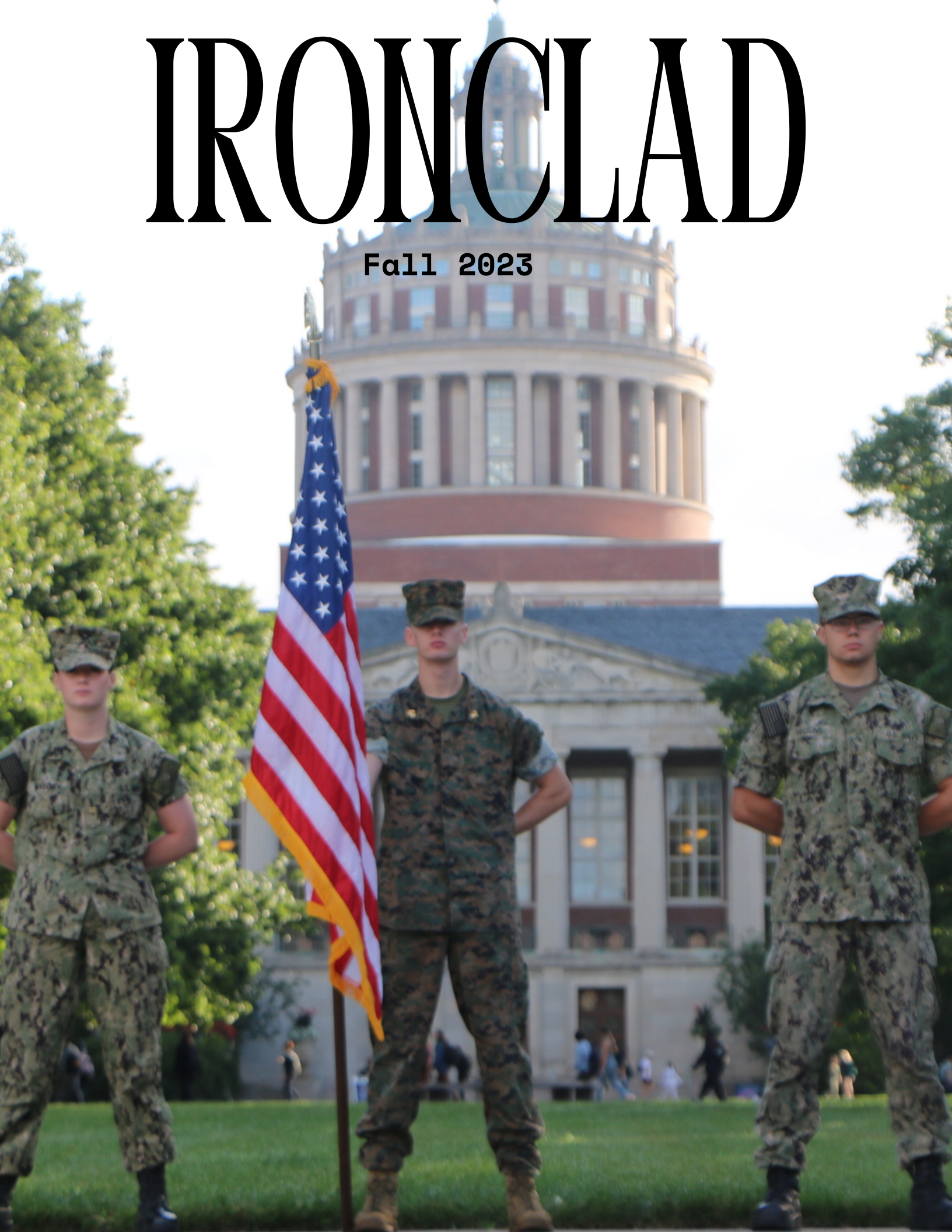


IRONCLAD

Fall 2023



TABLE



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CAPTAIN'S CALL

By Captain Sanchez



What an amazing year! I am truly blessed to be here in Rochester. First and foremost, I would like to give a shout out to the Alumni Association, Local Veterans clubs and the Donors who have supported our organization this last year. It has been awesome to have the chance to interact with you through local events and especially being hosted via zoom at this year's Alumni reunion. Although I was not able to attend the gathering at the Battalion in October, your visit left a lasting impression on the staff and midshipmen. I look forward to hosting you again next year.

As some of you may know, there are 76 NROTC units across the nation. NROTC Rochester is not one of the largest by far; but we are one of the most productive. Recruiting for the armed forces has been lower over the last few years but we have managed to hover at 42 midshipmen. We have been working actively on our recruiting campaign in the area and hope to see our numbers grow. We have one of the most dedicated staffs that I have had the honor of working with in the last 37 years. The team is phenomenal and devoted to producing professional leaders for Sailors and Marines, that are mentally, morally and physically ready to take on future challenges.

Just as impressive as the staff are the men and women of the Battalion. They are dedicated and resilient! Over the last year, they have completed three Field Exercises (FEX), learning to work as a team in small unit leadership land navigation, outdoor survival, and First Aid. They have participated in three Military Excellence Competitions (MEC) against other ROTC affiliated Universities and military service academies in events such as swimming, speed & endurance races, weightlifting, ship-handling, and drill competitions. During the Fall 2022 competition at Cornell University the Battalion placed 2nd against 10 other Universities including the US Naval Academy and the US Military Academy. I am also proud to say that this year the Battalion again took 2nd place overall at the Cornell University MEC that hosted 13 Universities including all Services Academies. The Battalion achieved 1st place in multiple events to include: Platoon Basic Drill, Color Guard and the male 5k. The Battalion also achieved 3rd place in the 2-Men trick drill competition and 2nd & 3rd in the Female 5K. Their success has been a culmination of hard work and dedication to drill and military excellence.

Again, I want to thank all of you for the support you have shown the battalion. Through generous donations we were able to fund the travel of several midshipmen to leadership conferences in multiple locations across the United States. These transformative, short-duration leadership events have provided a valuable opportunity for our young emerging leaders to unite together with preeminent world experts; who share their experiences and offer invaluable insights into leading teams effectively. These sessions often become catalysts for transformation, not only at the individual level but help bring change at the organizational level.

If you're looking for a quick way to keep up with our events and outings, please take a look at our web page at: <https://www.nav.rochester.edu> or follow us on Instagram @nrotcu.rochester. All in all, it has been a great year for NROTC Rochester. We appreciate the continued interest and involvement of all our Universities, Unit Staff, Midshipmen, Alumni and friends. Meliora, ever Better!!



BNCO'S CORNER

By MIDN 1/C Fritz

NROTC is a challenging program that develops college students into Navy and Marine Corps officers. Midshipmen from across the nation train to prepare themselves mentally, physically, and spiritually for the fleet. In my time in NROTC I have met and trained with Midshipmen from across the nation, and none of them have continually impressed me in the same way the Midshipmen at NROTCU Rochester have. Our unit has a rich tradition of producing outstanding Midshipmen due to our high standards, intense training, and dedication.

This semester, our focuses were on improving the Battalion's engagement with outside groups and empowering Midshipmen to step up and take charge of projects that they cared about. Often, these two focuses overlapped. One of our biggest successes this semester was our vastly improved social media presence, through which we have significantly improved our visibility as a unit. We also worked hard to become more engaged and visible in the university communities of our Midshipmen. We did this in a variety of ways, including working at campus events as a unit, showing up to event fairs and open houses, and inviting non-NROTC personnel to take part in some of our activities, such as the Veterans Day Run. The Battalion also excelled at the Cornell University Invitational Drill Competition, placing first in the MEC, taking first in several drill events, and beating the United States Military Academy for the first time in the four years I have been at NROTCU Rochester.

This is not to say that the semester was not without its challenges. There were several training opportunities that myself and the rest of Top Three wanted to give the Battalion that proved to be more difficult to make happen than we anticipated for one reason or another this semester. While these roadblocks proved to be challenging, they also contained good lessons in planning, communication, and working with organizations outside of the Battalion. Getting to pull back the curtain on the planning side of the Battalion gave me a much better appreciation for the amount of work that goes into the smooth running of a unit. I was also repeatedly impressed with the way the Battalion adapted to the challenges that came up and worked together to overcome them.

I am incredibly grateful for the privilege of command this semester. Watching how hard all the Midshipmen worked this semester and seeing their dedication to improving themselves and their shipmates has been one of the most rewarding experiences of my time in NROTC. I would like to thank my BNCO and BOPS for their diligence in the day-to-day running of the Battalion, the staff for their support and mentorship, and most importantly, the Battalion for all the effort they put in this semester. With such high-quality Midshipmen in the unit, I am confident that the Battalion will be in good hands in the years to come.

SENIOR REEL

By MIDN 4/C Kelsch
assisted by MIDN 4/C VanGelder and Downs



CLASS PICTURE OF GRADUATING 1/C



MIDN 1/C Fritz

Marine Option

How did the unit prepare you for OCS: The unit really fosters responsibility to stay in shape. Our unit prepares us for that which a lot of units don't do. Anyone can go for a run on their own, but not everyone can go on a FEX on their own.

What is the biggest lesson learned, and how has it helped you grow: I think the hardest lesson comes down to not being afraid to say things. Whether that's peer to peer or up and down the chain, lead your followers, lead your peers and communicate with a chain of command.

What is the advice you have for underclassmen preparing to go to OCS: Just to be strong. Like, there's a certain mentality that you need to get through training like that, waking up early and pushing through the day. One thing at OCS is you get a lot of jobs, and not a lot of time to do them. So you need the determination to sometimes stay up and work overtime to get through for your peers.



MIDN 1/C Kolmetz

Marine Option

How did the unit prepare you for OCS: Pretty well, our freshman year we had a much tougher first class. The first time we did Land Nav, the staff sergeant just tossed us our book and compass and said we'd "figure it out".

What is the biggest lesson learned, and how has it helped you grow: The hardest lesson is being tactful in what you say and how you say it. You can't just say what you want when you want to, and that's a good lesson to take with you everywhere in life.

What is the advice you have for underclassmen preparing to go to OCS: Get ready I guess. There's only so much we can do to prepare underclassmen for OCS, the rest you just need to figure out.

MIDN 1/C McKeown

Navy Option

Surface Warfare

How did the unit prepare you for your future career: The unit challenged me in different leadership positions that played to my weakness to grow them into strengths.

What ship class would you like to be on: Either a destroyer or any amphibious assault. I always work well in smaller communities and I also like their mission set and for amphibious I would like to work with Marines or Navy SEALs.

What are you most excited for in your career: I'm excited to see how far I'll actually go cause I don't know how long I want to be in the Navy. And also what divisions I'm going to be running.



MIDN 1/C Shanks

Navy Option

Explosive Ordnance Disposal

How did the unit prepare you for your future career: I think the unit gives you a lot of opportunities to practice leadership in a lot of different situations. The other one is dealing with a lot of stress, like balancing ROTC, school, sports, stuff like that.

What drew you to EOD: Initially, the challenge of the community is what drew me in. And the fact that a lot of things that I'd want to do in my free time, and the people I'd want to spend my free time with is exactly what the job is. And then when I learned more about the community and their core ethos, you see that a lot in everything they do.

What are you most excited for in your career: Dive school. I'm excited to go through it with the guys I met over cruise.



MIDN 1/C Sylvester

Marine Option

How did the unit prepare you for OCS: For PT, I used to be on FEP but the marine option upperclassmen really motivated me to improve my PT. Our upperclassmen and PQS really helped with the customs and courtesies and FEX as a whole is intended to help you learn and prepare you for the future.

What is the biggest lesson learned, and how has it helped you grow: There are disparities between people and you shouldn't judge others when they come from different backgrounds, we are all human and everyone is willing to make connections.

What is the advice you have for underclassmen preparing to go to OCS: The biggest thing that will hold you back is not having the ability to understand that nothing is personal, people struggled the most not with the physical or knowledge but their ability to regulate stress in an unforgiving environment. OCS is a game meant to break you, understand that.

MIDN 1/C Williamson

Navy Option

Submarine

How did the unit prepare you for your future career: The standard we hold at our unit is so much higher than any other unit. We're the only unit that does PQS. Your responsibilities as a Midshipman start day 1 of being in the unit. And there's a huge benefit leadership wise being in a smaller unit. It really opens a lot more opportunities.

What submarine class would you like to be on: Fast attack because I feel that their mission is a lot more proactive!

What are you most excited for in your career: Meaningful interactions with people, building relationships and connections with a large variety of interesting people, and traveling around the world.



MIDN 1/C Wyns

Navy Option

Surface Warfare

How did the unit prepare you for your future career: I would say that the unit has prepared me by allowing me to test and grow my leadership style with leadership positions that challenged me. But also, we're in a safe and controlled environment with proper mentorship and guidance. So I've been able to really understand myself and improve over the three, going on four years I've been here.

What ship class would you like to be on: I don't really care which ship, but I would like to be stationed in Japan.

What are you most excited for in your career: To be honest, I'm not sure. I'm excited to finally get to serve in the military. It's something I've wanted to do for a long time. Whatever form that takes, I'll see where the sea takes me. But I'm just excited to get out there and start doing things.

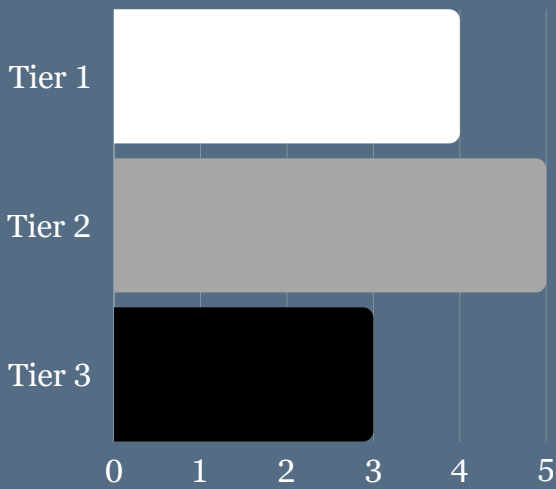
WELCOME

aboard

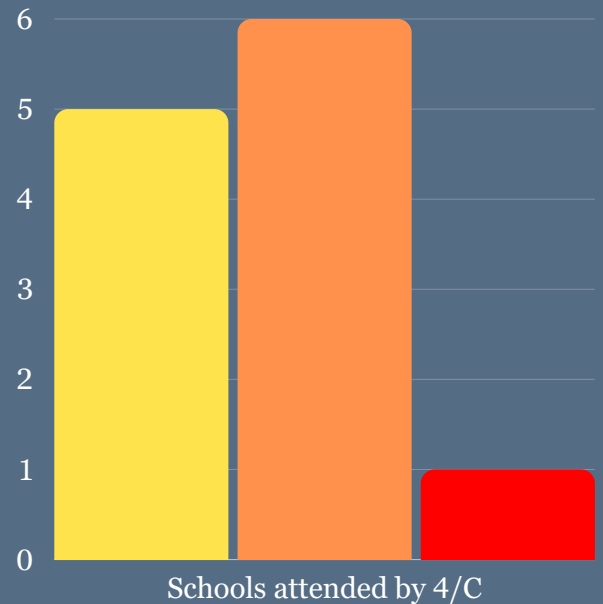
FRESHMEN

Major Classifications of 4/C

By MIDN 4/C Clausing

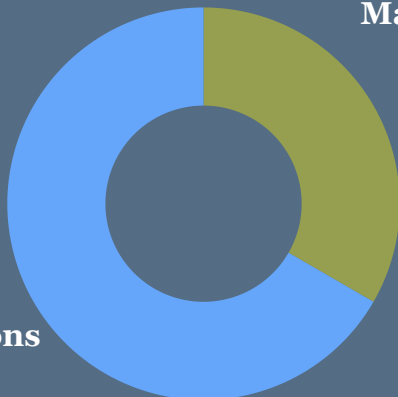


University of Rochester
Rochester Institute of Technology
St. John Fisher



Marine Options
33.3%

Navy Options
66.7%



Why did you choose the Navy or Marine Corps?

"I've been in love with the Navy since I can remember. I have always wanted to serve on a warship, so in combination with the scholarship aid, ROTC presented the perfect opportunity." -MIDN 4/C Noah Kwak, Navy Option



Hometown: Palo Alto, CA
Major: Business, Japanese
Desired MOS: Surface Warfare



"I chose the Navy to serve something larger than myself, and to challenge myself with the responsibility of being a Naval Officer. I wanted to become the best version of myself through sheer effort and strive to commission into a career destined to challenge me to my core." -MIDN 4/C Oliver White, Navy Option,

Hometown: Easton, MD
Major: Audio and Music Engineering
Desired MOS: Explosive Ordnance Disposal

"I chose the Marines because I wanted the ability to physically impact the world we are living in for the better. I was drawn to their ability to commission pilots and knew I wanted to one day experience the pride in being able to call myself a Marine." -MIDN 4/C Julia Barber, Marine Option



Hometown: Weston, MA
Major: Optical Engineering
Desired MOS: Aviation, Pilot



"I chose Naval ROTC for the opportunity to serve my country and challenge myself throughout my college experience; I was especially drawn to the Navy for the variety in potential experiences associated with the surface warfare and submarine communities, as well as their strong sense of camaraderie and the opportunity to go abroad." -MIDN 4/C Chauner Clausing, Navy Option

Hometown: Katy, TX
Major: Chemical Engineering
Desired MOS: Surface Warfare (Nuclear)

What are you most looking forward to?



"I'm looking forward to the learning experiences offered by the unit, building camaraderie, and preparing myself for challenges ahead." -MIDN 4/C Sean Pelaez, Navy Option

Hometown: Fairview, NJ
Major: Biology
Desired MOS: Special Operations



"I'm looking forward to getting to lead people and working a job I can be proud of, earning the title of Marine and proving myself, not just to everyone around me, but to myself." -MIDN 4/C Timothy Van Gelder, Marine Option

Hometown: Londonderry, NH
Major: Psychology, International Relations
Desired MOS: Logistics



"I am really looking forward to building camaraderie among my fellow midshipmen and learning all I can about the Navy; I am excited to discover where I fall into place within it." -MIDN 4/C Jack Niggel, Navy Option

Hometown: Allentown, PA
Major: Mechanical Engineering
Desired MOS: Special Warfare



"I'm very excited for CORTRAMID, most specifically aviation week!" -MIDN 4/C Dante Calandra, Navy Option

Hometown: Alexandria, VA
Major: Electrical Engineering
Desired MOS: Aviation

Why did you choose the University of Rochester NROTC Program?

“I was raised in Ontario NY, so I wrote down on my scholarship paperwork the most local college, U of R. Now that I’m here I consider myself to be extremely blessed and couldn’t be more happy that I ended up where I am. I really do believe that there isn’t a unit in the country better at equipping midshipmen with the physical and mental capabilities to one day lead United States sailors, and for that I am extremely grateful.” -MIDN 4/C Austin Kelsch



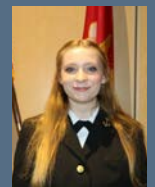
Hometown: Ontario, NY
Major: Mechanical Engineering
Desired MOS: Explosive Ordnance Disposal



“I had planned to attend St. John Fisher University before I decided I wanted to join ROTC, so my decision to join the unit at Rochester came after reaching out to the Rochester NROTC staff. They were extremely helpful in connecting me with current midshipmen to ask questions and learn about their experiences within the program, and after speaking with them, I knew the University of Rochester NROTC Program was something I wanted to pursue.” -MIDN 4/C Kenzie Downs, Marine Option

Hometown: Fairport, NY
Major: Business
Desired MOS: Intelligence

“I chose the University of Rochester NROTC because when I did my scholarship interview here, the staff I met seemed very kind, and everyone was very welcoming and willing to answer any questions I had.”
-MIDN 4/C Kayla Gleim, Navy Option



Hometown: Ilion, NY
Major: Neuroscience
Desired MOS: Surface Warfare



“I chose NROTC Rochester because of its prestige, community, and free room and board.”
-MIDN 4/C Dante Calandra, Navy Option

“Ever since visiting, I knew that this is where I wanted to call home. I was aware of the unit here, and the circumstances were perfect to be part of NROTC on the college campus I loved the most.” -MIDN 4/C Oliver White, Navy Option



“I chose the unit at U of R for the University’s outstanding research opportunities and the opportunity to play soccer for the University of Rochester. I immediately fell in love with the campus when I visited, and I really appreciated both the University’s and the unit’s values.”
-MIDN 4/C Chauner Clausing, Navy Option

“I chose NROTC at Rochester for the unit’s smaller size. I feel like I am able to get to know my upper-classmen and officers unlike larger units, and that they truly care about our success and development as leaders.”
-MIDN 4/C Julia Barber, Marine Option



“I got an email from the staff while I was still deciding which college to go to. One thing led to another, and it all just kind of fell into place. Since being here, I’ve found our unit to be a really amazing, inspirational group of individuals that really want each other to succeed.”
-MIDN 4/C Timothy Van Gelder, Marine Option

PERSPECTIVE OF A 1/C VS. A 4/C

BY MIDN 1/C MCKEOWN

BY MIDN 4/C DOWNS

Throughout my time at Rochester, I transformed from a shy, introverted person into a confident, outgoing individual. At the outset, I found solace in the shadows and often didn't volunteer for many of the opportunities that were presented to me, which I now regret. However, as I continued my journey throughout the program, I learned to embrace my



vulnerabilities and gradually build self-assurance. Through self-reflection and the support of understanding friends and mentors, I began to shed my inhibitions. Over time, I found my voice and was able to build myself into the leader I was inspired to be. This allowed me to explore new opportunities, broaden my horizons, and ultimately become more of the person I wanted to be. The journey wasn't without its challenges, but seeing who I am today was well worth the struggle I endured. If I could go back and give my 4/C self any advice, it would be this: only you can control the controllable, don't let uncontrollable factors deter you away from living up to your full potential.

My name is MIDN 4/C Downs and I am a Business major at St. John Fisher University. Beginning NROTC, I was exceptionally nervous. Coming into the unit I was one of the only 4/C Midshipmen who did not attend NSI, so I initially felt that I would be behind the other 4/C. During NSO, I was intimidated listening to everything going on around me, as I had never

folded sleeves before, never bloused trousers, didn't know any of the knowledge in the yellowjacket manual, and overall didn't know much of what to expect. With all of this said, I know we are only a month and a half in, but I am enjoying every moment of NROTCU Rochester. I am more comfortable with the unit due to the immense amount of support from the other Midshipmen. By my 1/C year, I hope to be as motivated and supportive to underclassmen as the 1/C this year are to us. I am extremely motivated to succeed in the NROTC program, and I am incredibly proud and excited to see where this path in my life will take me.

Quick Fire

- **Proudest Accomplishment:** Receiving the CO coin for doing a good job running NSO and being the OIC for CUIDC
- **Biggest lesson so far:** Speak when you are struggling; don't conceal it within and wait for it to explode into a bigger mess
- **Favorite Billet:** DRILLO
- **Service Community:** Surface Warfare
- **Favorite Unit Activity:** Dining In
- **Favorite Part of UofR NROTC:** The lifetime friendships I have gained

Quick Fire

- **Hopeful Accomplishment:** To become an even more hardworking, determined, and motivated individual who can set ambitious goals for myself for the future
- **Biggest lesson learned so far:** Knowing that you will make mistakes and you won't always have the answer to every question
- **Dream Billet:** ATHO Chief, Platoon Commander, or COMMRO (Top three Billet my 1/C year)
- **Desired MOS:** Intelligence officer
- **Possible Favorite Unit Activity:** Dining In
- **Favorite Part of UofR NROTC:** All of the connections I have made with all the Midshipmen thus far

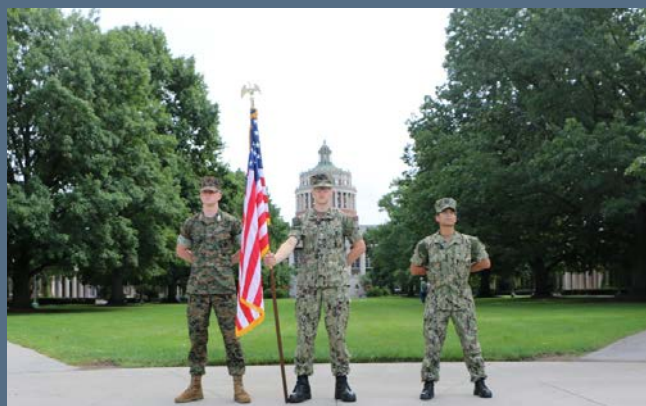
EVENTS OF THE SEMESTER

The Battalion was kept extremely busy this semester with many events. They ranged from honoring traditions to joint events to volunteering. The following pieces will provide a quick overview of some of the events the unit hosted this semester.

9/11 Vigil

By MIDN 2/C Yorke

01 On September 11th, Midshipmen of all classes participated in a Vigil to commemorate the lives lost during the terrorist attacks of September 11, 2001 and throughout the Global War on Terrorism. Midshipmen held the national ensign on Eastman Quad, demonstrating the resilience of the American fighting spirit. We will always remember the 2,977 lives lost on 9/11 and this day's impact on every individual in the nation.



9/11 Cadence Run

By MIDN 2/C O'Shaughnessy

02 On 12SEP23 the Battalion executed a 2.6 mile cadence run. The formation was led by the National Ensign, Navy Colors, and Marine Corps Colors, followed by Alpha Company, Bravo Company, and Charlie Company, respectively. Each midshipman memorized three cadences to call for their company during the run. This event is carried out every year to honor all those who gave the ultimate sacrifice on 9/11 and those who served in the Global War on Terrorism.



Outdoor LRC

By MIDN 2/C Zheng

03

On 04OCT23, the battalion participated in an LRC, which stands for "leadership reaction course." The event's objective was to develop midshipmen leadership and teamwork skills. It also provides an opportunity for us to physically train as a battalion in challenging scenarios and provide the 4th class midshipmen with opportunities to lead their peers under stress and fatigue. Three LRC stations were located at the River Trail pull-up bars, Zornow Field, and Susan B. Anthony Hill. All three companies persisted in finishing their tasks ahead of their expected time.



Alumni Visit

By MIDN 4/C Gleim

04

To participate in the Meliora Weekend festivities, the Rochester NROTC Unit invited alumni of the program to return to the university to reconnect with old friends and meet the current midshipmen. The event was held in the Midshipmen Training Room (MTR) on October 6th. Alumni and midshipmen alike had an enjoyable time as they interacted and learned about each other and discussed shared experiences from being a part of the NROTC program. It was a great turnout with alumni from a wide range of classes, some graduating as early as 1963.



Halloween PT

By MIDN 2/C O'Shaughnessy

05

On 31OCT23, staff and midshipmen dressed in costumes to participate in the annual dodgeball and kickball Halloween PT. Costumes included 4/C as Batman, 2/C as Barbie, and 1/C dressed up like various staff members. This event provides an excellent opportunity to boost unit morale and build cohesion.



Indoor LRC

By MIDN 2/C Wingood

06

On 15NOV23, the Battalion participated in leadership reaction courses at the University of Rochester's Spurrier Gym. The different stations required MIDN to communicate, actively listen, and prioritize materials for survival. This event aimed to identify midshipmen's personal leadership traits and establish good qualities of a leader. The Indoor LRCs demand MIDN to make decisions under mental stress, hoping they can use what they learned in the LRC and apply their thought processes to the field and fleet.



Veterans Day Run

By MIDN 2/C Perry

07

NROTCU Rochester, along with the RIT Army and RIT USAF units, participated in a yearly Veterans Day tradition. Midshipmen, Cadets, and ROTC and University Staff alike ran along the University of Rochester's river trail to Highland Park singing cadences. Once they arrived at the park, they visited the Vietnam Memorial to remember and honor all veterans who fought in the Vietnam War. Midshipmen and Cadets were given the opportunity to touch and read every name pillar to remember their sacrifices and to remind them of why they raised their right hand for this country.



Dining In

By MIDN 3/C Higgins

08

On 08DEC23, NROTCU Rochester held its annual Dining In Ceremony in the Feldman Ballroom. This ceremony consists of dinner, skits, fines, and the feared grog. The purpose of Dining In is to help build unit cohesion and add some levity to the stresses associated with the end of the semester. Dining In requires Midshipmen to be creative and take themselves less seriously to have fun as a battalion.



DRILL EVENTS

→ PLATOON DRILL



At the Cornell MEC our Platoon Drill team was able to place first overall against various competitors, including the Naval Academy and West Point. Leading up

to the MEC we had practice twice a week in the mornings that lasted about one and a half to two hours. Overall, it was an enjoyable experience for the team getting to witness our hard work pay-off. - MIDN 4/C Gleim

→ SQUAD DRILL



Being the unit leader for squad drill has given me a new level of confidence that I did not know I had. Between having to learn how to call cadence and physically competing in

front of other schools, I became more confident in my own commands. I achieved this by continuously practicing calling cadences in my head during and outside drill practice. - MIDN 2/C Niezabytowski

→ COLOR GUARD



I wanted to be a part of Color Guard because it is a much smaller group that is run by fellow midshipmen. I really enjoyed competing at Cornell and seeing our

hard work pay off. I learned that dedication to small details and a substantial amount of repetition are crucial to success.

- MIDN 3/C Clayton

→ TWO-MAN TRICK



I had never done trick drill before, but when DRILLO asked me to try it so that we would be able to compete at Cornell, I was willing to try. Unsurprisingly, it was

very different from the type of drill I was used to. Instead of the unit reacting to commands of the unit leader, MIDN Wyns and I had to know the whole routine perfectly and execute it in sync without communicating with each other. While it proved challenging, it was also rewarding, and I am excited to keep working on making our routine perfect for the next MEC. - MIDN 1/C Fritz



CORNELL MEC

By MIDN 3/C Kelly

As per tradition, the Rochester NROTC Unit attended the 42nd annual Cornell Military Excellence Competition (MEC) in October. The Cornell MEC is an event where ROTC units / military academies from the Northeast compete against one another in close-order drill and physical fitness challenges. The MEC represents the culmination of all of the hard work and dedication our MIDN put into perfecting their drill abilities and athletic talent throughout the semester. It is also an excellent opportunity for MIDN to not only demonstrate their strength, discipline, and teamwork, but, also a chance to bond with each other and build connections with MIDN from other universities. Rochester performed exceptionally well, taking 1st place in the overall competition. More specifically, the unit took 1st place in both platoon drill & color guard and 3rd place in two-man trick. Additionally, midshipmen decorated the podium in athletic events, including the 4x400m relay, 5k race, and fitness medley, continuing Rochester's tradition of success at Cornell.

Awards:

- Platoon Drill – 1st (MIDN 3/C Kelly)
- Color Guard – 1st (MIDN 2/C Yorke)
- Two-Man Trick – 3rd (MIDN 1/C Fritz/ MIDN 1/C Wyns)
- 4x400m Relay – 2nd (MIDN 1/C Fritz, MIDN 1/C White, MIDN 4/C White, MIDN 2/C Niez)
- 5k Race:
 - Males – 1st (MIDN 2/C Hendricks)
 - Females – 2nd (MIDN 2/C Yorke) and 3rd (MIDN 2/C Wingood)
- Fitness Medley:
 - Males – 2nd (MIDN 3/C VanAuken)
 - Females – 3rd (MIDN 2/C Wingood)

TRAININGS OF THE SEMESTER

1. New Student Orientation (NSO)

by MIDN 3/C Gregory

NROTC's annual New Student Orientation (NSO) serves as an essential introduction to the remarkable journey as a University of Rochester Midshipman. During NSO, students become immersed in a dynamic and transformative experience that supplies a comprehensive glimpse into the life of an NROTC midshipman. This initial exposure helps students understand the unique expectations and responsibilities they will face during their time in NROTC, promoting a smoother transition into the program. It is a group effort of unit staff and third, second, and first-class midshipmen to train the incoming fourth class. The weekend-long (25-27 AUG) event entails swearing-in, educational briefs, drill, the PFA, leadership reaction courses, and graduation. NSO is known



to change locations; however, this year, it occurred on our very own University of Rochester campus, particularly around Morey Hall. NSO is the traditional foundation to cultivate a sense of belonging and camaraderie among incoming first-year students to the NROTC unit, fostering a powerful sense of unity and teamwork. Additionally, NSO provides many upper-class midshipmen with valuable leadership experience through building and leading a team of first-year students from varying backgrounds and walks of life. There are opportunities to volunteer as midshipmen staff, having a more administrative role and ensuring the logistical success of the event, or instructor roles, directly working with the fourth class to organize, instruct, and prepare them for the military environment.

2. Morale, Welfare, & Recreation (MWR)

by MIDN 1/C White

The Morale, Welfare, and Recreation team changed it up this fall to increase fundraising and recreation events for the battalion. The MWR President, MIDN 1/C White, and the Business Manager, MIDN 2/C Perry, worked hard this semester setting up Meliora Weekend Security, Warrior Day, a volunteering event at Rochester Greenovation, and this semester's Dining In. This year's merchandise order provided unique challenges for them due to the increased cost of items compared to previous years. Throughout the semester the MWR team notified the battalion of recreational events that they could participate in to boost unit Morale. Overall, the MWR Team fundraised over \$4000 and made plans for the spring team to host a 5k run or a MURPH, start a unit Gedunk, and have civilians join the battalion at PTs to increase recruiting opportunities at the University of Rochester.

3. Field Training Exercise by MIDN 2/C Ellrich

As a 2/C, I am in my final year of training before going to OCS. This unit's emphasis on consistent and practical training in land navigation, SULEs, FEX's, rucking, and professional military education has helped me feel extremely prepared for OCS. This semester, I was able to both plan and participate in the Fall Joint-Operations Field Training Exercise. Planning the FEX really helped me grow as a leader and widen the scope of my mindset. The experiences and training that this unit has been able to coordinate for me have made me comfortable with topics such as weapons handling, fieldcraft, and graded leadership evaluations.

Field Training Exercise from a Navy Perspective

by MIDN 4/C Pelaez

Field Training Exercises, or FTX, are beneficial training for marine option midshipmen in preparation for Officer Candidate School. As a Navy option, there was no direct field in the Navy that would use the skills I learned; however, I found it valuable as it gives a perspective into what the Marine Corps does and to build camaraderie with my fellow Marine Option midshipmen. While also providing a glimpse into our fellow branch, the Army. As an aspiring Special Warfare option, I took advantage of all the training to help with my respective training.



4. Physical Training by MIDN 3/C VanAuken

As future national security professionals, it is imperative that we maintain our physical fitness and continue to uphold the standards of the Navy/Marine Corps. In order to maintain these standards, the entire battalion meets twice weekly to train. Training takes place at a variety of places, and location is dependent on weather conditions and the type of training we do.

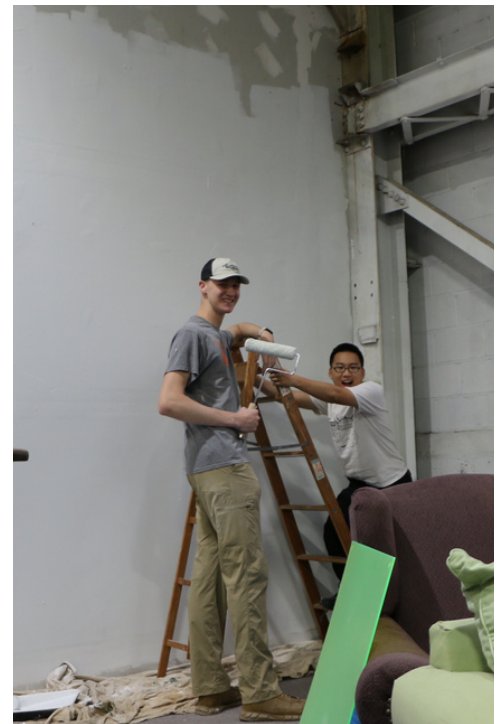
In order to ensure that the entire battalion met the standards for this PRT/PFT, ATHO and I composed a training program consisting of one running workout per week and one HIIT (high-intensity interval training) workout per week. Additionally, for those who needed extra training, we met on Friday mornings and did both running and HIIT workouts. Over time, we tracked everyone's progress to make sure they were upholding the standards. Overall, MIDN learned the importance of pushing themselves in order to improve. Furthermore, MIDN learned the importance of punctuality, nutrition, and teamwork.

5. Midshipmen in the Community

by MIDN 4/C White

On the 25th of October, the University of Rochester Naval Reserve Officer Training Corps (NROTC) unit took part in a volunteering effort at Rochester Greenovations, a second-hand store and charity organization. The event took place during the battalion's weekly lab period and was planned by the battalion Morale, Wellness, and Recreation President, MIDN 1/C White. The event was organized to give the Rochester NROTC Midshipmen the opportunity to offer their help to better the Rochester Community. Midshipmen helped move furniture, paint, organize, and dig a trench for a future wheelchair-access ramp. Additionally, through their time volunteering, the Midshipmen had the opportunity to learn about leadership. They learned about leading by example and the benefit of teamwork to complete arduous tasks. Rochester Greenovations was extremely grateful for the work the Midshipmen were able to complete, and the Midshipmen were grateful for the opportunity to learn through serving others.

On the weekend of October 5th-7th, the University of Rochester held its annual Meliora Weekend. The weekend is very important to the university, involving events for students, staff, and alumni. The university asked the midshipmen to hold security over the weekend, and the midshipmen gladly did just that. Some midshipmen took it upon themselves to complete impressive amounts of time for the university's aid, such as MIDN 1/C White, with 14 hours to his name, and MIDN 2/C Wingood, with a whopping 23 hours completed. The midshipmen guarded the golf cart tent over the entire weekend and the stage on Wilson Quad for the culminating concert on Saturday, October 7th. Over the weekend, the Midshipmen learned a great deal about duty, as the university entrusted them with a lot of responsibility. This experience in upholding their values and faithfully fulfilling the responsibilities bestowed upon them was invaluable to the midshipmen.





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