

AROUND THE SWAMP

April 11, 2021 V.17

Q Source Highlight

Leadership Development Process or LPD (written by Isosceles)

Every effective organization should have a leadership development process to help the current leaders within the organization train the next set of leaders. The LPD contains four steps which are schooling, apprenticeship, opportunity, and failure. For example, in the 1st F realm of F3, a newer guy is not going to start off being a site Q. First, he must learn a few things about the format and core components of a beatdown. He must learn the basic concepts and principles of F3. Then he can observe and get schooled by the current leaders of the group. He will be given plenty of opportunities to show what he has learned by either being asked to lead or seeking an opportunity to lead (being a Q in some fashion). Failure is inevitable and part of the process. Failure leads to growth.

True leaders are good at working themselves out of a job because they are busy getting the next guy ready. Members of the Shared Leadership Team of f3blackswamp

do not hold permanent positions. My question to you is...have you put sought enough schooling, apprenticeship, opportunities, and failure to take the next leadership step (Site Q or SLT position)?

To check out the entire post about LPD written by Dancing Idiot click the link above.

4H's

Birth Name: Tommy Geary
F3 Name: Callahan

History:

Whoa... I'll try to just give the highlights. Born and raised in Glencoe, IL. Had a pretty awesome childhood. My dad hammered in us; always look people in the eye, you're not better than anyone else in the world and nobody is better than you; everyone puts their pants on one leg at a time.

My grandparents played a big role in my life. They lived in Las Vega half the year and we would go visit at least once a year. They should me the world in bigger than Chicago and from a young age I loved the desert, rivers and mountains.

In High School I played baseball and football. A few of my

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closest friends are from high school. Really fun years of my life. I was a captain on both teams and we won a state baseball championship in 2000. In college, I played football for two years and quit. This was a strange time in my life. After a solid high school experience, I wasn't sure who I was in college. My self-esteem was pretty low and I ended up partying a lot, overweight, and just scooting by in school. After college, I moved to Vail, CO. Not really sure what I wanted to do with my life except snowboard. Met my wife at a Halloween party. We experienced a lot of adventures together. Snowboarding, backpacking, traveling. I ended up climbing the corporate ladder with Vail Resorts Inc. It was a good job, but I wanted more freedom and flexibility. Through some soul searching, in 2019 I quit and joined my wife's marketing agency. We were a two-person show and able to work from anywhere. We owned that business together for 2 years and went on to start a new life coaching business that we run today.

Back up a few years, in 2017 we adopted our daughter. We had always questioned if living in the mountains was more important than living near family. When our daughter got here, it was time to answer that question. So, in 2020 we moved here. We live blocks from my sister-in-law's family and see our parents a bunch. Digging the extra love and connection and watching my daughter grow up with her cousins so close.

Heroes:

Abe Lincoln, Captain America, my dad, a bunch of my teachers that selflessly give.

Heartbreaks:

Leaving the mountains was a big heartbreak for me. It took a lot of work to make the decision to move. I'm still grieving and go through all the feelings; anger, regret, denial, depression and acceptance. I guess right now, I waiver between acceptance and depression. Haven't really shared this before with anyone except my coach. I don't look at this move as bad thing. When we were in Colorado, it hurt to miss family. This heartbreak is just a chance for me to grow and

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create the life we want as a family.

Hopes:

Show up every day as the best possible dad, husband, son, brother, and leader I can. Guide my daughter with our values, while allowing her to be her own person. I want her to do good in this world.

Adopted again and add another little life to the family.

To create a business that helps dads stuck in a rut become better versions on themselves. Take at least two trips a year with just me and my wife.

Be able to take two full weeks off of work twice a year and spend that time living in beach or mountain towns.

Lexicon/Exicon

Snot Woggle: A Workout that shuts down Mumble Chatter and leaves the PAX looking backward half-unconscious from the pain.

Deliberatude: To think, speak and act with a deliberate attitude that exudes Commitment.



Sleep Walkers 123:

3 part Routine. Start with 1 Squat, 2 Toe Touches (each leg 1), 3 Lunges. Then increase in the same ratio (2 squats, 4 toe touches, 6 lunges, etc.) upward to 10 squats or a number of your choosing.

Black Swamp Tclaps

- Bourbon for all his extra work tracking and posting Winter challenge points.
- Homeslice, FatAmy, Rudy, Stalker, and the 35 other PAX who finished the Winter challenge.
- Huckleberry whooped us all in the winter challenge with 244 points! He is also leading the fundraising and volunteering efforts for the HRH playhouse.
- Dutch for having the vision and organizing the Freed to Bleed blood drive. Plus all the PAX who donated that day!

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- All the PAX who have been going out of their way to post downrange when on vacation.
- The 75 Hard finishers and attempters.
- Submitted by Woodstock: Friday morning 4/2/22 was awesome. Leadership discussion q'ed by Moana was 10 minutes for him to wind it up, which unleashed 50 minutes of great discussion and perspective. That morning was enlightening in so many ways - 8 guys from different stages in life and backgrounds chopping it up about goals and how to accelerate, followed by rotating groups running support for guys shooting at specific goals (iso, Homeslice, biggie endurance races) - no points involved, no reason other than knowing it helps themselves and each other. Wanting to support each other and having those discussions. This was all 3Fs coming together in a big way that just lights a fire. This is why I will forever be indebted to F3, specifically Black Swamp.

Hell yes, I will get up at 5 am for this.

- Biggie, Coconut, and Lyman for leading the past few 2.0 workouts with great success. Families are really taking advantage of these opportunities.

MARK YOUR CALENDERS:

Q school: April 24th. The beatdown will be from 5:30-6:30. Q school will be from 6:30-7:30. Location: Fortress @ the Pavillion.

EH Bonanza: Now until August 31st. Which subregion will get the most FNGs and Cotters?

F324 Event: May 14th 8:00pm-May 15th 8:00pm. 24 hours of back-to-back beatdowns, rucks, runs, etc. to celebrate 1 year anniversary of F3blackswamp. Location: Gauntlet

Camping Trip @ Oak Openings: May 22nd. All are welcome...2.0s, Ms, etc.

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ALWAYS FREE OPEN TO ALL MEN ALWAYS OUTDOORS

F3 BLACK SWAMP PERRYSBURG/GRAND RAPIDS

| Mon. | Tues. | Wed. | Thurs. | Sat. |
|---------------------------------------|---|-----------------------------------|--------------------------------------|--|
| 5:30AM RIVERCREST PARK BOOTCAMP | 5:30AM CONRADORE BLDG RUN (ALL PAGES) | 5:30AM ROTARY PARK BOOTCAMP | 5:30AM RIVERSIDE PARK BOOTCAMP | 5:30AM WOODLANDS PARK RUCK OR RUN |
| | 5:30AM FORT REIGS RUCK | | | 5:30AM WOODLANDS PARK BOOTCAMP |
| | 5:00PM LEVES COMMONS BOOTCAMP & BREW | | | 5:45AM OLD FIRE STAT. BOOTCAMP GRAND RAPIDS |

SPRING/SUMMER 2021 SCHEDULE

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ALWAYS FREE OPEN TO ALL MEN ALWAYS OUTDOORS

F3 BLACK SWAMP MAUMEE

| Sun. | Tues. | Wed. | Thurs. | Sat. |
|----------------------------------|------------------------------------|---------------------------------|-----------------------------------|--------------------------------------|
| 5:00AM GATEWAY HS BOOTCAMP | 5:30AM MONCLOVA CC. BOOTCAMP | 5:30AM ROLE PARK BOOTCAMP | 5:30AM MAUMEE HS BOOTCAMP | 5:30AM FALLEN TIMBERS RUCK |
| | | | 6:30PM MAUMEE LIB. BOOTCAMP | 6:30AM FALLEN TIMBERS BOOTCAMP |

SPRING/SUMMER 2021 SCHEDULE

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Winter Challenge 2021

HIM #EQV
Charmin Spaulding
Leave no man behind
Coconut
Chanel
Lonzon
Biggie
Ponzi
Coupon
Hannibal
Thai Guy

FITNESS
Captain Thor
Alpo
Isosceles
Footloose
Van Gogh
Rudy
Flutter Kick
HRM
Squat

TOC
Big Boy
Maine
Van Gogh
Rudy
Flutter Kick
HRM
Squat

Stark #DRP
Captain Thor
Alpo
Isosceles
Footloose
Van Gogh
Rudy
Flutter Kick
HRM
Squat

FAITH
Chew Toy
Lyman
Dutch
Lunge
Blade
Whetstone
Meatloaf

F3 Black Swamp



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