

**AMERICA'S #1 RESOURCE FOR SPECIAL OPERATIONS CAREER PREP**

THE OFFICIAL CHANNEL OF

**SEND ME** **SOCOM ATHLETE** ©

READINESS | HUMAN PERFORMANCE | LEADERSHIP | DEVELOPMENT | ASSESSMENT |



# STANDARDS & GUIDELINES



**“AS IRON SHARPENS IRON, SO ONE PERSON SHARPENS ANOTHER.”**  
**-PROVERBS 27:17**



V1.0 UPDATED 1/14/2021

[www.socomathlete.com](http://www.socomathlete.com)

[socomathlete@gmail.com](mailto:socomathlete@gmail.com)

# TABLE OF CONTENTS

---

Page 1:

**Membership Requirements**

**Adding/Removing Members & Transferring Groups**

Page 2:

**Continued...Adding/Removing Members & Transferring Groups**

Page 3:

**Group Chat Rules & Etiquette**

Page 4:

**Continued...Group Chat Rules & Etiquette**

Page 5:

**Group Rosters**

Page 6:

**Team Workouts**

Page 7:

**Continued...Team Workouts**

**Team Zoom/Video Meetings**

Page 8:

**Continued...Team Zoom/Video Meetings**

**Group Responsibility & Leadership**

Page 9:

**Continued...Group Responsibility & Leadership**



## **Membership Requirements:**

1. **Cost:** Membership is 100% Free.
2. **Age & US Resident:** Applicants must live in the continental United States & be at least 15 years old.
3. **Pursuing Career in Special Operations:** Applicants MUST be actively pursuing/training for a career in special operations.
4. **Application:** Application must be fully answered & sent via email/DM to SOCOM Athlete.
5. **ID Verification:** If the identity of the applicant cannot be verified via their application submission, the applicant must provide official ID (passport, driver's license/learner's permit, CAC, etc)
6. **Consent to Follow Rules:** Upon application acceptance, the applicant is sent an acceptance message that requires them to consent to the Group Chat rules, and that the applicant understands/has read the Group Chat member expectations.

## **Adding/Removing Members & Transferring Groups:**

Members may be added/removed and transferred only by Jason and/or designated SOCOM Athlete instructors.

**NOTE: Group Members are authorized membership to one group at a time.**

**New Member Accepted to Group Training Chat:** Upon receiving a confirmation message/consent from the applicant, a link to the appropriate telegram Group Training Chat is then provided

**NOTE: Applicants to smaller Group Chats conducted on Instagram will be manually added to Group Chat**

**NOTE: New Group Chats are first conducted on Instagram messenger until reaching their maximum number of members IG allows (30). After reaching this number, the group will transfer to telegram.**

**New Members Added to Group Training Chat:** The CC (or any group member) pastes Welcome Draft Message (WDM) in the chat.

**Welcome Draft Message (WDM):**

1. Includes a welcoming message to the new member
2. Link to Team Roster
3. Mention & Tag "@" the Group Chat members of CC as reliable contacts for group questions

4. Lists Group Instructors (if applicable)
5. Includes Team Workout & Meeting information
6. Mentions any Team info (pertinent information new member should know about being in your group)

**Removal of inactive members:** Once quarterly per year (every 3 months), removal of inactive members will be conducted.

**NOTE: An inactive member is classified as over 1 month inactivity with no reason given.**

1. Team Leaders/CC compile the inactive user list, and send a message to your group chat asking these users to “please check-in/reply.”

**Recommendation: Use the “@” to tag/notify the members. Pin the message. Encourage members to withhold from chatter/messages temporarily so all may see the message.**

2. Team Leaders provide Jason with the list of inactive members who have not responded.
3. Jason will personally reach out the inactive members when able to give them a final chance/decision. Those that do not respond to the message or indicate they are no longer training for special operations will then be removed.
4. CC ensures the member removal(s) are reflected on the team’s roster.

**Transferring Groups: Members are authorized membership to one group at a time, and are authorized to transfer up to once a month if needed.** In some scenarios, Group members may require a transfer from one Group Training Chat to another.

**b. Steps to transfer Groups:**

- i. Send a DM/email to SOCOM Athlete indicating your desire to transfer Group Chats
- ii. Say goodbye to your teammates in your current Group & remove yourself from the online team roster.
- iii. Exit the group.
- iv. Resubmit your Group Chat application with your new Group Chat/city as the updated location, and any necessary changes. You will be added as soon as this message is received.

## **Group Chat Rules & Etiquette:**

### **Rules:**

1. **Communication:** Respect, courtesy, & kindness to other members using positive & professional communication that is pertinent to special operations preparation & training.
  - a. Violent and/or hateful speech is unacceptable, and requires removal of the member if reported.
  - b. Insulting a person's ethnicity, gender, and/or religious beliefs is unacceptable, and requires removal of the member if reported.
2. **Training:** When available, members must make an effort to train with other members of the group chat. The primary purpose of SOCOM Athlete Group Training Chats is to provide a location-based platform allowing members to train together, motivate each other, & build friendships.
3. **Interaction:** Whether checking the Group Training Chat once a week or once a day, there is no excuse for unexpectedly going weeks without interacting with other members. We understand life can get busy. However, members should be active, staying up with the activity of the Group Chat & striving to be an asset/add value to the team. This keeps the Group Training Chat effective, motivating, and enables it to serve its purpose for the members.

### **Etiquette: "Do's"**

*The following are expectations/examples of what SOCOM Athlete Group Training Chat members should do:*

- **Be an Asset:** Make the team better in your own unique way.
- **Be a Leader:** Always seek leadership opportunities.
- **High Morale:** Warrior Energy, Inspiration, Accountability
- **Interaction:** Members must interact; Communicate with each other, sharing information, planning Team Workouts, sharing your gains/progress, answering other members' questions, etc.
- **Pertinent Conversations:** Keep conversations pertinent to special operations career preparation.
- **Plan Workouts:** The primary purpose of the Group Chats are to provide a platform for members to train together. Proper planning will enable a successful Team Workout.
- **Help Your Team Grow:** Tell others about the Group Chat. Tell your DEP/Development Group about it. Invite others to apply. Build trust with gym managers & aquatics directors to enable convenient training for your team.

## Etiquette: “Don'ts”

**The following are expectations/examples of what SOCOM Athlete Group Training Chat members should NOT do:**

- **Arrogance & Vanity:** A “know-it-all” attitude of superiority manifested in an overbearing manner or in presumptuous claims or assumptions in which a member comes across to other members as being “cocky” and/or prideful.
- **Excuses:** If you can do something (such as attend a Team Workout, answer a question that a group member asked the group chat, etc.) then feel free to say/announce “yes, I’ll be there/yes, I can answer that question” to the group chat. If you cannot be there/answer that question, there is no need to announce to the group chat that you cannot do it.
  - **Example: A Group Member asks: “Who can come to this workout?” and a separate member replies with a phrase such as: “I would love to, but...”**
- **Freeloading “Givers & Takers”:** Don’t take more than you give. Be an asset to the team.
  - **Example: Never welcoming new members, never posting helpful information to the Group Chat, never attending team zoom meetings, never training with other members, etc.**
- **Breaking Your Word to the Group:** Do not make a commitment/promise unless you foreseeably can keep it.
  - **3 Ways to Avoid Breaking Your Word:**
    - i. **Avoid Overcommitting**
    - ii. **Avoid Poor Planning**
    - iii. **Avoid saying “Maybe/Might/Should” Let your “yes be yes” and your “no be no.”**
- **Non-pertinent & Non-professional Conversations:** Do not discuss topics that are unrelated to Special Operations training & preparation in the Group Chat. Feel free to discuss these topics on a private message outside of the Group Chat.
  - **Example: Conversations about politics, sports, hobbies, etc.**

## Team Rosters:

Team rosters are conducted on Google Sheets. Updating & ensuring accuracy of your team's roster is a top priority for your Group Chat.

**NOTE: Roster Link:** If the link to access the roster is not working for someone, simply copy & paste the link outside of the telegram app using an external browser (chrome, safari, etc).

- **Roster Sections Must include:**
  - Name
  - Email
  - Career Seeking
  - Location (City/State)
  - Availability (Weekly Days/Times available to train)
  - Current Occupation
- **Member Annotations/Designators:** Add the following designators next to the member's name on the roster where appropriate:
  - **CG-TEAM LEADER, ADMIN, SCHEDULING & LG, MORALE**
  - **HELL DAY FINISHER**
  - **ACTIVE DUTY, GUARD/RESERVE, VETERAN**
  - **CONTRACTED**- has secured a contract (S0, Phase II selectee, 18X, Option 40, etc)
  - **PIPELINE**-Member is currently in their training pipeline
  - **GRADUATED**- Member has graduated their training pipeline
- Members who have been removed from the group must also be removed from the team roster.  
**Recommendation: View your Group Chat's member list via telegram or instagram & screenshot and/or annotate the member list. Compare your group's member list with your team roster to enable accurate updates.**
- **Information Columns:** Add columns that contain the Group Chat's draft, pertinent links, information, etc.

## **Team Workouts:**

The primary purpose of SOCOM Athlete Group Chats is for members to schedule & organize training together.

***NOTE: Scheduling, organizing, and planning Team Workouts can be challenging, especially for Group Chats with fewer members and/or Group Chats that span across a large state/region. Refer to the recommendations & formats below for strategies & methods for planning successful Team Workouts for your Group Chat.***

- **Steps for Planning Successful Team Workout**

- a. Look through the team roster to familiarize yourself with the cities/locations of active group members, and take note of their weekly availability to train. Use this information to choose a workout location that is central/advantageous to the members that would potentially be attending the workout.

***Recommendation: First, send a private message and/or text message to reliable Group Chat members that are active, CC members, etc, outlining your interest to plan a Team Workout. If 1-2 other members can commit to attending the workout & to helping you spread the word & motivate/encourage other Group Chat members to attend, this will significantly increase the chances of more members attending the Team Workout.***

- b. **Send a message to your Group chat** to gauge interest/availability among other members. with the workout objective, projected dates, projected locations. At this point, don't focus on deciding the details of what exercises will be accomplished at the workout, focus on locking in some locations/dates that work for other members.
- c. **Post up a poll (be sure to uncheck the "anonymous" button)** with a few dates/times/locations that will work for other members.
- d. **Based on the results of the poll**, lock in the date/time & location of the workout.
- e. **Send the Group Chat a "5 W" (WHO/WHAT/WHEN/WHERE/WHY)** announcement that includes all the necessary details/information for the workout, and pin it.

**TEMPLATE: "5 W" (WHO/WHAT/WHEN/WHERE/WHY)**

- Date/Time
- Location & address
- Workout Objectives
  - Projected Evolutions? (Distances, Repetitions, Volume, etc)
- Who will be attending the workout?
- Difficulty/Experience Level Required of attendees?



- Ability Groups?
- Equipment list.
- Uniform (All Black Shorts & Shirt)
- Facility Use (Gym/Aquatic Center/State Park)?
  - Entry/Usage Fees or Charges?
- Request for additional resources/gear/equipment?

## **Team Zoom/Video Meetings:**

**Group Chats are encouraged to utilize Zoom (or an appropriate alternative if Group Chat majority decides) for virtual team meetings/discussions.**

***NOTE: Telegram has a group audio chat feature, allowing quick & convenient group meetings.***

### **Guidelines:**

**Scheduling Meetings:** CC & Group Chat members work together to coordinate scheduling the meeting:

***Recommendation: It is vital for members to accurately update the “weekly availability” section of the Group’s roster***

- **Estimate best days/times for meetings based on member availability** (located on the team roster)
- **Post a poll with 2-4 options of potential days/times for meeting** (ensure to uncheck the “anonymous” button on the poll options)
- **Determine the official day & time** of the meeting based on the poll results.
- **Announce the meeting** to the team in the Group Chat.

***Recommendation: Pin the announcement, notifying all members, and encourage the Group to withhold from unnecessary chatter, which prevents members from seeing the announcement.***

***Recommendation: Ensure the announcement is formatted, organized, and includes:***

- **The Title **\*\*TEAM ZOOM MEETING 2/25 at 20:00 ET\*\*****
- **The Link** to the meeting (may simply wait until the day of meeting to upload link) and/or guidelines on accessing the meeting.
- **When** the meeting is (day, date, time)
- **What** the purpose of the meeting is
- **Who** will be attending the meeting
- **Any special requirements for the meeting?** (uniform/equipment, reading/video assignments, etc)

- **Creating & Sending Link to Meeting:** CC personnel & group chat members must coordinate to determine who will create/schedule the zoom meeting (which generates the link), and who will distribute the link to the team.

***Recommendation: Simply send the zoom link to your Group Chat the day of the meeting, and ask members to please refrain from conversation temporarily to enable members to see the announcement (many members have jobs and/or scenarios that prevent them from checking the Group Chat until late night and/or early morning).***

**Hosting the Meeting:** 1 Group Chat member should host the meeting (typically the member that created the zoom link).

**The Meeting's Host** should perform the following responsibilities:

1. Start the meeting
2. Ensure the meeting has a relevant objective
3. Help the meeting flow & move forward
4. Ensure the timeline/schedule is kept
5. Take note of attendance

**Frequency & Length of Meetings:** Consistent team meetings are highly recommended

***Recommendation: 1 meeting per month (1 per week is excessive; members will lose interest over time)***

***Recommendation: 1 hour meetings (keep meetings short & impactful, maintain the meeting's timeline/outline to avoid losing member's attention and/or attendance)***

## **Group Chat Responsibilities & Leadership**

Each SOCOM Athlete Group Training Chat has its own unique culture, largely driven by the presence of strong leadership & team chemistry. Whether it be planning, updating the Group Chat's roster, or simply sending a welcome message to a new Group Chat member that was added, each member must strive to be an asset to the team in some way.

***NOTE: Chain of Command (CC) Each Group Chat has individuals that have volunteered to perform administrative duties, leadership, planning, etc. These members are in direct contact with Jason/SOCOM Athlete instructors via the CC Group Chat, which contains all CC members from each of the 36 SOCOM Athlete Group Chats.***

**Chain of Command (CC): Designated Group Members that volunteer to consistently perform one or more of the following roles for their Group Training Chat.**

- a. **Team Leader:** Team continuity, enforcement of Group Chat standards, maintaining SOCOM Athlete culture in the Group Chat, management of other CC members, and communication/representation of the team to Jason and/or SOCOM Athlete instructors.
- b. **Scheduling & Logistics:** Obtain, provide, and/or recommend the following for group workouts: running/rucking locations (all purpose tracks, national parks, etc), Gyms, Aquatic Centers, Gear/equipment, Scouting advantageous locations for team workouts, etc.
- c. **Administrative:** Management of team roster, team documents, team links, etc. Upon new member addition, send the welcome message/draft (send in the group publicly, NOT on a private message) that includes the aforementioned administrative documents/links. Familiarity with telegram interface & capabilities.
- d. **Morale:** Drive the Group Chat's culture; Provide knowledge & good-humor; Post pertinent & helpful articles, links, videos, podcast, etc. Extracurricular Team-building ideas for the group (team shooting range day, team surfing day, team serve-the-disabled-vets day, etc.)

**Recommended Attribute of CC members.**

- **Active Member:** Member consistently checks and/or engages the group chat more than once per week.
- **Solid Physical & Mental Performer:** Special Operations careers require top physically-conditioned individuals. Individuals that display strong work ethic, performance results, and "lead from the front" drive instant respect from other members.
- **Admin Skills:** Individuals with basic experience of word, excel, google sheets/docs, etc.
- **Hell Day Finisher:** Hell Day finishers have worked with SOCOM Athlete instructors in-person, are aware of SOCOM Athlete standards, learned & developed SOCOM Athlete team concepts, etc.
- **Current Occupation:** Some members' occupations are indicative of potential maturity and/or leadership (USMC infantry, firefighter paramedic, etc)