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² **Date: 5/10/2020**

³ **Participant #: 80&121**

⁴ Interviewer (Code in blue): CDR Andrew Ledford

⁵ Participant (Code in black): # 80&121

⁶ CDR: All right. So we're kicking it off. I'm with candidate number 80. And it is five December and the time is one forty p.m. So we're gonna start off with some kinda softball questions to get you started with. How many siblings?

⁷ 80: One half brother.

⁸ CDR: One half brother. Half brother. And is he older or younger?

⁹ 80: Older.

¹⁰ CDR: By how many years?

¹¹ 80: Maybe two.

¹² CDR: Two years, you're not really close to him. No, okay. And that's it right? No other? Okay. So if your life experiences this is what were really interested in. Your personal life experiences, if you had to look back. What are some of the things that probably shaped you and got you through BUD/S?

¹³ 80: Uhhh uh things that shaped me to get to here?

¹⁴ CDR: Yeah, like were there some things that kind of gave you grit, hardiness, made you a hard person. Where you're a...

¹⁵ 80: My mom, not my Dad forced me to uh be my own man.

¹⁶ CDR: So she was a, she ah single mom. Obviously working. Multiple jobs.

¹⁷ 80: One Job.

¹⁸ CDR: One job, was it just her that took care of you...

¹⁹ 80: My grandma

- ²⁰ CDR: Oh your Grandma, how do you think those factors contributed to your getting through?
- ²¹ 80: Not relying on anybody to get it done.
- ²² CDR: Right, so you can like this is kinda stuff you can't get in a survey like that, or like but this is stuff that makes you who you are and it's the stuff we are really interested in. Yep what do you think about your personality that is a factor in you getting through BUD/S?
- ²³ 80: Uhh aggressive, straight forward, uhh no bullshit.
- ²⁴ CDR: Good, awesome. So talking about more into a little bit about the background and kinda childhood. So as far as discipline how were you disciplined when you growing up? Um Grandmother, were there just like time outs, spanking, withholding things?
- ²⁵ 80: Spankings, time outs, groundings.
- ²⁶ CDR: Groundings, would you say they were pretty strict, pretty strict, very strict, or just kind of strict.
- ²⁷ 80: Uh very strict.
- ²⁸ CDR: What about your teenage years growing up? Did you have to move around a lot? Were you in one place pretty much your whole life.
- ²⁹ 80: Same town, whole life.
- ³⁰ CDR: Same town, whole life. So was the town a pretty tight town?
- ³¹ 80: Small town
- ³² CDR: Small town, what about sports, what kind of activities would you do growing up?
- ³³ 80: Baseball, water polo.
- ³⁴ CDR: Oh you were a water polo player. Did you play in high school, college?

³⁵ 80: In High School and College

³⁶ CDR: Where?

³⁷ 80: I played at the Air Force Academy and in [inaudible].

³⁸ CDR: You went to the Air Force Academy? I didn't know that. I'm the O-rep for the Navy Water Polo team. So, baseball and water polo. So did you play baseball and water polo growing up?

³⁹ 80: Uhh I played water polo in high school and baseball up until high school.

⁴⁰ CDR: So high school and Air Force Academy? And than baseball is just in high school?

⁴¹ 80: Baseball up until high school. I played six to twelve, or fourteen.

⁴² CDR: Six to fourteen. So in the last five years, uh you pretty much went got to Air Force Academy here?

⁴³ 80: Uh CU Boulder, master's program, worked, and then here.

⁴⁴ CDR: You went to what, to?

⁴⁵ 80: University of Colorado after and then

⁴⁶ CDR: Oh after, to get your Masters.

⁴⁷ 80: I switched at the second year mark. I was only there for two years and...

⁴⁸ CDR: Okay two years. Got it.

⁴⁹ 80: Finished at Boulder, my bachelors.

⁵⁰ CDR: And then to.

⁵¹ 80: Then got my masters at Boulder, and then worked.

⁵² CDR: For undergrad, and then you stayed in Boulder for your Masters, Masters. And then from, from Boulder, Masters, oh you worked as well. What did you do?

53 80: Umm I was uh an analysts at a casino.

54 CDR: No way really? Like a...

55 80: Yeah. It was pretty interesting.

56 CDR: What would you, what would you analyze?

57 80: Um like blackjack table spreads like.

58 CDR: Oh my gosh really. Are you like, can you still gamble because have all this inside knowledge?

59 80: I can't gamble at that casino.

60 CDR: Analyst, how long did you do that at the casino?

61 80: A little under two years.

62 CDR: Two years, and then, and then to BUD/S. Right? How would you say, as far as impulsiveness would you rate yourself? Like do you have a ton of tattoos? Have you?

63 80: I don't have any tattoos?

64 CDR: No tattoos, would you say that your impulsive person or not really?

65 80: Depends on what part. Fifty fifty

66 CDR: Fifty fifty. Okay what would you say, probably motivates you on a daily basis. Is there something that kind of?

67 80: Keeping money in my pocket. Fighting for this country. And...

68 CDR: You're looking at BUD/S, what would you say for you was the hardest component of getting through this place?

69 80: The instructors.

70 CDR: Instructors, what about the instructors?

⁷¹ 80: The student instructor relationship is a hard one to navigate. Because they are the gatekeepers. And in their eyes, you know nothing.

⁷² CDR: So they are the gatekeepers. What did you find hard about that?

⁷³ 80: I don't know just the interaction, umm you're just a pawn in the world.

⁷⁴ CDR: Yeah. Was it something that was on a consistent basis or was it the inconsistency

⁷⁵ 80: It was maybe a little bit of both.

⁷⁶ CDR: Oh okay. And then for you personally like how did you get through all that? Like what motivated you to kind of deal with that?

⁷⁷ 80: Um I mean, I have to get through them to achieve my goals. So I don't really have anything else to extrapolate on that. Just that.

⁷⁸ CDR: Is there something you did that, a practice that helped you, like a spiritual practice, a mental practice, physical practice that you would do on a consistent basis

⁷⁹ 80: Umm.

⁸⁰ CDR: That kind of helped you plug along.

⁸¹ 80: Nothing. Nothing I would do over and over again.

⁸² CDR: Okay. Did you find that at any point, that there was so kind of difficult decision that you had to deal with at BUD/S. One that you really struggled with?

⁸³ 80: No, I think BUD/S is pretty straightforward.

⁸⁴ CDR: Really?

⁸⁵ 80: Either do or you don't.

⁸⁶ CDR: Pretty straightforward. Why do you think, you are you are here and all those other guys aren't? Like what do you think?

⁸⁷ 80: Like the people that dropped versus me?

⁸⁸ CDR: Yeah, what made you successful?

⁸⁹ 80: Preparation and desire. And luck.

⁹⁰ CDR: And what?

⁹¹ 80: And luck

⁹² CDR: Luck, that's interesting, you recognize that because there is some aspect of it. And what about the guys that didn't make it did you see any consistent?

⁹³ 80: Uhh not physically ready.

⁹⁴ CDR: Not physically ready.

⁹⁵ 80: And uhh, lack of life experience maybe.

⁹⁶ CDR: Huhh, oh really. All right. That's good.

⁹⁷ 80: All righty, thank you sir.

⁹⁸ CDR: I'll stop this. All right. So this is participant number one twenty one, and the time is one fifty one p.m. on five December. Let's get your informed consent. You're good with me recording this.

⁹⁹ 121: Yes sir.

¹⁰⁰ CDR: And basically going to start off with some questions uh some softball questions. Get an idea of your background going into this. So how many siblings do you have?

¹⁰¹ 121: I have four, sir.

¹⁰² CDR: Four, so what was the birth order and the ages urh the how many years apart were they?

¹⁰³ 121: Two years apart, overall two years apart.