
Hake, and CDT Monroig



Insight into the MPFTX



CDT Sumner briefing overview of MPFTX during MSIVs Training meeting



CDT Sumner during Ranger Challenge

"My name is CDT William Sumner, and I have been given the pleasure of being the SHSU ROTC Operations Officer this semester. Immediately following spring break this semester, we will be holding a Multi-program Field Training Exercise (MPFTX). SHSU along with SFA ROTC will be training for three days in preparation for our MS3s attending CST this summer. We will be conducting multiple tactical lanes to better prepare the future of our Army. These lanes will mirror what our cadets will face at CST along with allowing them to work with cadets and cadre from other universities. This will help foster relationships that are important in their future endeavors. Our planning process for the event is going well. There has been a lot of bilateral cooperation between our schools, and we are confident this will be our best FTX yet. I'm greatly looking forward to seeing the cadets excel during our training, and will share our progress along the way."



Cadets during last year's MPFTX at Stephen F. Austin State University



Black History Month: CDT Yatta Towouh

"When I was younger, I dreamed about becoming a lawyer; I admired their commitment to their career and bravery in playing devil's advocate by defending contentious clients; joining the military was the furthest thing from my mind. My father, however, loves the Army with all his heart. Sadly, after getting wounded in battle, he was awarded a purple heart and forced into early retirement. To this day, I still listen to him talk about how he wishes he would have had more time to serve. When I started high school, he sat me down to discuss my plans; he wanted to know my life goals and a strategy for achieving them. I told him I wanted to be a lawyer but did not elaborate on how I planned to get there. He told me to look into being a Judge Advocate General Officer, and he described how rewarding it would be to serve my country while still working as a lawyer. I was hesitant because I convinced myself that I lacked the physical and leadership attributes to join the Army. Still, after some consideration, I decided to join, not because of how persuasive my father's Army speech was, but because it was thanks to the help of the Army that my father could bring our family from Monrovia, Liberia, to the United States. By joining the Military, I wanted to show gratitude to my father and the Army, as a whole, for the opportunity given to my family."



CDT Towouh with her then mentor 2LT Paulson learning how to properly hold her weapon



CDT Towouh with her mentee, Thelma Gurrola, at the Fall award ceremony



Alumni Spotlight: First Lieutenant Julian "Prescott" King

"When I was in ROTC, there was a lot I expected from my first few years in the Army. I expected to experience the highest highs, and the lowest lows I could. That was about the only thing I was right about. Two weeks after my class commissioned in 2020 I packed up everything I wanted to start my new life with and went to Fort Benning Georgia.

IBOLC was nothing as I expected. It was a depressingly melodramatic experience which was surprising since immediately after Infantry Basic Officer Leader Course (IBOLC) graduation we would all be trying our hand at Ranger School. Nevertheless, Sam Houston State ROTC had extremely over-prepared me for trials at IBOLC. The only thing that my preparation could have used more of was a bit of high-level OPORD experience.

After Ranger School, I went to Fort Carson, Colorado, and reported to the S3 shop in 2SBCT, 2-12 BN. This may have been the most unexpected experience of all. As a newly branch certified LT, I knew my job was going to consist of paperwork, but my expectations were low on the severity scale. I found myself spending 12-18 hours a day in front of a computer screen, consistently missing workouts, meals, and rest cycles to attempt to make a product that wouldn't get kicked back. In school, I skated by on minimal computer skills and knowledge but as an LT, it was more of a trial-by-fire experience.

Speaking of trial-by-fire experiences, because of my tenacity in the S3 shop and the failures of my contemporaries, I took a platoon faster than most. I was assigned to the most notorious Platoon in the Battalion, and they lived up to that title. In the Army, there is more to your success as a leader than your effectiveness as a leader and a unit. Opinions of higher officers have a huge impact on your success as a Platoon Leader and it is wise to mind how they perceive you. You need to toe the line between fighting for the well-being of your Soldiers and fighting for favor in the eyes of your superiors. It shouldn't be that way but whether we like it or not, that is how it is. Being a PL was the hardest and most rewarding job I have ever had. It was certainly the highest highs and the lowest lows for so many reasons.

When I was a cadet, I would consistently ask mentors for guidance on what I could be doing in addition to my studies and training in ROTC. The responses were always "focus on school" or "enjoy being young before you're not" but if I was to give Cadet King some advice, it would be more practical. Become proficient with Outlook, Microsoft PowerPoint, and Excel. Learn everything there is to learn about OPORDs and learn how to stand up without shame when you are embarrassingly out of your league. Finally, it pays to be the best. There is no room in any organization for leaders that aren't trying to be."

Leadership Excellence!



Alumni Spotlight: Pictures



Lieutenant King and his two best friends, Marshall Green, and Patrick Kristen at IBOLC Graduation



Lieutenant King at his Ranger School graduation with his sister, nephew, mother, grandfather and niece.



Lieutenant King and his best bald friends at ranger school, Nick Barber and Ben Hale.



Lieutenant King and his Platoon Sergeant, SFC Deacon in Fort Irwin California at King's promotion Ceremony.

