

U.S. Army Europe and 7th Army

contact: paoci@eur.army.mil
phone: 49-6221-57-5815 / DSN 370-5815
fax: 49-6221-57-6376 / DSN 370-6376



RELEASE #2009-04-27-1

2009: THE YEAR OF THE NCO

April 27, 2009

18th Military Police Brigade Soldiers assault paintball course for Warrior Adventure Quest

By Spc. Adrienne Killingsworth

18th Military Police Brigade Public Affairs Office

WIESBADEN, Germany -- Soldiers from Headquarters and Headquarters Company, 18th Military Police Brigade, recently got a chance to build unit cohesion and practice leadership skills in a different venue -- the Road and Gun Club here.



SPC ADRIENNE KILLINGSWORTH

Soldiers from Headquarters and Headquarters Company, 18th Military Police Brigade, prepare to breach a building at the Wiesbaden (Germany) Road and Gun Club as a part of a paintball challenge during Warrior Adventure Quest, April 16. WAQ helps Soldiers with their transition back into a garrison environment following a combat tour by providing safe high-adrenaline ways to 'blow off steam' following a deployment.

risky behaviors when they return to a garrison environment. WAQ is designed to help prevent that behavior by giving redeployed troops a safe outlet for their post-deployment energies.

The April 16 outing was part of the Warrior Adventure Quest program currently being offered by U.S. Army Garrison Mannheim.

The WAQ program is for redeployed Soldiers only, and was implemented by the Army in an effort to help Soldiers reach a "new normal" and better adapt to a garrison environment following a combat tour, say program officials. For Soldiers returning from a deployment, the loss of the adrenaline they grew accustomed to in a combat environment can lead them to engage in

HHC 18th MP Brigade returned from its most recent combat deployment in December. Participation in WAQ gives these Soldiers an opportunity to partake in a program that promotes team-building, esprit de corps and Battlemind Leader Tools, the Army's psychological resiliency building program, brigade sources said.

WAQ offers a number of high-adventure, high-adrenaline activities to choose from, including rock climbing, mountain biking, paintball, skiing and snowboarding. The Soldiers of HHC 18th chose to participate in a paintball course for a chance to "blow off some steam," said Sgt. 1st Class Brian Jones, the brigade security and intelligence NCO.

In addition to blowing off steam, the objective of the paintball course was to give Soldiers the opportunity to take on personal and team challenges while using agility, stamina and quick thinking to win various challenges and competitions, brigade officials said.

Soldiers participated in challenges that required them to work together or as individuals to develop strategies and win. The highlight of the paintball course came when the Soldiers were able to put some of their combat training to use in the indoor course. One team breached a building and tried to retrieve a simulated "hostage" from its opponents.

Despite coming away from the day covered in bruises, the Soldiers seemed to enjoy the training.

"The 18th MP Brigade was very pleased, and we were happy to be a part of this training. Training events like these are few and far between. We wish there were more," said Jones.

It was a sentiment echoed by many Soldiers who participated.

"It was great," said Spc. Earnest Hamilton. "We got to release some stress. Everybody got to have fun together. We got a chance to have a good time with our co-workers. I would love to do it again."



www.hqusareur.army.mil