

¹ **TRANSCRIBER NAME: David Detwiler**

² **Date: 5/8/2020**

³ **Participant #: 12**

⁴ Interviewer (Code in blue): CDR Andrew Ledford

⁵ Participant (Code in black): #12

⁶ CDR: OK, this is five December. And I'm with interviewee number 12. December. So we're gonna ask some questions just about your family background. As I mentioned in the prev. First off, and you're OK with us

⁷ 12: Yes

⁸ CDR: Okay with us taking again. We're going to just use your participant I.D. um to track this. So how many siblings do you have?

⁹ 12: Uh I have three siblings.

¹⁰ CDR: Three

¹¹ 12: One of four.

¹² CDR: And you're, what order?

¹³ 12: I'm a twin. So

¹⁴ CDR: Oh you're a twin

¹⁵ 12: So my sister and I are in the middle.

¹⁶ CDR: Twin sister. And so one older

¹⁷ 12: One older sister and one younger brother

¹⁸ CDR: One older sister and one younger brother. Brother, okay, got it. So if you're looking back at your life experiences growing up, what. Which of those experiences do you think probably played a big factor in you getting through BUD/S and being at BUD/S.

¹⁹ 12: I went to a very small all boys school. I graduated with 57 boys. So it was a very BUD/S environment where you were just with the same people. And that sort of community was very important to me, especially playing

sports within that community, which is a smaller subset. So I felt I needed to find that same community elsewhere in my professional life. So in college, I really focused on coming to BUD/S. And making this my career.

²⁰ CDR: What college did you go to?

²¹ 12: I went to Yale.

²² CDR: To Yale, and how long were you, and you graduated from there? Undergrad. So uh your personality. What aspects of your personality do you think contributed towards getting through BUD/S?

²³ 12: Uh I think most people would tell you I'm a very quiet person. I've never really been comfortable like in the spotlight, but I think that's helped me where I'm used to being in my own head to some degree.

²⁴ CDR: Ah good point. Yeah

²⁵ 12: Like, uh that part of BUD/S like the self-taught aspect was never really a problem. That never really needed to find out with other people to express their frustration or stress or anything else.

²⁶ CDR: That's awesome. So I talked about a little more about your background that led you to be part of the community. Can you talk a little bit about your childhood and how, uh how were you disciplined growing up? Like, for example, your parenting style, the parents, what they did, like you said. Spank you. And time outs, that kind of stuff.

²⁷ 12: I remember time outs.

²⁸ CDR: Time outs

²⁹ 12: There was no real like physical punishment. They're both, both my parents kind of have similar parenting styles. Uh my dad was more like me, so he was a little sterner, a little quieter. Um but my, my older sister, she's six years older

³⁰ CDR: Uh huh

³¹ 12: Than all the rest of us. So she was. She watched us a lot when my parents were out.

³² CDR: Ah so she would watch you a lot.

³³ 12: She would baby sit for us a good amount

³⁴ CDR: A lot, got it, interesting. Okay, um what about your teenage years. Like uh, growing up? You guys move around a lot.

³⁵ 12: We moved when I was three or four. But other than that we stayed in the same spot.

³⁶ CDR: OK, other than that you stayed in one place. And then uh you mentioned about team sports. Did you play on a sport?

³⁷ 12: Uh cross country, uh well growing up I played all sorts of sports. But I ran cross country and track.

³⁸ CDR: Cross Country and track, and was that in High School?

³⁹ 12: In high school

⁴⁰ CDR: College.

⁴¹ 12: And then I did some road running in college.

⁴² CDR: And in college, a little bit in college. Got it, cool. So for the last five years of your life um, here in school.

⁴³ 12: Yep

⁴⁴ CDR: Okay, last five years, and as far as impulsiveness. How would you, rate yourself with impulsiveness? So, for example, like did you get any tattoos? Like all the sudden you woke up and.

⁴⁵ 12: No [Laughs]

⁴⁶ CDR: No tattoos, What about anything else with impulsiveness. Would you say your impulsive person or not?

- ⁴⁷ 12: No, not really, I wouldn't say, no
- ⁴⁸ CDR: What do you think motivates you on a daily basis?
- ⁴⁹ 12: I'd say expectations from other people, and meeting them. Keeping their respect.
- ⁵⁰ CDR: That's interesting. What do you think the most challenging component of BUD/S was, for you?
- ⁵¹ 12: I mean technically for me it was shooting. That was the first time where I really struggled with any evolution, and not getting feedback from instructors and not really clicking at first that was the most frustrating.
- ⁵² CDR: What about, like, not just technically. But like overall with the experience. Well, would you say the hardest thing, maybe the hardest, day, you know, or period, or aspect of being at BUD/S. What do you think that was for you?
- ⁵³ 12: I guess, for me, I got um, I got cellulitis in both of my legs after Hell Week, and there was a good week or so I thought I was going to medically rolled out of the class. And that was probably the most stressful time um I knew it was out of my control. I didn't want to, I had just been through Hell Week with these guys, and I was afraid I was just gonna go on alone.
- ⁵⁴ CDR: And what was it? It is cellulitis. Perfect, okay. And what do you think you got you through that?
- ⁵⁵ 12: Uh everyone was always encouraging me even when I had to sit out through the rehab sessions, like, like the small steps I make in improvement like people would make a big deal out of them and would encourage me.
- ⁵⁶ CDR: Who were the ones encouraging you?
- ⁵⁷ 12: I'd say, especially like my boat crew, the guys who were with me.
- ⁵⁸ CDR: Good, um were there any other, hey um, could you guys keep it down just like a little bit? Because we are recording all these interviews? Thank you. What practices do you think helped you? Were there any practices that you engage in on a regular basis that helped you with the challenges? Getting through, like spiritual, mental?

⁵⁹ 12: For BUD/S, I'd say, I'd always try to give half an hour every night. Where even if it meant giving up sleep. I'd just kind of sit down or lie down or whatever. And just not do anything. Kind of think about the day.

⁶⁰ CDR: And you feel like you'd do that quite a bit.

⁶¹ 12: Yeah, I'd say almost every night, I'd try to fit in time for that.

⁶² CDR: Think about the day. So, did you have to, did you feel like you ever had to make a really, really difficult decision while you're going through BUD/S? At a certain point, or not really. I mean, you don't have to.

⁶³ 12: There is one time where, it was in the middle of Hell Week. I was one of the giants. And we had been crushing it like pretty much all phase, but there was one person who was definitely the weak link, and he probably could of made it with another boat crew, but he was definitely holding us back, so we ran him out on Tuesday. And I felt pretty bad about that because it was the difference between us winning things and us being in the middle of the pack. And I just felt bad that he got ran out. Not necessarily, but because he was weak, he just wasn't good enough for our boat crew.

⁶⁴ CDR: Yeah, interesting. So did you. Did you feel like you participated in that as well?

⁶⁵ 12: Yeah

⁶⁶ CDR: Felt bad, got it, interesting. Okay, why do you think you were successful getting through, when all these other guys, like that guy for example, was not, that guy

⁶⁷ 12: Like for me there was no other option. I mean, that's the best I could put it. Quitting or failing was something I never considered.

⁶⁸ CDR: Whys that?

⁶⁹ 12: I guess, I could never go home. Just a sense of shame.

⁷⁰ CDR: Great. M'kay, awesome. Alright, thanks a lot. Yep. I appreciate it. I'm going to keep that

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12: This yours?

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CDR: Yep, I'm going to keep that. I'm going to stop this now.