

# **SAINT LOUIS MILITARY OFFICER SUPPORT FOUNDATION**

**Draft Date: February 5, 2009**

## Mission Statement:

Our goal is to provide basic to advanced fitness and weapons training to men and women from the Greater Saint Louis area that have been accepted to, attend or serve as an active duty graduate from a United States Military Academy (USMA, USNA, USAFA and USCGA).

## Brief:

At age 15-16, America's finest high school students embark on a journey that begins with a congressional appointment in the hopes of making an eleven-year commitment to the Army, Navy, Marine Corps, Air Force or Coast Guard. At that age, most young people can hardly plan eleven hours into the future yet these remarkable patriots believe so strongly in the values and ideals upon which this country was founded that they eagerly compete to attend four years of tremendous responsibility and physical challenges in an Ivy League caliber academic environment. Once accepted, based on their grades, community service and athletic achievements, they join other high school valedictorians, team captains and class presidents in a basic training program designed to introduce prospective attendees to military life. If they pass that first test, they begin a four year road that ends with a commission as a Second Lieutenant (Army, Marine Corps, and Air Force) or Ensign (Navy and Coast Guard).

Perhaps the most remarkable aspect of their journey currently, is that they make this choice while America is fighting a war in two theatres. At the United States Military Academy (West Point) the most sought after branch upon graduation is the infantry. One Army Cadet recently told me that his biggest fear was not being able to deploy after graduation. They want the chance to make a positive difference in the world, defend the United States against aggression and are willing to sacrifice everything in the process. Before deployment, they attend some of the harshest training programs in the world, including Army Ranger School and BUD/S (the program that precedes becoming a Navy SEAL) which test their physical and cognitive abilities to extreme levels. To these brave officers, no challenge is too great, hunger and fatigue are a constant and quitting is something they cannot comprehend. They ask nothing in return.

The Saint Louis Military Officers Support Foundation was founded to provide training and support for these outstanding individuals during all stages of their career. We precondition them physically to not only pass but excel during the introduction phase of academy life. We give them basic weapons instruction to assure their success in firearms qualification. They learn the fundamentals of exercise to not only train themselves but also their peers and those for which they are responsible. We design specific programs to prepare them for competitions, tryouts and training schools. Throughout their time in active service, they gain experience with weapons that increases their skills, safety and mission capabilities often to levels unavailable in the early stages of their career. While on combat deployment, we provided support packages to reassure them that their country appreciates their service and sacrifice.

What can you do? You can help their development and demonstrate your patriotic commitment by supporting the Saint Louis Military Officers Support Foundation. Help these outstanding Saint Louis natives serve their country with distinction and valor.

#### Goals:

To create and launch the Saint Louis Military Officers Support Foundation website which includes our mission statement, brief, goals, trainee bios and a tiered means of recognition for contributors.

To acquire ammunition and firearms necessary to continue firearms training.

To acquire land and construct a professionally-equipped firearm range to accommodate ten trainees at a time. The range should include resettable metal plates, a variety of barriers and shooting positions designed to simulate combat situations and a basic reconfigurable system for room entry scenarios.

To expand the shooting range to include a military obstacle course designed to duplicate the challenges presented at the academies, as well as the Army Ranger and Navy BUD/S courses.

To advance our firearms training capabilities by enrolling in professional military/law enforcement and civilian shooting courses and inviting guest instructors to the facility.

To acquire a Class 3 Federal Firearms License to assure availability of supplies and weapons in the event future legislation is passed to restrict or heavily tax assets necessary to our foundation's mission.

To eventually include ROTC and OCS officers, as well as senior NCO's. Possible expansion based on available resources may include local police special tactics units.

To invite professional speakers in the areas of military leadership, combat experience and the psychological aspects of war.

### Endorsements:

#### 1LT Felker, U.S. Army, USMA Class of 2006

My name is First Lieutenant Charlie Felker and I am currently a member of the 3<sup>rd</sup> Ranger Battalion based out of Fort Benning, GA. I have had the opportunity to work with Mr. Hausher since my sophomore year at West Point and my personal development as an officer and leader has since improved dramatically. He taught me how to design, implement and monitor physical training programs. That aspect allowed me better prepare and connect with the cadets and soldiers under the umbrella of my responsibility. Mr. Hausher's guidance helped me graduate from the grueling US Army Ranger Course. As an infantry platoon leader, physical fitness and marksmanship skills are absolutely essential to mission readiness, success and survival. Mr. Hausher helped physically and mentally prepared me for the demanding challenges that a 10-month long deployment to eastern Afghanistan presents and supported our efforts with weekly care packages. My platoon was positioned in a very remote area very close to the border of Pakistan and did not have phone or email capabilities. From time to time, we would make the four hour drive to our support base, frequently enduring ambushes or IED attacks, to resupply. One of the highlights of the trip was the "mountain" of boxes sent by Mr. Hausher and the supporters he organized. The food, supplies, entertainment and letters of support were enormous morale boosters. From the rifle and pistol ranges to the weight room, Mr. Hausher's dedication, selfless service and examples of leadership have made me a better leader of our nation's warriors.

#### LTJG Collins, U.S. Navy, USMA Class of 2006

My name is LTJG Mike Collins. I am a 2006 graduate of the United States Military Academy. I am an Airborne Ranger, Sapper and former airborne scout/reconnaissance platoon leader in the 82<sup>nd</sup> Airborne. I served in Iraq for 14 months leading my men on reconnaissance missions, raids, interdiction patrols and through some of the more intense battles during the Shiite uprising in spring 2008. I am currently in BUD/S at the Naval Special Warfare Center in San Diego and will be a US Navy SEAL by early 2010. I have had the pleasure of training with Mr. Hausher since late 2005. I consider Mr. Hausher to be an expert on functional physical fitness; his programs and knowledge were at the heart of what my men did to remain in peak physical condition while deployed for 14 months. There is another area where Mr. Hausher's knowledge and proficiency is nearly unmatched save for the highest levels of the military and government: **In the training, employment and synchronization of various personal weapons and movement strategies in multiple tactical settings.** I have completed or are currently attending some of the most demanding training the US military has to offer and I can attest to the talent and expertise Mr. Hausher brings to the table. I routinely take back the tactics and techniques he teaches to my own men to use. Through the pistol theory Mr. Hausher showed me I was able to modernize much of what an entire company of 82<sup>nd</sup> paratroopers did to prepare for close-in and extended firefights on the streets of Iraq. There are two underlying principles that underlie why training with someone of Mr. Hausher's expertise, patriotism and knowledge are of vital importance.

1. Similar to any other profession where its practitioners are constantly pushing the creative frontiers – doctors, scientists, engineers – United States military officers must read journals, seek new channels for growth and development and immerse themselves in their field in order to become the type of warrior-leaders that this nation demands and the men that serve under us deserve. Mr. Hausher's training serves this purpose exceptionally well and I cannot think of a more professionally worthwhile experience than training in that environment. Bottom-line.
2. There is a widespread evil and malevolent parasitic infection throughout much of the world today. Known by various monikers, it can be labeled using a single term: fundamental militant Islamic terrorists. They seek not to create or build or grow, only to cause destruction and chaos where science, reason and modernity prevail. They must be stopped and their medieval thinking wiped out. Doing so will take time and the current operational requirements mean quality training, both time and complexity is at a premium. Sometimes there is not enough time or resources to train troopers to the standard of excellence that would otherwise be attained *institutionally*. It is up to the officers and those charged with both the safety of the men and the eradication of our nation's enemies to train themselves in order that they can pass on to the frontline warriors the knowledge and training that is of such paramount importance. Mr. Hausher's methods and capabilities are the solution in this area. His training serves as a proverbial spear that we are directly thrusting into the black heart of militant Islam.

## 2LT Ferris, U.S. Marine Corps, OCS Class of 2007

The United States Marine Corps prides itself as one of the most elite military organizations in the world. We put our recruits through some of the most grueling physical fitness training, and we spend sun-up to sun-down in the most austere weather conditions for weeks at a time at rifle ranges to ensure our Marines are set up for success when faced with the strenuous demands of combat. I know first-hand the feeling of intense pain and I have trained with some of the best Marksmanship coaches the military has to offer. With all that said, I am still humbled every time I train with Keath Hausher.

I met Mr. Hausher after commissioning as a Second Lieutenant in the United States Marine Corps. After commissioning, each officer has to attend a 6-month long infantry basic training called The Basic School (TBS). TBS is a fast-paced, high stress, physically and mentally demanding environment. There are several roadblocks to graduation including injuries, failing any event, or simply not living up to the Marine Corps standards. Mr. Hausher's fitness "boot camps" and personal training prepared me for the physical events at TBS such as the 3, 6, 9, 12, and 15 mile hikes with 90lbs of gear, the endurance course, the obstacle course, and the semi-annual physical fitness tests. In addition, Mr. Hausher taught me the proper shooting mechanics—grip, stance, balance, trigger control, sight management—and improved my speed and combat accuracy. With the help of Mr. Hausher's outstanding fitness program and exceptional marksmanship coaching, I graduated in the top 25 percent of my company, finished 10th out of 300 in military skills, and scored the highest marks on both the rifle and pistol courses of fire.

After graduation, I received orders to the 1st Marine Air Wing in Okinawa, Japan. Almost immediately, because of my experience with Mr. Hausher, I was put in charge of the Squadron's competition shooting team, a position normally reserved for a veteran of the Division Matches or a senior officer. We are competing in the Far East Division Matches in late January of 2009. It is an honor and a privilege to use the skills I learned from Mr. Hausher to coach some of the nation's finest warriors in combat marksmanship.

I cannot fully express my sincere gratitude for the time and effort that Mr. Hausher dedicates to training the nation's military officers in the St. Louis area. Indisputably, his training regimen and extensive knowledge of marksmanship techniques are unparalleled.

## ENS Lowhorn, U.S. Navy, USNA Class of 2008

My name is Ensign Michael P. Lowhorn, United States Navy. I graduated from the United States Naval Academy this past May. I am currently at the Naval Special Warfare, Basic Training Command, Basic Underwater Demolition/Seal Training (NSWC BTC BUD/s). I have worked with Keath Hausher on many occasions and in several environments. I can say without hesitation Mr. Hausher is a tremendous individual who will give everything he can and exhaust every resource to support the men and women of our nation's armed forces.

Mr. Hausher has brought to my attention the need to expand specialized military training for junior officers and potential special force candidates. I was most certainly intrigued. Initially, I questioned the idea because of the extensive training I have received and why would there be need to have another training facility back in Saint Louis. Those thoughts quickly melted away when I thought about who was going to be in charge of the foundation, what it was to accomplish, and how I and other military and law enforcement can benefit.

I was introduced to Mr. Hausher through my father. He called me promptly after meeting him and was blown away by his intensity. Over the phone I could tell just from the excitement from my father that Mr. Hausher was the man to meet. I am a huge believer in you are who you "hang out with." If you want to be the best you spend your time with the best. Mr. Hausher is one of the best.

The goal for St. Louis Military Foundation is to prepare men and women in ways their respective communities cannot assist in. Plans to acquire land as a training facility are a necessity. Plans for an obstacle course, shooting range, and physical training are already in motion.

Sadly, at the Naval Academy I was only able to shoot twice in four years. The first time was three weeks into Plebe Summer and the second opportunity came in my senior year with the other Naval Special Warfare candidates. There is no way as an officer I can lead from the front if I don't even know how to handle a weapon. The SEAL community is fundamentally grounded in being expertly competent shooters with an array of weapons. I have not met anyone who can teach shooting better than Keath Hausher. I have much more confidence with sidearms and rifle shooting with Mr. Hausher than I would have otherwise.

I wholeheartedly support the development of St. Louis Military Officer Support Foundation. I want nothing more than to be a part of a group whose paramount objective is making sure the men and women overseas are more capable and safer so they can come back to the land they risked their lives to keep free.

## 2LT Fallon, U.S. Marine Corps, USNA Class of 2008

My name is Second Lieutenant Kurt Fallon. I am a graduate of Chaminade College Prep, New Mexico Military Institute, The United States Naval Academy, and United States Marine Corps' The Basic School. Throughout my career I have trained with many different athletes, coaches, Cadets, Midshipmen, Marines, Sailors, and Soldiers. Keath Hauser's experience, expertise, and motivation are perfect for basic and advanced level nutrition, fitness, weight and cardiovascular training, as well as weapons handling and marksmanship. Mr. Hauser's knowledge is unmatched by anyone in St. Louis. The only element which exceeds his knowledge is his desire. Mr. Hauser's desire to teach and mentor is his greatest asset. Grounded in his virtues of hard work, patriotism, and teamwork, Mr. Hauser is eager to pass on his knowledge to Cadets, Midshipmen, Marines, Sailors, and Soldiers. My experiences with him have been professional and learning experiences at all times. I have been proud to work with him and I often brag to my fellow Marines about him. I am excited to continue working with him and the St. Louis Military Officers Support Foundation.

## Cadet Collins, Army ROTC Class of 2009

As a member of Army ROTC my training is usually limited to weekly PT sessions and twice-yearly visits to the weapons range. Working with Mr. Hauser has given me countless opportunities to improve physically and tactically that I otherwise would not have found in ROTC. Over the past year Mr. Hauser has facilitated countless hours of physical and weapons training at great personal cost; something I am incredibly grateful for. Training with Mr. Hauser I get more hands on weapons experience in one week than I get in ROTC in a whole semester. The array of weapons that we use and the drills we're able to perform at the range are incredibly valuable in preparing for what I will face as an officer both in my OBC courses as well as during deployment. Most noticeably however have been my physical fitness improvements. Since beginning training with Mr. Hauser my APFT score has gone from a 280 to a 325. In demanding environments such as the Army being physically fit is especially crucial and has aided me in gaining respect from my peers and improving my command presence. The training opportunities I've been afforded by Mr. Hauser are invaluable and have helped me immensely in my progress towards becoming an officer in the U.S. Army.

## Cadet McGee, USMA Class of 2010

When I was accepted to West Point I began to train with Shark Fitness in order to physically prepare myself for the first summer. After six months of training I arrived at BCT (Basic Cadet Training) physically and mentally tougher than I have ever been. I attribute nearly all of my success during BCT to Shark Fitness. Over the past 3 years I have continued to work with Shark Fitness every time I return home. The military training has advanced to a strong core of cadets from various academies as well as junior grade officers. The training that I receive in St. Louis is above and beyond anything that I do at school. Mr. Hauser has a great knowledge about firearms and I am able to receive weapons training that would be impossible at my school due to our large numbers. Additionally, the interactions with junior officers that have already deployed has really helped me learn about leadership. There is no doubt in my mind that the training I receive in St. Louis will benefit me greatly when I become an infantry platoon leader.

## Midshipman Mitchell, USNA Class of 2010

Mr. Hauser has and is continuing to be extremely beneficial to my personal training. When I come home for leave, it's hard to find someone who is willing to work out and push you to your limits without paying an extremely large fee. Fortunately for myself and other servicemen/women, Mr. Hauser has been there. As a personal goal to become a Navy SEAL, my fitness training is a must "on and off the field". Mr. Hauser offers me not only a fitness haven but also gives me a rare opportunity to sharpen my skills on the shooting range. Through Mr. Hauser, I am able to use/practice with weapons that will later be issued to me in 'the teams'. This personal training could save my life one day and I am extremely grateful for it.

## Cadet Wagner, USMA Class of 2011

I have known Keath Hauser for 2 and one half years now and have benefited from his expertise tremendously. Mr. Hauser began training me for my first summer at West Point as a senior in high school. The summer entailed 6 to 7 weeks of Cadet Basic Training which was physically grueling and required me to be in top shape. With Mr. Hauser and his unique training regimen, I went into West Point in the best shape of my life. As my career at West Point progresses, Mr. Hauser continues to train me and give valuable tips for my Army life and leadership. He has taken me shooting numerous times to ensure I am proficient in basic military weaponry which helped me earn a place on the Combat Weapons Team. He has spent countless hours and funds to make sure I and other cadets get the best training possible while on leave from our respective service academies and schools. Mr. Hauser's sacrifice and dedication to the St. Louis cadets is immeasurable. Without this training, I would not be as proficient and knowledgeable as I need to be in order to lead soldiers and defend freedom. His excitement and vision only reassures me that I will be the best trained soldier upon graduation thanks to Mr. Hauser's efforts.

## Cadet Collins, USMA Class of 2012

The training Mr. Hausher offers, free of charge, is exceptionally beneficial and has helped me transition into my first year at the United States Military Academy. Mr. Hausher provides weapons, ammunition, and a range where he coaches me on shooting techniques and leads me through drills which help my overall competence in handling weapons. The instruction I received from Mr. Hausher before Cadet Basic Training helped me to be more comfortable and competent than most of my classmates with regards to weapons. In addition to weapons training, Mr. Hausher puts me through strenuous physical workouts and gives me advice on training which has helped me improve my overall physical fitness to it's highest level. Lastly, the group of officers, cadets, and midshipmen I train with has motivated and better prepared me for the challenges I've faced during my first year at West Point. Without the efforts of Mr. Hausher, I would not be in contact with such an accomplished group of men and women.

## Midshipman Gatti, USNA Class of 2012

I have known Mr. Hausher since March of 2007, when I began physical training for acceptance to the United States Naval Academy. I never became a star athlete during high school but Mr. Hausher encouraged me to utilize my full potential. Eating right, training hard and challenging myself at every opportunity is his daily motto. Although I did not receive the appointment that year, I was in the best shape of my life. I attend Saint Louis University for the 2007-2008 year and participated in the rowing club. I used Mr. Hausher's programs and advice to continue my training and completed my first half marathon. I never would have attempted such a goal before Mr. Hausher's program and his refusal to accept anything but my best effort.

The following year, I received my appointment to the USNA for the class of 2012. Mr. Hausher was overjoyed and we continued to train...even harder than before. During Plebe Summer, I was much more prepared physically than most other females and even some of the men. I received an "A" on my physical readiness test at the end of the summer and earned the same grade in wrestling and boxing classes. Mr. Hausher's program and leadership has also helped me earn a place on the USNA Women's Division I Crew Team. I've been recognized for my work ethic and physical fitness level which I feel is an extension of Mr. Hausher's preparation. Overall, Mr. Hausher has not only increased my physical strength but also my mental toughness to be prepared for anything I may face in life. He is a great trainer and understands what I and other military personnel face every day at the military academies and overseas.

## Saint Louis Military Officer Support Foundation:

### Officers

President/Chairman/Treasurer: Keath Hausher, President-Shark Fitness Training

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