

# SPLAT!

## 18th Military Police Brigade Assaults Paintball Course

*By Specialist Adrienne Killingsworth*

Soldiers from Headquarters and Headquarters Company (HHC), 18th Military Police Brigade, Mannheim, Germany, recently practiced leadership skills and built unit cohesion at a unique venue—the Rod and Gun Club at Wiesbaden, Germany.

The 16 April outing was part of the Warrior Adventure Quest (WAQ)—a high-adventure, recreational program implemented by the Army to help redeployed Soldiers reach a “new normal” by better adapting to the garrison environment following a combat tour. Soldiers returning from a deployment may experience a loss in adrenaline levels that developed during combat. This can lead them to engage in risky behaviors when they return to garrison. The WAQ is designed to help prevent those behaviors by providing a safe outlet for redeployed troops.

The Soldiers of HHC, 18th Military Police Brigade, returned from their most recent combat deployment in December 2008, making them eligible to participate in the U.S. Army Garrison Mannheim WAQ program, which offers a number of high-adventure, high-adrenaline activities including rock climbing, mountain biking, paintball shooting, skiing, and snowboarding. The HHC Soldiers chose to participate in a paintball course, which provided them with the opportunity to use their agility, stamina, and quick thinking to take on personal and team challenges. They put their combat training skills to use in an attempt to win various competitions held at the indoor course.

Despite their bruises, the Soldiers seemed to enjoy the training. “It was great,” said Specialist 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 coworkers. I would love to do it again.” It was a sentiment echoed by many Soldiers who participated in the event.



**Soldiers prepare to breach a building as part of a paintball challenge.**

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*Specialist Killingsworth is a public affairs specialist with the 18th Military Police Brigade, Mannheim, Germany. She holds a bachelor's degree in English literature from California State University–Northridge.*