DETACHMENT 847, ANGELO STATE UNIVERSITY

FALL 2020 OPERATIONS PLAN (OPLAN)

AUSTIN KRAMBEER, CADET WING COMMANDER

AUGUST 2020
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1. GENERAL: This Operations Plan (OPLAN) outlines the 847th Air Force Reserve Officer Training Corps (AFROTC) Cadet Wing’s organization and operations for the Fall 2020 semester. Using this plan, the Cadet Wing Commander (CW/CC) and cadet wing staff will work on the training requirements stated in the Detachment 847 Mission Directive (MD).

2. MISSION: To train and provide cadets with opportunities to improve themselves as cadets and leaders in preparation for field training, the Professional Officer Course (POC), and active duty.

2.1 GOALS: The cadet wing will focus on five goal categories during the FALL 2020 semester: Field Training Preparation (FTP), Physical Training (PT), academics, accountability, and professionalism.

2.1.1 Field Training Preparation: The 847th AFROTC Cadet Wing leadership will ensure the cadets who seek an Enrollment Allocation (EA) slot for Field Training are given opportunities to grow as leaders and professionals, as well as be given the proper training in order to succeed. FTP will take place during LLAB.

2.1.2 Physical Training: The Physical Training (PT) program’s focus will be on improving Physical Fitness Assessment (PFA) scores to be above 90%. Various methods will be implemented to maximize effort and benefits from PT. We aim to increase the number of cadets who achieve a 90% on their PFA by utilizing Friday PT sessions and the RAM TOUGH challenge. Tracking progress will occur via mock PFAs/official PFA. All sessions will be conducted IAW AFROTC Sup to AFI 36-2905 Fitness Program.

2.1.3 Academics: In an effort to improve our academic standing within the Southwest Region, an emphasis will be placed on academics. An academic flight award will be utilized to encourage cadets to excel in their classes.
2.1.4 Accountability: Following through with progress on goals and meeting a suspense are some of the simplest things the cadet wing can do that will establish a sense of purpose and personal commitment. Training deviations by any cadet will be corrected by their immediate supervisors. Cadets will be given suspense dates by their immediate supervisors and wing staff. Letters of Counseling, Letters of Admonishment, and Letters of Reprimand will be standard procedure for disciplinary action. The Cadet Wing Inspector General will oversee all counseling and keep counseling records.

2.1.5 Professionalism: We will create a military training environment that cultivates a sense of teamwork, mutual support, leadership, respect, as well one that complies with the Honor Code as described in AFROTCI 36-2010, AFROTCI 36-2011, T-700, and the T-508. This will result in a sharp and professional corps as well as assist in preparing cadets for field training, the POC, and active duty.

2.1.5.1 LLAB and PT attendance will be taken by the Flight Commanders, then sent to the Operations Support Squadron Commander for tracking. The detachment’s goal for LLAB and PT attendance is 90%.

2.1.5.2 Prior to executing any “hiring or firing” action within the cadet wing, the Cadet Wing Commander will consult the Operations Flight Commander (OFC) for confirmation.

2.1.5.3 Cadet Training will be drawn from the T-508, AFI 36-2203 (Drill and Ceremonies), and AFI 36-2903 (Dress and Personal Appearance). Safety information will be drawn from state and federal guidelines in response to infectious disease. The TRS/CC, OG/CC, and CW/SKED will assure all objectives are met and taught properly during training. A hard copy of the AFI 36-2203 will be present at all LLAB’s and FTP sessions.

3 CADET WING COMMANDER RESPONSIBILITIES: IAW MD and AFROTCI 36-2010, the cadet wing organizational chart and job descriptions are attached.
Additionally, it is the CW/CC’s responsibility to manage the wing, organize its duties, aid in training, and be familiar with AFROTCI 36-2011, as well as the T-508 manual.

4 LLAB OPERATIONS: The LLAB Training Matrix Tracker presents, maintains, and tracks all LLAB Lesson Objectives (LO) for the entire academic year. The CW/SKED will ensure all objectives are met and properly tracked per T-508, Leadership Laboratory Curriculum Handbook. Every effort will be made to present and meet or excel all LO.

4.1 SIXTH HOUR: This is a needs-based 30-minute period immediately following LLAB used by the CC/OFC/POC as a meeting and cadre-led leadership discussion.

4.2 PHYSICAL TRAINING: The 14-week PT program is designed by the OSS/PFO to improve the physical fitness level of each cadet.

4.2.1 All PT workouts are conducted Tuesday and Thursday (TR) from 0600-0700. Remedial PT session will be held on Friday from 0600-0700 for cadets who score less than a 90% on their mock PFA.

4.2.2 In the event of inclement weather, preplanned PT workouts will be moved into the Center of Human Performance as directed by the OSS/PFO. The OSS/PFO will have a detailed inclement weather plan ready prior to the start of each semester.

4.2.3 In accordance with the Air Force’s vision for overall physical, mental, emotional, and spiritual well-being, cadets are expected to seek activities outside of PT that differ from the running, sit-ups, and push-ups routine.

4.3 INITIAL MILITARY TRAINING: A 14-week training schedule has been created to ensure that all AS 100 and 250 cadets meet Initial Military Training as prescribed by the T-508.

4.4 FIELD TRAINING PREPARATION: A 14-week training schedule to prepare AS 200 and 500 cadets for Field Training to ensure that cadets meet Field Training Preparation objectives as prescribed in the T-508.

5 STANDARDIZATION FOR ABSENCE: Any cadet who misses an event is required to turn in a hard copy official memorandum into the OFC within two days of the absence for documentation. They must acknowledge if they have contacted their
flight commander prior to the absence. No exceptions. Cadets will be notified if their absence was excused, or if it was not excused.

5.1 Excused absences will be excused by the Operations Flight Commander.

5.2 Proper documentation is required for any absences to be excused (i.e. Doctors notes if sick).

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AUSTIN T. KRAMBEER, C/Col, AFROTC
Cadet Wing Commander

5 Attachments:
1. 847th AFROTC Cadet Wing Organizational Chart
2. Cadet Job Descriptions
3. Physical Training Plan
4. Initial Military Training Plan
5. Field Training Preparation Plan

1st Ind, DET 847/OFC

MEMORANDUM FOR DET 847/OFC

__X__ Approved _____ Disapproved

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DANIEL A. COOK, Maj, USAF
Operations Flight Commander
CADET JOB DESCRIPTIONS

Cadet Wing Commander (CW/CC)

Responsibilities & Expectations:
Supervise and direct all actions within the cadet wing. Lead the cadet wing by developing strategic plans to coordinate and execute the training regimen set by the Operations Flight Commander (OFC) in the Mission Directive (MD).

Cadet Wing Vice Commander (CW/CV)

Responsibilities & Expectations:
Assists the CW/CC in supervising and directing all actions within the cadet wing. Leads in the absence of the CW/CC. Reports issues to the CW/CC as needed.

Cadet Wing Inspector General (CW/IG)

Responsibilities & Expectations:
Responsible for enforcing uniform, inspection, and procedural standards throughout the semester. Ensure proper execution of open ranks inspections. Enforces standards, customs and courtesies, and inspires others to do the same.

General Military Course Advisor (CW/GMCA)

Responsibilities & Expectations:
Gathers feedback and ideas from GMC—ensuring the GMC are heard by POC and leadership. Serves as the liaison between GMC and POC cadets while monitoring morale issues. Works hand in hand with the GMC to ensure that problems and input is heard.

Morale Welfare and Retention Officer (CW/MWR)

Responsibilities & Expectations:
Responsible for developing events and activities that effectively boost morale within the cadet wing. Works hand in hand with GMCA to plan and run morale events. Ensure that morale is high at all times.
Scheduling Officer (CW/SKED)

**Responsibilities & Expectations:**

Responsible for planning, organizing, and tracking LLAB and AFROTC T-508 objectives. Reduce LLAB power points/briefings and incorporate more hands-on training. Maintain all personnel information updates.

Student Government Association Liaison Officer (CW/SGA LNO)

**Responsibilities & Expectations:**

Represent AFROTC and its interests to the student body. Tasked with attending and voting on SGA sessions, supporting the student body of ROTC, and reporting to the CW/CV.

847th AFROTC OPERATIONS GROUP

Operations Group Commander (OG/CC)

**Responsibilities & Expectations:**

Responsible for ensuring training mission accomplishment by supervising the Training Squadron and the Operations Support Squadron. Serves as liaison between wing leadership and Squadron Commanders. Responsible for ensuring all suspenses are met within the group. Responsible for execution of FTP.

Training Squadron Commander (TS/CC)

**Responsibilities & Expectations:**

Responsible for proper and adequate training of the cadet wing in all aspects of the AFROTC cadet training program as directed by the T-508. Serves as liaison between the Operations Group Commander and Flight Commanders. Responsible for Drill and Ceremonies during Leadership Laboratory. Responsible for execution of IMT.

Flight Commander ("X" FLT/CC)

**Responsibilities & Expectations:**

Responsible for teaching AS100s basic cadet knowledge, skills and leadership required to be successful. Emphasis is set upon program retention for AS100s. Responsible for developing, advising, and directly mentoring cadets in their flights.
Operations Support Squadron Commander (OSS/CC)

Responsibilities & Expectations:
Serves as liaison between the Operations Group Commander and Operations Support Squadron Staff. Ensures all PT and honor guard events are well planned and executed by the OSS Squadron staff.

Physical Fitness Officer (OSS/PFO)

Responsibilities & Expectations:
Responsible for providing a physical fitness training program to improve the physical fitness of all cadets. Develop a challenging 14-week physical fitness program that involves a variety of creative methods to challenge and measure progress for the Physical Fitness Assessment. Promote flight competition with PT activities.

Honor Guard Commander (OSS/HG)

Responsibilities & Expectations:
Responsible for leading the Ram Guard. Provide honor guard training to cadets for LLAB and community honor guard events. Be receptive to public requests for our honor guard to present.

847th AFROTC MISSION SUPPORT GROUP

Mission Support Group Commander (MSG/CC)

Responsibilities & Expectations:
Responsible for ensuring mission accomplishment by supervising the Communications, Logistics Readiness, and Force Support Squadrons. Serves as a liaison between wing leadership and squadron commanders. Ensure 100% of suspenses are met within the group. Acts as the cadet wing’s primary cadet recruiter.

Communications Squadron Commander (CS/CC)

Responsibilities & Expectations:
Responsible for providing visual information services to the cadet wing, university, surrounding bases and communities. Work with CS/NEWS to expand
ROTC press exposure to the university, Goodfellow AFB and the community. Publications involving the Det are also overseen by the CS/CC.

**Social Media Officer (CS/SM)**

*Responsibilities & Expectations:*

Updates regularly on all detachment social media pages. Highlighting detachment functions as well as outstanding cadets. Post guidelines should be discussed with CS/CC before posting. Responsible for updating the detachment website.

**NEWS Officer (CS/NEWS)**

*Responsibilities & Expectations:*

Responsible for gathering detachment level news and sending it out in a monthly newsletter. Ensures cadets are up to date in the detachment. Work with the university, Goodfellow AFB and the community to expand ROTC press exposure.

**Logistics Readiness Squadron Commander (LRS/CC)**

*Responsibilities & Expectations:*

Responsible for managing cadet functions relating to logistical readiness and supplies/ awards.

**Supply Officer (LRS/SUP)**

*Responsibilities & Expectations:*

Responsible for keeping a record of the uniform supply room. Serves as the liaison between NCOs and cadets for uniform related matters.

**Awards Officer (LRS/AWD)**

*Responsibilities & Expectations:*

Responsible for collecting award packages throughout the semester and recognizing cadets for their hard work. Develop awards criteria and tracking system. Run award ceremonies twice a semester to promote positive morale. Follows T-508 guidelines for cadet awards.

**Force Support Squadron Commander (FSS/CC)**

*Responsibilities & Expectations:*

Responsible for managing cadet functions relating to university involvement for the entire cadet wing. This unit is the focal point for cadet and civilian support matters.
Safety Officer (FSS/SO)
Responsibilities & Expectations:
Responsible for the safety and welfare for the entire cadet wing at every cadet function by ensuring the safety bag is present. Responsible for restocking the safety bag and making sure the appropriate supplies are present. Provide safety information in OPORDs and ensure water is always readily available.

Academic Officer (FSS/AC)
Responsibilities & Expectations:
Responsible for promoting academic excellence within the detachment. Creates warrior knowledge quizzes, holds study sessions and tracks cadet grades throughout the semester. Provides cadets with resources to aid in academics and inform them of campus programs that may be helpful.

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AUSTIN T. KRAMBEER, C/Col, AFROTC
Cadet Wing Commander
FALL 2020

PHYSICAL FITNESS TRAINING PLAN

Physical Fitness Officer: Brodey Yates
Physical Fitness Officer: Jason Harwell

Angelo State University

ROTC Detachment 847
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Goals and Procedures

-CONTINUATION: We aim to continue the success established by the prior physical fitness program by utilizing continuity and adapting as needed.

-ESTABLISH PROPER FORM IMMEDIATELY: Incoming freshmen (and current cadets) may not be familiar with the proper procedure on how to perform push-ups/sit-ups. A proper demonstration of the form will be presented at the beginning of the semester, during form check workouts and before each PFA. POC should always demonstrate proper form to be a role model for cadets.

-ESTABLISH A PROFESSIONAL MILITARY ENVIRONMENT: In keeping with the fall semester’s emphasis on training, cadets will be familiarized with proper exercise verbiage including rendering verbiage at attention and returning to attention after each exercise.

-MOCK PT TESTING: Mock testing will be used to establish a benchmark of cadets’ performance: once at the beginning of the semester and once in the middle of the semester. If necessary, an additional mock PFA will be administered.

-MANDATORY FRIDAY PT: Friday PT Sessions will be held on the Friday after the Initial Mock PFA. Cadets that receive below a 90 will be required to attend mandatory Friday PT Sessions. The Friday Physical fitness agenda has been created and has broken down the components of the PFA, push-ups, sit-ups, and a 1.5 mile run. The
program focuses on strengthening the weakness of cadets within each component of the assessment.

- ATTENDANCE: A cadet who misses PT will be required to submit an Official Memorandum.
  
  o Official Memorandum: Must be submitted to the OFC and their flight commanders within 48 hours of the absence. If the absence occurs on a Friday, it must be submitted by the following Monday.
  
  o Unexcused Absences: On the first and second infraction the cadet must meet with their flight commander. On the 3rd infraction the cadet must meet with the Cadet Wing Commander. On the 4th infraction the cadet must meet with the OFC. All infractions will be tracked.
  
  o Tardy: If a cadet is more than 2 minutes tardy to formation, he or she will be counted as absent.

- SAFETY: We will perform physical training in conditions that allow for a physical fitness assessment IAW AFI 36-2905:

  Snow: no snow accumulation on the running surface.

  Ice: no ice on the running surface that cannot be easily observed and avoided.

  Water: no standing water that a large group cannot easily avoid on the running surface.

  Mud: no mud on the running surface that cannot be easily avoided.

  Lightning: no lightning within 5 nautical miles (~6 miles) and wait at least 30 minutes after the last observed lightning.

  Rain: no significant rain. If assessing on a wet day (rain, mist or heavy dew), the temperature must be > 50 degrees F, including wind chill.

  Hail: no hail forecasted or reported within 25 miles.

  Shelter: establish a safe shelter procedure if there is any storm threat.
Visibility: must be greater than ¼ mile if crossing or running beside vehicular traffic.

Light: reflective belts/vests are required if running near traffic from 1 hour before sunset to 1 hour after sunrise.

Intersections: crossing guards with reflective safety vests/lights must be positioned at all active intersections.

Also IAW AFI 36-2905:

1. Safety must be an overarching concern throughout all physical training. Consider individual safety issues such as medical or physical limitations and level of ability.

2. Ensure a safe environment for training IAW local policy (e.g., assessing traffic patterns, use of headphones or other personal equipment, temperature, availability of water/first aid, and awareness of emergency procedures).

3. Physical conditioning conducted in PT uniform (shorts and t-shirt) may be performed continuously up to 1 hour in all but “black flag” heat conditions (90 degrees Fahrenheit and above). Recommend limiting fitness activities during “black flag” heat conditions to indoor activities.

4. For cold weather limitations consult tables A.4.1 and A4.2 in AFPAM 48-151, Thermal Injury.

An inclement weather plan has been developed for temperatures below 40 degrees and conditions such as hail and lightning.

A cadet who is partially injured may be excused from exercises outside of their physical ability (i.e. a cadet with a broken arm does not do push-ups). If a cadet has injuries preventing them from performing any exercise at PT, they will not attend PT until they are released by a doctor to begin working out again.

In order to insure the health of others, all cadets who are sick will not show up to PT but must go to the clinic at some point that day. The absence will be fully excused as long
as they submit their In-Turn memo AND doctor’s note to their flight commander on time (within 48 hours).

When visiting a doctor for any reason, cadets should review the doctor’s note to ensure it includes the following:

1. What the cadet cannot do in PT (i.e. no running, upper body exercises allowed)
2. How long they are limited to those exercises (i.e. no running for one week)

**Fall 2020 PT Outline**

Physical Training will be on Tuesdays and Thursdays from 0600-0700. Game Days and Cadre-Led PT sessions will be at the discretion of the cadre, unless Objective 19 is required to meet time. Regular PT sessions will consist of 5-10 minutes of warming up and stretching. The flights will be broken up and split into different stations; consisting of cardio and calisthenics. The stations will last 45 minutes combined. At the end of the workout, 5 minutes will be devoted to cool down stretching. Friday PT sessions will also be in this format but will be more focused on the three sections of the PFA: running, push-ups, and sit-ups.

Each exercise is described below:

Figure 8 Drill: Cadets will pair up with someone of the same speed. Cadets will run around the sidelines of the football field in a figure 8. Cadets will sprint the long sides and jog the narrow sides of the field.
Fartlek: On the track, jog the curves and sprint the straights.

21-15-9: Cadets will do 21-15-9 cheek to ground push-ups and run 400 meters in-between each set.

Perimeter Run: Run along the stadium perimeter at the Junnell Center or CHP basketball courts.

Bleachers: Run up and down the stairs of the bleachers, hitting every step.

Leg workout: 5 rounds of 20 lunges, 20 sit-ups and 400 meter runs.

Agility Box: Hurdles then sprint 10yds then side shuffle left/right, back pedal 10yds then jog back to line

Core/jump rope: cadets will do 50-40-30-20-10 of sit-ups and 100 jump ropes in-between each set.

Altered HIIT: Instead of jogging after doing the calisthenics you will continue to sprint. There will be no jogging in this workout, only sprints. Use the calisthenics as your rest.
Track Partner Run: Cadets will partner up and one will run 400 meters while the other rests. Once the cadet running has reached their partner that cadet will run while the other rests.

Stair Drill: Run to the top of the hill or stairs. Do one pushup. Run back down. Don't stop when you get to the bottom. Turn right around and head back up the hill. Do two push ups. Run back down. Run back up. Do three push-ups. Run back down and so on.

Field Lines: A wind sprints run every 5 yards. i.e. Start from the end-zone and run to the 5-yard line, run back to the end-zone. Run to the 10-yard line, run back to the end-zone. Reach every 5-yards to the opposite end-zone.

Lines: sprint every 10 yards i.e. sprint to 10 yd. line, run back to end zone, sprint to 20yd line, run back.

Group Calisthenics: Form a circle going clockwise calling out exercises.

Body Pump: Run two laps, stop in the end zone and do 20 push-ups, sit-ups, and jump squats.

Gassers: Sprint the width of the football field four times for one repetition and down/back for half of a repetition.

Sally Ups: Push-ups hold or squat hold.

25-Yard Workout: 25 yards walking lunges, 5 burpees, 25 yards broad jumps, 5 burpees, 25 yards bear crawl, 5 burpees, 25 yards crab walk, 5 burpees, run back. 25 yards backwards lunge
walk, 10 pushups, 25 yards backwards broad jumps, 10 pushups, 25 yards backwards bear crawl, 10 pushups, 25 yards backwards crab walk, 10 pushups, run back.

Cadet Workout: Use workouts the cadets have made up ahead of time.

Wing Run: At the discretion of the cadre. Cadets form up into a wing and run a predetermined path for the duration of PT, usually intercut with calisthenics and motivation.

POC Stations: POC spread out and have stations that specialize in a single exercise; cadets cycle through the stations in a clockwise rotation.

Stations: Multiple stations are set up and marked by a paper indicating the exercise; cadets cycle through the stations every minute.

Buddy Carry Line Drills: Cadets will pair up with another cadet of similar body weight; they will fireman’s carry from the end zone to the 25 yard line, switch, and then to the 50 yard line, switch, then reverse the direction. 10 Squats will be performed at every switch.

Card workout: Similar to group calisthenics, cadets will circle up and perform an exercise determined by what card is drawn from a deck of cards. The suit determines the exercise. (diamond=body builders, heart=jump squats, club=push-ups, spade=crunches). The amount of repetitions is determined by the number. (jack=11, queen=12, king=15, ace=1 minute rest).

Warrior Run: Cadets will form a line and begin to run together. The cadet at the back will sprint to the front of the line. Once the cadet has made it to the front of the line the next cadet will do the same and so on.
Weight workout: Using a weight plate from the CHP weight room, cadets will lunge to the half-court line and back, perform 10 over-head presses then wall-sit for 60 seconds.

Push-up/sit-up Max: Cadets will partner up and, with one cadet at a time, complete as many push-ups as possible for one minute then switch to the next cadet. Repeat the exercise performing sit-ups instead.

Frogs, Ducks and Bears: Frog jumps to the 15 yard line, duck walks to the 30 yard line and bear crawls to the 45 yard line and runs back to the end zone. Cadets will use their best “ribbits” and “quacks” during the frog jump and duck walks respectively.

Line Drills: This workout is designed to be interchangeable and flexible. An exercise will be performed to a designated yard line or court marker in the CHP and switch to another exercise to a different yard line or court marker.

Tire Flips: Using the tires at the Junnel Center, cadets will get into groups of 3 and flip the tires 20 yards. The excess cadets who do not have a tire will hold a plank and switch out with those who have just completed the tire flip.

Sleds: Cadets will pair up in groups of 3-5 and push the sleds 30 yards with the additional cadets of the group standing on the sled. Reverse direction, cycle group members and repeat.

Floor Cleaners: Using the towels that are brought by cadets to the CHP, cadets will place their hands on the towel, on the ground, and run the full length of the court and back while a partner holds a wall-sit. Weight plates can be added for increased intensity.

Jelly legs: Run around the track and sprint the straight 100s and jog the curved 100s. At the end of every 100 meters perform 15 jump squats before starting the next 100.
Fifty Seconds Drill: Cadets will split up into two groups. Group one will begin running at the starting line while being timed for fifty seconds. Cadets will stop once fifty seconds have passed. Group two will begin timed running once group one has walked back to the starting line. Repeat this process. This exercise is not meant to be jogged; a above moderate pace is advised.

Spartan Run: Run 3 laps around the Junnel track, perform 50 push-ups, sit-ups and squats. Run 3 laps, perform 40 push-ups, sit-ups and squats. Run 3 laps, perform 30 push-ups, sit-ups and squats. As they finish cadets will form up to do group calisthenics until the end of the PT session.

Flight Competitions: These will be more relaxed like a game day but are intended for the flights to work together and receive flight points. Some examples of a few different competitions are listed below.

- **Capture the flag:** In capture the flag both flights will have to defend and try to steal a “flag”. The flag will be placed in the end zones and the first flight to get the other flight’s “flag” to their end zone wins. If you cross the 50-yard line you are in the other flight’s territory and can be tagged. If a cadet is tagged by the other flight, he/she will go to the penalty box.

- **Cat and Mouse:** In cat and mouse the cadets will be paired up with someone from the other flight around their same run time. One cadet will be the mouse; this cadet will get a 50-meter head start into a 200-meter sprint. The other cadet will be the cat; after the mouse has reached 50 meters the cat will have 200 meters to catch the mouse. Both cadets will start from the same starting point. If the cat catches the mouse, the mouse will have to do a predetermined exercise. If the cat cannot catch the mouse, the cat will have to do a predetermined exercise.

- **Flight Relays:** Combination of exercises and sprints on the football field or track. Under-Over using med ball.

- **Kick Ball**

- **Push-Up, Sit-Up, Plank Competitions**

Circuit: There are two groups of exercises (Circuits). Each group is done for 7 minutes. Do the first group, rest for a minute then finish with the second.
## Physical Fitness Agenda

### 2020 FALL SEMESTER

*Highlighted days indicate Friday physical training sessions or PFA*

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<tr>
<th>Tue</th>
<th>Cadets</th>
<th>Activity</th>
<th>Location</th>
<th>LLAB Objectives</th>
<th>POC</th>
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<td>All</td>
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<td>0600-0605</td>
<td>0605-0610</td>
<td>All</td>
<td>1 Mile Run</td>
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<tr>
<td>0610-0645</td>
<td>All</td>
<td>25 Pushups, 30 Situps, 50 Squats, 2 min Plank, Repeat x2</td>
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<td>22, 33</td>
<td>C/Yates</td>
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<td>0645-0700</td>
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<td>Quarter-mile cooldown (Jogging Pace)</td>
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<td>200m Sprints x2</td>
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<td>22, 33</td>
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<tr>
<td>0610-06</td>
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<td>20 Pushups, 10 Bodybuilders, 20 Squats, 30 Situps.</td>
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<td>22, 33</td>
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<tr>
<td>0645-0700</td>
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<td>Quarter Mile cooldown (Jogging pace)</td>
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<table>
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**Fri 18 Sept**
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**Fri 6 Nov**

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FALL 2020

INITIAL MILITARY TRAINING PLAN
Training Squadron Commander: Nicholas Reyna
Scheduling Officer: Darcee Johnson
Angelo State University
ROTC Detachment 847
(325) 716-5780

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Goals and Procedures
Fall 2020 IMT Cadet Training
Fall 2020 FTP Cadet Training
Warrior Knowledge Plan

Goals and Procedures
• CONSISTENCY: Maintain consistency when training D&C to GMC. POC will receive an email explaining the D&C lesson with the appropriate AFMAN 36-2203 page attached and a hard copy manual will be available at every LLAB.

• TRAINING: Train cadets in a positive learning environment for Drill and Ceremonies IAW AFI 36-2203. Mal-training is prohibited. All inquiries related to D&C will be made to the D&C Officer or flight commanders before other POC to keep consistency and order. If the AFI does not cover the material best judgment is used unless it is stated in the FTM. Cadets will learn in a progressive manner, marching procedures, command voice, and commands. Lessons will be moving at haste and cadets will need to demonstrate proficiency in the following before they can move on to the next set of movements. Cadets will be encouraged to attend after-hours practice with the D&C Officer and other POC cadets.

• LEADERSHIP: Provide AS100’s the opportunity to command a flight and act in key positions in flights and squadrons. Provide POC with the opportunity to train GMC cadets.

• PROFESSIONAL MILITARY ENVIRONMENT: Cadets will maintain strict bearing and professional behavior when in flights.

• SAFETY: Cadets will be told the basic safety tips when marching. Including road guard procedures, locking knees, and rolling ankles. As well as teaching situational awareness while marching/commanding flights.

• Inclement Weather: Arrangements will be made according to the weather and space in the CHP. This will be under the discretion of the CW/CC and Cadre.

2020 Fall Initial Military Training Plan
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<th>Training Event</th>
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<td>8</td>
<td>Route Step Activity (POC set up around campus as stations for WK and procedure practice)</td>
<td>T-508: 7-11, 15</td>
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<tr>
<td></td>
<td>Detail Marching</td>
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<td>Flight Marching</td>
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<td>9</td>
<td>Flight Marching/Squadron Marching</td>
<td>T-508: 19, 21</td>
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<td>10</td>
<td>Awards</td>
<td>T-508: 7,8,19,21,27</td>
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<td>Mentoring Time</td>
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<td></td>
<td>Briefs</td>
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<td>11</td>
<td>30 Drill Count Sequence</td>
<td>T-508: 5,6,24</td>
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<td>Dress and Appearance (Service Dress)</td>
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<td>12</td>
<td>Customs and Courtesies associated with US Flag</td>
<td>T-508: 4</td>
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<tr>
<td>13</td>
<td>Reveille/Retreat</td>
<td>T-508: 4,5,6,8,9,26</td>
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</table>
Fall 2020 D&C Lesson Explanation

Team Building Exercises

To not make drill tedious, team building exercises will be incorporated into the curriculum. Here are three sets of games to be used utilizing marching and bearing.

30 Drill Count Drill Sequence:

A simple drill sequence which demonstrates marching within a drill pad, utilizing all commands learned from previous lessons cadets will be rated on bearing, movement, command presence, and time. GMC cadets will command their flights, POC cadets will act as the judges. The following is the 30 Count:

1. Fall IN
2. Open Ranks MARCH
3. Ready FRONT
4. Close Ranks MARCH
5. Present ARMS
6. Order ARMS
7. Parade REST
8. ATTENTION
9. Left FACE
10. About FACE
11. Forward MARCH
12. Right Flank MARCH
13. Left Flank MARCH
14. Column Right MARCH
15. Forward MARCH
16. To the Rear MARCH
17. To the Rear MARCH
18. Column Right MARCH
19. Forward MARCH
20. Eyes RIGHT
21. Ready FRONT
22. Column Right MARCH
23. Forward MARCH
24. Change Step MARCH
25. Column Right MARCH
26. Forward MARCH
27. Flight HALT
28. Left FACE
29. Right Step MARCH
30. Flight HALT

**Cat and Mouse:**

Cat and mouse is a classic tool used to demonstrate bearing, situational awareness, and commands in a competitive environment. A Flight is designated as the “Cat” and B Flight as the “Mouse.” A Flight’s (Cat) objective is to capture B Flight (Mouse). Brackets will determine which flights compete against each other. GMC cadets will command the flights, POC can mark the boundary or take part in the flight.

**Scavenger Hunt:**

The rules and theme of the Scavenger Hunt are subject to be manipulated, however, it will build from this basic playbook. Five sections of campus will act as rally points, each flight will start at different points of the campus. Once a flight is at their appointed rally point (a POC will be there waiting) they will be asked three questions related to warrior knowledge, Angelo State, AFIs, and/or marching. Once all three questions are answered, or three minutes or more have passed, the flight will be given the next location and the process will continue. Time is not a determining factor, the point system is:

<table>
<thead>
<tr>
<th>Points for every answer correct:</th>
<th>+15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incorrect answered will be awarded:</td>
<td>0</td>
</tr>
<tr>
<td>Partial Credit:</td>
<td>+5</td>
</tr>
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FTP TRAINING PLAN

Operations Group Commander: Jacob Wolda

Angelo State University

ROTC Detachment 847
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Goals and Procedures

Spring Semester FTP Cadet Training Plan

Fall 2020 Field Training Preparation Plan
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<th>Objective</th>
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<td></td>
<td></td>
<td>Return to Basics</td>
<td>(Ignore Supplementary Lessons; used as notes</td>
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<tr>
<td></td>
<td></td>
<td>Guidon</td>
<td>for C/Wolda)</td>
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<td>Supplementary Lesson: Command Voice</td>
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<td>Warrior Knowledge Quiz/Brief</td>
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<td>Open Ranks Inspection</td>
<td>Supplementary Lesson: Posture in Formation</td>
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<td>Change of Command</td>
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<td>Warrior Knowledge Quiz/Brief</td>
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<td>Building Entrance</td>
<td>Supplementary Lesson: Urgency</td>
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<td>Flight mobility/agility</td>
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<td>9/14 - 9/20</td>
<td>Warrior Knowledge Quiz/Brief</td>
<td>T-508: 5, 6, 10</td>
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<td></td>
<td>30 Count Drill</td>
<td>Supplementary Lesson: Flight Responsibilities</td>
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<td>Week</td>
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<td>Warrior Knowledge Quiz/Brief</td>
<td>OODA Loop/GLPs</td>
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<td>9/21 - 9/27</td>
<td>Warrior Knowledge Quiz/Brief</td>
<td>OODA Loop/GLPs</td>
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<tr>
<td>Week</td>
<td>Date Range</td>
<td>Activity</td>
<td>Material References</td>
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<td>11/2 - 11/8</td>
<td>Warrior Knowledge Quiz/Brief Review: Days 7, 8 &amp; 9</td>
<td>T-508: 5, 6, 10, 12, 13, 16, 23, 24</td>
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<td>13</td>
<td>11/9 - 11/15</td>
<td>Warrior Knowledge Quiz/Brief 200 Cumulative Exam</td>
<td>T-508: 3, 5, 6, 9, 10, 11, 12, 13, 16, 19, 21, 23, 24</td>
</tr>
</tbody>
</table>
## Warrior Knowledge

### Week 1

<table>
<thead>
<tr>
<th>1. 7 Basic Responses:</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Yes, Sir (Ma’am).</td>
</tr>
<tr>
<td>b. No, Sir (Ma’am).</td>
</tr>
<tr>
<td>c. No excuse, Sir (Ma’am).</td>
</tr>
<tr>
<td>d. Sir (Ma’am), I do not know.</td>
</tr>
<tr>
<td>e. Sir (Ma’am), I do not understand.</td>
</tr>
<tr>
<td>f. Sir (Ma’am), may I make a statement.</td>
</tr>
<tr>
<td>g. Sir (Ma’am), may I ask a question.</td>
</tr>
</tbody>
</table>

| 2. USAF Grade Structure and Rank Insignia |

| 3. Air Force Core Values: Integrity First, Service Before Self, Excellence in all We Do. |
| Week 2 | 1. **The Air Force Song Verse 1:**  
Off we go into the wild blue yonder,  
Climbing high into the Sun; Here they  
come zooming to meet our thunder, Ar  
‘em now, give ‘em the gun! Down we  
dive spouting our flame from under,  
Off with one helluva roar, We live in  
fame or go down in flame, Hey!  
Nothing’ll stop the U.S. Air Force!  
2. **The Air Force Song Verse 2:**  
Brilliant minds fashioned a crate of  
thunder, Sent it high into the blue;  
Valiant hands blasted the world  
asunder; How they lived God only  
knew! Boundless souls dreaming of  
sky’s to conquer, Gave us wings, ever  
to soar! With scouts before and  
bombers galore. Hey! Nothing’ll stop  
the U.S. Air Force! |
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<tr>
<th>Week 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>Honor Code:</strong> We will not lie, steal, or cheat, nor tolerate among us anyone who does.</td>
</tr>
<tr>
<td>2. <strong>Air Force Mission:</strong> To fly, fight and win in air, space, and cyberspace.</td>
</tr>
<tr>
<td>3. <strong>Holm Center Mission:</strong> We build leaders</td>
</tr>
<tr>
<td>4. <strong>AFROTC Mission:</strong> Developing leaders of character for tomorrow’s Air Force and Space Force.</td>
</tr>
<tr>
<td>5. <strong>AFROTC Field Training Mission:</strong> Train and evaluate cadets in AF institutional competencies preparing them for the Professional Officer Course.</td>
</tr>
<tr>
<td>6. <strong>USSF Mission:</strong> Organizes, trains, and equips space forces in order to protect U.S. and allied interests in space and to provide space capabilities to the joint force.</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>Week 4</th>
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</thead>
<tbody>
<tr>
<td>1. <strong>The Air Force Song Verse 3 &amp;4:</strong> Here’s a toast to the host of those who love the vastness of the sky, To a friend we send a message of the brave who serve on high. We drink to those who gave their all of old, Then down we roar to score the rainbow’s pot of gold. A toast to the host of those we boast, the U.S. Air Force!</td>
</tr>
</tbody>
</table>

Off we go into the wild sky yonder, keep the wings level and true; If you’d live to be a grey-haired wonder Keep the nose out of the blue! Fly to fight, guarding the nation’s border, We’ll be there, followed by more! In echelon we
| Week 5 | 1. **The Airman’s Creed:**  
I AM AN AMERICAN AIRMAN. I AM A WARRIOR. I HAVE ANSWERED MY NATION’ CALL.  
I AM AN AMERICAN AIRMAN. MY MISSION IS TO FLY, FIGHT, AND WIN. I AM FAITHFUL TO A PROUD HERITAGE, A TRADITION OF HONOR, AND A LEGACY OF VALOR.  
I AM AN AMERICAN AIRMAN. GUARDIAN OF FREEDOM AND JUSTICE. MY NATION’S SWORD AND SHIELD, ITS SENTRY AND AVENGER. I DEFEND MY COUNTRY WITH MY LIFE.  
I AM AN AMERICAN AIRMAN: WINGMAN, LEADER, WARRIOR. I WILL NEVER LEAVE AN AIRMAN BEHIND, I WILL NEVER FALTER, AND I WILL NOT FAIL. |
| --- | --- |
| Week 6 | 1. **Chain of Command**  
2. **General Norman Schwarzkopf Quote:**  
“The more you sweat in peace, the less you bleed in war.” -- General Norman Schwarzkopf |
| Week 7 | 1. **Air Mobility Command**: Scott AFB, Illinois  
2. **Air Combat Command**: Joint Base Langley-Eustis, Virginia  
3. **Air Education and Training Command**: Joint Base San Antonio-Randolph, Texas  
4. **Air Force Special Operations Command**: Hurlburt Field, Florida  
5. **United States Air Forces in Europe - Air Forces Africa**: Ramstein AB, Germany  
6. **Air Forces Global Strike Command**: Barksdale AFB, Louisiana  
7. **Chief Master Sergeant of the Air Force, Kaleth Wright Quote**: “Leadership is willing to do what you ask others to do.” |
| Week 8 | 1. **Code of Conduct Article I**: I am an American, fighting in the forces which guard my country and our way of life. I am prepared to give my life in their defense.  
2. **President Thomas Jefferson Quote**: “He who permits himself to tell a lie once finds it much easier to do it a second and third time, till at length it becomes habitual; he tells a lie without attending to it, and truths without the world believing it.”  
3. **General Charles A. Gabriel Quote**: “Integrity is the fundamental premise for military service in a free society. Without integrity, the moral pillars of our military strength, public trust, and self-respect are lost.” |
Week 9

1. **Code of Conduct Article II:** I will never surrender of my own free will. If in command, I will never surrender the members of my command while they still have the means to resist.

2. **General Joseph L. Collins Quote:** “The American people rightly look to their military leaders to be not only skilled in the technical aspects of the profession of arms, but to be men of integrity.”

3. **General Omar N. Bradley Quote:** “Leadership is intangible; therefore no weapon ever designed can replace it.”

4. **General Nathan F. Twining Quote:** “If our air forces are never used, they have achieved their finest goal.”

Week 10

1. **Code of Conduct III:** If I am captured, I will continue to resist by all means available. I will make every effort to escape and aid others to escape. I will accept neither parole nor special favors from the enemy.

2. **General Dwight D. Eisenhower Quote:** “If I didn’t have air supremacy, I wouldn’t be here.”

3. **General Ulysses S. Grant Quote:** “In every battle, there comes a time when both sides consider themselves beaten; then he who continues the attack wins.”

4. **Major Lisa Jaster Quote:** "There's no quitting, I can't have quit in me. There was never an option to stop and quit." -
<table>
<thead>
<tr>
<th>Week 11</th>
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<tbody>
<tr>
<td>1. <strong>Code of Conduct IV</strong>: If I become a prisoner of war, I will keep</td>
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<tr>
<td>faith with my fellow prisoners. I will give no information nor take</td>
</tr>
<tr>
<td>part in any action which might be harmful to my comrades. If I am</td>
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<tr>
<td>senior I will take command. If not I will obey the lawful orders of</td>
</tr>
<tr>
<td>those appointed over me and back them up in every way.</td>
</tr>
<tr>
<td>2. <strong>General George C. Marshall Quote</strong>:</td>
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<tr>
<td>“There is no limit to the good you can do if you don’t care who gets</td>
</tr>
<tr>
<td>the credit.”</td>
</tr>
<tr>
<td>3. <strong>General Daniel S. “Chappie” James Quote</strong>:</td>
</tr>
<tr>
<td>“The power of excellence is overwhelming. It is always in demand, and</td>
</tr>
<tr>
<td>nobody cares about its color.”</td>
</tr>
<tr>
<td>4. <strong>Brig. Gen Jeannie M. Leavitt Quote</strong>:</td>
</tr>
<tr>
<td>“Gender, race, religion, none of that matters. What matters is how you</td>
</tr>
<tr>
<td>perform.” -</td>
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<tr>
<td>Week 12</td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
</tr>
<tr>
<td>1. <strong>Code of Conduct V</strong>: When questioned, should I become a prisoner of war, I am required to give name, rank, service number, and date of birth. I will evade answering further questions to the utmost of my ability. I will make no oral or written statements disloyal to my country and its allies or harmful to their cause.</td>
</tr>
<tr>
<td>2. <strong>Alfred Thayer Mahan Quote</strong>: “The enemy must not be fended off; but smitten down. You may then spare him every exaction, relinquish every gain, but ‘til then he must be struck incessantly and remorselessly.”</td>
</tr>
<tr>
<td>3. <strong>Italian Air Marshall Giulio Douhet Quote</strong>: “Victory smiles upon those who anticipate the changes in the character of war, not upon those who wait to adapt themselves after the changes occur.” -</td>
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<thead>
<tr>
<th>Week 13</th>
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<tbody>
<tr>
<td>1. <strong>John Stuart Mill Quote</strong>: “War is an ugly thing, but not the ugliest of things. The decayed and degraded state of moral and patriotic feeling, which thinks that nothing is worth war, is much worse. The person, who has nothing for which he is willing to fight, nothing which is more important than his own personal safety, is a miserable creature and has no chance of being free unless made and kept so by the exertions of better men than himself.”</td>
<td></td>
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</tbody>
</table>
| 2. **Father Denis E. O’Brien Quote**: “It is the soldier, not the reporter, who has given us the freedom of the press. It is the soldier, not the poet, who has given
us the freedom of speech. It is the soldier, not the campus organizer, who has given us the freedom to demonstrate. It is the soldier who salutes the flag, who serves beneath the flag, and whose coffin is draped by the flag, who allows the protestor to burn the flag.”

3. **Chief Master Sergeant of the Air Force Kaleth Wright Quote**: “Leadership is willing to do what you ask others to do.” -

<table>
<thead>
<tr>
<th>Chief Master Sergeant of the Air Force Kaleth Wright Quote</th>
<th>“Leadership is willing to do what you ask others to do.” -</th>
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