



# MARSOC

## Standing Up Facilities at Camp Lejeune

The importance of the U.S. Special Operations Command (USSOCOM) cannot be overstated, as these brave warriors are our greatest weapon in the continuing Global War on Terror (GWOT). The FY 2011 budget request of \$6.3 billion for USSOCOM is an increase of 5.7 percent over FY 2010, reflecting the priority to focus on irregular warfare and to strengthen core special operations capabilities. Overall, funding will add about 2,800 new SOCOM personnel in FY 2011.

The newest SOCOM command, Marine Special Operations Command (MARSOC), has been very active over the past six months. Prior to the ribbon cutting of a new headquarters building on Stone Bay at MCB Camp Lejeune, N.C. on Nov. 20, 2009, Maj. Gen. Mastin Robeson, USMC, passed the reins of command to Maj. Gen. Paul Lefebvre, USMC, making him the third commander of MARSOC. Following the change of command, Robeson retired from the Marine Corps after 34 years of service.

During the ribbon-cutting ceremony (*see below*) for the new Headquarters building, Gen. James Amos, USN, assistant commandant of the Marine Corps, was presented with a KA-BAR knife, and Adm. Eric T. Olson, USN, commander of U.S. Special Operations Command, was presented with a Marine Raider Stiletto to cut the ribbon.

“What you see behind you is a truly powerful manifestation of what can happen when two organizations like the

Gen. James Amos, USMC assistant commandant of the Marine Corps, (center right) and Adm. Eric T. Olson, USN, commander of U.S. Special Operations Command (center left), prepare to cut a ribbon during ceremony meant to commemorate the new MARSOC Headquarters building on Stone Bay, MCB Camp Lejeune, N.C.

PHOTO BY CPL. RICHARD BLUMENSTEIN, MARSOC PUBLIC AFFAIRS.

Members of 1st Marine Special Operations Battalion, U.S. Marine Corps Forces, Special Operations Command Operators are lifted from the ground by a CH-46 Sea Knight helicopter.



PHOTO BY  
CPL. RICHARD BLUMENSTEIN

USSOCOM and the United States Marine Corps combine resources, combine energy to contribute to the capabilities of a most important organization like the MARSOC with a most important mission at this time in our history," Olson said in reference to the new facility.

The facility cost more than \$51 million and is part of a \$259 million long-term military construction plan to provide MARSOC with extensive, multi-faceted and functional compounds at Camp Lejeune and MCB Camp Pendleton, Calif.

The new facilities consolidate Marines in MARSOC who previously were divided between 112 different facilities into 45. Facilities being constructed at Stone Bay include three barracks, 17 training facilities, 15 work facilities and 10 miscellaneous facilities.

### NEW FITNESS CENTER OPENING AT STONE BAY

At approximately \$14.5 million, the 19,000-square-foot fitness center at Stone Bay, Camp Lejeune, which is set to open this summer, will be used by both Marine Corps Community Services (MCCS) and MARSOC.

"In terms of layout and design, it truly is a human performance center, and has many special features that will help Marines to train more functionally, which is a big emphasis here in the Marine Corps," notes Mary Troja, Camp Lejeune fitness director, MCCS.

The new facility will feature two large mixed martial arts rooms with a divider down the center so Marines can



# [ Maximum training ]



**ARISTO  
CS-2**



**FMI**

**Fitness Master, Inc.**  
 11419 Mathis #200  
 Farmers Branch, Texas 75234  
 Toll Free: 1-866-434-8639 | Fax: 214-350-8876  
[www.fitnexusonline.com](http://www.fitnexusonline.com) | [www.fmiamerica.com](http://www.fmiamerica.com)

**Simply the Safest!**

## Covermaster's Ultima Series PROTECTIVE GYM FLOOR COVERS

ADA compliant, slip resistant covers designed for **SAFETY!**



ADA compliant surface

**ULTIMA 5000™**  
Heavy duty cover with a ripple pattern on one side



ADA compliant surface

**ULTIMA 4000™**  
Heavyweight cover with a diamond tread-plate pattern



ADA compliant surface

**ULTIMA 3000™**  
DeLuxe cover with a holographic cube pattern

*Many other cover models also available*

**COVERMATE II™**  
 Professionally engineered for safety.  
**THERE IS NO SAFER SYSTEM!**



Certified engineer designed

- Safety outriggers for increased stability
- Non-slipping, positive floor locks
- Roller collars to avoid finger pinching
- Six casters to reduce point load and improve mobility
- Safety bolts prevent roller 'pop-outs'



**SAFETY 1ST**

**COVERMASTER™**  
**COVERMASTER**  
**COVERMASTER**

MASTERS IN THE ART OF SPORTS SURFACE COVERS  
 COVERMASTER INC., TEL 416-745-1811 • FAX 416-742-6837

**Call 1-800-387-5808 to learn more!**

MEMBER




SEE COVERMATE II™ VIDEO AT [covermaster.com](http://covermaster.com)  
 E-MAIL: [info@covermaster.com](mailto:info@covermaster.com)

© 2007, Covermaster Inc.



Federal Supply Service



## Special Ops Training

PHOTO BY CPL RICHARD BLUMENSTEIN



### Go Vertical.

Since 1981, VersaClimber has remained a trusted name in total body vertical cardio training. Its unique compact, space saving vertical design, VersaClimber delivers a calorie guzzling total body workout. From novice users and rehab treatment to elite combat readiness training, today's VersaClimber is your vertical solution for any gym, rehab facility and training base.



Proudly Used By:  
Army, Air Force, Navy,  
Marines and Coast Guard.

1.800.237.2271  
VERSACLIMBER.COM  
GSA Contract# G507F-0146L

do functional training, including half-wall mounted pads around the room, peg boards and chin-up bars with mounts for different functional training equipment such as TRX from Fitness Anywhere. The 8,000-square-foot fitness area will have a cardio area, a free weight area and several circuit areas with a variety of functional equipment.

"Marines and MARSOC will be doing a lot of their training here," notes Troja. "The new facility and the type of functional equipment that we will have — as well as the circuits — also supports the new Combat Fitness Test (CFT)."

The facility will also feature a large physical therapy room, a personal training room, a classroom/multipurpose room and two locker rooms.

"We designed the facility to have one large physical therapy room that will have a lot of the special modalities since the physical therapist will be working with highly trained athletes," notes Troja. "They will have specialized equipment in there, squat racks and gravity trainers, for example."

The highlight of the facility will be all of the fitness equipment, which can be set up and designed to create circuits for groups of Marines to train together.

Specialized equipment in these circuits areas include: Jacobs Ladder Total Body Exerciser, Woodway Force Treadmills (motorized and non-motorized) and Speed Boards, Concept2 Rowers, Versa Climbers, Power Blocks, Dynamix medicine balls, Fitness Anywhere/TRX systems, War Machines, Keiser functional trainers, Trixter XBikes, and climbing ropes with wrestling mats.

The facility will have a variety of cardio and strength equipment from Life Fitness (treadmills, ellipticals and upright/recumbent bikes), as well as Precor, Technogym, Nautilus and Keiser.

On the functional side, agility ladders, plyoboxes, sleds, rings, hurdles and cones are purchased from Power Systems, Bigger Faster Stronger, Perform Better/MF Athletic, BSN and Gopher.

### MARSOC TRAINING

With the influx of MARSOC personnel at Stone Bay, and more expected by 2015, the new fitness center at Stone Bay will be used not only by MCCS Marines and families but by MARSOC as well.

Increased SOCOM funding in 2009 was a driving force behind MARSOC's involvement in the new fitness center

at Stone Bay.

"In 2009 we began the Warrior Rehab and Performance Center initiative, a SOCOM-mandated initiative to provide funding to every SOCOM command to hire new personnel to expand their capabilities, both on the rehab side and on the injury prevention and performance side," notes Lt. Matt Bubnis, USN, a certified physical and orthopedic specialist for the Marines Special Operations Support Group.

He points out that this new human performance center is designed to help MARSOC train.

"What it does is it gives us essentially the capability to take big groups — 15 people or more, typically — and take them in the fitness center, be guided by a strength coach or two and have lines up at the different stations and circuits, and get their workout done in 60-90 minutes as a team," Bubnis explains.

"If you look at any professional training facility, a Div. 1, for example, most people train with complex, multi-joint lifts using squat racks, bumper platforms, free weights, dumbbells and some cables," he points out. "So we wanted to make this a performance center where we would have that capability. So the facility will have six bumper platforms in one row, six squat racks in one row, then a collection of kettlebells and dumbbells with some free benches down a row, and cable machines, for example. This approach is nothing new in the sports performance training world, but we are bringing it to



PHOTO BY LANCE CPL JOSEPH STAHIVIAN





health assessments, we want to have a injury prevention screening area for Marines to do a musculoskeletal screening when they first get to the school and then three years after that,” notes Bubnis. “We take the best of what we know is out there, take measurements, and see who is at risk for injury and be proactive about it and incorporate those post-screening, prehab exercises into their performance training as well.

“We can also look at functional movement patterns, asymmetry in strength or power, and previous injury history,” he continues. “If someone has pain or a previous injury history we can screen them for that and address it, and over time as we identify new things that put them at risk, those will be addressed as well, whether it be poor movement patterns, scar tissue buildup, lack of range of movement, tightness or weakness.”

the military in an organized manner.”

Bubnis says that the idea is to set up circuits and create “a periodized program that incorporates, through power endurance circuits, your strength via neuromuscular efficiency, your strength via hypertrophy, and also your local muscular endurance. We will mix that in with aerobic conditioning as well.”

Strength and conditioning specialists will lead the MARSOC group sessions, and will be supported by athletic trainers and physical therapists.

“We will also have programs set up where we will take select people from within each unit and give them extra training for about two weeks,” notes Bubnis. “We will have representatives within each unit with expanded knowledge of the training program, so we can have some non-commissioned officer leadership within each group as well, helping to lead these workouts, and also helping them when they are downrange.”

With a background in physical therapy, Bubnis knows the importance of having a room devoted to Marines who need this extra care and therapy.

“There will be a component of the facility that is designated to acute and advanced rehab, and the belief is — and what is accepted across SOCOM — that a lot of times these operators at a higher level don’t want to come to the medical clinic if something is bothering them or tweaked,” notes Bubnis. “But they are more likely to come in and just mention it and see what you can do for them if you have a clinic right next to where they work out.”

The room will have some evaluation space and some equipment as well.

“Just as they go through periodical

**LEGEND FITNESS**  
WORLD CLASS STRENGTH EQUIPMENT

Performance Series Half Cage  
Pro Series Double-Sided Half Cage  
Westside Barbell Tilt Reverse Hyper

**THE CHOICE OF LEGENDS**

Chip Smith  
Competitive Edge Sports

Louie Simmons  
Westside Barbell

Dr. Michael Yessis  
Sports Training, Inc.

EXCLUSIVE STRENGTH SUPPLIER FOR  
E! SPORTS PUNCH GYM

EXCLUSIVE STRENGTH MANUFACTURER FOR  
**WESTSIDE BARBELL**

Visit [LegendFitness.com](http://LegendFitness.com) or stop by our booth at the CSCCa show to learn more about the fastest growing strength company in America. For direct sales, call toll free 866-7LEGEND and mention code GRM3!

## Special Ops Training

Another big responsibility is preparing them for downrange, deployed situations. “If they don’t have access to fixed locations downrange than we do provide them with Flyaway kits, where they can set up space,” notes Bubnis.

MARSOC deployed fitness flyaway kits include Power Lift free-standing portable squat rack with a chin-up accessory; Rogue Fitness kettlebells, barbells, bumper plates; Dynamax medicine balls;

jump ropes; AB mats; rings; portable bench; Concept2 rower; Schwinn bike; and TRX (when requested downrange)

### PERRES PROGRAM

Building on USSOCOM’s Warrior Rehabilitation and Performance Center (WRPC) initiative, MARSOC has implemented a PERformance and RESiliency (PERRES) program. The full name of the program — the Performance, Resiliency,

and Rehabilitation of the Body, Mind and Spirit — looks to add a spiritual and emotional component that addresses the emerging needs of MARSOC. According to MARSOC officials, when Maj. Gen. Paul E. Lefebvre, USMC, took command of MARSOC last November, he asked MARSOC to complete the WRPC triangle by adding a more comprehensive spiritual element.

“The PERRES program is still a part of WRPC but MARSOC has — as has SOCOM with WRCP — broadened the scope to look at the concepts of mental and spiritual resiliency,” officials point out. “Performance is about optimizing your output: for a marathon runner, performance means being able to run for a long distance; for a sprinter it’s about running fast. For a MARSOC Marine, performance is somewhere between those two: he may not need to run 26 continuous miles, but he needs to have the physical and mental endurance to keep moving at a fast pace for long periods of time.

“The key concepts the Marine Corps was developing with WRPC for MARSOC physical performance, resiliency, and rehabilitation — particularly tailoring performance to mission, and increasing resiliency to decrease rehabilitation — were the same concepts that the psychologists on the staff were dealing with for the mind: tailoring stress inoculation to the mission at hand, and working to get our people resilient to deployment or operational stresses rather than trying to mentally rehabilitate or medically discharging them with PTSD when it’s too late.”

According to MARSOC officials, when the PERRES program is fully operational, the desired staffing level will be in the region of 20 employees that specialize in the required areas of expertise. These employees will be located at all MARSOC locations in order to best support MARSOC members.

“MARSOC has reached out to the professional and collegiate sports network and let our intent be known that we intend to hire some of the country’s best sports medicine professionals to support our program,” officials said.

Specialists are also being hired and considered in the areas of nutrition, psychology and life mentors. The goal is to ensure that professional resources are always available to the individual MARSOC member and family to strengthen the resiliency associated with mind, body

**STAY HYDRATED...**

**...FOR PEAK PERFORMANCE**

A 2% reduction in body water can result in a 20% reduction in energy level. Athletes work hard and perspire a lot and staying hydrated is key to being fit.

The Touch-Free Hygienic HydrationStation™ from Haws is just the answer to being adequately hydrated.

- REFRESHING FILTERED WATER DISPENSER
- ANTIMICROBially PROTECTED
- ELIMINATES ONE-USE PLASTIC BOTTLE WASTE

**hydration STATION™**  
by HAWS

[www.stayhydrated.net/grf](http://www.stayhydrated.net/grf) :: (888) 640-4297



The new fitness center at Stone Bay, MCB Camp Lejeune, N.C., which is set to open this summer, will be used by MARSOC for training.

PHOTO BY CPL. RICHARD BLUMENSTEIN



and spirit, officials noted.

Although MARSOC will be sharing the new fitness center aboard Stone Bay with MCCS, in future years the goal is to obtain dedicated MARSOC facilities. “Several options are being studied to determine which one would suit the unique PERRES requirement, with space and resources allocated to maximize individual performance ability,” officials point out.

“The key is to develop a MARSOC culture of excellence focused toward operational performance and tailored to specific operational regions. This atmosphere will take the individual beyond the conventional fitness mindset and define a level of performance and supporting activities consistent with that of professional and Olympic sports methodologies.”

The overall goal is to maximize mis-

sion success by giving Marines access to professional experts trained to optimize performance, maximize resiliency and get them rehabilitated to their original condition as quickly as possible. MARSOC has also reached out to the University of North Carolina (UNC) system to collaborate with their experts, and is also working with UNC on some mental resiliency metrics. “We have a position within PERRES programmed for an analyst who will record and track data against these metrics,” officials said.

Family readiness is also critical to the PERRES program’s success.

“There’s a humane and moral reason that we want to take care of families: it’s the right thing to do, but there’s also the cold operational facts: If your family is

not squared away, your head is not in the game,” MARSOC officials point out. “It doesn’t matter if you’re training or deployed — by taking care of families we increase Marine special operations forces performance.”

One of the big changes with this program is that it is bringing in outside professionals to provide expertise areas where the military has historically done its own thing.

“The PERRES program will educate the Marine in key areas that will develop and strengthen the mind, body and spirit,” MARSOC officials point out. “This program will support a candidate at Assessment and Selection and follow him throughout his career with persistent support.”

—GRF



## BACK IN ACTION...FASTER

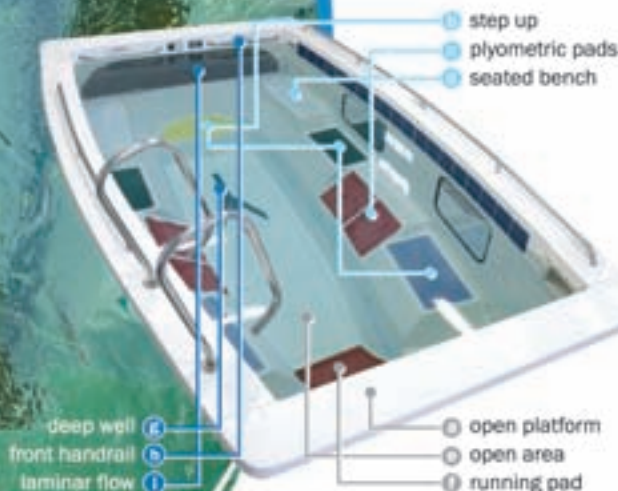
Exceptional Resistance Pools for Exercise, Conditioning & Rehabilitation

**SWIMEX AQUATIC THERAPY POOLS.** Trusted by the U.S. Military for over 20 years, aquatic therapy can accelerate rehabilitation for many injuries. SwimEx’s built-in exercise stations, varying water depths, integrated treadmills and other accessories offer expanded rehab options for both lower extremity and upper body injuries.

The only all fiberglass therapy pool, SwimEx’s unique paddle-wheel propulsion system generates a pool-wide adjustable current for near weightless therapeutic exercise and rehabilitation.

**Experience our extraordinary pools!**

Test a SwimEx therapy pool at your nearest military installation or watch our therapy videos at [www.SwimEx.com/VIDEOS](http://www.SwimEx.com/VIDEOS)



**SwimEx**  
Go with the Flow

Visit [www.swimex.com](http://www.swimex.com)  
or call 800.877.7946