



USS HOWARD DDG 83

the Dragon Times



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Newsletter #4

FITNESS 365



-HOWARD CREW EXERCISING DURING COMMAND PT

By: CTTSN URIOSTEGUI

Earlier this year the Howard's fitness program was reevaluated. The crew had received its first taste of it as soon as POM period was over. "I have made it my personal goal, to make sure Howard is physically fit for its mission" exclaims Petty Officer First Class (SW/FMF/SCW) Hamilton, CFL. The Command Fitness Leader calls this new revision, "Body by NC1." He is sure that this new work out program will get the USS Howard and its crew ready for the next PRT, and all those that follow.

"Body by NC1", consists of four workout plans, each designed to improve muscular strength and endurance. All four plans encompass a twenty minute self pace cardio. The first and fourth plans contain major exercises that emphasize the arms, shoulders and abs. Plan one is eleven exercises repeated four times, similar to cross fit, as opposed to plan four, which is a ten station cir-

cuit. The CFL believes that this will help improve push-up and sit-ups, making it easier to increase scores from the last cycle. The second plan focuses more on quadriceps and hamstrings, by running sprint drills. This will fortify the thighs, in order to increase endurance while running the mile and a half. Finally, the third plan revolves around building strength in the chest and back. "No good core has ever been developed without the secondary muscles, I believe plan three is one of the most important plans."

Command physical training is conducted Tuesdays and Thursdays at 0630 location varying upon availability, but will always be put out for all hands information. Along with that, Power Hour is held all other workdays, Mondays, Wednesdays and Fridays at 1030. Petty Officer Hamilton is so dedicated to the Command Fitness plan, that he even sponsors it during underway. The times vary with the ever changing evolutions, but are guaranteed to

be held. His dedicated crew, which consists of Petty Officer Mathews, Petty Officer Usher, Petty Officer Warner and Petty Officer Colombo, are always available for questioning, training and will run physical sessions for the crew. Even with the challenge of the underway schedule, the CFL is confident that he and his crew can help the Howard improve PFA statistics from the last cycle.



UPCOMING EVENTS for HOWARD

March 30 2013:
Family Readiness Group-Spring Fling

September 2013:
Advanced Training

December 2013:

Dragons at Sea



-BMSN McKinney, BMSR Crecencio, and SN Morgan tend mooring lines

BY ENS FRANC

SAN DIEGO - The HOWARD crew has had a busy month at sea. Everything from engineering evolutions and fire drills to ammo on-loads has occurred. While the crew is certainly ready for some time back at home, it is important that the work that has been accomplished be recognized. This month HOWARD has made significant advancements in the Basic Phase of the Training Cycle.

February offered HOWARD a chance to once again get into its underway rhythm. While stressful, the time at sea has allowed sailors to advance in their qualification process and receive the training required for us to be certified. This effort put forth by the entire crew has set

a new baseline from which to work off while HOWARD completes the final certification exercises and moves closer to deployment. This month, in addition to the training completed throughout the ship, HOWARD has completed a number of significant evolutions. In February, there have been 13 Sea and Anchor details successfully completed, as well as two precision anchorages allowing the Navigation Certification be done successfully ahead of schedule. The crew also spent a week in Seal Beach bringing on a large store of ammunition to the ship. The Weapons Department has performed gun shoots continually to further test the ship's system and demonstrate the firing ability of the ship. Combat Systems and Opera-

tions Department completed scenarios from flight deck operations to anti-warfare scenarios in preparation of the exercises ahead. And in Engineering, the engineers have spent countless hours running through evolutions and drills to prepare the ship for any casualty they may encounter while operating.

While the ship has been working through the various evolutions, the crew has also taken time to do things as a group to both further themselves and recognize others. With the PRT upcoming in May, MWR was able to bring onboard a new set of treadmills, elliptical, and bikes to give the crew more options for staying fit while underway. The First Class Petty Officer Association gave HOWARD a nacho

night as they continue working through their training with CPO 365. Finally, the Diversity Club put together two ceremonies on the Mess Decks, one commemorating Dr. Martin Luther King Jr., as well as a ceremony recognizing Black History Month.

It was a busy month for HOWARD, but the successes and growth will be seen. In March, the E-4, E-5, and E-6 exam results will help demonstrate the progress made in HOWARD's training, not to mention the ever increasing preparedness and cohesion of the crew.



This edition of the Dragon Times has been brought to you by the USS HOWARD Public Affairs Committee!

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GM2 Nomicos works out on the Foc'sle while underway

Navy Fit

By FC3 Miller

SAN DIEGO- "To Work out or not to work out"; this is a question that puzzles sailors every day. The main purpose of staying physically fit in the United States Navy is to be battle ready. Yet most see physical fitness as a requirement for perform to serve submissions. In reality, there is truth in both.

Physical fitness projects good health and nutrition for those on the frontlines preparing them to complete the mission at hand. As the grind of long underways and stressful work environments takes its toll, it is imperative that sailor's bodies are trained to maintain outstanding performance. A healthy exercise regiment also demonstrates a discipline and fortitude in one's self-being. Furthermore, since Physical Readiness Test (PRT) is a major factor in the evaluation aspect of the

Navy. Being fit gives an opportunity for sailors to be competitive when the time comes to reenlist.

The Navy's requirements are for all personnel to physically train at least three times a week. Sailors find working out to be a burden on their already busy schedules. "When do we find time?" During Command fitness evolutions of course. NC1 Hamilton, Navy Career Counselor and Fitness leader for the USS Howard, leads the charge for fitness with FEP workouts daily and various Command wide fitness programs, including SWEATEX, an underway program to coordinate PT efforts while out at sea.

Without a doubt sailors are beginning to take notice that fitness is an everyday part of a healthy Navy life style.

CAPTAIN'S CORNER



crew on pistol and rifle qualifications; we grew proficient in engineering and damage control casualty control; we demonstrated skill in combating and containing a Helicopter casualty; improved our efficiency and Combat Systems training, and we drove our ship alongside another and transferred 396k gallons of fuel for the first time since June of 2012.

Even though some fitness resolutions start to drag in February, thanks to the hard work of our MWR Committee HOWARD has 3 new treadmills, 2 ellipticals, 2 stationary bikes and a rowing machine to help meet those cardio and slimming goals. They arrived just in time to support a robust operational schedule and those machines helped to keep us in shape for our mission.

It has been a great month to be on HOWARD as we finally had the opportunity to get the ship underway and put her through the paces and exercise her capabilities. We will grow stronger and more proficient as we progress through this basic phase of our training cycle and it is this stellar crew that has demonstrated our readiness and will enable HOWARD to stand in defense of American freedom.

It has been a terrific month: In February, HOWARD unloaded our Homeland defense ammunition allowance; conducted 3 solid weeks of underway training and certified in Navigation with a score of 94.9%; anchored for the first time in over a year and a half and managed to place the anchor within 32 yards of the center of the target - pretty darn good when you are maneuvering a 9700 ton, 509 foot long Warship; fired our main batter, our 5 inch gun for 32 rounds of rapid continuous fire; certified almost half of the

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USS Howard Snapshot

Underway, Shift Colors!

