

**Captain's Cup basketball:
Supply department brings home the gold**

**Perform to Serve:
Tips on making the cut**

USS THEODORE ROOSEVELT

ROUGH RIDER



KNOCKOUT!

TR's ABHAN Daniel Silva returns from the Armed Forces Boxing Championships

Cross Rating: One Sailor's successful journey through the PTS process

Story by MC3 William McCann
USS Theodore Roosevelt Public Affairs

Who would think that three of the letters in our alphabet could create enough stress and anxiety in a Sailor's life to make one's hair stand on end? Acronyms such as PTS, which stands for "Perform to Serve," and ERB, which means "Enlisted Retention Board," are on everyone's mind. They affect every new Sailor coming into the Navy, and reach as far up as senior Sailors who have been serving most of their adult life.

For those of us who plan on making military service a career, PTS is a game-changer. Today's Navy is "shaping the force" per se, and PTS is one of the tools that the military uses to keep its top performers.

My own PTS approval came from weighing several choices that were offered to me while submitting a PTS package. When I got word that I needed to submit my package, I spoke with my departmental career counselor, and got to work getting the necessary paperwork together for the package. I also spoke with the Command Career Counselor's office to find out what options I had to give me an advantage for PTS approval.

I found out that I could either stay in my current rate or cross rate into an undermanned rate; I opted for the latter.

Finding a good rate to cross into for PTS purposes depends upon factors such as manning, your AS-VAB score, and your service record. Whichever undermanned rate you choose, chances are your PTS will have a much higher chance of getting

approved.

"Our goal as career counselors is to make sure our Sailors have the right to choose if they are going to stay in the Navy, or let the Navy make that choice for them," said Navy Counselor 1st Class (AW) Scott Salyer. "Committing yourself to doing this job from day one keeps that decision in your hands."

Your ASVAB score gives you more options when choosing to change rates via PTS. Your fleet ride score (a tool career counselors use to determine which rates a Sailor is best-suited for) will give you a list of rates that you would be most suitable for. The three rates that I chose were ones that could serve me well as a civilian. Ultimately, I decided I was most likely to do well in the Mass Communication Specialist (MC) community and submitted my PTS with MC as my first choice for cross rating.

To my surprise, I received an email from the Career Counselor's office with the subject titled "CONGRATS." Not knowing what the content was, I opened the email to discover that I had been approved for PTS rating conversion.

However, for the MC rate there was additional documentation needed. I had three months to put together a

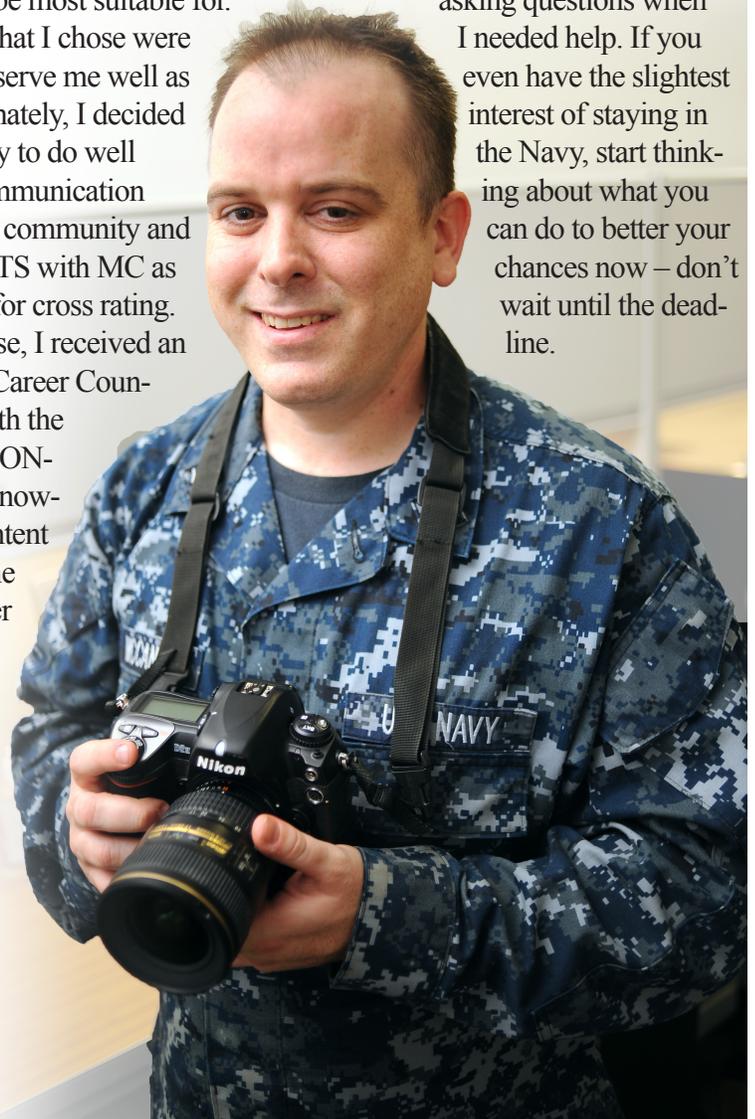
portfolio of photography and journalism examples to demonstrate my aptitude for the MC rating.

If you do not know, get an early start and ask the Career Counselors what you should be doing to improve your chances for PTS approval.

"The days of waiting until your third year to decide if you are going to do 4 or more is long gone," stressed Salyer.

Depending on which rate you want to cross rate into, the process may be harder or easier than it was for me. Either way, my success during this process came from working hard and

asking questions when I needed help. If you even have the slightest interest of staying in the Navy, start thinking about what you can do to better your chances now – don't wait until the deadline.



Supply wins big at Captain's Cup basketball

Story by MCSN Timothy Haake
USS Theodore Roosevelt Public Affairs

The sound of screeching athletic shoes, basketballs bouncing against the hardwood floor, and excited fans were all that could be heard from the Huntington Hall basketball court Feb. 22.

Sailors aboard USS Theodore Roosevelt (CVN 71) hosted a 5-on-5 basketball tournament for this week's 2012 Captain's Cup event, and almost every participating department showed up to take a crack at the title.

"It was fast-paced and very competitive," said Electrician's Mate 3rd Class (AW/SW) John Gee, a Captain's Cup coordinator. "Everyone came to play, and also have a good time."

The Captain's Cup events are an effort to help Sailors become better prepared for the upcoming PRT, but additionally to build morale among all departments.

"This is the first event that I have competed in for Captain's Cup," said Aviation Ordnanceman 2nd Class (AW) Lemuel Foster. "As far as I can tell, it is really building camaraderie in our department."

The winner of the Captain's Cup basketball tournament was TR's Supply Department, earning all due bragging rights, and the unofficial title as TR's kings of the court.



1)



2)



3)

Photos by MC3 William McCann

1) Sailors compete during the basketball portion of the 2012 Captain's Cup at the Huntington Hall basketball court Feb. 22.

2) Admin department and Medical department get ready to face off against each other.

3) Personnel Specialist 2nd Class (SW/AW) Benzene Garas attempts to block another player during Admin department's game against Medical department.



In The Ring

An exclusive interview with ABHAN Daniel Silva

Interview by MCSN Andrew Sulayao
USS Theodore Roosevelt Public Affairs

Some know him as the clean-cut Sailor from USS Theodore Roosevelt's (CVN 71) V-1 division. Others know him as the Bronze Medalist from the Armed Forces Boxing Championships held at Camp Pendleton, Calif. Aviation Boatswain's Mate (Handling) Airman Daniel R. Silva started boxing less than a year ago, and has quickly become one of the Navy's best boxers.

He was invited to join the All-Navy Boxing team in Dec. 2011, and upon accepting the invitation, went to Port Hueneme, Calif., to begin his training at the All-Navy Boxing camp.

When you first stepped on the plane en route to California, what were your exact feelings?

Initially, I was nervous and excited. Before the flight, I met some of the other Navy boxers that were vying for the team. I thought, "these are the people who I'm going up against for that spot." I had no idea what to expect.

After landing in "sunny-side California," what happened?

We arrived at Port Hueneme, Calif., where the All-Navy Boxing Camp was held. After checking in the on-base hotel, I was chosen to room with the two-year captain of the All-Navy Boxing team, Hospital Corpsman Seaman Brandon Wick-er, stationed at Camp Lejeune, N.C.

I felt that the coaches had us share a room

because of his experience – and because I was new, he was there to talk to me and give me some pointers. He had ten years of experience - 60 fights on record and won the silver medal for his weight class. I looked at him as a mentor.

So what was the day-to-day like?

We had training three times a day. We would run approximately eight to ten miles in the morning. At noon, we would have strength and conditioning for about an hour and a half. In the evening, we'd spar and work on pure boxing.

Were there any times when you regretted your decision to train with the All-Navy team?

I didn't regret it at all. I'm a competitive person and I love competition. If I could do it all over again, I definitely would, and am actually planning to if the Navy will support me.

So, after training, January 31 – February 3 was the Armed Forces Championships. What can you tell me about it?

Best day of my life. When the coaches told me they wanted me to represent the Navy at 165 – middleweight, it was the best feeling in my life. You work so hard for something, and even if it may be small to others, it was huge for me.

After we pulled up, we saw our opponents from the Army, Marines and Air Force. We walked inside the building and shouted, "ALL-NAVY BOXING! ALL-NAVY BOXING!"

I'd say we made our impression.

Your first round – your opponent was Army. Pvt. Marquis Moore with over 100 fights. For-

mer 2008 Junior Olympian and 2008 USA Boxer. How was it?

Honestly, man, I think everybody knew he was good but me. The fight went on, we went toe-to-toe. I actually lost by points/decision.

Second round – Air Force, for the Bronze. Senior Airman Daniel Logan. How was that?

I won that fight by points as well. It was a tough fight, it wasn't a slouch but I came to fight. I wanted to redeem my loss with the Army. Therefore, I won Bronze for the middle-weight class.

Bronze? On your first year?

Considering the high level of competition, I feel great. I came a long way in one year of boxing. People told me I was just starting, that I needed to slow down. Hard work pays off though.

So overall, how do you feel about the whole experience?

I thank God for the opportunity and the blessing. I thank the



After their hotly contested match in Camp Pendleton, Calif., the referee (center) had the two boxers, Aviation Boatswain's Mate (Handling) Airman Daniel Silva (left) of the Navy Boxing Team, and Air Force Senior Airman Daniel Logan (right) of the Air Force Boxing Team touch fists.

Photo by Jim Wyatt

Navy as well – they opened so many doors for me and allowed me to compete.

I've been overseas and I feel as if it's an honor to not only serve my country out to sea, but in the ring as well.

Now you're back here, and...

I'm going to be honest, it feels good to see familiar faces. I missed the relationships that I made on the ship. I'm now back in V-1, damage control to be specific – great workcenter

and a very cool, very supportive chain-of-command. Couldn't have done this whole thing without them.

Would you like to say anything for your fans out there?

Thank you. To everyone. I have my shipmates over here, working their butts off. I have friends overseas, risking lives for this country. I've got my family and friends, and hopefully now, some fans. I want to thank everyone, like I said, I couldn't have done it without you.

Also, for anybody that has any specific talent in sports – try it. There's more to the Navy than your rate and deploying out to sea. Your command will support you.

What are your plans now?

I plan to keep boxing, as a Sailor or a civilian. I love the sport. It takes courage, humility and discipline. I'm going to keep working to try again at the end of the year. You'll see me.



ABHAN Daniel Silva fights Army Pvt. Marquis Moore of the Army Boxing team during the preliminaries of the 2012 Armed Forces Boxing Championship in Camp Pendleton, Calif., Jan. 31.

Photo by MC2 Elliott Fabrizio

KNOW YOUR RATE:

BM

Story by MCSN Andrew Sulayao

USS Theodore Roosevelt Public Affairs

Some Sailors consider their rate in the Navy a normal job. For Boatswain's Mates, their rate is more than just a job – it's a lifestyle.

Back when the Navy was in its infancy, Boatswain's Mates (BM) were one of the first rates to grace U.S. Navy ships. The most senior Boatswain (Bosun) of the ship would be appointed Warrant and would be one of most recognized, important men of the boat. He would be assisted by his mates, or Boatswain's Mates (hence the name), and would carry a silver Bosun's pipe and rattan cane to signify his position to his Sailors. Since then, BMs have been a very significant aspect of the U.S. Navy's success from the deckplates up.

The life of a Boatswain's Mate wasn't and isn't easy, either.

"It's a thankless job," said Chief Warrant Officer Cary Carrigan, USS Theodore Roosevelt's (CVN 71) Bosun. "We do the gritty work of the ship, and at the end of the day we're dirty and tired. But because of that, we're proud. We're bonafide Sailors and we're proud."

Because of the demanding workload expected from BMs, leadership doesn't come with time, it is earned. As a result, advancing to Boatswain's Mate 3rd Class is not as normal as any other rate advancing to E-4. For most ships, there is a ceremony involving the ship's deck department showcasing the newly advanced BM3s, and the handing over of one symbol of pride – the Bosun's pipe.

"Making BM3 signifies the tradition of being a Boatswain's Mate," said Carrigan. "The Bosun's pipe is

a symbol from our old Navy held from leaders.

It's us saying, 'this is what we expect from you.'"

The lifestyle of a BM isn't an easy one; because of this, BMs are ultimately proud of their work.

"I honestly would rather be a Boatswain's Mate than any other rate in the Navy," said Boatswain's Mate 3rd Class John Winston. "The job is physical and fun and our history is there. Being a BM isn't something you learn, you have to feel it and understand our struggle."

As the Navy evolved with the times, new rates emerged as well. Because of the interests and goals of most enlistees, some may not find the lifestyle of being a BM appealing. Because of this, some are worried about the future of the rate.

"This is a rate that the Navy depends on, but as time goes on and new rates are added, there may not be a need for Boatswain's Mates on ships anymore," said Carrigan. "BM is a dying rate, and it's saddening really. As we work, we have our pride, and that's what we hold on."

Boatswain's Mates have been, and are an integral part in the U.S. Navy.

"A day in Deck department is a good day in the Navy," said Carrigan. "The rate of BM is a fraternity – it takes a special person to be a BM. But when you are, that BM in front of your name has weight. We command authority and we do work. We're Boatswain's Mates, and we're proud."

TR ANNOUNCEMENTS

All Fleet and Family Support Center services will be moved to 2600 Washington Avenue, Suite 201 on the second deck.

The FFSC will reopen at its new location March 1.

For any assistance during the move, Sailors may contact NWS Yorktown FFSC at (757) 483-4606 or visit <https://www.cnic.navy.mil/Yorktown/FleetAndFamilyReadiness/SupportServices/Families/FamilySupport-Programs/index.htm>.

For further assistance: Sexual Assault Victim Advocate (757) 438-4180, Military One Source (800) 432-9647 or www.militaryonesource.com.

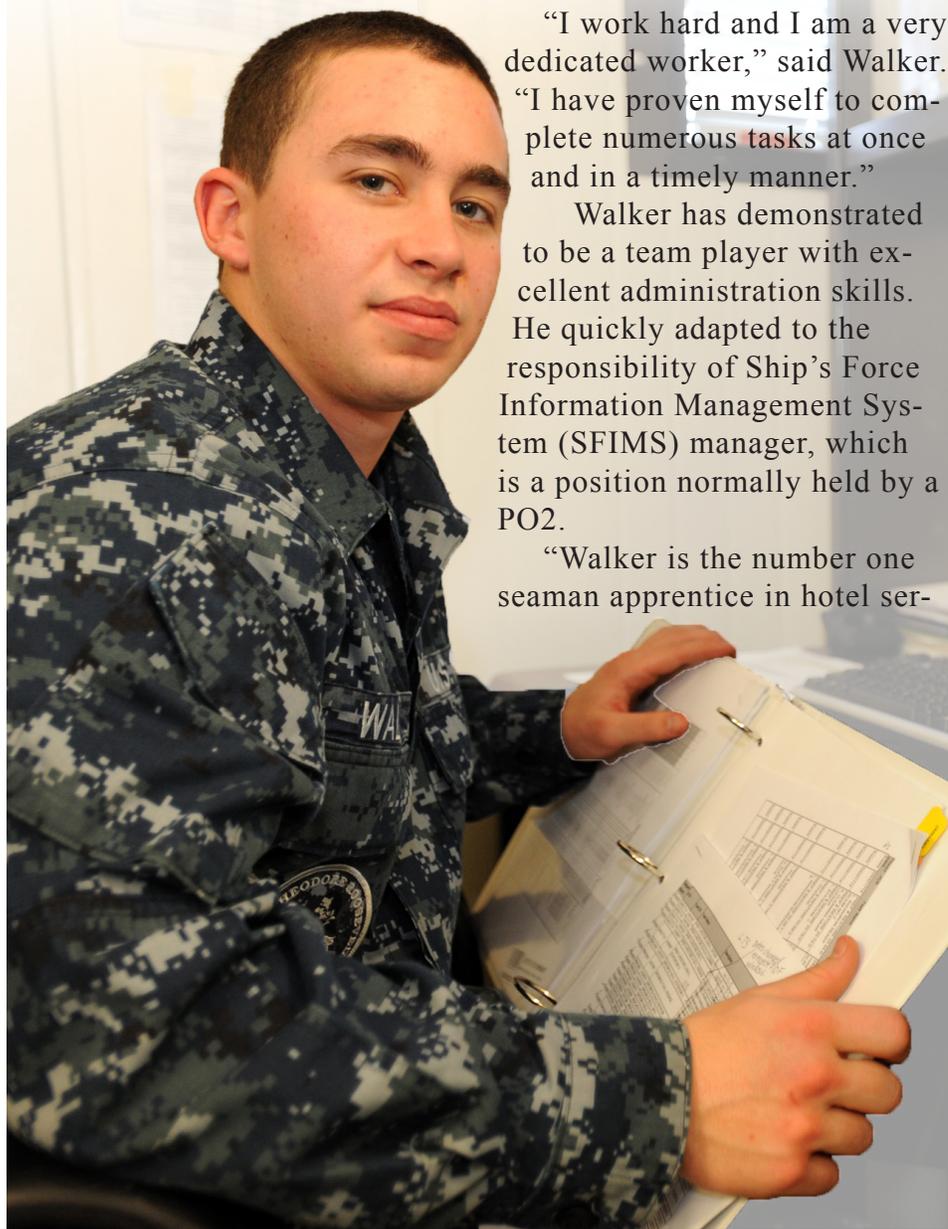
Rough Rider of the Week: CSSA Todd Walker

Story and photo by MC3 Tyrell Morris

USS Theodore Roosevelt Public Affairs

This week's USS Theodore Roosevelt (CVN 71) Rough Rider of the Week is Culinary Specialist Seaman Apprentice Todd J. Walker from Supply Department's S-5 division.

Walker enlisted in the Navy May 5, 2011 to travel and meet new people.



"I decided to join the Navy because I wanted to be a part of something bigger than myself and do my part to serve my country," said Walker.

The native of Waycross, Ga. has established himself as a true shining star among his peers since reporting to TR in September 2011.

Walker believes he was selected as Rough Rider of the Week because of his work ethic and commitment to excellence.

"I work hard and I am a very dedicated worker," said Walker. "I have proven myself to complete numerous tasks at once and in a timely manner."

Walker has demonstrated to be a team player with excellent administration skills. He quickly adapted to the responsibility of Ship's Force Information Management System (SFIMS) manager, which is a position normally held by a PO2.

"Walker is the number one seaman apprentice in hotel ser-

vice division," said Chief Logistics Specialist (AW/SW) George F. Helms, III. "He performs his job with minimum supervision and is always willing to help his peers in all evolutions of S-5 division."

In his short time onboard, he managed 6,500 jobs which led to completion of more than 500 jobs in SFIMS. He reduced the LTS/LTF report from 198 jobs to zero resulting in 100% production completion rate and is always ready for additional responsibilities.

"Walker is a motivated and dependable Sailor who has performed above and beyond his assigned departmental duties," said Helms. "He is fully trusted with high visibility positions in hotel services and performs exceptionally well."

His work ethic and professionalism are paramount to the Supply Department's success.

Walker plans to make the Navy a career. His goal is to work hard and keep advancing to make the rank of chief petty officer. Walker also plans to use his education benefits to earn a degree in business administration.

When his naval career is complete, Walker wants to take over the family pecan orchard business.

"I enjoy farming, I love where I come from and family is important to me," said Walker.

In his spare time, he enjoys playing sports, working out, playing guitar, hunting, and fishing.

Photo of the Week



Sailors assigned to USS Theodore Roosevelt (CVN 71) act in a play depicting the story of Rosa Parks during a Black History Month celebration organized by the Multi-Cultural Heritage Committee in the Floating Accommodation Facility's galley Feb. 22.

Photo by MC3 Tyrell Morris

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The Rough Rider is an authorized publication for the crew of USS Theodore Roosevelt (CVN 71).

Contents herein are not necessarily the views of, or endorsed by, the U.S. government, Department of Defense, Department of the Navy or the Commanding Officer of TR.

All items for publication in the The Rough Rider must be submitted to the editor no later than three days prior to publication.

PHOTO FIND

Can you find the **11** out of place items in this photo?

1. Basketball
2. Wrench
3. Volleyball
4. Broom
5. Boxing glove
6. Recycling bin
7. Driver's License
8. AC/DC logo
9. Apple
10. Football
11. TR the man
12. Pencil



USS Theodore Roosevelt (CVN 71) Engineering department's Captain's Cup team pose for a photo after competing in the relay race portion of the competition at the Huntington Hall track Feb. 1.

Photo by MC3 William McCann

Photo Find by MC2(SW) Austin Rooney