

Training Center Petaluma Enlisted Person of the Quarter Recommendation

ET1 Nathan Little

Rate/Name

From

ETC Xavier Villarreal

Division

Period Ending 30 September 2009

Leadership:

Provide bulletized, specific examples of candidate's leadership including using people's full potential, motivation towards completion of work and respect as a leader.

- ET1 Little is the lead instructor for the ET "A" School Student Physical Fitness Program. ET1 Little supervises 100-120 students and 5 other Class Petty Officers each month to make the program a success. Each month the students perform a wide range of physical activities that include but are not limited to; Monthly Physical Fitness Assessments, monthly weigh-ins, 3 mile formation runs, 2 mile runs with interval training, circuit training, "boot camp" style formation PT, relay races, and a wide range of sporting events like ultimate Frisbee and capture the flag. The result of ET1 Little's leadership abilities with a large group, the failure rate of the Physical Fitness Assessments at ET "A" School has not exceeded 10% in the past three months.

- ET1 Little is an afternoon Run Club leader. PO Little runs with members 3 days a week motivating encouraging them to live a healthier lifestyle and to support their efforts to stay in compliance with the new TRACEN Wellness Program.

- ET1 Little is the Co-Chairman of the TRACEN Petaluma Morale committee which he has lead, organized, is planning, or oversees events that include but are not limited to; Poker Night, Magic Gatherings, CGEA and Captain's cup softball tournament.

- ET1 Little is an Apprentice Leadership Program Instructor and Low Ropes Facilitator. While filling this role PO Little teaches students of all rates how to work together, trust others, and what traits are found or required to be successful leaders.

Military Bearing:

Provide bulletized, specific examples of candidates Military Bearing including uniform, grooming and physical appearance.

- PO Little's outstanding uniform appearance sets the example for all ET A School students and fellow instructors to emulate. PO Little has transferred that pride directly into the classroom.

Attachment or Continuation Sheets Not Authorized

Job Performance: Provide bulletized, specific examples of candidates job performance including knowledge of policies and procedures, and problem solving.

-When Roy Migawa retired from the TRACEN fitness center this past summer, ET1 Little stepped up to open the gymnasium at 0530 and stand UHPC watch so that base personnel could continue to work out before the workday.

- When a couple students were found to out of compliance with the Coast Guard weight standards, he dedicated his own time to provide them with personal training until their goals are met.

- ET1 Little is one of the lead UHPC's aboard TRACEN Petaluma. He explains the weight and wellness policies and procedures to all 12 of his clients, 120 students, and the members that attend his run club. PO Little successfully and accurately administers the CG Physical Fitness Assessment every month. PO Little is also one of only 20 or so individuals onboard TRACEN recognized to be competent in the proper methods of performing Body Fat percentage measurements.

Advancement Motivation: Provide bulletized, specific examples of candidates progress toward advancement. Including completion of requirements and pursuit of knowledge in rating and military requirements.

- ET1 Little completed all prerequisites for ETC

- PO Little has stepped up to become the lead Instructor for the Analog class in ET "A" School.

Personal Development: Provide bulletized, specific examples of candidates Personal Motivation. (i.e., continuing education, external professional development, etc.)

-PO Little volunteered to become an "A" school instructor after completing the first stages of the the new Bridge Master-E Radar system in order to continue learning and instructing the different areas of ET school.

-ET1 Little TRACEN's Wellness where he had a chance to learn about healthy cooking tips and eating habits, how to select running shoes and the importance of maintaining healthy blood pressure and cholesterol levels in order to help increase his knowledge base as a UHPC.

Representing the Coast Guard: Provide bulletized, specific examples of candidates Representation of the Coast Guard including pride in being a part of the Coast Guard, community service, and any exceptional service performed.

-ET1 Little tutors disadvantaged and underprivileged elementary school children as a member of TRACEN Petaluma's Partners in Education program.

-PO Little participated in fitness activities that included the Two Rock 5km run, the Coast Guard Enlisted Association softball tournament and the Captain's Cup softball tournament.

Attachment or Continuation Sheets Not Authorized

Core Values: Provide bulletized, specific examples of how the candidate exemplifies the Coast Guard Core Values of 'Honor, Respect, and Devotion to Duty'.

-PO Little is an excellent example of what it means to be devoted to duty. PO Little and his wife provided clothing, bedding and appliances to one of his coworkers that was expecting their first child.

-ET1 Little has several collaterals that supports the TRACEN and ET "A" School that include TRACEN UHPC, ET "A" School UHPC, Run Club Leader, Co-Chairman of the TRACEN Morale Committee, volunteer with the Coast Guard Enlisted Association, ALP Instructor, Low Ropes facilitator, plays in the on base Intramural softball league, member of the Coast Guard Cutters off base softball team, participant/user of the TRACEN garden.

-ET1 Little played a part in organizing and serving lunch to raise money for ET "A" School Student Taxi Voucher program.

Submitted by: ETC Xavier Villarreal

Date

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