



DEPARTMENT OF THE AIR FORCE
AIR FORCE RESERVE COMMAND

20 April 2012

Gentlemen,

The time has come for the next scheduled Pararescue Tryout. It will be held here at Patrick AFB, at 0730 at the base gym. It is held the first Wed of every month.

I am the Recruiter for the 308th Rescue Squadron at Patrick AFB (Cocoa Beach, FL) and I am your point of contact for the PJ Selection Day.

Selection Day is a very intense process, so in order to keep things running smoothly and as comfortably as possible through the process I highly recommend you do the following:

1. Reply to this e-mail.

- 1.1. Let me know that you are interested in trying out this time. Some of you have been contacted because somebody that knows you provided us your contact information and said you might be interested in Pararescue. If you are not interested we respect that and we will stop attempting to contact you. If you are interested in participating in a future Selection Day instead of this one, please let me know and we will contact you next time.

2. Provide some information about yourself.

- 2.1. Please complete the attached APPLICANT BACKGROUND INFORMATION and email it back to me at michael.coscarella.1@us.af.mil

3. PT Gear

- 3.1. Running shorts
- 3.2. T-shirt
- 3.3. Swim trunks
- 3.4. Swim goggles
- 3.5. Fins (Fins should be snorkeling type NOT scuba type, no booties)

4. Interview attire

- 4.1. Current military, squared away BDUs.
- 4.2. Civilian, professional attire (Polo/Khaki's or something similar)

5. **308 RQS PAST STANDARDS are:** *(THESE ARE THE 308th's STANDARDS NOT AN AFI)*

- 5.1. Pull-ups (minimum 10,1 min time limit)

- 5.2. 1 minute break
 - 5.3. Sit-ups (minimum 60, 2 min time limit)
 - 5.4. 1 minute break
 - 5.5. Push-ups (minimum 60, 2 min time limit)
 - 5.6. 1 minute break
 - 5.7. Flutter kicks (minimum 60, 2 min time limit)
 - 5.8. 10 minutes to be at the run start point
 - 5.9. 3 Mile Run (22 minute time limit)
 - 5.10. 15 minutes to be in the pool ready for underwaters. Underwaters are sub-surface one length of the pool, straight up the wall then Freestyle, Breaststroke or Sidestroke back to the start.
 - 5.11. 25 Meter Underwater Swim (GO/NO GO)
 - 5.12. 1 minute break
 - 5.13. 25 Meter Underwater Swim (GO/NO GO)
 - 5.14. 3 minute break
 - 5.15. 1500 Meter Swim (28 min time limit, freestyle, breast or sidestroke only.) Mask/goggles and fins are authorized for the swim. Fins should be snorkeling type **NOT** scuba type, no booties.
 - 5.16. **You should be going all out for the full time limit on all calisthenics. The 308th is only looking for candidates that can max out all standards. If you are struggling to meet the minimum standards, you should not come. The form for all calisthenics will be demonstrated to you, and then any wavering from this form you will receive one warning, then each improper rep will not be counted (more people fail for this reason than anything else!) All time lines will be strictly adhered to. Stopping during the run or swim for any reason other than injury will be viewed as quitting and you will not be given another chance to retest. Every event must be passed, If you fail one event, you fail the entire test.**
6. What if I get injured? You will be surrounded by paramedics all day that will provide medical attention as needed. If you are eliminated due to a medical issue you will be evaluated by our medical staff and from there the decision will be made if you will be invited back.
 7. The Schedule: First Wed of every month
 - 7.1. 0730 show time in the base gym
 - 7.2. Briefing
 - 7.3. PAST Test
 - 7.4. Water Con IFAM
 - 7.5. Lunch

7.6. Team Building

7.7. Written Test

7.8. Then Interview which may be given to applicants that pass all events and demonstrate the type of character and attitude the 308th RQS is looking for. Simply passing the test does not guarantee an interview.

8. Additional Tips:(**READ**)

8.1. HYDRATE: For those of you who do not live in the Southeast, Cocoa Beach has a very humid climate. Hydrate very well in the week leading up to Selection Day with Gatorade or some other sports drink.

8.2. Eat well and eat a lot, but do not try anything new that you haven't been doing in training, (food or hydration).

8.3. Bring replenishment for during and after the PT test, and possibly a healthy lunch. You will not have a lot of time for lunch. (Powerbar, Pro Smoothie, electrolytes, etc).

8.4. Taper off your workouts for a few days before selection.

8.5. We recommend not drinking any alcohol for at least 24 hours before Selection Day.

8.6. Don't quit!

Reporting instructions: Meet in the beach parking lot, **the first stop light north of the main gate (A1A) on the beach side at 07:00 AM**. All non-military candidates will be escorted from the parking lot to the base gym. If you are already familiar with the base and how to get to the gym, you are welcome to show up there at 07:10. We will depart the beach parking lot at 07:00, don't be late. If you need time to familiarize yourself with the area and where the parking lot is, please do so in advance.

On behalf of the 308th Pararescue team, we appreciate your interest in the Pararescue Career Field and are looking forward to seeing you on that first Wed of the month.

If you have any questions, please don't hesitate to e-mail or call.

V/r,

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All applicants please sign below to acknowledge your understanding of the content of this letter and everything expected of you during the Physical Abilities and Stamina Test.

Signed in the presence of the PAST Administrator or Recruiter at Patrick AFB on the day of PAST Test.

Printed Name

_____ Date _____

Signature