

108th Drill Sergeant, Armed and Ready



(L to R) 218th Regiment WLC Instructor and IFBB Pro Staff Sgt. Cedric McMillan shares a muscular arm wrestling pose with Staff Sgt. Alfred Rocha, 108th Drill Sergeant School. Photo by Staff Sgt. David Baez, 108th Training Command (IET) Public Affairs.

By Staff Sgt. David M. Baez
108th Training Command (IET)
Public Affairs

FORT JACKSON, S.C. — He is up in the wee hours of the morning with the rising sun. He is a devoted husband, a loving father and a dedicated Soldier. He is constantly preparing and training for battle, just like any other Soldier. Physical fitness is his top priority in the Army and in his own life. So when the lights go down and the curtains rise, he reaches for his weapon of choice and puts on his uniform: protein shakes and a Speedo!

Well, this is not your average kind of battle and Staff Sgt. Alfred Rocha from the 108th Training Command (IET) Drill Sergeant School, is not your average Soldier. He is a drill sergeant who trains both Soldiers and recruits for the Army and also a bodybuilder and personal fitness trainer.

In his spare time, he is most likely to be in the gym working out. He knows what it is like to wake up at 4:30 just to take in his first meal of the day. "You have to up your proteins and even at times your carbs. You're eating seven to nine meals a day,"

CLIMB THE RANKS

★★★★ In or Out of the Military ★★★★★



Almost six million students **earn their college degrees online.***

Why? Because online learning respects your time and your independence. This allows you to live your busy life and still earn the degree that can help you get a new career or enhance your current profession.

Stevens-Henager Online offers online** degree programs in **business, healthcare, information technology and graphic design** that give you:

- **24/7 access**, allowing you to work whenever it's convenient for you
- **The convenience** of not dealing with overcrowded classes and parking hassles
- **One-on-one support** of experienced instructors through online chat and email

Online education is as good as or superior to face-to-face instruction,* according to 66% of academic leaders.

Take the first step now!

*http://sloanconsortium.org/publications/survey/pdf/class_differences.pdf.

**Programs are delivered fully online by the Salt Lake City/Murray branch of Stevens-Henager College.

**SH STEVENS-
HENAGER**
Since 1891 COLLEGE

We also offer convenient campus locations:

- Boise** Branch
- Idaho Falls** Branch†
- Layton** Satellite of Ogden
- Lehi** Satellite of Provo-Orem
- Logan** Branch
- Nampa** Satellite of Boise
- Ogden-West Haven** Main
- Provo-Orem** Branch
- Salt Lake City-Murray** Branch
- St. George** Branch

†campus is a branch of CollegeAmerica, Flagstaff, AZ, main campus

LAPTOP COMPUTER!



Use it in college and keep it when you graduate.

Certain restrictions apply. Call for details.

Classes start soon. Call now!
888.246.1920

www.stevenshenager.info

he said. "You're drinking maybe two gallons of water a day." Afterwards, he may head off to the track to run just one of his two 45-minute jogs for the day.

The great news about this heavyweight bodybuilder's aspiration is his motivation for keeping his body in top physical shape. "If my battle buddy goes down, I am going to have to pick him up with all his gear on and carry him to safety," says the Antioch, Calif., native. He prepares his body for the rigors of combat so everyone around him is comfortable knowing he can carry out his mission.

On June 25th, Rocha participated in an event most people

wouldn't even dare try. He took part in the first ever Family Morale, Welfare and Recreation's Natural Bodybuilding and Fitness Competition at Fort Jackson, S.C. 16 competitors took to the stage at the Solomon Fitness Center. They flexed and posed for the crowd in attendance. By the end of the competition, only three of the men were left standing onstage with first place trophies in hand. Rocha was among the final competitors.

Then, one judge spoke just two little words into the microphone: "Pose down." With the last syllable, everyone in attendance raised their voices in

cheer and watched as the three competitors flexed their muscles with no choreography. They simply flexed every muscle they had to see who would be crowned the overall FMWR Natural Bodybuilding and Fitness Champion. As luck would have it, Rocha's muscular frame took home the coveted trophy.

Rocha has participated in competitions similar to this in the past. "My first show before this one was in [Al Asad] Iraq and I won best performance." He also says a big part of participating in bodybuilding competitions is mental; being able to get up on a stage in front of a crowd, performing and flexing,

and being comfortable are all part of what it takes to participate.

This will not be the last time Fort Jackson sees such an event. The coordinators for this event are hoping to put on another event next year in addition to their annual power lifting shows. Regardless of whether or not they do host an event next year, Rocha is still on his quest for his own physical fitness. He has signed up for another competition known as "Tough Mudder", a 10-12 mile course with obstacles being held in California later this year. He hopes he and his team will do an exceptional job during this competition.



BOOTCAMP for your career.

MERCY COLLEGE

MAXIMIZE YOUR GI BILL TO EARN A DEGREE AT NO COST

At Mercy College your GI Bill does more than just reduce tuition costs for eligible veterans. It virtually eliminates them. In addition, the post 9/11 GI Bill provides almost \$9,000 toward living expenses every semester for Mercy College students. Transitioning from military service to civilian life has never been easier thanks to Mercy College and the GI Bill.



Learn more at www.mercy.edu.
1-877-MERCY-GO

- Over 90 undergraduate and graduate degree programs and over 25 degrees offered online, including Corporate and Homeland Security.
- You will receive the maximum credit for military training, transfer credits, and military exams in a seamless and easy transition.
- Flexible day, evening, and online programs to accommodate your schedule.
- Mercy College is an Official U.S. Dept. of Veteran Affairs Yellow Ribbon School

MAIN CAMPUS
DOBBS FERRY
BRONX
MANHATTAN
WHITE PLAINS
YORKTOWN HEIGHTS