

Andrew W. Frolund

Military Experience

Army National Guard 2-135 INF

Jan/2007 – Present

Position: Squad Leader (SGT/E-5)

Provide training, counseling and military career guidance for a squad of up to 5 soldiers. Ensure soldiers maintain physical fitness and job skills, provide disciplinary action as needed. Secure and maintain equipment in excess of \$700,000. Write award and promotion recommendations, as well as professional development counseling. Training topics included individual and squad tactical movement techniques, and land navigation. Awarded the Army Achievement Medal four times and the Army Good Conduct Medal for training and performance.

U.S. Army (Active Duty)

Jan/2000 - Aug/2004

Position: Infantry Mortar Gunner (SPC/E-4)

Completed training to calculate load weights to verify they are within transport limits, as well as proper use of hand and light signals to aid movement. Completed Combat Life Saver Course, and was awarded for performance during our desert training at Ft Irwin California, followed by a three year assignment to Korea. Operated and maintained one million dollars worth of equipment. Received the Expert Infantryman Badge by completing 50 military related tasks with 100% accuracy. Honorably discharged from active duty in August 2004.

Education

Mounds View Public High School Diploma, 1999

Junior Leadership Course