

CLASS OF 2027

APPOINTEE BOOKLET

APPOINTEE INSTRUCTIONS:

Read thoroughly and follow all instructions. Missing or incomplete information may result in delays on In-Processing Day and/or non-entry into the Academy.



DEPARTMENT OF THE AIR FORCE

COMMANDANT OF CADETS

USAF Academy Colorado

Dear Appointee,

1 March 2023

As the Commandant of Cadets, I want to congratulate you on your appointment to the United States Air Force Academy (USAFA) Class of 2027. Well done! The entire USAFA team looks forward to welcoming you to our family at In-Processing Day on 28 June 2023.

The appointment kit on the Admissions Portal details USAFA's rigorous curriculum comprised of military training, academics, athletics, airmanship, and character development. This transformational journey you are about to embark on will develop you into a leader of character and warfighter who is prepared to proudly serve and lead our Air Force or Space Force.

Your journey begins with Basic Cadet Training (BCT), an experience that will challenge you physically, mentally, and emotionally while also testing your commitment to a pursuit of excellence. By design, BCT is difficult and will push you to your current limits, and then push you beyond them. Throughout your BCT experience, it will be important to remember you were selected because we are confident in your abilities and know you are absolutely up to the challenge.

I assure you that BCT is not a solo effort. Each day will require individual performance that contributes to a much broader team effort. You will need to rely on your classmates, your cadet cadre, and the faculty and staff. They will all encourage and motivate you to be the absolute best version of yourself. When it gets tough, and it will, remember your cadet cadre and thousands of graduates before you have tackled this challenge and succeeded. With the right attitude, grit and determination, you will as well.

My final ask for you is to arrive at USAFA motivated, prepared and ready to apply yourself to the challenges ahead. Remember, you have been selected for a reason. To get something you have never had, sometimes you must do things you have never done. If you show up ready to be held to a higher standard, we can assure you the experience will be worth it. Again, congratulations on receiving your much deserved appointment. We look forward to your arrival and to supporting you throughout your journey toward joining the proud lineage of the Long Blue Line.

Sincerely



PAUL D. MOGA, Brig Gen, USAF
30th Commandant of Cadets

2027 APPOINTEE INFORMATION

Accepting Your Appointment

Welcome to the Class of 2027! Choosing to attend the United States Air Force Academy (USAFA) means that you will begin an incredible and transformative journey toward joining our long blue line of graduates and becoming a leader of character.

Choosing to attend our Academy means that you are ready to commit yourself to our high standards. It means that you will be dedicated to our core values as a way of life: Integrity First, Service Before Self, and Excellence in All We Do. It means that you will adhere without question to our cadet honor code: we will not lie, steal, or cheat, nor tolerate among us anyone who does. And it means that right now, you are committing yourself to a culture of dignity and respect.

Please continue reading through this packet and pay special attention to what you need to complete prior to arriving at the Academy, as well as the checklists. These items will ensure there is no delay of entry into the Academy.

Declining Your Appointment

If you decide not to attend the Academy, please complete the appropriate form on your Admissions portal **as soon as possible**. If you would like to decline after previously accepting your appointment notify the Admissions Office as soon as possible.

E-mail your Admissions Counseling Team to decline your offer and copy our organizational e-mail box at USAFA_RRS.ORGMAIL@afacademy.af.edu. Please allow us time to offer your appointment to another candidate. Refer to your portal for your team's direct contact information. We wish you luck in your future endeavors.

Appointee Tours

In April, Appointee events will be offered for you and your family to gain an understanding of the Academy environment and the cadet experience. These events include information on cadet life, how to prepare for and what to expect during Basic Cadet Training (BCT), and what to expect after you accept your appointment. You will receive an invitation to these events once the dates are finalized. If the Appointee event offerings don't fit into your schedule, please consider attending one of our campus virtual tours. Although campus tours also include admissions application information, there are many opportunities to ask questions of a cadet or recent graduate, and to see the campus. You can find more information on tours on the Admissions website at <https://www.academyadmissions.com/meet/plan-visit/>.

Questions: Admissions USAFA/RR, 2360 Vandenberg Dr., USAF Academy CO 80840
Telephone: 719-333-2233
E-mail: USAFA.Admissions.Programs@afacademy.af.edu

Military Commitment

When you arrive at the Academy, you will take the Oath of Office and sign an agreement that you will complete the course of instruction at the Academy and serve a minimum of five years on active duty as a commissioned officer following graduation.

Once on active duty you may incur an additional active-duty service commitment beyond the minimum five-year requirement stated above. For example, there currently is a 10-year active-duty service commitment for officers who complete Undergraduate Pilot Training. Additionally, graduates completing other training programs such as Combat Systems Officer, Air Battle Manager, Remotely Piloted Aircraft, Combat Rescue Officer, Special Tactics Officer or Air Liaison Officer Training will also incur additional commitment upon training completion.

If authorized to resign from military service before the eighth anniversary of your graduation and you do not have additional service commitment time due to being in one of the rated career fields mentioned above, you must serve as an officer in the Reserve Component until that eighth anniversary.

If you are disenrolled prior to graduation you may be required, at the option of the Secretary of the Air Force, to either serve on active duty or reimburse the United States government for the entire cost of your Academy education. Freshmen and sophomore cadets are ordinarily relieved from all military duty, active or reserve, and reimbursement costs. The active-duty commitment will vary according to the number of years you attended the Academy. If you are ordered to reimburse the cost of your education, you incur a liability for each year of instruction. If you fail to complete your required period of active duty you will also incur a liability to reimburse the United States for an appropriate portion of the cost of your Academy education.



The Oath

"The oath you are about to take is your North Star." – General Mark Milley, CJCS

On In-Processing Day (I-Day), unless you have prior military service, you will take an oath to support and defend the Constitution of the United States for the first time. No matter what, it is a weighty responsibility that merits sincere reflection before making a life-long commitment to the profession of arms. The purpose of this section is to introduce (or reintroduce) the oath and the principles to which Americans who have sworn the oath have committed to protect and defend.

This oath has its roots in the oath of the Continental Army as far back as 1775.

Loyalty oaths were part of early American political culture. Soldiers who enlisted in the Continental Army were required to take an oath. This practice continued once the United States earned its independence. The Founders thought that oaths were so important that they included in the Constitution the requirement for the President, members of Congress, and all office holders within state legislative, executive, and judicial branches of government to take oaths.

The Text of the Oath

The first act of Congress in 1789 specified the text to be used which is almost unchanged to this day. These are the words you will say in the oath that you will take in Basic Cadet Training:

I (name) do solemnly swear (or affirm)

That I will support and defend the Constitution of the United States Against all enemies, foreign and domestic

That I will bear true faith and allegiance to the same

That I take this obligation freely, without any mental reservation or purpose of evasion

And that I will well and faithfully discharge the duties of the office upon which I am about to enter (Optional) So help me God.

The oath is to our ideals – not to any individual or organization.

General Mark Milley, the Chairman of the Joint Chiefs of Staff, in his graduation address to the USAFA Class of 2021 remarked,

"...there are over 190 countries in the world that are in the United Nations, but ... the United States ... is the only one to have a military that swears an oath to an idea contained in a document. We don't swear an oath to a king, a queen, a tyrant, or a dictator. We don't swear an oath to a person, a tribe, or a religion. No, we swear an oath to an idea..., the idea that is America."

To support and defend the Constitution of the United States means members of the military have pledged to defend the Republic — its people, its ideals, its territory — and thereby protect the democratic institutions and processes laid out in the Constitution. When you take the oath, you also commit to defending the individual freedoms of your fellow citizens enshrined in the Constitution and the Bill of Rights. Make no mistake – it is a solemn commitment. Many who have sworn it before you have given their lives in defense of the United States, and all who take it must willingly accept some

constraints on their individual liberties in order to best defend our ideals and earn the trust of those we defend.

Service to a democratic republic requires the development of a unique professional ethos.

When you take the oath, you become a member of the military profession. In Basic Cadet Training (BCT) you will begin to develop the professional ethos essential to fulfilling the professional obligations implied in your oath. Adherence to the norms that civilian leaders control the military, and that the military institution remains apolitical, are bedrock principles of your professional ethos.

The oath to uphold the Constitution is a life-long commitment.

When your active-duty service is complete, as a veteran or retiree you will remain a member of the military profession for life. Maintaining the level of trust and support of the American people essential to the nation's defense will depend on your continued commitment to your oath, your professional ethos and maintaining our constitutional democracy. Taking this oath is a weighty privilege!

Your commitment to the nation begins in Basic Cadet Training.

This summer you will participate in several sessions where you will discuss with your cadre and classmates the meaning of the oath. Over the next four years you will find that the oath and your obligations to it become an increasingly important theme in the development of your professional ethos. Your BCT cadre, the Cadet Wing, and the faculty and staff of USAFA stand ready to walk this journey with you.

As a member of the Class of 2027, you will take your Cadet oath of office to support and defend the Constitution and the United States for the first time on the first day of BCT. Over the next four years you will come to understand the gravity of the responsibilities of a commissioned officer that swearing the oath embodies.



Uniform Code of Military Justice (UCMJ)

Upon arriving at USAFA and taking the oath, you will be considered on active duty and therefore subject to the Uniform Code of Military Justice (UCMJ). You will be briefed on the UCMJ in more detail when you arrive, but in short this means that you will be subject to military law and the military discipline systems. The UCMJ applies to you 24/7 whether you are in or out of uniform and regardless of whether you are at home on leave or at USAFA.

COVID-19 Information

Please refer to CDC travel guidelines at the following links:

Within the U.S.: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>.

Overseas: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel/index.html>.

Please reference the Admissions Portal for COVID updates.

If you are diagnosed with COVID-19 within 10 days of In-processing day (I-day), please notify the Admissions Office at (800) 443-9266. If you are sick on I-day, you will likely be tested for COVID-19.

Depending on local levels of COVID-19, you may be required to have a COVID test on I-day. You may also be required to wear a mask.

The COVID-19 vaccination is no longer required for Accessions or Service Members per recent Secretary of Defense guidance. However, being up to date on COVID-19 vaccinations is still recommended - <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>. You will be offered COVID-19 vaccine on I-day on a voluntary basis.

If you have received the COVID-19 vaccine prior to I-Day, please submit documentation in the Appointee Kit of COVID-19 vaccine to accurately update your medical record.

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Important Numbers for Status Changes and Emergencies

Please refer all phone calls to the appropriate office

(Print this page and carry it with you to have emergency contact information)

Admissions Office (www.academyadmissions.com).	(719) 333-2233
DoDMERB (report any changes in medical status).	(719) 333-3562
In-Processing Director/CO Springs Regional Command Post (I-Day or the night before ONLY)	(719) 333-2633
Cadet Wing Operations Center (Emergencies Only) (In-Processing Day or the night before ONLY)	(719) 333-2910
Academic Computing Services (Computers, Software, & Printers)	(719) 333-4232
Armed Forces Bank (main) (Cadet area)	(719) 208-8970 (719) 208-8780
Association of Graduates (AOG) (www.usafa.org/Appointee)	(719) 472-0300
Cadet Issue (Operational Camouflage Pattern (OCPs) Boots, Uniforms)	(719) 333-3218
Parent Liaison Team (usafa.ParentLiaison@usafa.edu)	(719) 333-3828 (877) 268-3383
Parents' Weekend (http://www.usafa.edu/about/traditions/parent-weekend/)	(719) 333-3828
Air Academy Federal Union	(719)-593-8600
Cadet Sponsor Program	(719) 333-2727
Chaplain	(719) 333-2636
Office of International Programs (DFIP)	(719) 333-3452
Registrar's Office	(719) 333-3970
Dental Clinic	(719) 333-5192
Security Clearance Forms	(719) 333-4673/2405
Sexual Assault Response Coordinator (SARC)	(719) 333-7272
CADET CLINIC	
Medicine	(719) 333-5187
Immunizations	(719) 333-5080
Optometry	(719) 333-5189 opt 4
FINANCE	
Cadet Pay & Scholarship Check	(719) 333-6982
Questions for Travel Reimbursement	(719) 333-333-4298

BEFORE YOU ARRIVE

Active-Duty Personnel

If you are currently on Active-duty you will out-process through your servicing Military Personnel Section (MPS) Relocation Section. Instructions will be forwarded from the Officer Accessions Office to the MPS with processing instructions when they are notified you have accepted an appointment. Print a copy of your Personnel Records Data Application (PRDA) record and a Career Data Brief (CDB) from the Virtual Military Personnel File (VMPPF) prior to your arrival. It is vital that copies of technical school certificates and any decorations you are received (AFCM/AFAM) are printed out as well. PRDA records are removed from the server once you in-process at the Academy. These documents will be used to complete the Department of Defense (DD) Form 214 once Date of Separation (DOS)/Estimated Time of Separation (ETS) expires.

Questions: Cadet Accessions Office, USAFA/A1A, 2360 Vandenberg Dr.,
USAF Academy CO 80840
Telephone: 719-333-2233

Air National Guard (ANG)/Air Force Reserve (AFR) Personnel

If you are ANG/AFR you **MUST** have a signed DD Form 368, Request for Conditional Release, prior to arriving at the Academy. Upon in-processing, Officer Accessions Office will send the finalized release form back to members unit to start the separation process. This is vital to ensure proper separation has taken place in all applicable database systems. Those members failing to turn in this form during in-processing will have pay issues.

Questions: Cadet Accessions Office, USAFA/A1A, 2360 Vandenberg Dr.,
USAF Academy CO 80840
Telephone: (719) 333-3244

Admissions Documents Update

Your appointment is conditional based on continued Academic excellence, physical excellence, and high moral character. If, between submission of your final qualifying Academy documents and taking the Oath of Office, you are arrested, convicted or fined for any offense, fail a college or high school class, are suspended or expelled from school, become sick or injured, have surgery, or use prohibited substances (including possession or use of marijuana even in places where it is legal), you must immediately contact the Admissions Office. **Failure to do so may result in refused admission, adverse action, and/or disenrollment.**

Questions: Admissions Office, HQ USAFA/RR, 2304 Cadet Dr., Suite 2300,
USAF Academy CO 80840-5025
Telephone: (800) 443-9266
E-mail: USAFA_RRS.ORGMAIL@afacademy.af.edu

Transcripts

If you are still in high school, you must arrange for your school to send a final graduation transcript to the Admissions office via mail or a transcript service such as Parchment as soon as possible following graduation. If mailing, send to the address below.

If you are enrolled in college courses, you **MUST** arrange for the college to forward your final transcript to the Admissions office at the address below. The transcript must reflect your final grades for the courses in which you are presently enrolled and status at the time of your departure.

Your transcripts must arrive at the Academy no later than **10 June 2023**. If you attended college courses while in high school, you must ensure a final college transcript arrives at the Admissions office no later than **10 June 2023**, or as soon as possible upon completion of the semester. Ensure transcript fees are paid as nonpayment may delay the forwarding of your transcript. If you have attended more than one college, ensure the final transcript from each college is sent to the Academy.

Questions: Admissions Office, HQ_USAFA/RR, 2304 Cadet Dr., Suite 2300,
USAF Academy CO 80840-5025
Telephone: (800) 443-9266
E-mail: USAFA_RRS.ORGMAIL@afacademy.af.edu

Security Clearance

If you do not already possess a Top Secret security clearance you **MUST** complete the following security clearance documents. Note: International students will not receive a U.S. security clearance and are not required to complete the questionnaire.

- Electronic Security Clearance Questionnaire, Standard Form (SF) 86 (can be found online on your Admissions portal Appointee Kit). Complete, print and hand-carry a copy of the SF86 with you to I-Day to complete the security clearance application during BCT.
- The security clearance background investigative process is an in-depth review to confirm your trustworthiness, reliability and loyalty to the United States in which acquaintances, friends, and relatives may be interviewed. Ensure you provide accurate proof of citizenship information for every applicable (Immediate) relative born outside the United States within Section 18 of your SF86. The security clearance investigation process leads to a Top Secret clearance eligibility.

NOTE: Your responses (answers) to questions posed during the Admissions process will be compared against information revealed during the background investigation process, including a criminal records check. If you did not fully and/or accurately respond during the Admissions process, you should immediately contact your Admissions counselor for further guidance and submit a written statement to correct your record.

Questions: Headquarters Security Manager Mr. Jessie Rhom
Telephone: (719) 333- 2405
E-mail: jessie.rhom.2@us.af.mil

Mr. Jeffrey Matzke
Telephone: 719) 333-4673
E-mail: jeffrey.matzke.1@us.af.mil

Online Training Courses

You Must accomplish online training courses listed below in accordance with Appointee kit requirements. The purpose of interactive online dignity and respect training is to establish Academy expectations and introduce you to Air Force values. While we celebrate diversity of thought and experiences, we are united through a shared belief system that promotes a culture of civility and climate of respect. During your introductory training, you will learn about healthy relationships, inclusivity, bystander intervention, and how to have consent-based conversations. The Academy is a demanding environment and at some point, you may feel overwhelmed. The training will also provide you with skills to cope with stress, support mental well-being and encourage help-seeking when needed. While this is your first official introduction to these topics, you will continue to see these themes repeated and reinforced throughout your next four years. You will be expected to promote a safe, healthy, and inclusive campus environment at all times.

Parent Based Intervention (PBI)

Your primary caregivers will find a "*Parent handbook for talking with college students about alcohol.*" on the Official Parent webpage at this link: [Talking-with-College-Students-about-Alcohol.pdf \(usafa.edu\)](#). The parent-based approach is currently used at multiple universities in the United States and provides a format for caregivers to have honest discussions about alcohol use with you before you arrive at USAFA. Alcohol use can be a major detractor to elite performance in body and mind, and maladaptive alcohol use can be a major detractor to your success as a cadet.

Topics in the handbook include: Improving Communication, Talking about Alcohol, How Alcohol Works in the Body, Why Students Drink and Do Not Drink, and Binge Drinking, etc.

This handbook has been found to reduce binge drinking among freshmen university students and also lower risk for non-drinkers to start drinking. It has also been shown to reduce alcohol related problems – including sexual assault. Please ensure you and your primary caregivers discuss the topics in this handbook prior to I-day. If needed, there is another resource for caregivers on having difficult conversations at this link: [A-Guide-to-difficult-conversations.pdf \(usafa.edu\)](#).

Notice to Employer

The Uniformed Services Employment and Reemployment Rights Act of 1994 – Notice to Employer – requires service members, including service academy Appointees, to provide advance written or verbal notice to your employer regarding military duty. This act protects your civilian job reemployment rights for up to five years and may provide you employment options if you depart the Academy prior to commissioning. We encourage you to notify your employer even if you do not intend to return to that civilian job within five years of beginning military service.

Personal Property Insurance

Personal Property Insurance is not required but is highly recommended. You will have the option to choose a personal property policy when issued a computer.

Paternity/Maternity Certification

If you marry while at the Academy you will be subject to disenrollment. If you become a parent while at the Academy you will have the option to transfer to ROTC, depart USAFA, terminate parental rights and remain at USAFA, or request approval of a Family Care Plan if you choose to maintain parental rights and remain at USAFA.

Prior Relationships

You are required to fill out DD Form 2983 (section 8, Exceptions) on I-Day with information regarding pre-existing relationships with any military officers or enlisted members assigned to the Academy, or any upper-class cadet in the Cadet Wing (e.g., parent, sibling, extended family member, etc.). The chain of command will review the forms and provide guidance following in-processing. Air Force policy strictly prohibits dating, close friendships, and sexual relationships between cadets and officers or enlisted personnel. Academy policy prohibits similar relationships between basic cadet trainees and upper-class cadets, as well as four-degree cadets and upper-class cadets. There are no exceptions to these policies for prior-existing relationships.

T-Shirt Size, and Uniform Measurements

You must fill out the required documents asking for clothing sizes on your portal Appointee Kit **as soon as possible** to ensure you can be issued uniforms during in-processing. Physical Conditioning t-shirts are synthetic, will not shrink, and run slightly large. Order your normal t-shirt size or one size smaller if in doubt.

Failure to Take the Oath of Office

Note: If for any reason under your control, you refuse to take the Oath of Office as a cadet upon your arrival at the Academy, or if because of fraudulent reasons you cannot become a cadet, you will **NOT** be entitled to any travel expense reimbursement. Failure to take the Oath of Office will negate ALL entitlements for travel expenses to the Academy, as well as travel expenses back to your home. This means you will have to pay your own way to and from the Academy. The government cannot pay you for these expenses if you have not been sworn in as an Air Force Academy cadet.

Appearance Standards

Hair Standards

Female basics. No minimum hair length, to a maximum bulk of 4 inches from scalp and allows proper wear of headgear. Hair will end above the bottom edge of collar and will not extend below an invisible line drawn parallel to the ground, both front to back and side to side unless pulled back and secured or worn in an authorized ponytail/equivalent or long braid(s). If hair is pulled back and secured behind the head, radius will not exceed 6 inches from the point where the hair is gathered (i.e., no more than 6 inches to the left and 6 inches to the right, 12 inches total width; and 6 inches protruding from where hair is gathered) and must allow for proper wear of headgear. One or two braids or a single ponytail/equivalent may be worn down the member's back with length not extending below a horizontal line running between the top of each sleeve inseam at the under arm through the shoulder blades. The braid(s) or ponytail/equivalent cannot be worn over the shoulder or pulled in front of the body. They shall extend down the member's back. Bangs, or side-swiped hair, may touch eyebrows but will not touch or cover eyes. Exception: While wearing the Physical Training Gear (PTG), long hair will be secured but may have loose ends and may extend below a horizontal line running between the top of each sleeve inseam at the under arm through the shoulder blades.

Pinned-up hair should be styled in a manner that prevents loose ends from extending upward on the head. When hair is in a bun, the bun must be a single bun; all loose ends must be tucked in and secured. When hair is in a ponytail/equivalent, it must be a single ponytail/equivalent that does not extend below a horizontal line running between the top of each sleeve inseam at the under arm through the shoulder blades.

Hair accessories. If worn, hair accessories (e.g., fabric scrunches, hairpins, combs, clips, headbands, elastic bands, barrettes, etc.) must match hair color. Black hair accessories are authorized regardless of hair color. Hair must still comply with bulk and appearance standards. Headgear must fit properly. Headbands or fabric scrunchies will not exceed one inch in width. Ornaments are not authorized (i.e., ribbons, beads, jeweled pins).

- Locs, braids, twists, micro-braids, french braids, dutch braids and cornrows are authorized. Locs are defined as portions of hair that have been intentionally or unintentionally fused together to form a loc or locs. A braid or twist is two or more portions of interwoven hair. If adding additional hair, it must be a natural-looking color, similar to the individual's hair color. It must be conservative (moderate, being within reasonable limits; not excessive or extreme) and not present a faddish appearance. Hair must not exceed bulk and length standards and must not extend below the bottom of the collar. Headgear must fit properly.
- All locs, braids, and twists, when worn will be of uniform dimension, no wider than one inch, with natural spacing between the locs, braids, or twists and must be tightly interwoven to present a neat, professional and well-groomed appearance. When worn, multiple locs, braids, or twists shall be of uniform dimension, small in diameter (approx. $\frac{1}{4}$ inches), show no more than $\frac{1}{4}$ inch of scalp between the locs, braids or twists and must be tightly fused/interwoven to present a neat, professional appearance. A braid/twist must continue to the end of the hair without design and following the contour of the head and may be worn loose or in a secured style within hair standards in the paragraph above. [Exception: Micro-braids or twists are not required to continue to the end of the hair.]
- To ensure female cadets meet these standards, Academy cadets and permanent party non-commissioned officers will be present on in-processing day to train basics on these standards or if unable to meet them, ensure female basics receive a single-length haircut to ensure they are within standards.

Female Authorized Hair Styles



Unbraided Single Ponytail/Pull-through Ponytail Style/Braided Ponytail.

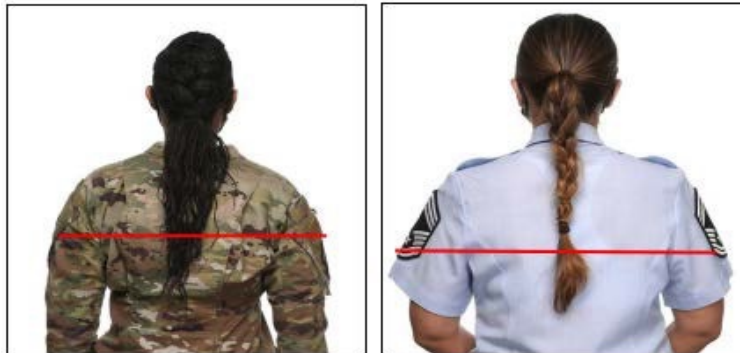
Exception: While wearing the Physical Training Uniform, long hair will be secured, but may have loose ends and may extend below the collar, i.e. ponytails.

Additional Female Authorized Hair Styles

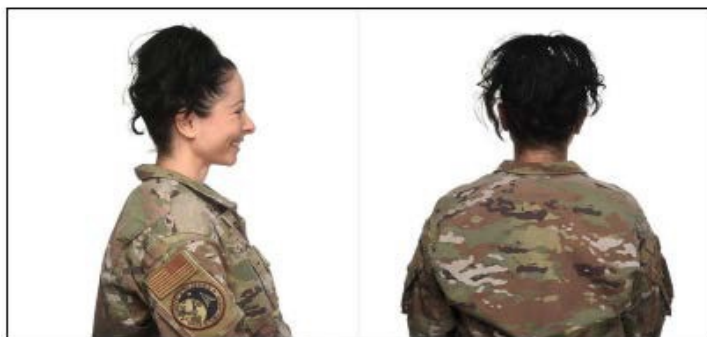




Female Unauthorized Hair Styles



Exceeds Length Requirement



Ponytail Fasten on the Crown of Head.



Male basics will continue to receive a traditional military in-processing haircut (cut to a 1.5 size clipper blade length). Males must shave facial hair prior to in-processing to include mustaches.

Unauthorized hairstyles for males and females: mohawk, mullet, and etched designs. It is highly encouraged that you arrive on in-processing day with hair meeting standards; however, if you are unable to meet standards, a haircut will be provided (as shown above).

Donating hair on In-Processing-Day

Hair donation will be available for basics who are interested and meet the **minimum required length of 7 inches to donate**. Donated hair cannot be permed, colored treated or highlighted. Basics who would like to donate will have the choice of sending their hair to one of five foundations who provide wigs to cancer patients or patients with hair loss disorders.

Females: following donation, females will be given the option of a single-length, chin-length cut (if hair is long enough to allow for both, donation then haircut) or a traditional military in-processing haircut (cut to 1.5 size clipper blade length).

Males: following donation, will receive a traditional military in-processing haircut.

Tattoo and Brand Policy

A **tattoo** is defined as a picture, design, or marking made on the skin or other areas of the body by staining it with an indelible dye, or by any other method, including pictures, designs, or markings only detectible or visible under certain conditions (such as ultraviolet or invisible ink).

A **brand** is defined as a picture, design, or other marking that is burned into the skin or other areas of the body. Body markings are pictures, designs, or other markings as a result of using means other than burning to permanently scar or mark the skin.

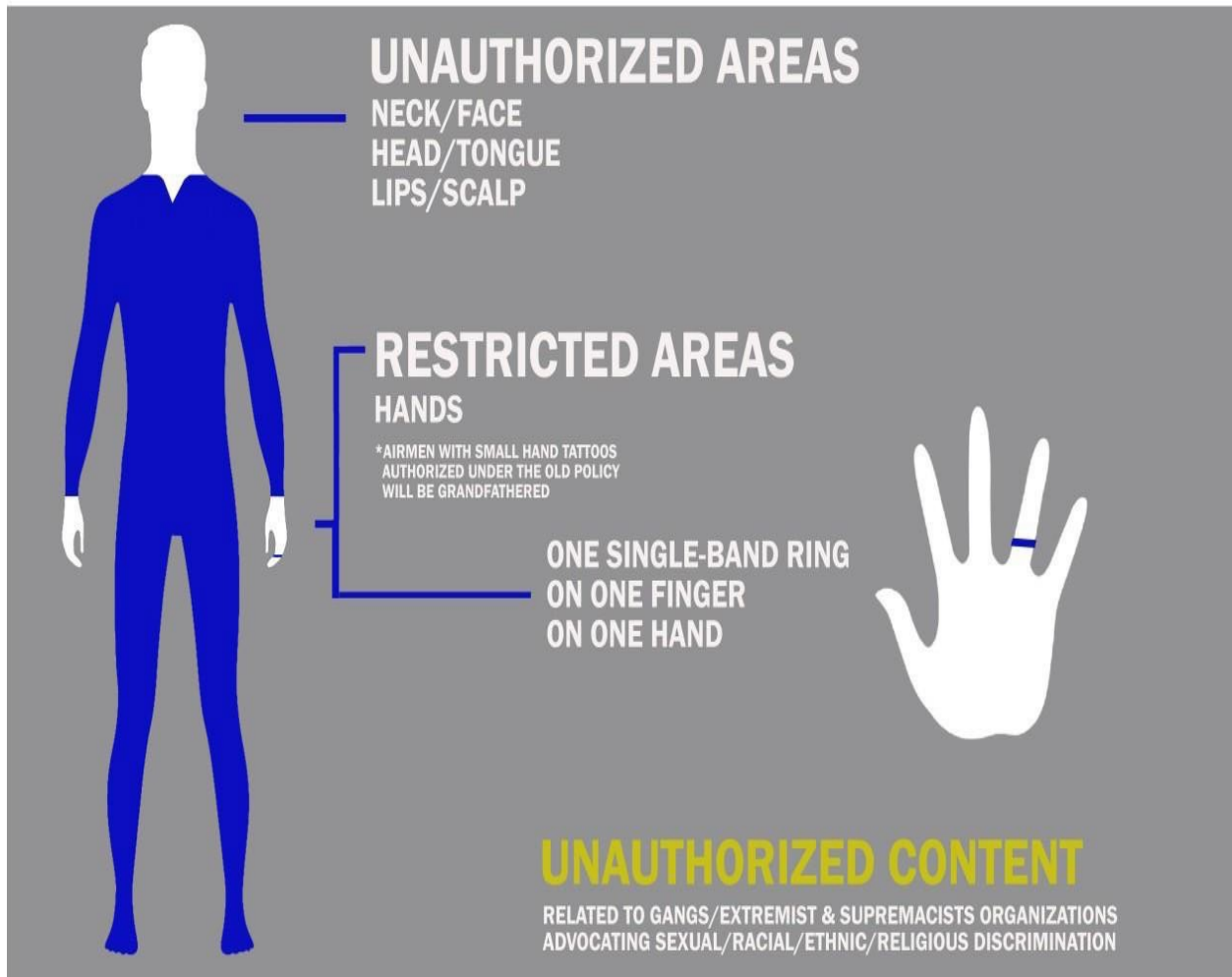
- Tattoos/brands/body markings will not be on the hands (except one ring tattoo on one finger on one hand), head, neck (anything visible above the open collar uniform), face, tongue, lips, and scalp.
- Tattoos are authorized on the chest and back (below the open collar uniform), arms, legs, and a ring tattoo on one finger on one hand.
 - Ring tattoos are limited to a single band of no more than 3/8 of an inch in width, below the knuckle and above the finger joint (portion closest to the palm).
 - Chest and back tattoos will not be visible through any uniform combination(s) or visible while wearing an open collar uniform.
 - Tattooing for cosmetic purposes is authorized when directed by licensed, qualified medical personnel to correct a medical condition, illness or injury for both men and women.
 - Non medically directed cosmetic tattooing is permitted for women if done to apply permanent facial makeup (i.e., eyebrows, eye liner); the cosmetic tattooing must have a natural appearance and be conservative, moderate, within reasonable limits, not excessive or extreme, not distinctly contrast with their complexion, and in good taste.

Tattoos/brands/body markings with unauthorized content that are prejudicial to good order and discipline or the content is of a nature that tends to bring discredit upon the Air Force are prohibited both in and out of uniform. You may not cover up tattoos, brands, and/or body markings with bandages or make-up in order to comply with unauthorized content tattoo policy.

- Tattoos/brands/body markings anywhere on the body that are obscene, commonly associated with gangs, extremist, and supremacist organizations, or that advocate sexual, racial, ethnic, or religious discrimination are **prohibited** in and out of uniform.
 - Obscene tattoos/brands/body markings are grossly offensive to modesty, decency, or propriety.
 - Extremist tattoos/brands/body markings are those affiliated with, depicting, or symbolizing extremist philosophies, organizations, or activities.
 - Sexually discriminative tattoos/brands/body markings are those that advocate a philosophy that degrades or demeans a person based on gender.
 - Racially discriminative tattoos/brands/body markings are those that advocate a philosophy that degrades or demeans a person based on race, ethnicity, or national origin.

Initial accessions must disclose any tattoos or brands not meeting the above criteria and receive appropriate Air Force Component Recruiting Service (AFRS) review (AFRS, Air Force Recruiting Command Reserve Service (AFRCRS), and Air National Guard (ANG) to determine eligibility when questionable for appointment. Complete removal or alteration of unauthorized content and/or excessive tattoos/brands/body markings is otherwise required prior to being accepted in the Air Force.

Tattoo Location Diagram



Marijuana and Cannabidiol (CBD) Policy

Marijuana and CBD products are off limits for all Federal employees to include Cadets. Please review the below important information below on the Air Force Policy regarding CBD.

5 CBD Facts



for Service Members & Federal Employees

CBD is Off-Limits



CBD products are currently off limits for service members and federal employees, unless prescribed by a medical professional. Despite Colorado law, CBD remains a Schedule I controlled substance. The commercial availability of CBD products should not lead service members or federal employees to infer the products comply with federal law or the UCMJ.

CBD Explained



CBD is short for cannabidiol and derived from the cannabis sativa L. plant – commonly known as marijuana. CBD is non-psychoactive, which means it doesn't produce the high associated with other marijuana components like THC. CBD products have been attributed to a wide range of health benefits and grown in popularity and availability in recent years.

Here's Why



Non-prescription CBD products may contain appreciable levels of THC – a fact that may be omitted or inaccurately accounted for on the label. A 2017 study of 84 CBD products sold online found 21 percent of the products contained THC. Some of the products also incorporated synthetic cannabinoids, also illegal for service members to ingest.

Types of CBD Products



CBD oil is commonly mixed into lotions and balms or incorporated into ingestibles like gummies and coffee drinks. The FDA construes many of these products as illegal and unreliable and has issued warnings to companies that misrepresent the effects of CBD; however, the vast scope and flooded market has led to a buyer beware scenario – where the buyer is assuming the risk for the product.

Legal Implications



A relatively small amount THC can result in a positive urinalysis result on a military drug test and could expose a service member to punitive action. Certain federal employees are also subject to random drug testing based on the requirements of their position and security clearance level and could also be subject to discipline.

Checklists Items and Packing List for In-Processing

(General Reference)

TO DO CHECKLIST

Action Item	Suspense Date (if specified)	Date Completed	Reference/Notes
Submit Appointee Kit	As soon as possible		
Accept/Decline Appointment	As soon as possible		
Appointee Tour (if applicable)	Apr 2023		
Fill out security Clearance paperwork (Standard Form 86) Print and hand carry	Hand carry		
Transcripts sent to U. S. Air Force Academy	10 Jun 23		
Complete notice to Employer (if applicable)	(if applicable)		
Complete and return online DocuSign medical update forms package (will receive via e-mail 2-3 weeks prior to I-Day)	Upon receipt		
Read and Discuss with your parent/guardian the Parent Based Intervention Book (PBI)	Before I-Day		
Ensure e-mail address provided in student portal is a PERSONAL (not school) e-mail address	As soon as possible		
Review Paternity/Maternity Certification paragraph	Before I-Day		
Complete DD Form 2983, Prior Relationships (military)	Completed on I-Day		
Disclose any unauthorized tattoos/brands (if applicable)	Completed on I-Day		
Remove or alter any unauthorized tattoos/brands before I Day (if applicable)	Before I-Day		
Review all Drug Policy info in Handbook	Before I-Day		
Sign Parent Club Privacy Act Release (Appointee & at least one parent)	As soon as possible for support		
Receive Flight Itinerary (if Government purchased ticket)	1 Jun 23		
Pack Hand-carried Items (outside of backpack)	Before I-Day		
Bring 2 reusable solid black face masks. No emblems, logos, or ornamentation for access to medical facilities	Bring I-Day		

Packing List Checklist

HAND-CARRY THESE ITEMS OUTSIDE OF LUGGAGE

Photo ID (Driver's license, state-issued ID or gov't issued ID)
Social Security Card
Proof of citizenship
Legal name change documentation (if applicable)
Security clearance paperwork
Tattoo Form
Eyeglass and contact prescriptions PLUS one pair of glasses with black eyeglass strap (if applicable) NO CONTACTS
Orthodontic retainer (if applicable)
Essential medications
Orthopedic equipment (Prescribed)
Military medical records (prior service only)
Immunizations record
X-Rays for Orthopedic injuries within last year
Toothbrush, toothpaste, dental floss
Deodorant
Lip balm
Authorized Over-the-Counter Medications (see medical section on page 23)
Travel size shampoo, conditioner, and bath soap (bar with closing container or liquid body wash)
Athletic shoes, wear or hand-carry
WOMEN – 12 white sports bras, 12 pair white cotton briefs, feminine hygiene products, & hairdryer (if needed)
MEN – 12 plain white V-neck t-shirts, 12 pair white underwear, razor, blades and shaving cream or electric shaver
Operational Camouflage Pattern (OCP) boots, wear (see page 18)
Molded cleats (NO metal) (Optional)
Cell phone (will be locked up until permitted) – label phone w/full name and squadron
Sunscreen
Arrival procedures (See pages 13–17)
Travel receipts
Bring 2 reusable solid black face masks. No emblems, logos, or ornamentation

Travel Procedures

Selecting Your Mode of Travel

You will be given the opportunity to select your In-processing Day mode of travel on your Appointee Kit portal. The options are listed below and we ask that you carefully consider them and discuss them with your family before making your selection, as there will NOT be an option to make changes.

You will be assigned an exact arrival time on I-Day at a later date via email. You are required to follow this arrival time on I-Day. Your arrival time will depend on your assigned squadron as well as any additional procedures you need to accomplish on your day of arrival.

Please choose from the following:

- **You make your own travel arrangements by purchasing an airline ticket or driving to Colorado Springs, CO:**
 - This is the preferred option as it gives you the most flexibility. You can depart from any airport of your choosing.
 - If you purchase your own airline ticket, you will be reimbursed up to the cost of an airline ticket from the airport nearest your Home of Record to Colorado Springs Airport, **not to exceed the cost of a government procured ticket.**
 - If you drive to the Academy, you will be reimbursed for mileage and entitled to a per diem allowance for the allowable travel time.
 - Best if you are traveling with family members, departing from a location other than home of record, or taking vacation while traveling to the Academy.
- **You request the Government purchase a commercial airline ticket:**
 - This option should only be selected if you cannot easily drive or purchase your own airline ticket. **Once a government ticket is issued, changes will not be allowed!** The government will select your departure date. The flight will be booked from the airport closest to your Home of Record to the Colorado Springs Airport. You are not allowed to request a government ticket from any city besides your Home of Record.
 - Please note that the Academy is required to utilize the government contract airline carrier for the tickets and cannot match your tickets with family members or others who may also be traveling.

You will receive your travel orders once your Admissions Portal checklist has been submitted and you will complete a travel voucher upon in-processing and receive per diem (meals and incidental expense allowance), and mileage entitlement for travel to the Academy. See Travel Reimbursement section below for details.

Commercial Airline Ticket Provided by the Academy

The Academy Traffic Management Office, Passenger Services Section, will confirm and issue an electronic ticket (E-Ticket) itinerary from the airport closest to your home of record to Colorado Springs Airport. Consult your Appointee Kit portal for more information on retrieving your itinerary. **If you do not receive your itinerary by 1 June 2023, please email the Admissions office at USAFATravelQuestions@afacademy.af.edu.** Admissions will work with the travel office to ensure you receive it.

Commercial Airline Ticket Purchased by You/Family

If you are considering taking a vacation en route to visit family, friends, etc., leaving from a location other than your home of record, or will be traveling with family, please make your own travel arrangements rather than having the Academy make your arrangements. Reimbursement guidelines cover airline tickets into Colorado Springs Airport from the airport closest to the Appointee's home of record. Please refer to the travel reimbursement section before arranging travel.

Driving to the U. S. Air Force Academy

The Academy is located 55 miles south of Denver, Colorado, and 8 miles north of Colorado Springs, Colorado, on Interstate Highway 25. If you travel to the Academy by car, you will find that entrances to the Academy from the highway are clearly marked. You may enter the Academy through either the North Gate, (Exit 156) or South Gate (Exit 150); the North Gate is preferred. Signs will be placed along Academy roads on the day of your arrival to direct you to the drop-off point.

Please make arrangements to arrive the day prior to in-processing to mitigate any delays and be available to report at your assigned time. If you plan to stay in the vicinity of the Academy the night prior to in-processing, suggest you make hotel reservations early.

Colorado Springs is a major tourist center; hotel and motel reservations are at a premium from Memorial Day through Labor Day so make your reservations early. In particular, lodging close to the Academy may be limited due to the number of arriving Appointees. The cost of the hotel/motel, meals, and commercial transportation to/from the hotel, is at your expense, but some expenses for lodging (up to \$147 per night) and commercial transportation will be reimbursed after filing a travel voucher. Please note that tips and Airbnb reimbursement are not authorized.

You are responsible for acquiring your own transportation from the Airport to your hotel and/or from the airport/hotel to the Academy for in-processing. You can catch a hotel shuttle from the Colorado Springs Airport to your hotel (if provided) or get a commercial taxi (taxi cost is at your own expense but is reimbursable). You can also catch a commercial taxi from your hotel to the Academy for in-processing. The Academy does not provide transportation.

If you experience any major problems, delays, or difficulties during your travels please contact the Colorado Springs Regional Command Post at (719) 333-2633 (manned 24/7) and ask to be connected to the In-processing Director.

If you requested government travel and need help in coordinating travel during delays or difficulties, contact the airline you are traveling on. If you still need assistance, reference your Admissions Appointee Portal for the latest contact information.

Travel Reimbursement

During in-processing you will complete a DD Form 1351-2, Travel Voucher, claiming the authorized expenses incurred for your travel. A complete travel itinerary is required, so please keep track of all dates involved. You do not need to track intermediate stops in your itinerary unless you remain overnight or change travel modes (airline, commercial vehicle, private vehicle, etc.).

The following information and documentation, if applicable, is required when completing your travel voucher:

- Your airline itinerary
- Distance from your home to the airport
- Receipts for personally purchased airline, rail or bus tickets and Lodging

- Receipts for reimbursable expense items such as taxi fares of \$75 or more
- Cost of passport and/or visa (International Students only)
- *If driving to the Academy, it is not necessary to track your actual mileage or provide copies of your meal or hotel receipts.

Travel by private auto:

Should you decide to travel by private auto to the Academy, you will be entitled to reimbursement of 17 cents per mile and a maximum per diem allowance of \$155 per day for the allowable travel time. Travel time is computed and paid for; the lesser of one allowable travel day for each 350 miles of the official distance or actual time used to complete the travel. The entitlement to the mileage allowance is dependent on you being the owner/operator of the vehicle. To be considered the owner/operator of the vehicle, you must be responsible for the operating costs of the vehicle, i.e., pay for the gas. It is not necessary to track your actual mileage or provide copies of your meal or hotel receipts.

Other commercial ground transportation:

You may also utilize and receive reimbursement for bus or rail transportation. Keep all receipts associated with this travel.

Questions about Travel Reimbursement:

Contact the U. S. Air Force Academy Financial Services Office, at (719) 333-4298 for questions concerning your travel entitlements.

In-Processing Day (I-Day)

You must arrive at the Holaday Athletic Center (HAC) fifteen minutes prior to the directed reporting time for in-processing into the Academy on 28 June 2023. Reporting times, squadron assignments, and further reporting instructions will be posted on your Admissions Appointee portal two weeks prior to In-Processing Day. Ensure you bring all the required items as specified in these instructions or as supplemented on the portal. If you arrive without the required items, you could encounter significant inconvenience and delay during in-processing.

Please eat a good breakfast prior to arriving at the Academy in-processing area.

If you are staying at a hotel, you must obtain your own transportation (i.e., commercial taxi) **at your own expense** (reimbursed on your travel voucher) to the HAC. The primary commercial taxi company that has pre-approved access onto the Academy is the zTrip of Colorado Springs, (719) 766-4567, <https://www.ztrip.com/colorado-springs/> and Springs Cab (719) 444-8686. Ensure you keep all travel receipts for your travel voucher. Do not use Lyft or Uber as they are not guaranteed entrance to the Academy. Individuals with criminal records will be turned away at the gate.

Family members and/or friends are not permitted to exit their vehicle at the HAC drop-off location. Because of this, family members should say their goodbyes to you prior to arrival at the HAC.

Following appointee drop-off, USAFA invites parents, family members, and guests to participate in a separate parent/family/guest Welcome Program. The Air Force Academy Visitor Center and retail area along with the Association of Graduates retail area located in Doolittle Hall will also be open. A complete schedule and description of activities will be posted here prior I-Day www.usafa.edu/parents.

If you have any questions, or problems getting transportation to the HAC, contact the Colorado Springs Regional Command Post at (719) 333-2633 and ask to be connected to the In-processing Director. Late arrivals (after 4:00 pm) will also need to contact the Colorado Springs Regional Command Post.

What to Bring

Proof of Citizenship/Name Change

You **MUST** hand carry one of the following original documents to prove your citizenship: birth certificate; naturalization certificate; certificate of citizenship; passport(s) (both U.S. & foreign); or report of birth abroad as a U.S. citizen. Proof of citizenship documentation will be checked at the start of in-processing and returned to you. If you do not have proper proof of citizenship, you may be sent home. Also, we must record your name exactly as it appears on your birth certificate. If you have had or anticipate a name change before arriving at the Academy, please contact Admissions.

Civilian Clothing and Baggage

Bring minimal civilian clothing since you will not be allowed to wear it during your fourth-class (freshman) year until after Recognition (approximately in April). Weather permitting, we advise you to report to the Academy wearing a short-sleeve shirt or blouse, shorts or pants, and a light sweater or jacket, as needed. You should wear your most comfortable walking shoes or combat boots if you purchased them. If you wear the boots have running shoes easily available to be inspected by staff (see below for athletic shoe requirements). In-processing will take approximately eight full hours and include considerable walking and standing. Baggage should be no larger than airline carry-on size; backpacks are preferable.

The Academy **DOES NOT** issue bras or briefs to women or briefs and V-neck t-shirts to men. Females **MUST** bring at least 12 white sports bras and 12 pair of plain cotton briefs. It is highly recommended to bring extra bras and briefs. Men **MUST** bring at least 12 pair of plain underwear (boxer briefs must not extend below mid-thigh) and 6 solid white V-neck t-shirts.

Keep in mind that you will be involved in strenuous physical activities during BCT, and that support and comfort should be your foremost consideration in the type of undergarments you bring.

Upon arrival, you will be issued all clothing/additional footwear you will need and are allowed to have.

Athletic Shoes

Athletic style shoes are **mandatory**. Appointees **MUST** bring athletic style shoes that are serviceable, in good condition and do not have excessive ornamentation. The shoe's primary purpose must be for running (no basketball shoes, cleats, etc.). If the Appointee does not bring an approved athletic shoe, they will be required to purchase a pair upon arrival. Limited options and supply must be taken into consideration. Suggest shoes be less than a year old.

Combat Boots

By the time you arrive at the boot issue station on in-processing day, you will have been on your feet for many hours and your feet will be swollen and tired. To ensure a perfect fit and lower the risk of blisters, it is **HIGHLY RECOMMENDED** you purchase 1 pair of Operational Camouflage Pattern (OCP) authorized (coyote brown) boots and wear them for 2-4 weeks prior to arrival at the Academy. These boots must meet the following specifications: coyote brown in color, have a rubber sole no greater than 2 inches in height, and a waterproof upper bootie (Gore-Tex or similar). The boots **must NOT** have steel or safety toes, or zippers. There are many options available out there, but Rocky S2V RKC050, Bellville model C790, Salomon Guardian CSWP boots and Danner RIVOT TFX 8" coyote all meet the requirements and are good sources to begin your search. You will be issued sufficient boots to ensure that you have two (2) pairs of serviceable boots for wear during BCT. If you purchase boots, wear them when you report for in-processing.

Molded Cleats

You are also encouraged to bring molded cleats with you to the Academy. Many intramural activities are played outdoors and the use of molded cleats will allow you to maintain your footing. Only molded cleats are authorized. Do not bring screw-in, metal, or single toe cleats as they pose safety hazards to other participants.

If you require prescription orthotics, bring them with you. They should be in good shape and accomplish what they are supposed to do, e.g. alleviate pain.

Toiletries

Males and females are required to bring with them the following items: bar soap (in a closing soap container) or liquid shower body wash, lip balm of your choice, toothbrush, toothpaste, dental floss, deodorant, and shampoo of your choice. We recommend you NOT bring the extra-large containers of these items because you will have an opportunity to visit the cadet store during BCT. Males are required to bring a razor, blades, and shaving cream or an electric shaver. Females should bring menstrual care products that may be required. All cosmetics will be collected upon arrival and returned at the end of BCT. When packing your toiletries, be sure to follow Transportation Security Administration's (TSAs) Rules on Liquids at the link <https://www.tsa.gov/travel/security-screening/liquids-rule>. If you do bring liquids larger than 3 oz., be aware that you will need to pack them in checked luggage instead of a carry-on. Note: The Cadet Store takes debit and credit cards as well as cash.

What NOT to Bring

Personal Computers

You will be issued a new tablet or notebook computer during BCT. It should come pre-loaded with all software required, including Microsoft Office, math packages, CAD/CAM, and antivirus software. You will also have access to a high-speed laser printer in each cadet squadron. This is a shared resource with 100+ people so plan ahead when printing. You are allowed to have your own personal printer in your room if you like. If you already own a printer, it is best to have it sent or brought to you during Parents' Weekend. Otherwise, you may purchase one from the cadet bookstore or from local merchants. It is recommended you buy a printer with a USB connection and cable.

Questions: HQ USAFA/A6, 2304 Cadet Dr., Suite 3700,
USAF Academy CO 80840-6220
Telephone: (719) 333-4232

Personal Accessories/Equipment

Storage space is extremely limited during BCT and you will be issued everything you will need. Therefore, you should not bring more than one small piece of luggage (airline carry-on size or smaller). Again, follow TSA guidelines for what you can and cannot pack in a carry-on bag. Do not bring a trunk, footlocker, or sporting equipment. Sporting equipment can be mailed to you later when it is authorized. If sports equipment is required during BCT, parents can work mailing the equipment to the Athletic Coach. Female candidates may bring a hair dryer. You will be given Air Force-issue eyeglasses sometime during BCT. Wearing of contact lenses during BCT is not permitted because of the intensive training in dry, dusty conditions and the amount of personal time available between training events. Items you may need for the Academic year may be brought to you by your parents, guardians or friends during Parents' Weekend.

Firearms

DO NOT bring any firearms or knives to the Academy. There are no provisions for storage or safekeeping during BCT.

Jewelry

We highly recommend that you **DO NOT** bring or wear any valuable jewelry, clothing, or personal items during BCT. For safety and hygiene reasons you are not allowed to wear any jewelry during BCT, including pierced earrings or metal watches. Non-metal watches are allowed. All jewelry brought to the Academy will be collected and placed in individual "low-security" lock boxes until after BCT. Upon completion of BCT, female cadets may wear one white diamond, pearl, silver, or gold spherical/square earring (no larger than 6mm in diameter) on each ear. Male cadets are **specifically prohibited** from wearing earrings at any time.

Privately-Owned Vehicles

You are not permitted to have a private motor vehicle at the Academy until your second-class (junior) year, at which time it will be a privilege earned in accordance with the Commandant's regulations. Do not bring an automobile unless someone accompanies you who can drive it home.

Diet and Food Packages

The Cadet Dining Facility (Mitchell Hall) provides a diet tailored to the strenuous BCT conditioning program. During 1st BCT you will be offered 3800–4000 calories per day, and throughout 2nd BCT the calories increase to 4000–4500 per day due to the increased physical requirements. Your well-being will be monitored by a registered dietitian, and nutrition counseling is readily available. We request you advise relatives and friends **NOT** to send any food packages until after BCT. **You will not have access to any packages sent to you until after BCT and the Academic year has begun.** Also, you will not have access to any nutrition supplements that you brought in your personal belongings.

Each day, three well-balanced meals will be served by Mitchell Hall. The dining facility does provide vegetarian menus if you require due to religious faiths or for individual convictions during BCT. Nutrition screening and counseling will be provided to you if you require personal attention. During the Academic year, the Cadet Dining Facility offers light and vegetarian menus and accommodates the Muslim faith during Ramadan and Jewish faith during Passover. If you anticipate dietary problems, you are advised to call the Cadet Chaplains Office at (719) 333–2636 before you arrive. For further dietary questions or concerns, please call the Cadet Dining Facility at (719) 333–3663.

Calculators

You will be issued a scientific calculator prior to the start of classes in August. This calculator will be sufficient for all core courses at the Academy and use of alternate calculators in 100- and 200-level core courses is restricted. Therefore, there is no requirement for you to purchase a calculator or bring one with you. If you are majoring in engineering and sciences and will require a more advanced "scientific" calculator, which can do simple linear regressions or graphing functions can be purchased here if required. However, if you already own an advanced scientific calculator, we recommend it be mailed or brought to you during Parents' Weekend.

Mailing Address

A private post office box has been assigned for your personal mail. The Admissions Portal will provide your P.O. Box number. Below is the mail format. This P.O. Box will be used the whole time you are the Academy.

Basic Cadet _____ (your first and last name) (Squadron A, B, C, D etc.) (Optional)
PO Box _____ (insert your PO Box number)
USAF Academy CO 80841

NOTE: You WILL receive mail, but you may not have access to your post office box on a daily basis during BCT. We suggest Appointees instruct friends and family to put your squadron number/Flight Information after your name, and number their letters/post cards as they write them. This will allow mail to get to you more quickly in 2nd BCT while in Jack's Valley and you won't have added stress of thinking you are missing mail.

You will not have access to any packages sent to you until after BCT and the Academic year has begun. **Families are also strongly discouraged from mailing any packages to cadets during both August and January to allow for textbooks orders to be mailed to cadets.** The Academy does have Amazon Boxes for Cadets to order textbooks and packages from Amazon after BCT.

As an alternative package delivery option following BCT, the USAFA Association of Graduates (AOG) offers members the benefit to bypass the USAFA mail room and have mail and packages delivered to cadets through the Zoomie Delivery Service at no charge throughout the year.

<https://www.usafawebguy.com/Membership>.

Medical Information

Physical Qualification for Academy Entrance

Physical qualification for Academy entrance is based on the assumption that your Department of Defense Medical Examination Review Board (DoDMERB) examination reflects your true medical status. You can ensure this by:

- Providing a complete and accurate medical history at the time of your examination.
- Immediately reporting any change in your medical status (injury, physical or mental illness, or diagnosis of a new condition) to DoDMERB, telephone (719) 333-3562, after you have finished your examination.
- Notifying DoDMERB prior to treatment or procedure if you are having elective surgery or a medical treatment is contemplated, as this may adversely affect your medical status.
- Visual refractive error that is corrected by orthokeratology (using hard contact lenses to decrease myopia) or keratorefractive surgery (RK, PRK, LASIK or other laser procedures to correct refraction) is medically disqualifying. If you have undergone either PRK or LASIK you need to call and report this to DoDMERB at 719-333-3562, as they may need to be evaluated by the medical authority for a waiver. Waiver candidates must meet strict criteria regarding both pre-operative and post-operative visual status.
- Sending all medical information to DoDMERB as soon as possible.

The DoDMERB examination is used only for appointment to the Academy. Determination of medical qualification for pilot, combat systems operator, RPA operator, or other aviation and special operational duty career fields is accomplished during your junior year. The DoDMERB examination does not qualify you for these career fields.

Enrollment into Healthcare

Once you in-process, you will be enrolled in TRICARE Prime. TRICARE Prime is similar to a civilian Health Maintenance Organization (HMO). In this program you will be assigned to a Primary Care Manager (PCM) and will receive all your primary care/specialty care at the U. S. Air Force Academy Military Treatment Facility (MTF).

Primary care is received by calling the cadet clinic and making an appointment to see your PCM. If you require specialty care services for further diagnosis or treatment, you must first see your PCM and the PCM will submit a referral to access services from specialty practitioners and coordinate the referral request through the current military health insurer, who is the region wide Managed Care Support Contractor.

- **Primary Care definition** – Basic or general health care is traditionally provided by doctors trained in family practice, pediatrics, internal medicine, and occasionally gynecology.
- **Specialty Care definition** – Specialized health care provided by physicians whose training focused primarily on a specific field such as neurology, cardiology, rheumatology, dermatology, oncology, orthopedics, ophthalmology, and other specialized fields.

Medications

All medication in your possession will be examined by an Air Force medical officer. Please see below chart for authorized over-the-counter medications. NOTE: Ensure you keep your medications with you as you process through the in-processing line. If you have any questions about medications, call the Cadet Clinic-Medicine at (719) 333-5181.

Generic Name Over-The-Counter Medication / Strength	Example Brand Name Over-The-Counter Medication	Use	Quantity*
Ibuprofen 200 mg tablets	Advil, Motrin	Fever / Aches / Pain	1 bottle
Acetaminophen 325 mg tablets	Tylenol	Fever / Aches / Pain	1 bottle
Loratadine 10 mg tablets OR Fexofenadine 180 mg tablets	Claritin OR Allegra	Seasonal Allergies	1 bottle
Loperamide 2 mg capsules OR Bismuth Subsalicylate 262 mg tablets	Imodium OR Pepto-Bismol	Diarrhea	1 bottle
Menthol	Halls	Cough Drop	1 bag
Propylene glycol 0.6% eye solution OR Polyvinyl Alcohol 0.5% and Povidone 0.6% eye solution OR Carboxymethylcellulose 0.5% eye solution	Systane OR Clear Eyes OR Refresh Plus	Dry eyes	1 box
Bacitracin, Neomycin, Polymyxin B ointment	Neosporin	Topical Antibiotic	1 tube
Vitamin C 1,000 mg per packet	Emergen-C	Supplement	1 box
* Vitamin D (800 - 2,000 IU)		Supplement	1 bottle
Multi-Vitamin	One A Day	Supplement	1 bottle
Polyethylene glycol 3350 powder	Miralax	Constipation	1 bottle
Clotrimazole 1% cream OR Tolnaftate 1% powder	Lotrimin AF OR Tinactin	Foot Care	1 tube
Adhesive Bandage	Band-Aids / Moleskin	Personal Aid	1 box

- **Medical personnel suggest starting Vitamin D before starting BCT.**
- For personal use only
- All meds will be verified by certified medical personnel upon arrival on I-Day and you will store it in a locked security drawer
- Quantity: Over-The-Counter medications generally come in various counts/sizes, but recommend small bottle count (i.e., 30 tablets/capsules, but no more than 100 tablets/capsules)

Basic Cadets are not authorized to bring/store/use:

- Sleeping aids (Unisom)
- Cough Suppressants (Nyquil)
- Workout Supplements (Pre-Workout, Protein, etc.)
- Medications with Drowsy Effects (Benadryl, Tylenol PM)
- Prescription Meds (Birth Control, Skin Cream) will only be authorized after being verified by Academy medical personnel on I-Day.

X-Rays

If you have suffered an orthopedic injury or have been treated for an orthopedic injury or deformity in the last year, you are **REQUIRED** to bring your most recent X-rays from your physician. These X-rays will be turned in to the cadet clinic at in-processing.

Medical Records

Medical records criteria will differ depending on your status.

- If you are a **current active-duty member**, and if your outgoing base provides you with a hard copy of your medical records, you will hand-carry your hard copy medical records to the Academy and turn it in during the medical portion of your in-processing.
- If you are a **current military dependent**, your medical record must remain at the last base you were treated. You **do not** need to bring a copy of your medical records.
- If you are a **civilian**, you **do not** need to bring a copy of your medical records.

Immunizations

Immunizations are a mandatory requirement for military duty. You must get the necessary immunizations **PRIOR** to arrival at the Academy. Waivers for immunizations will be processed in accordance with DoDI 6130.03. You will be able to upload your immunization record on your Admissions Portal Appointee Kit, however, we ask that you also **hand carry a hard copy of your immunization records from your physician/physician's office with you on in-processing day**. If verification of your immunization status is not available, you will receive the complement of required immunizations even if immunized

previously. **If you attended the U. S. Air Force Academy Preparatory School and Appointees who are former cadets returning to the Academy do not need to bring their shot records.**

Questions or concerns may be emailed to Immunizations: 10-mdg.mbx.10-mdg-sgoma-allergy-immunization@health.mil.

Mandatory Vaccines:

- **Polio Vaccine:** this vaccine must be given within six months of admission (between January and June of admission year). While we realize most Appointees have had the vaccine much earlier, DoD policy requires that you receive another vaccination within six months of entering military service. NOTE: If you are prior U.S. military (Active, Reserve, or National Guard of any U.S. military branch) you have already met the requirement.

***SPECIAL NOTE:** Some health care providers are reluctant to administer the Polio vaccination to young men or women who received the vaccination as a child. If your provider is hesitant to administer the Polio vaccine, you can download a prescription form for the vaccination from the Admissions Portal Appointee Kit.*

- **Influenza Vaccine (Flu):** This vaccine must be current and the vaccine must have been administered no earlier than July 1st of last year.
- **Tetanus, Diphtheria, and Pertussis Vaccine (Tdap):** You must have 1 dose of Tdap on immunization record. If it has been more than 5 years since last Tdap, you will need a Tdap booster given within last 5 years.
- **Mumps, Measles, Rubella Vaccine (MMR):** You must be fully vaccinated. Full vaccination requires two doses (at least 4 weeks apart). If you have not been previously vaccinated, you must attempt to receive both doses before being cleared to travel to the Academy.
- **Chicken Pox (Varicella) Vaccine (VAR):** You must be fully vaccinated. Full vaccination requires two doses (at least 4 weeks apart).

***SPECIAL NOTE:** If you have positive blood titer value results (and can provide documentation to the fact) you do NOT need to receive the vaccine. If you have not been previously vaccinated, then you must attempt to receive both doses before you will be cleared to travel to the Academy.*

- **Hepatitis A & B:** You must be vaccinated against both Hepatitis A and Hepatitis B before In-Processing.

***SPECIAL NOTE:** If you have positive blood titer value results (and can provide documentation to that fact) you do NOT need to receive associated vaccine. You must have 2 doses of Hepatitis A vaccine or positive blood titer (HAV IgG) and 3 doses of Hepatitis B (Recombivax-HB) (Twinrix if indicated or 2 doses of Heplisav-B vaccine or positive blood titer (HBV IgG surface antibody). You must provide dates of all doses.*

- **Meningococcal ACWY Vaccine (Menomune, Menactra, Menveo):** You must have 1 dose of Meningococcal vaccine (MenACWY) after age 16 and within the last 5 years.
- **Meningococcal Vaccine:** You must have 1 dose of Meningococcal vaccine (MCV4) within the last 5 years.

Recommended Vaccinations:

- **COVID-19 Vaccine Series and Booster:** Being up to date on COVID-19 vaccinations is recommended - <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>. The COVID-19 vaccine will be available on I-day, both the original series and the booster. Bring documentation of any previous COVID-19 vaccination to update your medical record.
- **Human Papillomavirus Vaccine (HPV):** HPV available for series start or completion at the Academy Immunizations Clinic. HPV is not mandatory vaccine and not given at In-Processing. (3 Doses)
- **Meningococcal B Vaccine**

Questions: 10 MDOS/SGOM, 4102 Academy Dr., USAF Academy CO 80840
Telephone: (719) 333-5080

Optical

You can print a spectacle and contact lens prescription form from your portal Appointee Kit which must be filled out by your eye doctor and uploaded on your portal if you require vision correction. **The form must be completed and returned no later than 15 May 23. If you wear eyeglasses or have worn eyeglasses in the past two years even if you do not regularly wear them, you MUST bring a pair with you to the Academy and have them with you on in-processing day.** You will be issued an additional pair of uniform military spectacles on I-Day based on the prescription information you submit from your eye doctor. **Your military spectacles must be worn at all times during basic training. You will need to purchase and bring with you a plain black eyeglass strap to secure your frames.** Contact lens wear is FORBIDDEN throughout the duration of BCT to include I-Day. Orthokeratology (Ortho-K) lenses must be discontinued at least 90 days prior to arrival. Contact lenses may be worn only after BCT is complete.

Eyeglasses/sunglasses: Will be worn in the manner for which they are made. Eyeglasses and sunglasses will not be worn around the neck or on top/back of head or exposed hanging on the uniform. Eyeglasses and sunglasses may have conservative ornamentation on non-prescription sunglasses or eyeglasses, frames may be a conservative color: black, brown, white, dark blue, gray, or transparent material, or gold or silver wire. Brand name glasses may be worn with small logo on frames or lenses. Logo may contrast with frame color or lenses (conservative colors/small logos; black, brown, matte silver/gold). Conservative wrap-around sunglasses may be worn. Sunglasses (to include darkened photosensitive lenses) are not authorized in formation.

Questions: 10 OMRS/SGXE, 2355 Facility Dr., USAF Academy CO 80841
Telephone: (719) 333-5189, Option 4.

Dental

Dental treatment as a cadet (and while on active duty) is a military entitlement and there is no cost to you for this dental benefit. In accordance with DoDI 6025.19, individual medical readiness is a service member responsibility, and therefore ongoing dental health is a requirement for both cadets and active-duty personnel.

The Academy staff expects that you will arrive at the Academy with no potentially duty-disqualifying

dental conditions. Examples of dental conditions that may prevent you from performing optimally include (1) the presence of impacted or erupted wisdom teeth that cannot be maintained in a state of health, (2) cavities that may become emergent problems if not restored immediately, or (3) active orthodontic appliances (braces). Active orthodontic appliances are a **disqualifying condition for Academy admission**. All active orthodontic treatment must be completed, devices removed, and retainers in place (if indicated) prior to entering the Academy. **Permanent fixed and/or removable retainers are authorized so remember to bring your removable retainers (if applicable) with you to the Academy.**

Wisdom teeth may cause lost Academic time and possible delays in pilot qualification for cadets. It is highly encouraged for you to visit your family dentist for a thorough dental examination, paying particular attention to the above-mentioned concerns. Correction of all dental defects and removal of wisdom teeth, when indicated, before arriving at the Academy will maximize your dental health, prevent lost Academic time, minimize any dental conditions affecting pilot qualifications and go a long way toward ensuring your success as an Air Force cadet. However, it would be best to have at least 8 weeks of healing between when the surgery is completed and when you arrive at the Academy. If you would like to get ahead of the game and are planning to have a career in aviation or are in collegiate sports, then it would be in your best interest to consider having your wisdom teeth removed before arrival at the Academy. If your civilian dentist has recommended you have your wisdom teeth removed, we strongly suggest you follow their advice. However, having your teeth pulled one week prior to arrival is unacceptable. At minimum, it should be done at least 8 weeks prior to arriving here to allow for appropriate healing time. Cadets will have an evaluation of retained wisdom teeth prior to graduation as part of routine dental examinations.

Upon arrival at the Academy, you will commence with a myriad of in-processing actions to include a complete dental exam. We will initiate a completely new dental record on you. There is no need for you to bring your dental records or X-rays from your civilian dentist.

Questions: Dental Clinic, 10 DS/SGD, 2355-B Faculty Dr., USAF Academy CO 80840
Telephone: (719) 333-5192

Continuation of Medical Insurance Coverage

We highly recommend your parents contact their insurance carrier and inquire as to whether you may legally remain on their health insurance policy while you are a cadet. During your time at the Academy, you do have medical coverage. However, **if you leave the Academy for any reason, to include disenrollment for a medical condition, the Air Force will no longer be financially responsible for any medical expenses you may incur once your identification card expires.** After graduation you will no longer need to have separate medical insurance coverage because you will be on active duty with medical coverage. It is highly encouraged that parents maintain you as a beneficiary on their health insurance for at least the first year to ensure you are covered in the event you are disenrolled or decide to separate on your own.

Medical Frequently Asked Questions (FAQs)

Please see some frequently asked Questions below.

- **What happens if I am away from the Academy and need emergency care?**

Answer: If you have an emergency and are away from the Academy you should utilize an emergency

room; emergency room visits do not require prior authorization. For emergency situations, you should call 911 or go to the nearest emergency room. Urgent care facilities and free-standing emergency care clinics (not physically attached to a hospital providing inpatient care) are not considered to be "emergency rooms." As soon as the medical situation has been stabilized, you should report the visit to the Cadet/Flight Medicine Clinic (719-333-5187).

Urgent care facilities and free-standing emergency care clinics require prior referral authorization before care is received. In addition, the facility must be a TRICARE authorized urgent care center/network provider. Referral authorization can be obtained by calling the Military Health System (MHS) Nurse Advice Line at 1-800-TRICARE/874-2273, Option 1. The MHS Nurse Advice Line provides 24/7 access to health care guidance and advice. This service allows you to speak to a registered nurse who can answer your health care questions, offer health care advice, and assist you with accessing health care services in your area as necessary.

Ensure you then make an appointment to the Cadet/Flight Medicine Clinic, (719) 524-2273, as soon as possible. You can also request an appointment online. Reach out to your Academy health care team by sending a Secure Message anytime it is convenient for you from your computer, tablet or smartphone via the MHS GENESIS Patient Portal: <https://my.mhsgenesis.health.mil/pages/home>.

Failure to receive authorization will result in a Point of Service charge where you will be responsible for the bill.

- **What happens if I disenroll (voluntary/involuntary) from USAFA before I am commissioned?**

Answer: If you choose to separate, it is in your best interest to ensure all medical treatment is received prior to separation. If you insist on separating, you must understand that further medical care is your financial responsibility unless eligible for Veterans Administration (VA) benefits.

- **You stated the Cadet Dental Clinic now has digital x-rays and not to bring x-rays from my civilian dentist. However, my dentist also has digital radiographs, can I bring my digital x-rays?**

Answer: We cannot guarantee your dentist's digital x-rays will be compatible with our system. If you bring digital x-rays, they must be on a CD-ROM and in DICOM format. Due to compatibility as well as military readiness reasons, even if you bring digital x-rays on a CD-ROM, we will likely still need to take new or additional x-rays.

- **Do I need to bring my civilian dental records?**

Answer: No. You do not need to bring your records. Once you arrive, we will be initiating your permanent military dental record.

- **After I arrive at the Academy can I still get treatment at my civilian dentist on breaks?**

Answer: Yes, you may have treatment at your civilian dentist, however, if you do decide to get treatment by your civilian dentist coordination and approval must be received from the Medical Treatment Facility (MTF) prior to care. **Cadets must contact the Beneficiary Counseling and Assistance Coordinator to begin the process. Contact information is: (719) 333-5281; FAX: (719) 333-5205.** You must bring a copy of the treatment you received at your dentist's office so it can be incorporated into your military dental treatment record. This will assure your military dental record is a true reflection of your oral condition and is up to date. Keep in mind that you are responsible for the cost of the treatment rendered by your civilian dentist. The military WILL NOT reimburse you for any off-base expenses you incur.

Physical Fitness

You need to be in the best possible physical condition when you arrive.

Keep in mind that your **USAFA physical conditioning will take place at an elevation of 7,250 feet.** Although there is no way to recreate this feeling at lower elevations, it is important to understand that your physical training sessions will feel more difficult at the Academy. However, if you achieve a high level of fitness prior to arrival, you can expect significantly greater success during BCT. Plan to arrive at the Academy well rested. Try to develop a sleeping habit of both going to bed early and rising early.

In preparation, we highly recommend you follow the below **8-week Training Program** developed specifically to prepare you for the physical training (PT) sessions you will complete during BCT. The calendar below lists specific workouts that can be found in Annex A of this document.

- The BCT preparation program is 8 weeks in length, consisting of 40 total training sessions
- You will train 4–6 training days per week, progressively increasing frequency from week #1 to week #7
- These sessions are very similar to what you will be completing during BCT PT; get comfortable with the format and sequence of exercises as this will help ensure you are optimally prepared
- Training will consist of calisthenics, anaerobic, and aerobic sessions
- Complete the corresponding training session for each day; do **NOT** complete multiple sessions in the same day
- There are video demonstration links embedded within each training session; use these to learn the proper technical execution for each movement
- Do NOT add additional exercises or alter sets, repetitions, and or running/rest times

<p style="text-align: center;"><i>Please complete all training sessions in comfortable athletic shoes</i> <i>You will be able to use athletic shoes during BCT</i></p> <p style="text-align: center;">PT Training Schedule</p>							
Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week #1	OFF	Calisthenics Day #1	Anaerobic Day #1	OFF	Calisthenics Day #2	Aerobic Day #1	OFF
Week #2	OFF	Calisthenics Day #3	Anaerobic Day #2	OFF	Calisthenics Day #4	Aerobic Day #2	OFF
Week #3	OFF	Aerobic Day #3	Calisthenics Day #5	OFF	Anaerobic Day #3	Aerobic Day #4	Calisthenics Day #6
Week #4	OFF	Aerobic Day #5	Calisthenics Day #7	OFF	Anaerobic Day #4	Aerobic Day #6	Calisthenics Day #8
Week #5	OFF	Aerobic Day #7	Calisthenics Day #9	Anaerobic Day #5	Aerobic Day #8	Calisthenics Day #10	Aerobic Day #9
Week #6	OFF	Aerobic Day #10	Calisthenics Day #11	Anaerobic Day #6	Aerobic Day #11	Calisthenics Day #12	Aerobic Day #12
Week #7	OFF	Aerobic Day #13	Calisthenics Day #13	Anaerobic Day #7	Aerobic Day #14	Calisthenics Day #14	Aerobic Day #15
Week #8	OFF	Calisthenics Day #15	Anaerobic Day #8	OFF	Calisthenics Day #16	Aerobic Day #16	OFF



In Annex A, you will find each workout as well as the warm-up and cool-down. There are also attached video demonstrations for you to learn the correct movements and form. Remember, BCT includes designated PT time intended to provide you with a world-class physical development program. Physical development is taking a systematic, sequential, and progressive training approach to increase your physical capacities, improve your AFT/PFT scores, reduce the likelihood of injury, and develop holistic health and wellbeing. PT is not intended to “beat”, discipline, or even to motivate you. You must view PT as an opportunity for your personal development; to prepare physically, mentally, and emotionally for the challenges that lie ahead over the course of your time at the Academy. It is paramount that you arrive to BCT in the best possible physical condition to ensure you are optimally prepared to THRIVE instead of merely survive.

There are a few philosophical concepts we want you to understand before you start training for BCT:

- **Intent.** You must bring energy, effort, and intensity to your training; you have to go hard.
- **Quality over Quantity.** More is not better, better is better; you must ensure the technical execution of all movements is perfect.
- **Consistency.** You must demonstrate consistency by completing all of your training sessions on the designated days; while training is not always fun, routine and repetition are essential in achieving desired outcomes.
- **Accountability.** You, and you only, are responsible for your physical condition upon arrival to BCT; be in shape and be ready to go, there are no excuses.

Questions: Directorate of Athletics, Fitness and Testing Division, HQ_USAFA/ADPT,
2170 Fieldhouse Drive, USAF Academy CO 80840-9500
Telephone: (719) 333-2340

AFT Standards for Men and Women			
Men's Time	Points	Grade	Women's Time
8.24	475+	4.0	9.39
8.52	451+	3.7	10:15
9.04	426+	3.3	10.26
9.22	400+	3.0	10.53
9.46	371+	2.7	11.28
10.32	291+	2.3	12.44
11.15	250+	2.0	13.31
11.55	226+	1.7	13.54
12.25	200+	1.0	14.17
12.26	<199	0.0	14.18

PFT Standards for Men:									
Pullups		Long Jump		Sit-Ups		Pushups		600 YD Run	
Raw Score	Score	Raw Score	Score	Raw Score	Score	Raw Score	Score	Raw Score	Score
21	100	8'08"	100	95	100	72	100	1:35	100
16	71	8'01"	72	83	74	60	74	1:43	75
12	50	7'07"	50	71	50	48	50	1:53	50
7	25	7'00"	25	58	25	35	25	2:03	25
0	0	6'01"	0	42	0	18	0	2:13	0

PFT Standards for Women:									
Pullups		Long Jump		Sit-Ups		Pushups		600 YD Run	
Raw Score	Score	Raw Score	Score	Raw Score	Score	Raw Score	Score	Raw Score	Score
8	100	7"02"	100	95	100	48	100	1:53	100
5	67	6'08"	71	83	74	38	73	2:02	74
3	50	6'03"	50	71	50	29	50	2:12	50
1	25	5'09"	25	58	25	18	25	2:23	25
0	0	5'00"	0	42	0	4	0	2:34	0

To help judge your fitness level prior to arriving we've provided the PFT and AFT scores (above). You will take the PFT and AFT once each semester and these scores contribute to a cadet's Physical Education Average (PEA). The PEA is similar to a Grade Point Average for fitness. You must maintain minimum fitness standards to be a cadet in good standing and graduate from the Academy. Arriving for BCT in shape, ready to achieve at least the average scores shown below will better prepare you to complete the physical requirements of BCT. The PFT events are performed consecutively on a three-minute interval (two minutes per event and one minute to rest and transition to the next event.) The PFT and AFT will be administered during the first two weeks of BCT and then for second time later in the BCT program. These results will categorize your readiness status for meeting cadet wing fitness standards.

Physical Fitness during the Academic Year

Institutional outcomes of Warrior Ethos for Airmen and Citizens and Leadership, Teamwork, and Organizational Management. All cadets must complete 5.0 semester hours (ten 0.5 semester hour courses) of Physical Education credit over your four Academic years, with at least one PE course in each of the eight semesters. Mandatory core requirements for you (including intercollegiate athletes), are: three combatives courses (Boxing, Combatives I & II), two aquatics courses (Swimming & Water Survival), and one Physical Development course. There are also a variety of individual and team lifetime electives offered, and remedial courses for you if you lack requisite core skills. Physical Education courses are "for credit" with earned grades contributing to your Academic GPA, physical education average (PEA), and the overall performance average (OPA). Participation in intramurals, clubs, or intercollegiate athletics is also required in each of the eight Academic semesters.

Questions: Department of Physical Education, HQ USAFA/ADP
Telephone: (719) 333-9295

Swimming Ability

You should have at least a basic swimming ability and be willing to attempt a 250 yard continuous swim and executing a jump from a minimum of 5m height into 18ft deep water. Aquatic screening will take place during BCT and those who lack this skill will be placed in beginning swim classes in their first or second year at the Academy.

Air Force Academy Body Composition Standards

Unless you received a weight waiver, **YOU MUST** meet Academy body composition standards on entry to BCT and throughout your cadet career. If you are above the maximum or below the minimum BMI screening weight you will be taped to determine body composition. Unless authorized a temporary body fat adjustment, male cadets above the 25.0 kg/m² and 18% body fat maximum, and female cadets above the 25.0 kg/m² and 26% body fat maximum, will be entered into a remedial weight management program. If you are below the 19.0 kg/m² minimum BMI, the Air Operating Commander will provide their body composition measurements to the Cadet Clinic for a health assessment review (reference USAFA Instruction 36-2002, Cadet Weight and Fitness Programs).

Air Force Academy Body Mass Index (BMI) Screening Tables

Represents Maximum Allowable Weights for USAFA Cadets BMI of 25.0 kg/m² (regardless of age or gender)

Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Weight (pounds)	119	124	128	132	136	141	145	150	155	159	164	169	174	179	184	194	200	205	210	210	216	221	227

Represents Minimum Allowable Weights for USAFA Cadets BMI of 19.0 kg/m² (regardless of age or gender)

Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Weight (pounds)	91	94	97	100	104	107	110	114	117	121	125	128	132	136	140	144	148	152	156	160	164	168	173

Basic Cadet Training

The mission of the BCT Program is to develop you into a highly disciplined, physically fit fourth-class cadet ready to be accepted into the Cadet Wing. It will be in your best interest to show up in shape and ready to undertake this challenge.

You will be assigned to one of eight basic cadet squadrons. The upper-class cadets who work BCT will teach you military discipline and decorum, they will inspect your room and uniform. You will learn Air Force heritage, customs and courtesies, regulations, marching and drill, and how to live by the cadet honor code. You will increase your alertness, physical endurance, emotional stability, self-reliance, and individual initiative. Also, you will continually experience rigorous discipline and the need for attention to detail and punctuality.

Taking orders from upper-class cadets, who are about the same age or sometimes younger than you, may be difficult at first; however, these upper-class cadets have the authority and responsibility to train you as a new cadet and discipline you as a new cadet, and they will learn to lead while you learn to follow. **Remember, you'll be going through the same experiences they've already been through.**

You must stand at attention and address all staff members and members of the upper-class as "sir" or "ma'am." You, in turn, will be addressed as "basic cadet" with your last name (i.e., Basic Cadet Jones).

The daily schedule during basic cadet training will enable you to exercise effective use of time management. You will wake at 5:00 a.m. (sometimes earlier) and bed-down at 9:00 p.m. Each day is filled with scheduled training activities.

Some time is built into your daily schedule to relax for a very brief period, and every morning and evening there is time to shower and attend to personal hygiene. For a short time, just before lights out, you may study, write letters, journal, or prepare for the next day's training. Adequate time is allowed for sleep, meals, breaks, and religious worship.



You will dress in the same uniform as all other basic cadets. Male basic cadets will receive two short haircuts during BCT for uniformity and hygiene reasons. Female basic cadet's hair will be styled to meet Air Force requirements. Even after BCT, all cadets must have a standard military haircut or style. There is a cadet beauty shop and two cadet barbershops available in the Cadet Area.

During most of BCT, you will wear an Operational Camouflage Pattern (OCP) for military training, and blue shorts and white T-shirts for exercising and intramural sports competition. As a basic cadet and throughout your fourth-class year, you are not allowed to wear civilian clothes until approved by the Cadet Wing Commander, sometime after Recognition (approximately in April).

If you have trouble adjusting to BCT, you are encouraged to ask for assistance from your cadet chain-of-command, your Air Operating Commander (AOC) your Academy Military Trainer(s) (AMTs), the Peak Performance Center, or a Chaplain.

Upper-class cadets in each BCT squadron are trained to help by providing peer counseling. Above all, you should discuss any adjustment problems as soon as possible.

It is normal for almost everyone to get "cold feet" at the early stages of this challenging milestone in your military career and impulsively want to quit. **We believe it is best for you to not make an impulsive decision that will have a huge impact on your life.** Therefore, disenrollment from the Academy while in BCT will be allowed for medical reasons only or by Commander's discretion.

While this transition may sound difficult, it is a positive experience, and before it is all over, you will be thankful for it. You cannot imagine the positive change you will see in yourself!

Looking Beyond BCT

Once you finish BCT you can look forward to starting your school year and continuing to learn military standards. See below for some information on what to expect.

Typical Cadet's Day

During the Academic year, from early August through May, you will have a busy schedule of classes, study periods, military training, and athletic participation. You will awaken by 5:30 a.m. in order to put your room in order, dress in the cadet uniform of the day, and be on time for breakfast at 7 a.m. After breakfast you will attend morning classes, which begins at 7:30 a.m.

You will attend classes or study until 11:23 a.m., when you will go to your squadron area for the noon meal formation. You'll march to lunch with the cadet wing and have 20 minutes to eat. After lunch there are three classes or study periods in the afternoon, followed by athletics, squadron military training, and/or extra Academic instruction. Evening mealtime is from 5:00 to 7:00 p.m., and Academic call to quarters is at 7:50 p.m. Some military activities will be required in the evening, but most of the time will be devoted to studying in your room or in the library. Your day ends with Taps and lights out at 11:00 p.m. Most cadets find that there is not enough time during the day to complete all their assignments and fulfill all their responsibilities. You will learn that time management and prioritization skills are critical for success. The summer daily schedule will vary depending on your summer program, but you will generally be busy throughout the day.

Rooms in the two dormitories are similar. There are normally two or three cadets per room and each cadet has their own twin sized bed, dresser, and desk. There is a proper location for everything you are allowed to have in your room, and you will be expected to keep your room in perfect order.

Bi-weekly "casual" room inspections ensure you meet standards while frequent (1 to 2 per month) formal room and uniform inspections are guaranteed to teach you the meaning of "attention to detail." In addition to keeping your room clean you are also required to maintain a perfect uniform. You will learn the intricacies of ironing and keeping your shoes shined every day.

Weekends

Generally, six to seven Saturdays are devoted to military training per semester. Training is from Friday afternoon through early Saturday afternoon. Activities during this time include room and uniform inspections, parades, marching practice, military briefings, guest speakers, and professional military education and training. On non-training weekends, you will be permitted to leave the Academy if you have a pass to use. The Academy uses passes as permission for cadets to leave the Academy during off duty periods. The number of individual passes you have will depend on your class year and your overall squadron performance. Passes are gradually increased by class in recognition of added maturity and responsibility. You can find more information on passes and leave periods on the Official U. S. Air Force Academy website under Cadet Life: <https://www.usafa.edu/cadet-life/faq/>.

Leave (Vacation)

You will receive approximately five days of leave each Thanksgiving, two weeks for Winter Break, one week during the Spring semester, and two to three weeks of summer leave during each of your upper-class summers, depending on your summer training programs. If you are deficient in Academics or athletics you may be directed to participate in specific programs in lieu of summer leave. **Cadets must pay their own transportation costs during these breaks.** The 10th Force Support Squadron does provide a round-trip shuttle (for a cost) to both the Colorado Springs and Denver airports during breaks (not to include Summer Break.) Information on shuttles, Information will be sent out when schedules are finalized.

Aviation, Airmanship, and Space Programs

A very large part of the Academy experience involves flying, unmanned aerial systems, and space courses. You can volunteer to enroll in a soaring course, where you can pilot a glider and have the chance to solo. You will also have an opportunity to take an elective course in free-fall parachuting, complete five free-fall parachute jumps and receive your basic military jump wings. The powered flight program allows you the opportunity to fly a T-53 with instructor pilots for either a 4-flight basic airmanship program or a 10-flight program, where you have a chance to fly solo. You can also volunteer for the elective space course to learn about current Air Force space mission areas with hands-on experience and the opportunity to upgrade to a certified ground station operator for the Academy's own satellite, FalconSAT. Additionally, you can explore one of the newest areas of Air Force operations by planning and piloting unmanned aerial systems over the Academy reservation.

Other aviation courses offered vary, ranging from a course on Air Force combat operations to courses designed to prepare you to excel at Specialized Undergraduate Pilot Training (SUPT). We even offer select cadets a chance to serve as Cadet Aviation Instructors, where they gain invaluable leadership experience both in the air and on the ground. If you demonstrate high levels of ability in airmanship programs can compete at the intercollegiate level. All of the cadet aviation teams are nationally recognized and perennially earn top honors. These teams also conduct demonstrations at public events, nationally and internationally.

Cadet Drum and Bugle Corps

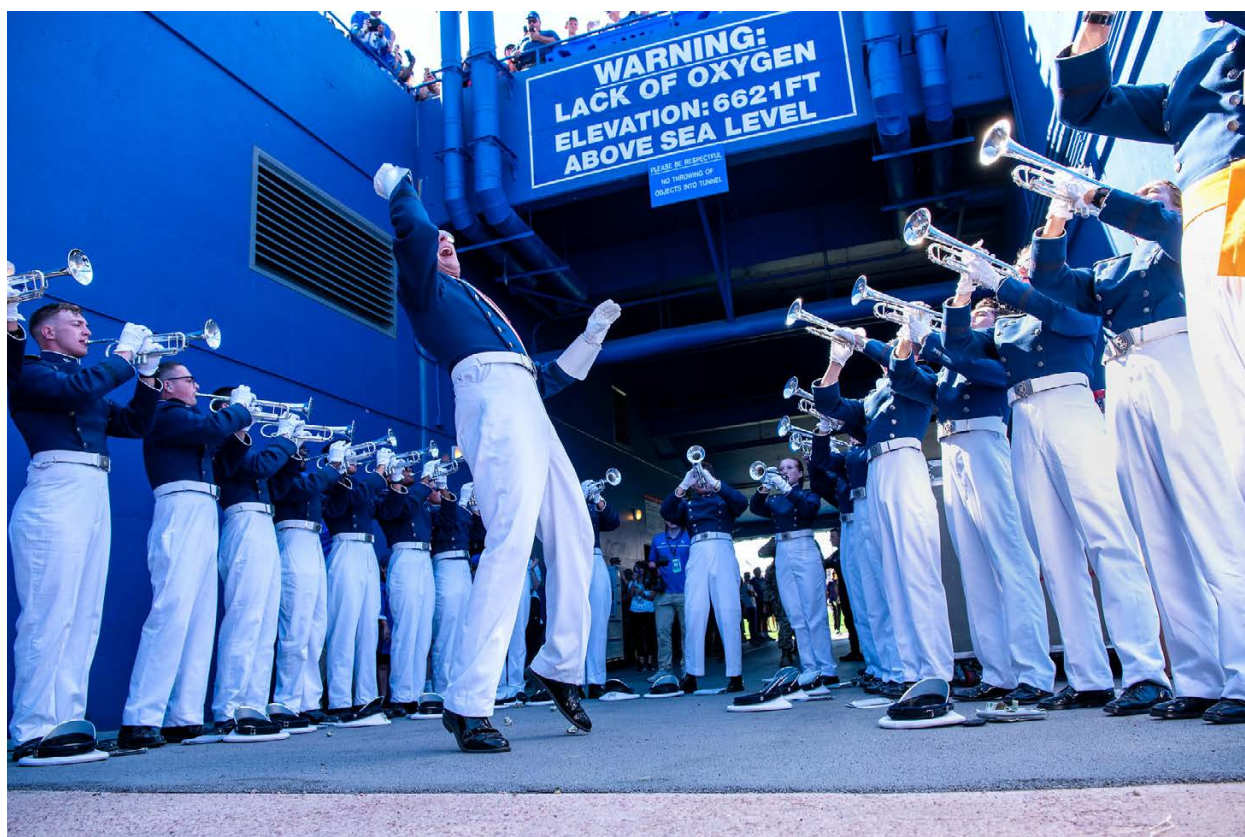
Since 1971, the United States Academy Cadet Drum and Bugle Corps, nicknamed the "Flight of Sound," has entertained more than 100 million people nationwide with exciting performances. The Corps is a live combination of military precision and music; performing an average of 100 times per year, they are known as one of the Academy's ambassadors of musical excellence along with the U. S. Academy Band.

The mission of the Corps is two-fold: support Cadet Wing events and public relations. The Corps performs at Academy home and away football games, as well as travels for parades. Past parade appearances include Presidential Inaugurations, the New York City Macy's Thanksgiving Day Parade, Mardi Gras in New Orleans, and the Tournament of Roses parade in Pasadena, California. In addition, the Corps has traveled to Aspen and Keystone ski resorts here in Colorado to perform at various functions while enjoying skiing opportunities.

You are permitted and encouraged to participate in the Drum and Bugle Corps. You will be allowed to travel with the Corps to all football games and performances away from the Academy with the possibility of travel to a bowl game. Auditions for the Corps will be held immediately following BCT.

If you have ever played any musical instrument, even if it was a few years ago and you stopped, the Corps can use you! Reading music is the Corps' biggest desire. The brass section consists of trumpet, F mellophone (French horn), baritone (trombone), euphonium and (tuba) bugles. The drum line includes snares, tenors, bass drums, and cymbals. Woodwind/string players are also welcome as the transition to a brass or percussion instrument can be fairly quick. You may audition/interview and will be given instruction. All instruments are provided to you.

If you are interested in the Corps, please fill out the Drum and Bugle Corps form on your Admissions Portal Appointee Kit and in Annex B of this handbook. For questions, please contact the D&B director at drum.bugle@usafa.edu. See Annex B in this guide for more. Information.



Academic Programs

The Academy's Academic program is a major element of preparation for your chosen profession. While every cadet must complete a prescribed minimum Academic program, your individual background and ability may offer you additional opportunities. **Prior to arrival, you'll take a mathematics placement exam. During your first week at the Academy, you will take placement exams in general chemistry and foreign language.** These exams will determine whether we can give you validation credit or place you in advanced or accelerated courses. If you have completed a college course, completed a high school course at college level, or have special preparation through self-study, you may attempt to earn transfer credit or validate other subjects by exam. If you have taken any Advanced Placement (AP) tests as part of your AP exams or International Baccalaureate (IB) tests, please ask that the results be reported to the Academy at HQ USAFA/DFVR, 2354 Fairchild Dr., Suite 2G13, USAF Academy CO 80840-6210. Our AP and IB test score validation table is located on page 16 of the Course of Instruction Handbook (<https://www.usafa.edu/app/uploads/2022-2023-COI-with-Front-and-Back-Cover.pdf>) as well as information on transfer credit for previous college-level coursework. If you review your recent courses and textbooks, it will help you do well on the placement exams.

For an in depth description of USAFA Academic programs and majors, you can find the Academic Curriculum Handbook at <https://www.usafa.edu/Academics/core-curriculum/>. Validation credit for AP scores occurs automatically if AP scores are reported directly to the Academy from the College Board at the student's request. If AP scores are not sent to the Academy from the College Board, cadets must bring an official copy of the relevant score to the Office of Student Academic Affairs and Academy Registrar (DFVR). More information on the Divisions, Departments & Programs can be found at <https://www.usafa.edu/Academics/departments/>.

Questions: Student Academic Affairs & Academy Registrar HQ USAFA/DFVR
2354 Fairchild Dr., Suite 2G13, USAF Academy, CO 80840-6210
Telephone: (719) 333-3970
Telephone: DFR.CustomerService@usafa.edu

Academic Success Center

The Academic Success Center (ASC) supports and encourages Academic excellence in you through faculty- led, personalized instruction that advances critical thinking, STEM and communication literacy, and learning strategies. In support of STEM courses, the Quantitative Reasoning Center (QRC) focuses on helping you understand subjects such as Calculus, Physics, Chemistry, and Mechanical Engineering. If you are struggling with the Academy's Academic rigors, the ASC offers a Learning Strategies course, which teaches you how to engage in time-task management, metacognitive learning and memory tactics, and test preparation/test-taking skills. The Writing Center helps you enhance the organization and impact of your written communications through a guided discussion of strengths and areas for improvement. To increase your critical reading strategies, the ASC offers a Reading Strategies course geared to increase comprehension, efficiency, and recall. The newest addition to the Communications Strategies Center within the Academic Success Center is the Public Speaking Lab whose mission is to provide a dedicated space and faculty-led expert advice to hone content, delivery, and organization of presentations for curricular, graduate school, military, research conferences, and other professional contacts. The Center offers English Second Language (ESL) support for U.S. citizens as well as international cadets, who may require individualized instruction in reading and writing as well as extra time on exams. The ASC also offers support for cadets aspiring to attend graduate school after graduation and participate in selected scholarship programs. See the Academic Success Center link for more information: <https://www.usafa.edu/Academic-success-center/>.

Questions: Academic Success Center, 2354 Fairchild Dr., Suite 1A76, USAF CO 80840
Telephone: (719) 333- 6834



Character and Leadership

Building Leaders of Character

Expect the unexpected. Prepare to get pushed beyond what you think your limits are and expect to succeed. The purpose of the Academy is to train leaders of character—officers who ascribe to our core values of integrity first, service before self, and excellence in all we do. To that end, we seek to ensure that each graduate enters the Air Force and Space Force with a unique combination of education and experience—military, athletic, Academic, and ethical—designed to produce leaders who have special qualities. The experiences are largely intellectual and physical challenges. The challenges will begin in BCT and will continue across your next four years. Meeting those challenges requires dedication, sacrifice, stamina, and courage. If you don't stay long enough to try the totality of the experience, you are short-changing yourself and our program.

Living Honorably

The Cadet Honor Code simply states, "We will not lie, steal, or cheat, nor tolerate among us anyone who does," while the Oath includes, "furthermore, I resolve to do my duty and to live honorably, (so help me God)." This is the foundation of the Academy experience.

Developing outstanding character is a crucial part of an Academy education. At its foundation are the Academy Honor Code and our three Air Force core values of **Integrity First, Service Before Self, and Excellence In All We Do**. Our core values form the centerpiece of a cadet's ethical standards. These special standards of good conduct are inexorably tied to the military profession's unique demand for self-discipline, stamina, courage, and selfless service to the nation. We seek to establish an environment

that fosters an attitude of respect, and more specifically, mutual respect. Mutual respect is the top-down and bottom-up respect between and for each person, not just their position.

The goal of the Honor Code and Oath at the Academy is for you to pursue a path of living honorably. Living under the Honor Code demands complete integrity in word and deed. You are accountable to yourself and other cadets. You are expected to report any Honor Code violation. The Honor Code is a minimum standard expected of you.

The Center for Character and Leadership Development (CCLD)

The mission of the Center for Character and Leadership Development (CCLD) is "To serve USAFA by advancing character and leadership development in preparation for service to the nation." These words encompass the broad range of activities for which the CCLD is responsible, with a singular focus on character and leadership development. The Academy's #1 strategic goal is to develop leaders of character in service to our nation. The CCLD is the primary integrator to accomplish that goal. CCLD's efforts directly impact the development of leaders of character not just as you walk across the graduation stage, but also as you enter into the Air and Space Forces to lead us in the face of a dynamic environment.

The Leader of Character Framework exists to help guide your development to possess the attributes necessary to fulfill the nation's expectations in service as officers and citizens. It underpins and reinforces each of the Academy Institutional Outcomes and provides a platform for the growth of life-long leadership. The Framework's purpose is to provide all Academy personnel, military and civilian, with a deliberate, flexible, and foundational conceptual framework to use in developing themselves and others as leaders of character who live honorably, lift others, and elevate performance.

CCLD is located in the iconic Polaris Hall, with its center 105-ft tower pointing towards the North Star—a visible symbol of our commitment to following one's moral compass. Our more visible programs include professional development workshops and seminars for both cadets and permanent party and our world-class National Character and Leadership Symposium (NCLS) each February. NCLS connects cadets and staff to inspirational speakers from around the globe, sparking conversations and reflections about what it means to lead with character. CCLD oversees the Outdoor Leadership Complex, publishes the Journal of Character and Leadership Development, and sends cadets to character and leadership conferences around the nation. CCLD also advises the Academy's senior leaders and curriculum writers on matters of character and leadership development. Much of our behind-the-scenes work involves integrating learning experiences so that our military, Academic, athletic, and aviation programs are synchronized to produce leaders of character for our nation.

In summary, character and leadership development is a crucial, all-encompassing part of your Academy experience. From the time you enter until graduation, you can expect to see various character and leadership development programs in every aspect of your life with the ultimate goal of instilling you with the inner desire to develop yourself and others as leaders of character.

Questions: USAFA/AC, 2300 Cadet Dr., Suite 300, USAF Academy CO 80840
Telephone: (719) 333-4904

Chapel Programs

The Academy provides many Chapel Programs for you while you are here. We invite you to take advantage of the programs that interest you while you are here. More information on the chapel programs can be found at <https://www.usafa.edu/facilities/cadet-chapel/>.

Questions: Cadet Chaplains Corps Staff, HQ USAFA/HCX,
2306 Sijjan Dr. USAF Academy CO 80840
Telephone: (719) 333-2636

Religious Services

The Wing Chaplain's office offers weekly religious services including, but not limited to, Buddhist, Catholic, Earth Centered, Islamic, Jewish, Orthodox Christian, and Protestant services. An All Faiths room is available for meditation and prayer. During BCT, there are religious services available throughout the week. For worship services and times, or if there is an opportunity you would like to be active in that is not listed, contact the Cadet Chapel office at (719) 333-2636. There will be services while the Cadet Chapel is closed for renovation.

Special Programs in Religious Education (SPIRE)

Each Monday evening a variety of religious education classes are offered by the chapel staff and ministry partners. Classes combine study and discussion with fellowship activities. SPIRE is open to all cadets.

Chapel Choirs

There are three choirs sponsored by the Wing Chaplain's office: Catholic Choir, Catholic Schola, and the Church of Jesus Christ of Latter-Day Saints. Additionally, the Protestant community offers Praise Teams. The primary mission of the chapel choirs is to provide a variety of music at worship services and to represent the Academy in local and national appearances.

Cadet Inter-Religious Council

Each major faith group has two cadets on the Cadet Interreligious Council. This council assists the Wing Chaplains with meeting a cadets' religious accommodation requests and planning inclusive programs that foster a healthy religious climate at the Academy. The members of this council provide invaluable feedback and recommendations to the Wing Chaplains' office in order to provide pastoral care and formative religious opportunities for cadets. In addition, the Cadet Interreligious Council brings cadets together in interfaith community service as well as increased dialogue and interfaith discussions to continue improving the religious climate at the Academy.

Weekend Retreats

Off-campus retreats and weekend conferences are a very important part of the Cadet Chapel's program. The Four Degree Retreat is an opportunity to reflect upon their BCT experience and their hopes and plans for the future.

Counseling and Ministry of Presence

During BCT you will see Religious Support Teams (RST) (chaplains and religious affairs airmen) throughout all your activities. During the Academic year, chaplains are readily accessible and available for **100% confidential counseling**. Each of the four cadet groups has an assigned RST to support you and meet your faith concerns at any time. Additionally, you can meet with your chaplain to use them as a sounding board for life's issues in general or seek their guidance on how to navigate Air Force life.

The Cadet Chaplain Corps team provides for religious support and spiritual care. They ensure you have opportunities to exercise your constitutional right to the free exercise of religion. Each chaplain ministers not only to the religious needs of cadets who identify with any particular denomination or faith group, but also to every cadet who seeks assistance with the free exercise of religion, personal problems, questions of faith, or any kind of issue that needs confidential discussion. **Chaplain counselees enjoy total and absolute 100% confidentiality — nothing discussed behind closed doors may be released without the consent of the counselee. This is a privilege that only applies to counseling with chaplains, and to no other counseling services in the military.**

Religious Accommodations

The Department of the Air Force places a high value on the rights of Airmen, Guardians, Cadets, and Cadet Candidates to observe the tenets of their respective religions or to observe no religion at all. Mutual respect and human dignity are essential to our environment, and we want you to reach your highest potential. Here at the Academy, we create an environment in which you are free to practice your religious or secular worldview. Therefore, you may request a religious accommodation by submitting an exception to policy from the dress, appearance, and immunization policies. For requests prior to In-processing day, you must submit a letter addressed to the Academy Superintendent. If you would like to submit a request, please contact the Admissions office at admissionspreaccessionexemptions@afacademy.af.edu or (719) 333-2233. We will send you the template and instructions. The Template Letters are also in this guide at Annex C.

Chaplain Corps Vision

To care for Airman more than anyone thinks possible

Chaplain Corps Mission

To inspiring the readiness of Airman through soul care, leaders advisement, and religious liberty

Cadet Affinity and Culture Clubs

There are also Cadet Affinity/Culture Clubs and other Cadet Clubs available and you can find more information at <https://www.usafa.edu/cadet-life/clubs/>.

Finance and Fee Information

The Academy Financial Services Office provides services for your different financial questions. Please see more information next on the different programs.

Questions: U. S. Air Force Academy Financial Service Office, HQ USAFA/FMF,
5136 Eagle Dr., USAF Academy, CO 80840-5035
Telephone: (719) 333-6982
Email: USAFAFM.FMF.CadetPay@us.af.mil

Discretionary Money

You should bring discretionary money of approximately \$275 plus any anticipated travel funds. This will allow you to purchase items such as toiletries, cleaning supplies, ironing board, etc. at the Cadet Store prior to the first payday on 1 August. The Cadet Store does take credit cards.

Cadet Basic Pay/Advance of Pay

You will earn approximately \$1,270 per month in basic pay. This is to cover a majority of school-related expenses. Since most expenses are incurred within the first eight months (uniforms, computer and textbooks, etc.), you will receive an advance of pay (interest free government loan) to cover these mandatory expenses. The advance pay is automatically paid back within two years by payroll deduction. You can submit scholarship, or 529 Educational fund checks to help pay the advance pay back. More information to follow.

If you separate before the advance is repaid you are expected to return uniform and equipment items acceptable for resale and to repay as much of the advance loan as possible. The remaining debt balance will become taxable income. The debt itself is forgiven.

Class of 2027 Projected Expenses (amounts are subject to change)

July 2023 – June 2024

Uniforms	\$4,440
Servicemembers' Group Life Insurance (SGLI)	\$ 348
Fees (Athletic, Allied Arts)	\$ 180
Textbooks/Media/KAFA/BCT & Yearbook	\$1,987
Computer (hardware, software, maintenance)	\$2,275
Personal Services (barber, laundry, tailor, wlinen, dry	\$1,958
Estimated Expenses	\$10,838
Estimated Income (\$1,273.02 X 12 months)	\$15,276

Questions: Academy Financial Service Office
Telephone: (719) 333-6988/6982
Email: USAFAM.FMF.CadetPay@us.af.mil

Personal Checking and Share Draft Accounts

In order to receive your service pay while in BCT, the Finance Office needs to link your bank or credit union account to the Defense Finance and Accounting Services (DFAS) for direct deposit. On your Appointee portal kit, you will need to provide your routing number and account number (not debit card number) of an existing account or you may open a new account. If you wish, you may open an account at one of the two banking facilities available on the Academy listed below, but no official federal endorsement is given.

Armed Forces Bank. Armed Forces Bank is a full-service bank located on the Academy, focusing on the military customer. They offer an Access checking account that is service charge free with Direct Deposit and includes access to the 30,000 + service charge free ATMs through the Money Pass Network, mobile banking with mobile Deposit, and one day early posting of DFAS pay.

Currently their office is located in the Cadet area (Sijan Hall) and they have ATM's in both Vandenberg and Sijan Hall dormitories but will be closing their physical locations on the Academy soon.

You may request an Access checking account online at <https://www.afbank.com/openrecruit>. Complete and sign the signature card and scan/email or fax it with a copy of your photo ID to: recruit@afbank.com or fax (816) 412-0055. You can add your parents to the account during Parents Weekend if you choose to.

If you have any questions or for additional banking information, contact us at (844) 72-SERVE (844) 727-3783 or email us at recruit@afbank.com. You may also contact Patty Tate: (913) 364-3546, ptate@dfckc.com or Jennifer Reed: (913)364-3587, jreed@dfckc.com.

Air Academy Federal Credit Union (AAFCU). AAFCU is a full-service financial institution offering checking and savings accounts, auto loans, Certified Financial Engagement Coaches to assist with establishing credit and budgeting amongst much more, and robust electronic services – including video banking, online banking, mobile app, online bill paying, and access to nearly 30,000 surcharge-free ATMs nationwide. The credit union is located on base in the Community Center, Building 5136. There are four 24-hour ATMs located on base – at the branch, Fairchild Hall, Arnold Hall and a drive-up ATM is located between the Base Exchange and Commissary. In addition, AAFCU is a part of the Shared Branching Network, giving you access to your account nationwide. Visit [Cadet/Prep Account](#) to open an account today.

Questions: Air Academy Federal Credit Union (AAFCU)
Telephone: (800) 223-1983 ext. 1458
Email: cadetaccounts@aafcu.com

Personal Debts

All of your personal debts must be settled before your arrival at the Academy.

Scholarships and/or Educational Investment Funds

Scholarships: Agencies should issue scholarship proceeds directly to you. When a scholarship agency is unable to make payment directly you, the scholarship may be accepted for credit to your pay account provided there are no restrictions on the scholarship and the check is payable to the U.S. Treasury.

Restrictions are any condition or limitation an agency places on the use of their scholarship funds. Restriction examples: "must be used for tuition, room and/or board," "student is required to maintain a specific GPA," "scholarship funds will be paid back if cadet disenrolls," etc. Scholarships silent on restrictions will be treated as non-restrictive and accepted. Once a scholarship is accepted it is never refunded to the agency granting the scholarship, even if you disenroll. Checks should be made payable to U. S. Treasury and mailed to the Cadet Pay Office at HQ USAFA/FMF, 5136 Eagle Dr., USAF Academy, CO 80840-5035. **NO CHECKS WILL BE ACCEPTED UNTIL AFTER 1 SEP.** Be sure to write your full name and social security number on the check.

Investment Plans: The individual owner or administrator of the educational investment plan determines the valid use of the funds based on specific fund requirements and any state, federal and/or IRS restrictions. The owner/administrator shall consult their financial advisor, tax advisor or legal advisor to ensure the specific fund rules are followed and if there are procedures for providing proceeds directly to you. Investment plan proceeds will not be accepted and shall be returned to the originator.

The Academy is prohibited by law (10 USC 4360) from charging for tuition or room and board and does not issue IRS Form 1098-T, Tuition Statement. Any tax consequence resulting from receipt of scholarships and/or educational investment plan proceeds is your responsibility.

More information on how to submit a Scholarship check is located on the Academy Parent webpage under Frequently Asked Questions/under Financial Information link at <https://www.usafa.edu/parents/faq/>.

Questions: U. S. Air Force Academy Financial Service Office, HQ USAFA/FMF,
5136 Eagle Dr., USAF Academy, CO 80840-5035
Telephone: (719) 333-6982
Email: USAFAM.FMFCadetPay@us.af.mil

Federal Income Tax

Your parents or guardians may have questions concerning the income tax consequences of cadet pay and allowances. This section will furnish them with that information from the standpoint of both **your** tax return and **their** return. This information is based on the tax law and current rulings of treasury officials.

However, it is informative only and should not be considered the official position of the Internal Revenue Service (IRS).

Tax Withholding

Federal and State tax withholding will be started at the filing status of single with one exemption. The state of legal residence will be automatically inputted based on the home of record on file for you. You may change your state for tax withholding at any time by completing a State of Legal Residence Declaration in the Cadet Pay office, located in Vandenberg Hall, room 3C24. You are required to file

their own income tax returns while at the Academy. As a fourth-class cadet entering the Academy in June, you will earn approximately \$7,638, which you must report as income from the Air Force.

Once you become a cadet at the Academy, **you are considered a member of the active military**, and are no longer dependent upon your parents for support. You are considered supported by the Air Force or by yourself. (See Internal Revenue Service (IRS) Publication 17). However, since you are entering as a fourth-class cadet you were probably a dependent of your parents for the year before you entered the Academy, you may possibly be claimed as a dependent on their return for part of that year. In order to claim you as an income tax exemption, your parents must have contributed more than half of your total support for the year. "More than half of support" refers to dollar value, and not to the length of time support was given. Following the steps below will help determine whether the "more than half of support" test is met. NOTE: Effective 1 January 1987, if you can be claimed as a dependent on the tax return of another taxpayer, then you may not claim yourself as a personal exemption on your tax return. Thus, if you are claimed on your parents' return, you may not claim yourself as an exemption when you file your own return for that year. After the fourth-class year when your parents may no longer claim you as a dependent on their return, you may claim yourself as an exemption when you file your own tax return.

Compute the value of support contributed by your parent or guardian in 2023. Compute the value of support contributed by you and your parents or guardians and others (include support provided by the U. S. Air Force.)

Compare your parents' or guardians' share of the total with that provided by you, the Air Force, or others. If your parents' or guardians' share is more than 50 percent of your total support, they meet the support test and can take the dependency exemption. In determining how much your parents or guardians contributed to your support, a parent or guardian may include the cost of clothing, medical and dental care, education, medical insurance premiums, transportation, entertainment, presents, etc., for you. If you lived at home during the first six months of the year, a proportionate amount of the family food bill and utilities, fair rental value of lodging furnished, etc., may also be included. Educational expenses might include cost of tuition, books, board, and lodging, school supplies, and transportation to and from school if you attended college, preparatory school, or high school prior to entering the Academy.

In computing the value of support furnished you from sources other than a parent or guardian, both taxed and untaxed amounts must be included. Your taxable pay must, of course, be included. In addition, the fair value of the food, lodging, medical care, education, and other services furnished you by the Air Force must also be included even though their value is not taxed as income to you.

The IRS has ruled that an appointment to the Academy is not a scholarship. Thus, the cadet must include value of the education as support from sources other than the parents or guardians.

The amount of support contributed by the Air Force for one semester of education, food, lodging, cadet pay, etc., is \$32,385. Compare this figure to the amount of support provided by the parents. If the parents' figure is higher, then the parents can claim the cadet as a dependent on their income tax return and the cadet cannot claim a personal exemption. If the \$32,385 figure is larger than the amount provided by the parents, then the cadet will claim a personal exemption on his or her income tax return, and the parents cannot claim the cadet as a dependent on their income tax return.

Questions: Legal Office, HQ USAFA/JA, 2304 Cadet Dr., USAF Academy CO 80840
Telephone: (719) 333-3920

Social Security Benefits

Since you are attending the Academy you are excluded from receiving Social Security benefits.

Current Social Security regulations state, Cadets and Midshipmen of the service academies are in the same situation as military personnel attending schools operated by the Armed Forces such as officer candidate schools, electronic schools, etc. You are considered to be on active duty in the armed forces while attending the academies and are, therefore, employees of the United States. You are entitled to basic pay at a monthly rate specified by law and are required to complete the courses of instruction at the academies. If you are a recipient of Social Security benefits, you must notify your local Social Security Office that you have accepted an appointment to the Academy and will be entering with the Class of 2027 in June.

As a full-time student provided with free room and board, you are also not eligible for food assistance programs (e.g. food stamps) while in cadet status and at USAFA.

Questions: Academy Financial Service Office, 2304 Cadet Dr., Suite 2200,
USAF Academy CO 80840
Telephone: (719) 333-6988/6982
Email: USAFAFM.FMF.CadetPay@us.af.mil

Information for You and Your Family

Parent Contact: During BCT, your parents and friends are not allowed to call or visit you. You will be instructed to write home immediately after arriving to give your parents/guardians an update on your status. The Cadet Wing leadership requests that all questions and concerns from parents during BCT be directed to the Academy Parent Liaison Team. The answers to many parent questions can be found by checking the Academy Parent webpage at www.usafa.edu/parents.

If the Parent Liaison Team cannot be contacted in an emergency, your parents can reach you by calling the Cadet Wing Command Center at (719) 333-2910, 2911 or 2912 (only for emergencies, no social calls please).

Air Force Academy Local Parents' Clubs

There are nearly 90 parents' clubs that serve as an informal means of keeping parents (or guardians) updated on activities at the Academy and provide an opportunity for your parents to become acquainted with other Academy parents in your area. Additionally, most clubs host events and activities locally and here at the Academy.

The USAFA Parent Liaison Team would like to provide appointee and parent/guardian contact information to your local parent club, but due to the Privacy Act of 1974 we must have permission from you and your parents to do so. Providing contact information enables the local clubs to invite your parents or guardians to join and attend club functions. Many clubs have an Appointee orientation prior to In-Processing Day that you and your parents can attend to meet current cadets, other appointees, and other parents. There are statements in the Admissions portal asking for permission to release your contact information. If you would like to release your information, check the appropriate response. . If your parents would like to release their contact information to your local parent club, please download the parent information release form located on the Admissions Appointee portal and ask your parents to, fill out, sign, and send the completed form to the USAFA Parent Liaison Team at the email or mailing address listed below. If you have questions regarding the parent club in your area, please contact the Parent Liaison Team.

This release will also allow us to share contact information with your Class Year Parents' Spirit

Committee. These committees do things for the whole class. Even if your parents do not wish to release their contact information to the local parent club, please consider releasing your information (minimum: Name, Class year, City, State, Zip Code).

Questions: USAFA Parent Liaison Team, HQ USAFA/CM ATTN: Parent Liaison Team,
2304 Cadet Dr., Suite 3100 USAF Academy CO 80840-5002
Telephone Toll Free: (877)-268-3383 or (719) 333-3828
Email: USAFA.ParentLiaison@afacademy.af.edu

Photo Coverage of Basic Cadet Training

Academy Public Affairs Operations, Cadet Wing Media, and the Association of Graduates (AOG) provide photo coverage of most aspects of BCT.

The Academy's Public Affairs Operation's office provides information to the installation and the public. One of the ways we do this is through social media venues such as Facebook, Flickr, Twitter, Instagram and YouTube. All information provided is official, but there is also fun stuff on there too. Social media links are located at the bottom of the Academy homepage, <https://www.usafa.edu/>.

The Association of Graduates (AOG) also provides pictures to members during BCT, and all year, via the WebGuy Program website www.usafawebguy.com as part of their Family Plan Membership. If you want to become a member of the AOG, please go to www.usafawebguy.com/Membership.

Doolie Day Out

Doolie Day Out (DDO) is an integral part of BCT. On DDO, you will be assigned a local host/sponsor family for the day (recruited athletes will be assigned to their coaches). DDO host families are registered families who live in the Greater Colorado Springs area, within 50 miles of the Academy. Most DDO host families become Academic year sponsor families, but some may only host basic cadets on DDO. If you like your host family, ask them if they would sponsor you during the Academic year. If they agree, they should contact the Cadet Sponsor Office with a by-name email request at cadet.sponsor@afacademy.af.edu. You will have about 2 weeks from DDO to send a by-name or special request to the Cadet Sponsor Office for the sponsor family.

DDO host family assignment letters will be given to you the day prior to the DDO and you will be reminded to hand-carry the letter with you to the pick-up area. Additionally, you will normally be given your cellphone either the night prior or the morning of DDO. You will be instructed **NOT** to use your cell phone while in the DDO pick-up area, nor in the car with host families. Time in the car should be utilized to chat with the family and get to know them.

On DDO, you are released only to your registered host family and are not authorized to be picked up/dropped off with family or friends at any time during the day. This is strictly prohibited and will result in serious consequences. You will be informed of these restrictions prior to release and your host family will be aware they cannot release you to anyone during the day.

Parents living within 50 miles of the Academy who wish to host you on DDO and/or become your official sponsor, may register to be a host/sponsor family starting in May. Only registered families with proper credentials will be allowed in to the DDO pick-up area. If you are not feeling well on DDO you will remain in the Cadet Area with cadre/BCT supervisors. We encourage you to pass host/sponsor families' names and contact info to your parents. The Cadet Sponsor Office or the Parent Liaison Team

are not authorized to release that information.

Non-Sponsor parents should **NOT** visit the Academy on DDO in hopes of spending the day with you. DDO is considered a BCT event and not a "day off". The appropriate times for parents to visit are Acceptance Day (A Day) or Parents' Weekend.

Questions: Cadet Sponsor Office, HQ_CW/CWTT, 2354 Faculty Dr.,
USAF Academy CO 80840
Telephone: (719) 333-2727
Email: cadet.sponsor@afacademy.af.edu

Cadet Sponsor Program

The Cadet Sponsor Program encourages active duty, retired and reserve officers, senior noncommissioned officers, Academy alumni, Department of Defense civilians and select local civilians to become volunteer mentors to you. Through this personal involvement, you will interact with individuals who counsel and advise you on military life and the positive aspects of a military career. The program also provides you a home away from home while exposing you to the military lifestyle and positive adult role models.

Sponsors develop an individual, yet professional, relationship with you, and are not paid in any way. This interaction is essential to your professional and social development.

The Sponsor Program is offered for all four years at the Academy but is especially encouraged for you as a fourth-class cadet.

You and/or a sponsor family may make a by-name request for each other, and the Cadet Sponsor office will attempt to honor the requests. If you have a by-name request you should ask the requested sponsors to contact the Cadet Sponsor office to request a registration packet; otherwise, the family will not be matched with you.

If you are a former Prep School cadet candidate and wish to keep your Prep School sponsor, please ask the sponsor family to register with the Cadet Sponsor Office. If the family is already registered with the Academy program, they should contact the Cadet Sponsor Office with a by-name request for you.

New sponsors may apply at any time; however, the deadline to process by-name requests prior to Parents' Weekend is **15 Aug**. Outside of by-name requests, the Cadet Sponsor office utilizes common interests/criteria to match you with sponsors. You may opt out of the program by sending an email to the Cadet Sponsor Office. For more information on the program or to opt out of the program, contact the Cadet Sponsor Office. To request a registration packet, send an email or leave a voicemail with your email address with the Cadet Sponsor office.

Note: The Academy's Cadet Sponsor Program is not affiliated with the Preparatory School Sponsor Program or the DF International Programs (DFIP) Sponsor Program.

Questions: Cadet Sponsor Office, HQ_CW/CWTT, 2354 Faculty Dr.,
USAF Academy CO 80840
Telephone: (719) 333-2727
Email: cadet.sponsor@afacademy.af.edu

Parents' Weekend

Parents' Weekend (PW) is scheduled for Labor Day weekend from early Friday, 1 September until Monday, 4 September. Some of the scheduled events during the weekend include an information fair, a cadet wing parade, squadron open houses, Academy Planetarium shows, and a home football game. Travel and lodging arrangements should be made as early as possible. Guests should arrive prior to Friday, as this is the primary day of activities.

Updated schedules and the latest information will be posted on the Academy web site once finalized at <https://www.usafa.edu/about/traditions/parents-weekend/>.

Questions: Academy Parent Liaison Team, HQ USAFA/CM ATTN: Parent Liaison Team,
2304 Cadet Dr., Ste 3100, USAF Academy CO 80840
Telephone: (877) 268-3383 or (719) 333-3828

ANNEX A

Physical Fitness Preparation Workouts

Medical Personnel recommend starting workouts at least 8 to 12 weeks prior to I-Day

Calisthenics – Day #1 & Day #2																							
Warm Up																							
Jumping Jacks x 20 VIDEO DEMO Skip w. Arm Swings x 10 VIDEO DEMO World's Greatest Stretch x 4ea VIDEO DEMO High Kick Single Leg RDL x 4ea VIDEO DEMO Rise & Shine Squat x4 VIDEO DEMO Rise & Shine Pushup x 4 VIDEO DEMO ATW Lunge & Reach x 1ea VIDEO DEMO Pogo w. Alternating Split Jump x 5ea VIDEO DEMO (A)Skip x 20 VIDEO DEMO Wideout 2 × 5 VIDEO DEMO			Complete each exercise in sequence																				
Block #1 – PFT Exercises																							
A. Pull-ups 3 × 5 + 1 MAX Effort Set VIDEO DEMO B. Pushups 3 × 10 + 1 MAX Effort Set VIDEO DEMO C. Sit-ups 3 × 15 + 1 MAX Effort Set for 1 Minute VIDEO DEMO			Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets																				
Block #2 – Leg Circuit VIDEO DEMO																							
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Leg Circuit #1</th> <th style="text-align: center;">Full</th> <th style="text-align: center;">3/4</th> <th style="text-align: center;">Half</th> </tr> </thead> <tbody> <tr> <td>Alternating Reverse Lunges</td> <td style="text-align: center;">20/10 each</td> <td style="text-align: center;">16/8 each</td> <td style="text-align: center;">10/5 each alternating</td> </tr> <tr> <td>Split Jumps</td> <td style="text-align: center;">20/10 each</td> <td style="text-align: center;">16/8 each</td> <td style="text-align: center;">105 each squat</td> </tr> <tr> <td>Jumps</td> <td style="text-align: center;">10</td> <td style="text-align: center;">8</td> <td style="text-align: center;">5</td> </tr> <tr> <td>Complete x</td> <td style="text-align: center;">4 Rounds</td> <td style="text-align: center;">1 Rounds</td> <td style="text-align: center;">0 Rounds</td> </tr> </tbody> </table>			Leg Circuit #1	Full	3/4	Half	Alternating Reverse Lunges	20/10 each	16/8 each	10/5 each alternating	Split Jumps	20/10 each	16/8 each	105 each squat	Jumps	10	8	5	Complete x	4 Rounds	1 Rounds	0 Rounds	Complete the designated number of Full rounds first, ¾ rounds second, and half rounds last; utilize a 1:1 work to rest ratio
Leg Circuit #1	Full	3/4	Half																				
Alternating Reverse Lunges	20/10 each	16/8 each	10/5 each alternating																				
Split Jumps	20/10 each	16/8 each	105 each squat																				
Jumps	10	8	5																				
Complete x	4 Rounds	1 Rounds	0 Rounds																				
Cooldown																							
Lateral Side Bend with Triceps Stretch (S) (R & L) VIDEO DEMO Chest Stretch to Forward Fold (S) VIDEO DEMO Standing Quadriceps Stretch (S) (R & L) VIDEO DEMO Cross-Body Shoulder Stretch (S) (R & L) VIDEO DEMO Figure Four (S) (R & L) VIDEO DEMO Frog Squat (S) VIDEO DEMO Down Dog to Runners Lunge (R & L) VIDEO DEMO Seated Twist (G) (R & L) VIDEO DEMO Child Pose (G) VIDEO DEMO			Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total (S) = Standing (G) = Ground																				

Calisthenics – Day #3 & Day #4

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – PFT Exercises

- A. Pull-ups 3 x 6 + 1 MAX Effort Set [VIDEO DEMO](#)
 B. Pushups 3 x 12 + 1 MAX Effort Set [VIDEO DEMO](#)
 C. Sit-ups 3 x 20 + 1 MAX Effort Set for 1 Minute and 10 Seconds [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets

Block #2 – Leg Circuit [VIDEO DEMO](#)

Leg Circuit #1	Full	3/4	Half
Alternating Reverse Lunges	20/10 each	16/8 each	10/5 each alternating
Split Jumps	20/10 each	16/8 each	105 each squat
Jumps	10	8	5
Complete x	4 Rounds	1 Rounds	0 Rounds

Complete the designated number of Full rounds first, ¾ rounds second, and half rounds last; utilize a 1:1 work to rest ratio

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Calisthenics – Day #5 & Day #6

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – PFT Exercises

- A. Pull-ups 3 x 7 + 1 MAX Effort Set [VIDEO DEMO](#)
 B. Pushups 3 x 15 + 1 MAX Effort Set [VIDEO DEMO](#)
 C. Sit-ups 3 x 25 + 1 MAX Effort Set for 1 Minute and 20 Seconds [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets

Block #2 – Leg Circuit [VIDEO DEMO](#)

Leg Circuit #1	Full	3/4	Half
Alternating Reverse Lunges	20/10 each	16/8 each	10/5 each alternating
Split Jumps	20/10 each	16/8 each	105 each squat
Jumps	10	8	5
Complete x	4 Rounds	1 Rounds	0 Rounds

Complete the designated number of Full rounds first, ¾ rounds second, and half rounds last; utilize a 1:1 work to rest ratio

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Calisthenics – Day #7 & Day #8

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – PFT Exercises

- A. Pull-ups 3 x 8 + 1 MAX Effort Set [VIDEO DEMO](#)
 B. Pushups 3 x 16 + 1 MAX Effort Set [VIDEO DEMO](#)
 C. Sit-ups 3 x 30 + 1 MAX Effort Set for 1 Minute and 30 Seconds [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets

Block #2 – Leg Circuit [VIDEO DEMO](#)

Leg Circuit #1	Full	3/4	Half
Alternating Reverse Lunges	20/10 each	16/8 each	10/5 each alternating
Split Jumps	20/10 each	16/8 each	105 each squat
Jumps	10	8	5
Complete x	4 Rounds	1 Rounds	0 Rounds

Complete the designated number of Full rounds first, ¾ rounds second, and half rounds last; utilize a 1:1 work to rest ratio

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Calisthenics – Day #7 & Day #8

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – PFT Exercises

- A. Pull-ups 3 x 8 + 1 MAX Effort Set [VIDEO DEMO](#)
 B. Pushups 3 x 16 + 1 MAX Effort Set [VIDEO DEMO](#)
 C. Sit-ups 3 x 30 + 1 MAX Effort Set for 1 Minute and 30 Seconds [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets

Block #2 – Leg Circuit [VIDEO DEMO](#)

Leg Circuit #1	Full	3/4	Half
Alternating Reverse Lunges	20/10 each	16/8 each	10/5 each alternating
Split Jumps	20/10 each	16/8 each	105 each squat
Jumps	10	8	5
Complete x	4 Rounds	1 Rounds	0 Rounds

Complete the designated number of Full rounds first, ¾ rounds second, and half rounds last; utilize a 1:1 work to rest ratio

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Calisthenics – Day #9 & Day #10

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – PFT Exercises

- A. Pull-ups 3 x 9 + 1 MAX Effort Set [VIDEO DEMO](#)
 B. Pushups 3 x 18 + 1 MAX Effort Set [VIDEO DEMO](#)
 C. Sit-ups 3 x 35 + 1 MAX Effort Set for 1 Minute and 40 Seconds [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets

Block #2 – Leg Circuit [VIDEO DEMO](#)

Leg Circuit #1	Full	3/4	Half
Alternating Reverse Lunges	20/10 each	16/8 each	10/5 each alternating
Split Jumps	20/10 each	16/8 each	105 each squat
Jumps	10	8	5
Complete x	4 Rounds	1 Rounds	0 Rounds

Complete the designated number of Full rounds first, ¾ rounds second, and half rounds last; utilize a 1:1 work to rest ratio

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Calisthenics – Day #11 & Day #12

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – PFT Exercises

- A. Pull-ups 3 x 10 + 1 MAX Effort Set [VIDEO DEMO](#)
 B. Pushups 3 x 20 + 1 MAX Effort Set [VIDEO DEMO](#)
 C. Sit-ups 3 x 40 + 1 MAX Effort Set for 1 Minute and 50 Seconds [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets

Block #2 – Leg Circuit [VIDEO DEMO](#)

Leg Circuit #1	Full	3/4	Half
Alternating Reverse Lunges	20/10 each	16/8 each	10/5 each alternating
Split Jumps	20/10 each	16/8 each	105 each squat
Jumps	10	8	5
Complete x	4 Rounds	1 Rounds	0 Rounds

Complete the designated number of Full rounds first, ¾ rounds second, and half rounds last; utilize a 1:1 work to rest ratio

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Calisthenics – Day #13 & Day #14

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – PFT Exercises

- A. Pull-ups 3 x 11 + 1 MAX Effort Set [VIDEO DEMO](#)
 B. Pushups 3 x 22 + 1 MAX Effort Set [VIDEO DEMO](#)
 C. Sit-ups 3 x 45 + 1 MAX Effort Set for 2 Minutes [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets

Block #2 – Leg Circuit [VIDEO DEMO](#)

Leg Circuit #1	Full	3/4	Half
Alternating Reverse Lunges	20/10 each	16/8 each	10/5 each alternating
Split Jumps	20/10 each	16/8 each	105 each squat
Jumps	10	8	5
Complete x	4 Rounds	1 Rounds	0 Rounds

Complete the designated number of Full rounds first, ¾ rounds second, and half rounds last; utilize a 1:1 work to rest ratio

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Calisthenics – Day #15 & Day #16

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – PFT Exercises

- A. Pull-ups 3 x 12 + 1 MAX Effort Set [VIDEO DEMO](#)
 B. Pushups 3 x 25 + 1 MAX Effort Set [VIDEO DEMO](#)
 C. Sit-ups 3 x 50 + 1 MAX Effort Set for 2 Minutes [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C; repeat for 4 rounds; rest as needed between sets

Block #2 – Leg Circuit [VIDEO DEMO](#)

Leg Circuit #1	Full	3/4	Half
Alternating Reverse Lunges	20/10 each	16/8 each	10/5 each alternating
Split Jumps	20/10 each	16/8 each	10/5 each squat
Jumps	10	8	5
Complete x	4 Rounds	1 Rounds	0 Rounds

Complete the designated number of Full rounds first, ¾ rounds second, and half rounds last; utilize a 1:1 work to rest ratio

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Anaerobic – Day #1

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Jump Curcuit

- A. Drop Jump 2 x 6 [VIDEO DEMO](#)
- B. Countermovement Jump 2 x 6 [VIDEO DEMO](#)
- C. Tuck Jump 2 x 6 [VIDEO DEMO](#)
- D. Broad Jump 2 x 6 [VIDEO DEMO](#)
- E. Continuous Jump 2 x 6 [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C, one set of D, one set of E; repeat for 2 rounds; rest as needed between exercises/sets

Block #2 – Sprints

Sprint #	#1	#2	#3	#4	#5	#6
Distance	50 yd	50 yd	50 yd	50 yd	50 yd	50 yd
Time at Start	0:00	2:00	4:00	6:00	8:00	10:00
Time at End M/W	0:07 or 0:08	2:07 or 2:08	4:07 or 4:08	6:07 or 6:08	8:07 or 8:08	10:07 or 10:08

Complete each repetition for the designated distance; start a running clock at the beginning of sprint #1; adhere to start and end times for men/women

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Anaerobic – Day #2

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Jump Circuit

- A. Drop Jump 2 x 6 [VIDEO DEMO](#)
- B. Countermovement Jump 2 x 6 [VIDEO DEMO](#)
- C. Tuck Jump 2 x 6 [VIDEO DEMO](#)
- D. Broad Jump 2 x 6 [VIDEO DEMO](#)
- E. Continuous Jump 2 x 6 [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C, one set of D, one set of E; repeat for 2 rounds; rest as needed between exercises/sets

Block #2 – Sprints

Sprint #	#1	#2	#3	#4	#5	#6
Distance	50 yd	50 yd	50 yd	50 yd	50 yd	100 yd
Time at Start	0:00	2:00	4:00	6:00	8:00	11:00
Time at End M/W	0:07 or 0:08	2:07 or 2:08	4:07 or 4:08	6:07 or 6:08	8:07 or 8:08	11:14 or 11:16

Complete each repetition for the designated distance; start a running clock at the beginning of sprint #1; adhere to start and end times for men/women

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Anaerobic – Day #3

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Jump Circuit

- A. Drop Jump 2 x 6 [VIDEO DEMO](#)
- B. Countermovement Jump 2 x 6 [VIDEO DEMO](#)
- C. Tuck Jump 2 x 6 [VIDEO DEMO](#)
- D. Broad Jump 2 x 6 [VIDEO DEMO](#)
- E. Continuous Jump 2 x 6 [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C, one set of D, one set of E; repeat for 2 rounds; rest as needed between exercises/sets

Block #2 – Sprints

Sprint #	#1	#2	#3	#4	#5	#6
Distance	50 yd	50 yd	50 yd	50 yd	100 yd	100 yd
Time at Start	0:00	2:00	4:00	6:00	9:00	12:00
Time at End M/W	0:07 or 0:08	2:07 or 2:08	4:07 or 4:08	6:07 or 6:08	9:14 or 9:16	12:14 or 12:16

Complete each repetition for the designated distance; start a running clock at the beginning of sprint #1; adhere to start and end times for men/women

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
 (G) = Ground

Anaerobic – Day #4

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Jump Circuit

- A. Drop Jump 2 x 6 [VIDEO DEMO](#)
- B. Countermovement Jump 2 x 6 [VIDEO DEMO](#)
- C. Tuck Jump 2 x 6 [VIDEO DEMO](#)
- D. Broad Jump 2 x 6 [VIDEO DEMO](#)
- E. Continuous Jump 2 x 6 [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C, one set of D, one set of E; repeat for 2 rounds; rest as needed between exercises/sets

Block #2 – Sprints

Sprint #	#1	#2	#3	#4	#5	#6
Distance	50 yd	50 yd	50 yd	100 yd	100 yd	100 yd
Time at Start	0:00	2:00	4:00	7:00	10:00	13:00
Time at End M/W	0:07 or 0:08	2:07 or 2:08	4:07 or 4:08	7:14 or 7:16	10:14 or 10:16	13:14 or 13:16

Complete each repetition for the designated distance; start a running clock at the beginning of sprint #1; adhere to start and end times for men/women

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing

(G) = Ground

Anaerobic – Day #5

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Jump Circuit

- A. Drop Jump 2 x 6 [VIDEO DEMO](#)
- B. Countermovement Jump 2 x 6 [VIDEO DEMO](#)
- C. Tuck Jump 2 x 6 [VIDEO DEMO](#)
- D. Broad Jump 2 x 6 [VIDEO DEMO](#)
- E. Continuous Jump 2 x 6 [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C, one set of D, one set of E; repeat for 2 rounds; rest as needed between exercises/sets

Block #2 – Sprints

Sprint #	#1	#2	#3	#4	#5	#6
Distance	50 yd	50 yd	100 yd	100 yd	100 yd	100 yd
Time at Start	0:00	2:00	5:00	8:00	11:00	14:00
Time at End M/W	0:07 or 0:08	2:07 or 2:08	5:14 or 5:16	8:14 or 8:16	11:14 or 11:16	14:14 or 14:16

Complete each repetition for the designated distance; start a running clock at the beginning of sprint #1; adhere to start and end times for men/women

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Anaerobic – Day #6

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Jump Circuit

- A. Drop Jump 2 x 6 [VIDEO DEMO](#)
- B. Countermovement Jump 2 x 6 [VIDEO DEMO](#)
- C. Tuck Jump 2 x 6 [VIDEO DEMO](#)
- D. Broad Jump 2 x 6 [VIDEO DEMO](#)
- E. Continuous Jump 2 x 6 [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C, one set of D, one set of E; repeat for 2 rounds; rest as needed between exercises/sets

Block #2 – Sprints

Sprint #	#1	#2	#3	#4	#5	#6
Distance	50 yd	50 yd	100 yd	100 yd	100 yd	100 yd
Time at Start	0:00	3:00	6:00	9:00	12:00	15:00
Time at End M/W	0:07 or 0:08	3:14 or 3:16	6:14 or 6:16	9:14 or 9:16	12:14 or 12:16	15:14 or 15:16

Complete each repetition for the designated distance; start a running clock at the beginning of sprint #1; adhere to start and end times for men/women

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Anaerobic – Day #7

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Jump Circuit

- A. Drop Jump 2 x 6 [VIDEO DEMO](#)
- B. Countermovement Jump 2 x 6 [VIDEO DEMO](#)
- C. Tuck Jump 2 x 6 [VIDEO DEMO](#)
- D. Broad Jump 2 x 6 [VIDEO DEMO](#)
- E. Continuous Jump 2 x 6 [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C, one set of D, one set of E; repeat for 2 rounds; rest as needed between exercises/sets

Block #2 – Sprints

Sprint #	#1	#2	#3	#4	#5	#6
Distance	100 yd	50 yd	100 yd	100 yd	100 yd	100 yd
Time at Start	0:00	3:00	6:00	9:00	12:00	15:00
Time at End M/W	0:14 or 0:16	3:14 or 3:16	6:14 or 6:16	9:14 or 9:16	12:14 or 12:16	15:14 or 15:16

Complete each repetition for the designated distance; start a running clock at the beginning of sprint #1; adhere to start and end times for men/women

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Anaerobic – Day #8

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Jump Circuit

- A. Drop Jump 2 x 6 [VIDEO DEMO](#)
- B. Countermovement Jump 2 x 6 [VIDEO DEMO](#)
- C. Tuck Jump 2 x 6 [VIDEO DEMO](#)
- D. Broad Jump 2 x 6 [VIDEO DEMO](#)
- E. Continuous Jump 2 x 6 [VIDEO DEMO](#)

Complete one set of A, one set of B, one set of C, one set of D, one set of E; repeat for 2 rounds; rest as needed between exercises/sets

Block #2 – Sprints

Sprint #	#1	#2	#3	#4	#5	#6
Distance	100 yd	50 yd	100 yd	100 yd	100 yd	100 yd
Time at Start	0:00	3:00	6:00	9:00	12:00	15:00
Time at End M/W	0:14 or 0:16	3:14 or 3:16	6:14 or 6:16	9:14 or 9:16	12:14 or 12:16	15:14 or 15:16

Complete each repetition for the designated distance; start a running clock at the beginning of sprint #1; adhere to start and end times for men/women

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Aerobic – Day #1

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Locomotion Drills

Jog & Backpedal x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Arm Swings x 20 Yards [VIDEO DEMO](#)
 Skip w. Arm Circles x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Front/Reverse Pivots x 20 Yards [VIDEO DEMO](#)
 Gallop x 20 Yards [VIDEO DEMO](#)
 Carioca x 20 Yards [VIDEO DEMO](#)
 Gallop w. Flying Lead Change x 20 Yards [VIDEO DEMO](#)
 Running 360s x 20 Yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way

Block #2 – Track Intervals

- Run 200 meters in 45 seconds
 - Recovery jog 200 meters in 1 minute 30 seconds
- Complete 2 repetitions
 Rest 30 seconds
 Repeat for 3 total sets

Ensure you are striving to hit the designated times, utilize your full allotted rest and no more

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing

(G) = Ground

Aerobic – Day #2

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Locomotion Drills

Jog & Backpedal x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Arm Swings x 20 Yards [VIDEO DEMO](#)
 Skip w. Arm Circles x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Front/Reverse Pivots x 20 Yards [VIDEO DEMO](#)
 Gallop x 20 Yards [VIDEO DEMO](#)
 Carioca x 20 Yards [VIDEO DEMO](#)
 Gallop w. Flying Lead Change x 20 Yards [VIDEO DEMO](#)
 Running 360s x 20 Yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way

Block #2 – Track Intervals

- Run 200 meters in 45 seconds
 - Recovery jog 200 meters in 1 minute 30 seconds
- Complete 2 repetitions
 Rest 30 seconds
 Repeat for 3 total sets

Ensure you are striving to hit the designated times, utilize your full allotted rest and no more

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing

(G) = Ground

Aerobic – Day #3

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Locomotion Drills

Jog & Backpedal x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Arm Swings x 20 Yards [VIDEO DEMO](#)
 Skip w. Arm Circles x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Front/Reverse Pivots x 20 Yards [VIDEO DEMO](#)
 Gallop x 20 Yards [VIDEO DEMO](#)
 Carioca x 20 Yards [VIDEO DEMO](#)
 Gallop w. Flying Lead Change x 20 Yards [VIDEO DEMO](#)
 Running 360s x 20 Yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way

Block #2 – Track Intervals

- Run 200 meters in 45 seconds
- Recovery jog 200 meters in 1 minute 30 seconds

Complete 3 repetitions
 Rest 30 seconds
 Repeat for 2 total sets

Ensure you are striving to hit the designated times, utilize your full allotted rest and no more

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing

(G) = Ground

Aerobic – Day #4

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Locomotion Drills

Jog & Backpedal x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Arm Swings x 20 Yards [VIDEO DEMO](#)
 Skip w. Arm Circles x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Front/Reverse Pivots x 20 Yards [VIDEO DEMO](#)
 Gallop x 20 Yards [VIDEO DEMO](#)
 Carioca x 20 Yards [VIDEO DEMO](#)
 Gallop w. Flying Lead Change x 20 Yards [VIDEO DEMO](#)
 Running 360s x 20 Yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way

Block #2 – 120 Yards Every Minute on the Minute + Continuous Run

- Sprint 120 yards in 25 seconds or less
 - Rest for 35 seconds or the remainder of the minute, start your next repetition on the next minute
- Complete 6 reps
Rest for 4 minutes
Repeat for 2 total sets
- Complete a continuous run for 8 Minutes

Ensure you are striving to hit the designated times, utilize your full allotted rest and no more

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing

(G) = Ground

Aerobic – Day #5

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Locomotion Drills

Jog & Backpedal x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Arm Swings x 20 Yards [VIDEO DEMO](#)
 Skip w. Arm Circles x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Front/Reverse Pivots x 20 Yards [VIDEO DEMO](#)
 Gallop x 20 Yards [VIDEO DEMO](#)
 Carioca x 20 Yards [VIDEO DEMO](#)
 Gallop w. Flying Lead Change x 20 Yards [VIDEO DEMO](#)
 Running 360s x 20 Yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way

Block #2 – Track Intervals

- Run 300 meters in 1 minute 45 seconds
 - Recovery jog 100 meters in 1 minute 15 seconds
- Complete 2 repetitions
 Rest 30 seconds
 Repeat for 3 total sets

Ensure you are striving to hit the designated times, utilize your full allotted rest and no more

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
 (G) = Ground

Aerobic – Day #6

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Locomotion Drills

Jog & Backpedal x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Arm Swings x 20 Yards [VIDEO DEMO](#)
 Skip w. Arm Circles x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Front/Reverse Pivots x 20 Yards [VIDEO DEMO](#)
 Gallop x 20 Yards [VIDEO DEMO](#)
 Carioca x 20 Yards [VIDEO DEMO](#)
 Gallop w. Flying Lead Change x 20 Yards [VIDEO DEMO](#)
 Running 360s x 20 Yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way

Block #2 – 120 Yards Every Minute on the Minute + Continuous Run

- Sprint 120 yards in 25 seconds or less
 - Rest for 35 seconds or the remainder of the minute, start your next repetition on the next minute
- Complete 8 reps
 Rest for 4 minutes
 Repeat for 2 total sets
- Complete a continuous run for 12 Minutes

Ensure you are striving to hit the designated times, utilize your full allotted rest and no more

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing

(G) = Ground

Aerobic – Day #7

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Locomotion Drills

Jog & Backpedal x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Arm Swings x 20 Yards [VIDEO DEMO](#)
 Skip w. Arm Circles x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Front/Reverse Pivots x 20 Yards [VIDEO DEMO](#)
 Gallop x 20 Yards [VIDEO DEMO](#)
 Carioca x 20 Yards [VIDEO DEMO](#)
 Gallop w. Flying Lead Change x 20 Yards [VIDEO DEMO](#)
 Running 360s x 20 Yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way

Block #2 – Track Intervals

- Run 300 meters in 1 minute 45 seconds
 - Recovery jog 100 meters in 1 minute 15 seconds
- Complete 3 repetitions
 Rest 30 seconds
 Repeat for 2 total sets

Ensure you are striving to hit the designated times, utilize your full allotted rest and no more

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
 (G) = Ground

Aerobic – Day #8

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Locomotion Drills

Jog & Backpedal x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Arm Swings x 20 Yards [VIDEO DEMO](#)
 Skip w. Arm Circles x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Front/Reverse Pivots x 20 Yards [VIDEO DEMO](#)
 Gallop x 20 Yards [VIDEO DEMO](#)
 Carioca x 20 Yards [VIDEO DEMO](#)
 Gallop w. Flying Lead Change x 20 Yards [VIDEO DEMO](#)
 Running 360s x 20 Yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way

Block #2 – Tempo Run + Continuous Run

Rep	#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12
Sprint	100	200	100	100	100	200	200	100	100	100	200	100
Walk	50	100	50	50	50	100	100	50	50	50	100	100

Complete a continuous run for 16 Minutes

Complete all twelve repetitions in sequence with no rest; for every 100 yard sprint, walk 50 yards for every 200 yard sprint walk 100 yards

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Aerobic – Day #9

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Locomotion Drills

Jog & Backpedal x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Arm Swings x 20 Yards [VIDEO DEMO](#)
 Skip w. Arm Circles x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Front/Reverse Pivots x 20 Yards [VIDEO DEMO](#)
 Gallop x 20 Yards [VIDEO DEMO](#)
 Carioca x 20 Yards [VIDEO DEMO](#)
 Gallop w. Flying Lead Change x 20 Yards [VIDEO DEMO](#)
 Running 360s x 20 Yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way

Block #2 – Football Field Intervals

- Run the width of a football field in 15 seconds
- Recovery jog back across in 45 seconds

Complete 10 repetitions
 Rest 5 minutes
 Repeat for 2 total sets

Ensure you are striving to hit the designated times, utilize your full allotted rest and no more

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
 (G) = Ground

Aerobic – Day #10

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Locomotion Drills

Jog & Backpedal x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Arm Swings x 20 Yards [VIDEO DEMO](#)
 Skip w. Arm Circles x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Front/Reverse Pivots x 20 Yards [VIDEO DEMO](#)
 Gallop x 20 Yards [VIDEO DEMO](#)
 Carioca x 20 Yards [VIDEO DEMO](#)
 Gallop w. Flying Lead Change x 20 Yards [VIDEO DEMO](#)
 Running 360s x 20 Yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way

Block #2 – Track Intervals

- Run 400 meters in 1 minute 30 seconds
- Rest for 1 minute
Complete 4 repetitions

Ensure you are striving to hit the designated times, utilize your full allotted rest and no more

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Aerobic – Day #11

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Locomotion Drills

Jog & Backpedal x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Arm Swings x 20 Yards [VIDEO DEMO](#)
 Skip w. Arm Circles x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Front/Reverse Pivots x 20 Yards [VIDEO DEMO](#)
 Gallop x 20 Yards [VIDEO DEMO](#)
 Carioca x 20 Yards [VIDEO DEMO](#)
 Gallop w. Flying Lead Change x 20 Yards [VIDEO DEMO](#)
 Running 360s x 20 Yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way

Block #2 – Tempo Run + Continuous Run

Rep	#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12
Sprint	100	200	100	100	100	200	200	100	100	100	200	100
Walk	50	100	50	50	50	100	100	50	50	50	100	100

Complete a continuous run for 20 Minutes

Complete all twelve repetitions in sequence with no rest; for every 100 yard sprint, walk 50 yards for every 200 yard sprint walk 100 yards

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Aerobic – Day #12

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Locomotion Drills

Jog & Backpedal x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Arm Swings x 20 Yards [VIDEO DEMO](#)
 Skip w. Arm Circles x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Front/Reverse Pivots x 20 Yards [VIDEO DEMO](#)
 Gallop x 20 Yards [VIDEO DEMO](#)
 Carioca x 20 Yards [VIDEO DEMO](#)
 Gallop w. Flying Lead Change x 20 Yards [VIDEO DEMO](#)
 Running 360s x 20 Yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way

Block #2 – Football Field Intervals

- Run the width of a football field in 15 seconds
- Recovery jog back across in 40 seconds

Complete 10 repetitions
 Rest 5 minutes
 Repeat for 2 total sets

Ensure you are striving to hit the designated times, utilize your full allotted rest and no more

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing

(G) = Ground

Aerobic – Day #13

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 × 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Locomotion Drills

Jog & Backpedal x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Arm Swings x 20 Yards [VIDEO DEMO](#)
 Skip w. Arm Circles x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Front/Reverse Pivots x 20 Yards [VIDEO DEMO](#)
 Gallop x 20 Yards [VIDEO DEMO](#)
 Carioca x 20 Yards [VIDEO DEMO](#)
 Gallop w. Flying Lead Change x 20 Yards [VIDEO DEMO](#)
 Running 360s x 20 Yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way

Block #2 – Timed Run

Run 1.5 miles as fast as possible

Use this as an AFT time trial; give maximal effort

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Aerobic – Day #14

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Locomotion Drills

Jog & Backpedal x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Arm Swings x 20 Yards [VIDEO DEMO](#)
 Skip w. Arm Circles x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Front/Reverse Pivots x 20 Yards [VIDEO DEMO](#)
 Gallop x 20 Yards [VIDEO DEMO](#)
 Carioca x 20 Yards [VIDEO DEMO](#)
 Gallop w. Flying Lead Change x 20 Yards [VIDEO DEMO](#)
 Running 360s x 20 Yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way

Block #2 – Tempo Run + Continuous Run

Rep	#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12
Sprint	100	200	100	100	100	200	200	100	100	100	200	100
Walk	50	100	50	50	50	100	100	50	50	50	100	100

Complete a continuous run for 24 Minutes

Complete all twelve repetitions in sequence with no rest; for every 100 yard sprint, walk 50 yards for every 200 yard sprint walk 100 yards

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground

Aerobic – Day #15

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Locomotion Drills

Jog & Backpedal x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Arm Swings x 20 Yards [VIDEO DEMO](#)
 Skip w. Arm Circles x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Front/Reverse Pivots x 20 Yards [VIDEO DEMO](#)
 Gallop x 20 Yards [VIDEO DEMO](#)
 Carioca x 20 Yards [VIDEO DEMO](#)
 Gallop w. Flying Lead Change x 20 Yards [VIDEO DEMO](#)
 Running 360s x 20 Yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way

Block #2 – Football Field Intervals

- Run the width of a football field in 12 seconds
- Recovery jog back across in 40 seconds

Complete 10 repetitions
 Rest 5 minutes
 Repeat for 2 total sets

Ensure you are striving to hit the designated times, utilize your full allotted rest and no more

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing

(G) = Ground

Aerobic – Day #16

Warm Up

Jumping Jacks x 20 [VIDEO DEMO](#)
 Skip w. Arm Swings x 10 [VIDEO DEMO](#)
 World's Greatest Stretch x 4ea [VIDEO DEMO](#)
 High Kick Single Leg RDL x 4ea [VIDEO DEMO](#)
 Rise & Shine Squat x4 [VIDEO DEMO](#)
 Rise & Shine Pushup x 4 [VIDEO DEMO](#)
 ATW Lunge & Reach x 1ea [VIDEO DEMO](#)
 Pogo w. Alternating Split Jump x 5ea [VIDEO DEMO](#)
 (A)Skip x 20 [VIDEO DEMO](#)
 Wideout 2 x 5 [VIDEO DEMO](#)

Complete each exercise in sequence

Block #1 – Locomotion Drills

Jog & Backpedal x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Arm Swings x 20 Yards [VIDEO DEMO](#)
 Skip w. Arm Circles x 20 Yards [VIDEO DEMO](#)
 Shuffle w. Front/Reverse Pivots x 20 Yards [VIDEO DEMO](#)
 Gallop x 20 Yards [VIDEO DEMO](#)
 Carioca x 20 Yards [VIDEO DEMO](#)
 Gallop w. Flying Lead Change x 20 Yards [VIDEO DEMO](#)
 Running 360s x 20 Yards [VIDEO DEMO](#)

Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way

Block #2 – Track Intervals

- Sprint 400 meters as fast as possible
 - Rest for 1 minute 30 seconds
- Complete 2 repetitions
- Sprint 200 meters as fast as possible
 - Rest for 1 minute 30 seconds
- Complete 2 repetitions

Ensure you are striving to hit the designated times, utilize your full allotted rest and no more

Cooldown

Lateral Side Bend with Triceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Chest Stretch to Forward Fold (S) [VIDEO DEMO](#)
 Standing Quadriceps Stretch (S) (R & L) [VIDEO DEMO](#)
 Cross-Body Shoulder Stretch (S) (R & L) [VIDEO DEMO](#)
 Figure Four (S) (R & L) [VIDEO DEMO](#)
 Frog Squat (S) [VIDEO DEMO](#)
 Down Dog to Runners Lunge (R & L) [VIDEO DEMO](#)
 Seated Twist (G) (R & L) [VIDEO DEMO](#)
 Child Pose (G) [VIDEO DEMO](#)

Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total

(S) = Standing
(G) = Ground



ANNEX B

Drum and Bugle Corps

DEPARTMENT OF THE AIR FORCE HEADQUARTERS

UNITED STATES, U. S. AIR FORCE ACADEMY

USAF Academy Colorado

FROM: CWTD (719/333-2055)
2348 Sijan Drive
STE 3A51 USAF Academy,
CO 80840-8264

22 Jan 22

SUBJECT: Information and Application/Cadet Drum and Bugle Corps

TO: Cadet Candidate

1. Since 1971, the "Flight of Sound", has been entertaining audiences across the nation with exciting performances. The Corps has performed for more than 100 million people nationwide. It is a live combination of military precision and musical blend of a well-directed band. Performing an average of 100 times per year, they have become known as the Academy's ambassadors of musical excellence. The 2023-2024 Corps promises to be an awe-inspiring experience that you can be a part of throughout the Academic year.
2. The mission of the Cadet Drum and Bugle Corps is essentially two-fold. The primary mission is to support Cadet Wing events. The other half is public relations. The Corps travels thousands of miles each year performing at Academy home and away football games. Some of the past highlight parade appearances are: Presidential Inaugural, Macy's Thanksgiving Day in New York City, Mardi Gras in New Orleans and the Tournament of Roses in Pasadena, California. In addition, the Corps occasionally travels to Aspen and Keystone Colorado ski resorts to perform at various functions while enjoying the skiing opportunities. The "Flight of Sound" has performed all across the United States.
3. The brass section consists of trumpet, F mellophone (French horn), baritone and trombone, euphonium and (tuba) bugles. The drum line includes snares, tenors, bass drums, cymbals. **If you have ever played any musical instrument, we can use you!** Woodwind/String players are welcome to join Corps, as the transition to a brass or percussion instrument can be fairly quick. Everyone may audition/interview and will be given instruction. Reading music is our biggest desire. If you played an instrument a few years ago and stopped, we are still interested in you.
4. No previous Drum and Bugle Corps experience is required of new members.
5. Fourth Class cadets are permitted and encouraged to participate in the Cadet Drum and Bugle Corps. These cadets are allowed to travel with the Corps to all football games and performances away from the Academy. This fall we have these potential away football games to support: **Navy in Annapolis MD, Hawaii in Honolulu HI, New Mexico State, Boise State, Colorado State, and San Jose State.**
6. Auditions for the Corps will be held immediately following Basic Cadet Training (BCT) in early August. If you are interested in the Corps, please fill out the form on the reverse side, return it, or scan/e-mail to drum.bugle@usafa.edu. Please direct any questions you might have to this email address as well. Again, **everyone** with any musical background is encouraged to join Drum and Bugle Corps. It's a great experience. Please visit and "like" us on our Facebook page, "United States U. S. Air Force Academy Cadet Drum & Bugle Corps".

//Signed//

Mr. Crump
SCOTT E. CRUMP, Director
United States Air Force Drum & Bugle Corps

TO: USAF Drum & Bugle Corps
2348 Sijan Dr. STE 3A51
USAF Academy, CO 80840
EMAIL: scott.crump@afacademy.af.edu

I am interested in auditioning/interviewing for the Cadet Drum and Bugle Corps.

NAME: _____
(Print) Last First MI

Hometown:State:

INSTRUMENT: _____ YRS EXPERIENCE: _____

Can you read music? **Y/N** (Circle)

Years Marching (if any): _____

LIST ANY ADDITIONAL MUSIC OR PERFORMANCE CREDENTIALS BELOW

(awards, music scholarships, band leadership positions, marching experience, etc.)

Signature

ANNEX C

Pre-Accession Religious Accommodations Requests Statement of Understanding

DD-MMM-YY

Lieutenant General Richard M. Clark Superintendent,
United States U. S. Air Force Academy
2304 Cadet Drive, Suite 3300
USAF Academy, Colorado 80840

Appointee Name
Address
City, State, Zip

To the Superintendent of the United States U. S. Air Force Academy,

I understand that Department of the Air Force policy is to accommodate religious practices whenever possible, unless doing so would have an adverse impact on mission accomplishment, including military readiness, unit cohesion, good order, discipline or health and safety.

I understand accommodation of my religious practices cannot be guaranteed at all times. I understand that determination of military necessity rests entirely with my chain of command, and that I will be expected to comply with Department of the Air Force policy, practice or duty from which I am requesting accommodation unless and until approved by the designated authority.

I DO desire to request support for the following religious practice(s):

(Type of Request)

(Appointee Signature)

Pre-accession Religious Accommodation Uniform Template

DD-MMM-YY

Lieutenant General Richard M. Clark Superintendent,
United States U. S. Air Force Academy
2304 Cadet Drive, Suite 3300
USAF Academy, Colorado 80840

Appointee Name
Address
City, State, Zip

To the Superintendent of the United States U. S. Air Force Academy,

I am an appointee to the United States U. S. Air Force Academy. I request a religious accommodation waiver from the **[(uniform) (grooming) (uniform and grooming)]** requirements of Air Force Instruction (AFI) 36-2903, Dress and Appearance of Air Force Personnel, to wear **[describe requested religious accommodation]**. I request that this determination be made before I accept entry into the United States U. S. Air Force Academy.

Enclosed is a **[description or photograph of my requested accommodation]** and **[any other relevant documentation]**. I understand that the school's Recruiting Office will assist me in arranging for an in-person or telephonic interview with a Department of the Air Force chaplain as part of the process for requesting a religious accommodation.

I understand that if I choose to enter the service academy before my request is acted upon, I will be required to comply with the uniform and grooming standards of AFI 36-2903, Dress and Personal Appearance of Air Force Personnel unless or until I am notified that my request is approved.

If my request is disapproved, I understand I may choose to enter service academy without an accommodation or I may choose to discontinue the appointee process. I understand that an approved accommodation continues throughout my career, but may be suspended, modified, or revoked by appropriate authorities when required by military necessity.

The point of contact for this request is the undersigned at **[phone number]** or **[email address]**.

JOHN D. DOE
Appointee

Pre-accession Religious Accommodation Uniform Template

DD-MMM-YY

Lieutenant General Richard M. Clark Superintendent,
United States U. S. Air Force Academy
2304 Cadet Drive, Suite 3300
USAF Academy, Colorado 80840

Appointee Name

Address

City, State, Zip

To the Superintendent of the United States U. S. Air Force Academy,

I am an appointee to the United States U. S. Air Force Academy. I request a religious accommodation waiver from the immunization requirements in AFI 48-110_IP, Immunization and Chemoprophylaxis for Prevention of Infectious Disease, to receive a vaccine exemption from **[vaccine name(s) and describe requested religious accommodation (please be as specific as possible)]**. I request that this determination be made before I accept entry into the United States U. S. Air Force Academy.

Enclosed is a **[describe relevant documentation]**. I understand that the school's Recruiting Office will assist me in arranging for an in-person or telephonic interview with a Department of the Air Force chaplain and a medical provider as part of the process for requesting a religious accommodation.

I understand that I will receive a temporary waiver for my vaccine exemption until I am notified that my request is approved. If my request is disapproved, I understand I may choose to enter service academy without an accommodation or I may choose to discontinue the appointee process. I understand that an approved accommodation continues throughout my career, but may be suspended, modified, or revoked by appropriate authorities when required by military necessity.

The point of contact for this request is the undersigned at **[phone number]** or **[email address]**.

JOHN D. DOE

Appointee