

# FEDERATION GUARD

## SCENARIO PAINTBALL TEAM

SAN ANTONIO, TX

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## APRIL 2012

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## PICTURE OF THE MONTH



*Federation Guard holds the Kill-house at "The Fighting Seabees 2"*

## MESSAGE FROM FEDERATION COMMAND

Team we have enjoyed a growth spurt in just under a year. We have added some great talent, skilled players, trained and practiced, and become a close unit. The times we have had on and off the field make us a cohesive team. I am proud of what this team has accomplished and become.

From the existing members, that were here in the beginning, to the new members who are still trying to find their own place, we are a team. We have earned a reputation of hard playing, tactical team that plays with integrity, honor and we are always requested to side with one team or another. There are times we have to vote on which team, what side, which leader to follow. It is hard choosing but as many of you know we are always being approached to play for someone or some team.

It is an honor to be part of a team like this, we are more than a team, we are a family. A family with the crazy family member that makes everyone laugh, or curses or we just want to be around. Again, I am proud to be a part of this great team, what's funny, we don't have too many problems that other family (teams) have, which can easily split up a team. We have made the team part of the USS Bexar Star Trek family, which is where we got the name, from an original series episode and a mix of Star Wars. We have many more games, and stories to share, pictures and videos and of course more members to join the best darn team, which I would put up against any other. We're not the biggest, or the team that brags, we just get the job done. We are The Federation Guard. To quote Doc Pappy J, "Hooah....Rock ON!"

Patches / Robert

"A piece of the action"

## TEAM NEWS

**Seabees:** On 24-March, the Federation Guard was in attendance for the "Fighting SeaBees 2" at Tactical paintball in Harwood, TX. They were on the Blue team (SeaBees) who had the mission of constructing a fuel depot while under constant assault from the Red team.

Some highlights of the game were:

Goose taking the city *without support!*

The Federation Guard taking the killhouse. This is something we worked on in practice under the instruction of team members Curious George and Greybeard, and we were able to successfully implement those lessons.

The main force Federation Guard took Fire Base Alpha, with Dragon Lady providing withering cover fire from the flank.

Even though the Red team won (by the slightest of margins) all in attendance had a great time and rated the game a success.

**Members in attendance:** Dragon Lady, Patches, Scorpion, Menace, Boogman, Doc Pappy J, Goose, Jester, Maudib

**21 -April:** The Federation Guard will face the Star Fleet Marines in what promises to be the rec ball Battle of the Century! This is a result of a challenge issued by the C/O of the USS Joan of Arc to our very own Patches, C/O of USS Bexar. This will be a battle for Star Fleet bragging rights. Hopefully this turns into an annual event!

**28-April:** The Federation Guard/ USS Bexar/ USS Joan of Arc group picnic at Lackland AFB. We will be joined by members of both Star Trek clubs for a time of friendship and bragging over the results from the previous weekend! Let Patches know if you can attend ASAP. You must be sponsored to get on base and he will help you coordinate with our on base team members.

## SPONSOR NEWS

**Valken ([www.valken.com](http://www.valken.com)):**

HKPBA's Mark Pagan Accepts Position as Valken Corps Regional Commander  
March 23, 2012

**RedDotpaintball ([reddotpaintball.com](http://reddotpaintball.com)):** Shop with confidence, security and the lowest prices allowed by manufacturers (Find a lower price? Email us the URL!)

•Free Shipping (on orders \$75 and up) No messing with codes, no gimmicks and tracking is always included!

**Tactical Paintball ([tacticalpaintball.com](http://tacticalpaintball.com)):** Register by May 1 for "Total War" 12 hour scenario game. Two sides, multiple units this will be a big one! Also register for the "Sniper Challenge" to be held on May 6. Do you think you have what it takes to be called the top paintball sniper? Prizes will be awarded for 1st, 2nd and 3rd place.

**Empire Paintball ([empirepaintball.com](http://empirepaintball.com)):** Sacramento XSV has won the Huntington Beach event for 2012. Congratulations to XSV and great job shooting the Empire Axe, Prophecy Z2 and RPS paint! Sacramento XSV is sponsored by JT Paintball and sports their gear and JT ProFlex goggles.

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*...with Dragon Lady  
providing withering  
cover fire...*

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## MESSAGE FROM SICK BAY

Contributed by Doc Pappy J (Chief Medical Officer):

Hydration – is it a Necessity or Nice to Have?

Being an old country pharmacist, let me try to answer this in a straight-forward/ common-sense way: NECESSITY!

H<sub>2</sub>O is the Most Abundant substance in the human (and frankly extraterrestrial) body. At the same time, anatomical oxygenated di-hydrogen is the most frequently overlooked vital life-line there is. Senior Faculty at the Maquis Academy of Interstellar Medicine has ranked water as the second-most critical element of life, with only oxygen out-placing it as number one. Water's vital roles include providing a universal medium for chemical reactions, lubrication between the range of joints, the critical delivery of nutrients to all levels of the body, helping to disperse heat amongst the organs, cooling off the skin by perspiration, and at the same time whisking away for disposal bodily waste products.

Water represents a range of 45-60% of an adult's body weight. In order to just maintain the fluid balance within the body, water gain (or intake) must equal water loss (or output et al). As would be expected, fluid loss is heavily dependent on a member's activity level, along with the environmental temperature, and the relative humidity. At a base-level (minimal activity), an average humanoid will shed approximately 2500 mls (that's 5 half-liter bottles) of H<sub>2</sub>O daily. Just for grins and giggles, here's where that 2500 mls goes to: 1500 mls/day urinary excretion via kidneys; 500 mls/day perspiration/evaporation via skin; 300 mls/day via the lungs (aerolization); 200 mls/day GI tract deployment. The more heavily involved in the employment of musculature, naturally, the greater the increase in water required to keep the systems on-line and functioning. Increased exercise and increases muscle work, consequently increase the demand for oxygen. Three-quarters of muscular activity is lost as heat, thus sweat production is put into hyperdrive to maintain body temperature via, you guessed it, perspiration and evaporation.

Breathing increases to increase the supply of oxygen, again adding to the depleting reserves of bodily fluids by increased water loss via the lungs as the air in the lungs is moistened to improve the efficiency of diffusion from the lung-space into the oxygen-hungry hemoglobin/blood source.

The average 2500 mls/fluid use per day can easily ramp-up to a whopping 4000 mls PER HOUR during heavy work-outs (such as the outstanding efforts demonstrated during OFS).

Ok, Troop, so, really, what impact does a little 'ol loss of merely 2% of body mass via the degradation of the total bodily fluid content have? What we're talking about is how does dehydration (the loss of bodily fluid) impact our performance? Glad you asked....

...Blood plasma is made up of 92% water. It's an easy leap to see that if you 'dehydrate' the blood plasma, reducing that 92%, you've decreased the blood plasma's ability to get oxygen to the muscles that are demanding this resource during heavy work output. 'Dem-bones-'Dem bones.....they are all connected. So here is the downward spiral.....as blood plasma loses water, the heart-lungs must work harder to pump blood through the body to the now starving muscles. As the efficiency of the systems decrease, performance begins to decrease, reaction times slow, mental acuity is not as sharp or rapid, and with a continued loss of fluid, nausea/vomiting can occur, increasing the sensation (and reality) of musculature weakness, confusion, dizziness, and the most severe symptoms of coma leading to more serious harm IF hydration actions are not taken!

Ok, so, you're pushing the enemy back, the rounds are flying like fireflies and you're in the thick of the firefight. All of a sudden your brain says, "I'm THIRSTY!" But you continue to think, with the adrenalin pumpin' – "I can't stop for fluids now, I gotta finish this mission, take the city on my own, shoot those two 'lil girls that are runnin' towards my position, flip on the cell-phone in the middle of this night-ops....." My point, Team, is this, when you THINK you're THIRSTY, then you are ALREADY dehydrated, because the 'thirst' reaction is usually behind the curve in regards to monitoring your actual hydration level.

## MESSAGE FROM SICK BAY (CONTINUED)

Let me provide some Practical Recommendations to Improve and Maintain Tactical Precision with regards to Hydration:

### Doc Pappy J's Prescription for Hydration Perfection:

- Do NOT Rely on THIRST!!!! Drink BEFORE, DURING and AFTER any physical activity (that includes Training as well as actual Combat sitreps)
- IF physical activity is One Hour OR LESS: Water is sufficient to rehydrate – but, monitor the intensity – if this is hardcore paintball combat (4000 mls/hour stuff – then consider you need to drink EIGHT 500ml bottles to replace the fluid loss!)
- IF physical activity is GREATER than One Hour: Electrolyte/Carbohydrate replacement is suggested (ie. Gatorade, etc)
- Always attempt to consume MORE fluids than you need! Smaller quantities at more frequent intervals helps optimize hydration
- Drink at least 500ml (1 normal water bottle) prior to the beginning of exercise



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*...when you THINK  
you're THIRSTY, then you  
are ALREADY  
dehydrated ...*

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## YOUNG GUNS CORNER

We want to congratulate Spartan on a job well done away from the paintball field. He plays trumpet in the band at Aragon Middle School in Houston. His band achieved a perfect score at the regional UIL band competition, bringing home the trophy!

We want to wish Scorpion good luck as he prepares for JROTC.

We know both these Young Guns will continue to succeed both on and off the paintball field as they step up into High School next year.

### Young Guns, what was the best part of your Spring Break?

Spartan: "The best part of my Spring Break was spending the day at the Houston Livestock Show and Rodeo. We spent the whole afternoon at the carnival then watched the rodeo followed by Jason Aldean in concert!"

Scorpion & Menace enjoyed going to Six Flags and Sea World over Spring Break. They also toured Lackland AFB and enjoyed learning about some of the aircraft based there over the years.



**On the left:**  
Spartan at the Regional UIL  
Band Competition



**On the right:**  
Scorpion, Menace and  
their little brother in front of  
the SR-71 Blackbird

## SIT-REP FROM NEW MEMBER

Contributed By Boogman:

Well, what can I say? Thanks to the Federation Guard for taking me onboard! I have seen scenario games on various calendars and often thought it would be cool to participate in one. However, I really don't enjoy showing up solo to paintball. I had my ammo taken from me the last time I did, so I always tried to make sure I had a wingman with me. I never had problems when there were two or more of us around.

That was many years ago, when one day the conversation seemed to turn towards paintball, and I learned that Curious George had experience with some and was part of a team. Well, needless to say, I knew there would be a wingman. Now I was set and ready to go sign up to play. Thanks again for getting this retired Navy Chief out of his paintball retirement.

In preparation for The Fighting Seabees, I did as much reading as I could on the associated website forums (tacticalpaintball.com), saw the movie, purchased upgrades to my marker and my rig for spare paint pods, researched scenario paintball games structures, and received extensive and valuable advice from the Federation Guard veterans. I was ready, excited, and eager to experience all the possibilities there were to be seen and done.

I'm sure someone else will probably recap this event in greater detail, but I can honestly say that my expectations for fun, challenges, and of course paintball firefights were exceeded. Action was virtually non-stop, and it was pretty much up to me as to how much or how little I would get. This game seemed to have clear, distinct goals from the outset vice the "mission cards" I have yet to experience which gave each player significant participation in achieving the goals. Unfortunately, our side lost, but when the score was 755 to 745, it wasn't hard to still be proud.

The Federation Guard leaders and members as well as other players, teams and staff at Tactical Paintball advocate for the stuff I am about to mention, I will reiterate as they are valuable lessons to take into account for planning to participate in a scenario game.

- Hydrate Hydrate Hydrate. Even in mild weather conditions, the heart is beating faster and adrenaline is pumping. You're sweating whether you know it or not. Pardon this description, but if your urine is not clear, you are in a stage of dehydration. You should be drinking water periodically, and you should be urinating every hour to hour and a half. Don't wait until game day to hydrate. Make sure you've started at least a day or two ahead of time.

- Bring snacks. I usually bring granola bars, and I was hungry every 2 hours or so. Stopping to snack periodically is OK and helps put off the effects of exhaustion increasing the happy fun time of slinging paint with the players on the opposing time.

- Folding chairs are good to have. Some fields have picnic tables while others do not. Besides I like my chair better than a bench.

- Exercise helps. This is a personal lesson for me. I was getting tired and wore out fairly quick and took breaks periodically. Breaks aren't a bad thing, but if I'm in better condition, I might be able to have more time slinging paint than sitting.

- Finally, practice practice practice. I'm still new to the field, to the team, and relearning paintball skills. The Federation Guard has proven time and time again without exception that they are as willing to impart knowledge as I am to receive it.

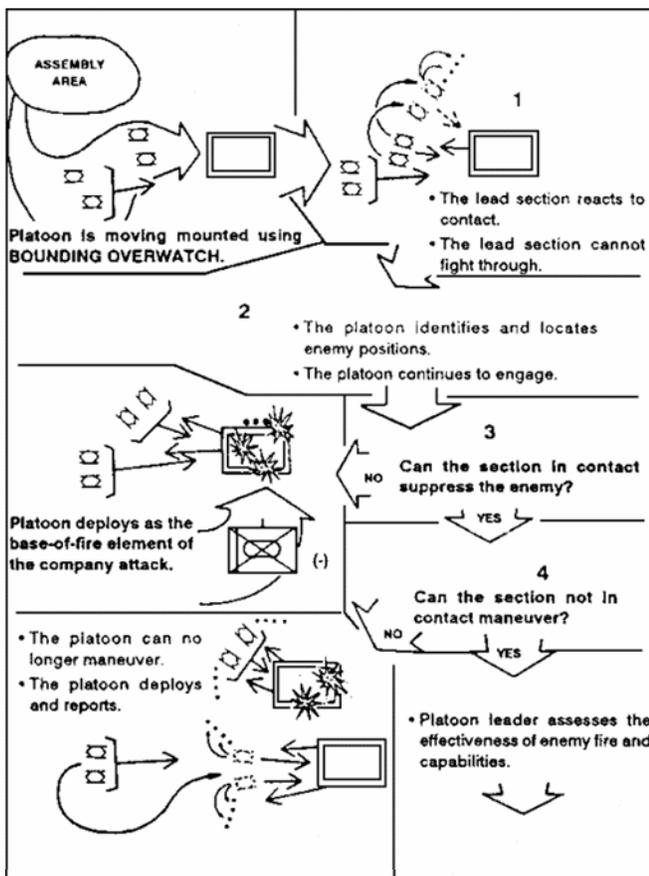
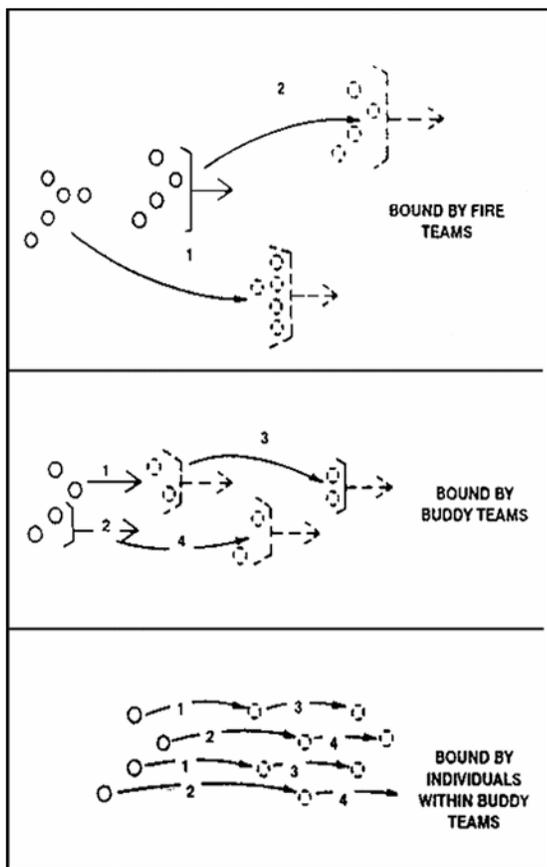
I can't wait until the next event.

# TACTICAL TIPS

Contributed By Curious George:

On the Paintball Field, having the skill to move and fire is a must. This tactic is also known as "Leapfrogging", "Fire and Movement" or "Fire and Maneuver". Now, we all know what is meant by the word, "FIRE". For those that don't know. It means to point your weapon at an enemy target and pull the trigger. On the other hand, the meaning of the word "Movement" may become a little blurred. Movement (in the tactical sense) is the action of a unit moving with the occasional help of suppressive fire on the enemy.

Fire and movement can be executed by a unit of any size. When executed successfully, the group would begin to "Leapfrog". Leapfrogging is where the unit would basic split its group into two subgroups. One group would have the responsibility of providing suppressive fire as the other advances. After the advancing group has moved forward and is able to dig in they would then become the group providing suppressive fire, while the group who was providing suppressive fire starts moving forward. This action would be repeated until one group is able to flank the enemy and catch them in a cross fire and taken out.



## MEMBER PROFILE: SCORPION

DOB: December 23, 1997.

What is your favorite piece of paintball gear? The chest protection pad that my mom gave me. It helped me a lot be protected especially the first time I played paintball. I still have it but it barely fits me now. I just keep it for memories.

What are you looking forward to most in High School? I am looking forward to playing football, track and JROTC of course.

What is your favorite movie star? Dwayne Johnson. You know The Rock. He is one of my favorite WWE wrestlers that is why. Also, I like his big mouth. My mom says I have a big mouth like him especially when it comes to eating lol!



## UPCOMING EVENTS

**21 APRIL:** Battle of the Century for Starfleet bragging rights. Federation guard will face the Star Fleet Marines of the USS Joan of Arc at Tactical Paintball in Harwood TX.

**28 APRIL:** Team picnic in partnership with USS Bexar and USS Joan of Arc StarFleet Chapters.

**5 MAY:** TOTAL WAR 12 hour Scenario Event at Tactical Paintball in Harwood TX.