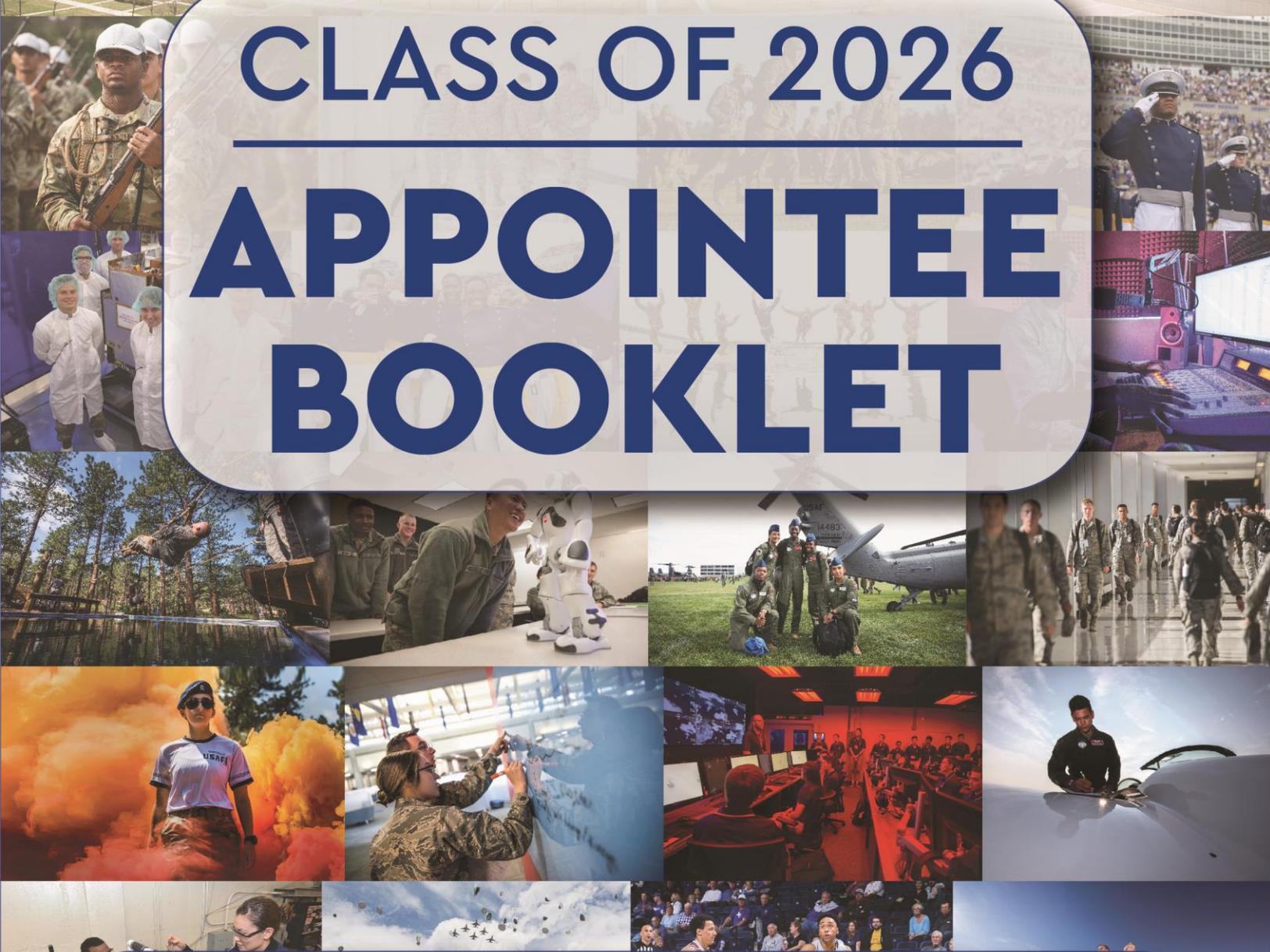


# CLASS OF 2026

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# APPOINTEE BOOKLET



## **APPOINTEE INSTRUCTIONS:**

**READ THOROUGHLY AND FOLLOW THE CHECKLISTS PROVIDED; MISSING OR INCOMPLETE INFORMATION WILL RESULT IN DELAY OF OR NON-ENTRY INTO THE ACADEMY.**



**DEPARTMENT OF THE AIR FORCE  
COMMANDANT OF CADETS  
USAF ACADEMY COLORADO**

1 March 2022

Dear Appointee,

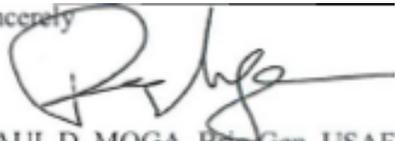
As your soon-to-be Commandant, I want to congratulate you on your appointment to the United States Air Force Academy (USAF A) Class of 2026 - well done! The entire USAFA team looks forward to welcoming you to the Air Force and Space Force family at In-Processing Day on 23 June 2022.

The appointment kit found on the Admissions Portal details USAF A's rigorous curriculum of education, training, airmanship, athletics and character development. The transformational journey that you are about to embark on will build the skills and talents required to develop you into a warfighter who is prepared to lead with character in our Air Force and 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. A relentless pursuit of excellence will be required throughout your entire USAFA career and beyond. BCT is difficult - by design. It will require you to push beyond your current limits and in doing so it is important to remember you were selected because we are confident in your abilities and know you are up to the challenge.

I also assure you that BCT is not a solo effort. Every single day it will require individual performance that contributes to a much broader collective 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, because it will, just remember your cadet cadre and thousands of graduates have tackled this challenge and succeeded. With the right mindset and determination, you will as well.

My final ask is for you to come to USAFA motivated, prepared and ready to apply yourself to the challenges ahead. Remember - you have been selected for a reason. To get something you've never had, sometimes you have to do things you've never done. Again, congratulations on receiving your well-deserved appointment. We look forward to your arrival and eventually welcoming you the proud lineage of the Long Blue Line. Welcome to USAFA!

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

# 2026 APPOINTEE

## **Accepting Your Appointment**

Welcome to the Class of 2026! Choosing to attend the Air Force Academy 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. 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 or non-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@usafa.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, virtual Appointee events will be offered to provide an opportunity for Appointees and their families to gain an understanding of the USAFA environment and the cadet experience. These virtual events include information on cadet life, how to prepare for and what to expect during Basic Cadet Training, and what steps to expect after you accept your appointment. Appointees will receive invitations to these virtual 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. There will be virtual events for parents to attend as well.

Questions: Admissions USAFA/RR, 2360 Vandenberg Dr., USAF Academy CO 80840, Telephone 719-333-2233, e-mail: USAFA.Admissions.Programs@usafa.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, you must serve as an officer in the Reserve Component until that eighth anniversary.

Those disenrolled prior to graduation 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 their Academy education. Freshmen and sophomore cadets are ordinarily relieved from all military duty, active or reserve. The active duty commitment varies according to the number of years the cadet has attended the Academy. Cadets ordered to reimburse the cost of their education incur a liability for each year of instruction. Cadets who fail to complete their required period of active duty also incur a liability to reimburse the United States for an appropriate portion of the cost of their Academy education.

## The Oath

### The Oath

“The oath you are about to take is your North Star.” - General Mark Milley, CJCS

On 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 handout 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 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 and the professional ethos essential to 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.

Class of 2026, 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 Basic Cadet Training. Over the next four years you will come to understand the gravity of the responsibilities of a commissioned officer that swearing the oath embodies.



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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 ( <a href="http://www.academyadmissions.com">www.academyadmissions.com</a> )	(800) 443-9266
DoDMERB (report any changes in medical status)	(719) 333-3562
In-Processing Director/CO Springs Regional Command Post	(719) 333-2633
(In-Processing Day or the night before ONLY)	
Cadet Wing Operations Center (Emergencies Only)	(719) 333-2910
Basic Cadet Training Questions	(719) 333-0776
Air Academy Federal Union	(800) 223-1983
Academic Computing Services (Computers, Software, & Printers)	(719) 333-4232
Armed Forces Bank (main)	(719) 208-8970 (719) 208-8780 (Cadet area)
Association of Graduates (AOG) ( <a href="http://www.usafa.org/Appointee">www.usafa.org/Appointee</a> )	(719) 472-0300
Cadet Clinic	
Medicine	(719) 333-5180 Opt 1
Immunizations	(719) 333-5080
Optometry	(719) 333-5189 opt 4
Cadet Issue (Operational Camouflage Pattern (OCPs) Boots, Uniforms)	(719) 333-3218
Cadet Sponsor Program	(719) 333-2727
Chaplain	(719) 333-2636
Dental Clinic	(719) 333-5192
Finance	
Cadet Pay & Scholarship Check	(719) 333-6982
Questions for Travel Reimbursement	(719) 333-333-4298
Office of International Programs (DFIP)	(719) 333-3452
Parent Liaison ( <a href="mailto:usafa.ParentLiaison@usafa.edu">usafa.ParentLiaison@usafa.edu</a> )	(877) 268-3383 or (719) 333-3828
Parents' Weekend ( <a href="https://www.usafa.edu/about/traditions/parents-weekend">https://www.usafa.edu/about/traditions/parents-weekend</a> )	(719) 333-3828
Registrar's Office	(719) 333-3970
Security Clearance Forms	(719) 333-4673/2405
Sexual Assault Response Coordinator (SARC)	(719) 333-7272

## Active Duty Personnel

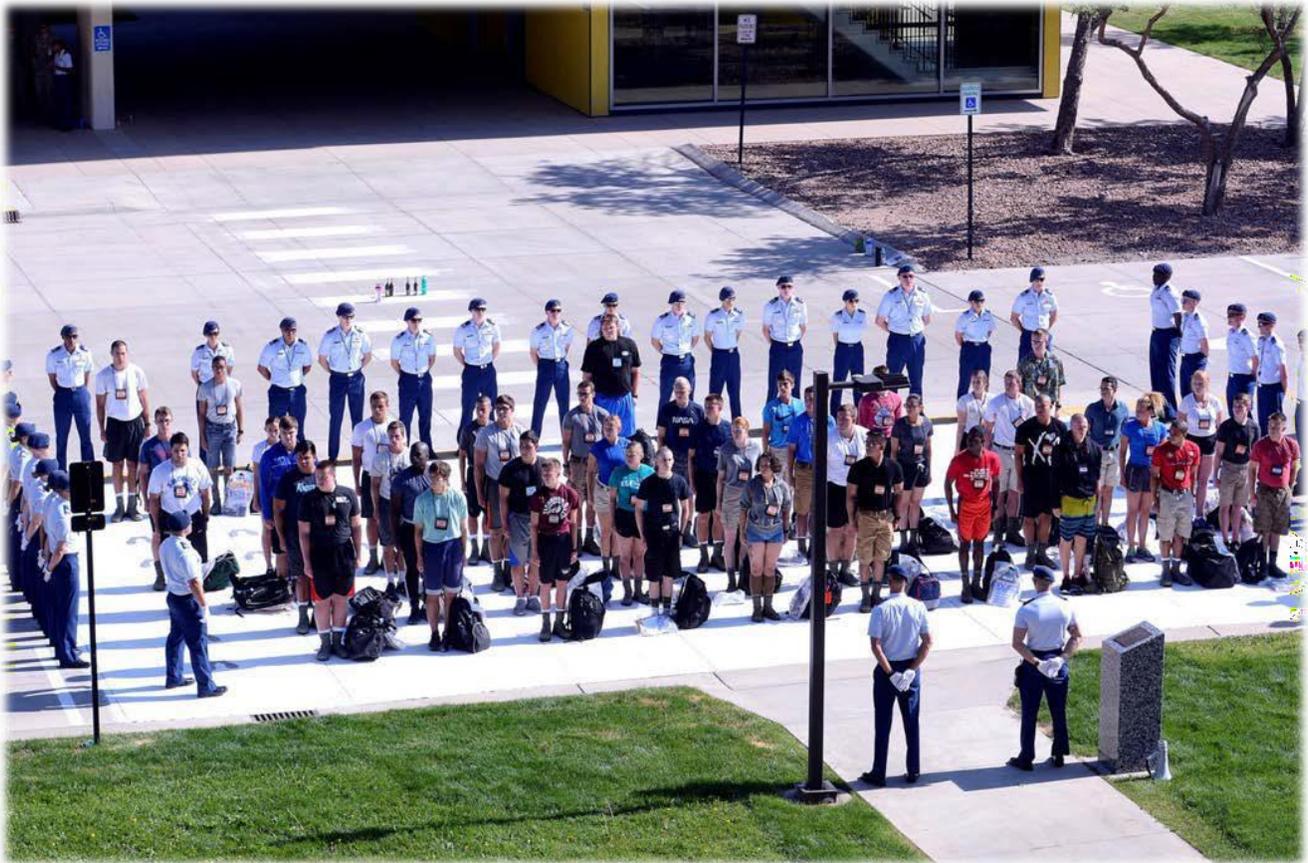
Active duty personnel will out-process through their servicing Military Personnel Section (MPS) Relocation Section. Instructions will be forwarded from Officer Accessions Office to the MPS with processing instructions when they are notified you have accepted an appointment. All prior service members should print out a copy of their Personnel Records Data Application (PRDA) record, and a Career Data Brief (CDB) from Virtual Military Personnel File (VMPF) prior to arrival. It is vital that copies of technical school certificates and any awards decorations won (AFCM/AFAM) are printed out as well. PRDA records are removed from the server once in-processed at Air Force 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 Personnel Office, USAFA/A1A, 2360 Vandenberg Dr., USAF Academy CO 80840, Telephone (719) 333-3244.

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

All ANG/AFR members must have a signed DD Form 368, Request for Conditional Release, prior to arriving at the Air Force 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 Personnel Office, USAFA/A1A, 2360 Vandenberg Dr., USAF Academy CO 80840, Telephone (719) 333-3244.



## 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.

United State Department of Defense (DoD) policy currently requires that all service members be fully vaccinated against COVID-19. In order to ensure the safety of Academy personnel and other members of the Class of 2026, you must arrive on In-Processing Day, June 23, 2022, either fully vaccinated or with an approved exemption/accommodation. Fully vaccinated is defined as 14 days after completion of the final dose of the COVID-19 vaccine.

There is an option to apply for a medical exemption or religious accommodation. To pursue this option, you need to begin the process immediately by contacting Academy Admissions at [AdmissionsPreAccessionExemptions@afacademy.af.edu](mailto:AdmissionsPreAccessionExemptions@afacademy.af.edu). It is imperative that you begin immediately to ensure that it is processed in a timely manner. Appointees who receive their offers on or before April 8, 2022 must report their vaccination status in their portal by April 15, 2022. Appointees receiving their offers after April 8, 2022 will have 7 days to report their vaccination status. Failure to complete the process could result in your appointment being withdrawn. Appointments and nominations cannot be carried over to the next class year.

By the deadlines outlined above, you must notify Academy Admissions (via your portal Appointee Kit beginning April 1, 2022) whether you are:

You must notify Academy Admissions (via your portal Appointee Kit) within 7 days of accepting your offer whether you are:

- a. Fully vaccinated and will submit proof of vaccination immediately
- b. Not yet fully vaccinated, but will be by June 1, 2022 and will submit proof of vaccination NLT June 1, 2022
- c. Not fully vaccinated and will request an exemption or accommodation
- d. Will not be vaccinated / will not provide proof of vaccination / will not request an exemption

Proof of “Fully Vaccinated Status” or an approved accommodation/exemption must be reported to USAFA Admissions via the Admissions Portal NLT 1 June 2022. **Failure to do so will result in withdrawal of your appointment.**

## 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 Air Force 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, [USAFA\\_RRS.orgmail@usafa.edu](mailto:USAFA_RRS.orgmail@usafa.edu).

## Transcripts

If you are still in high school, you must arrange with 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 with 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.

Transcripts must arrive at the Academy no later than **June 10, 2022**. If you attended college courses while in high school, you must ensure a final college transcript arrives at the Admissions office no later than **June 10, 2022**, or as soon as possible upon completion of the semester. Ensure transcript fees are paid as nonpayment may delay the forwarding of your record. 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, [USAFA\\_RRS.orgmail@usafa.edu](mailto:USAFA_RRS.orgmail@usafa.edu).

## Security Clearance

All Appointees who do not already possess a security clearance 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 SF 86 with you to in-processing day.
  - The security clearance background investigative process is an in-depth review to confirm your trustworthiness, reliability and loyalty to the U.S. in which acquaintances, friends, and relatives may be interviewed. The security clearance investigation process leads to a 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.

- Appointees will use their hand-carried SF-86 to complete their security clearance application during Basic Cadet Training.

Questions: Headquarters Security Manager Mr. Jessie Rhom ([jessie.rhom.2@us.af.mil](mailto:jessie.rhom.2@us.af.mil)), Telephone (719) 333-2405 or Mr. Jeffrey Matzke ([jeffrey.matzke.1@us.af.mil](mailto:jeffrey.matzke.1@us.af.mil)), Telephone (719) 333-4673.

NOTE: Failure to abide by security clearance instructions may result in refused admission, adverse action, and/or disenrollment. Appointees who possess dual citizenship (both U.S. Citizenship and foreign citizenship) must bring their current or expired foreign passport with them to the Academy. As part of the security clearance process, you will be asked to sign a statement affirming loyalty to the United States and the willingness to renounce your foreign citizenship. Appointees who were born in a foreign country (including military bases in foreign countries) must bring proof of U.S. Citizenship. If applicable, Appointees with foreign born parents and/or siblings (and are now U.S. Citizens), must provide U.S. citizenship documentation (i.e. FS 240, Citizenship Certificate, Naturalization Certificate, U.S. passport information) on the SF 86, section 18.

## Online Dignity & Respect Training Courses

All Appointees **MUST** accomplish the three online Dignity & Respect training courses listed below in accordance with Appointee kit requirements.

- Diversity, Equity and Inclusion for Students
- Mental Well-being for Students
- Prevention for Collegiate Athletics Suite

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.

## The Armed Forces Officer Reading Assignment Instructions

Upon your arrival at the Air Force Academy, you will begin your journey to becoming a commissioned officer in the U.S. Military by taking the Oath of Office and completing Basic Cadet Training (BCT). The Oath of Office is a solemn commitment to be taken seriously. To help you better understand and prepare for this commitment, please download the e-book, *The Armed Forces Officer*, and read the forward, the preface, and chapters 1-9 prior to your arrival at the Air Force Academy. <http://ndupress.ndu.edu/Publications/Books/Armed-Forces-Officer/>.

## 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 their employer regarding military duty. This act protects civilian job reemployment rights for up to five years and may provide cadets employment options if they leave the Academy prior to commissioning. We encourage all appointees to notify their employer even if they 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

During in-processing, Appointees will be required to certify they are not married and have no children. If a cadet marries or becomes a parent while at the Academy, they will be subject to disenrollment. In addition, if a cadet marries or becomes a parent as a cadet and it is not made known to Air Force Academy authorities until after graduation, they may be subject to disciplinary administrative action as an officer.

## Prior Relationships

Appointees are required to fill out DD Form 2983 (section 8, Exceptions) with information regarding pre-existing relationships with any military officers or enlisted members assigned to the Air Force 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 on your portal Appointee Kit no later than June 1, 2022 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.

## Appearance Standards

### Hair

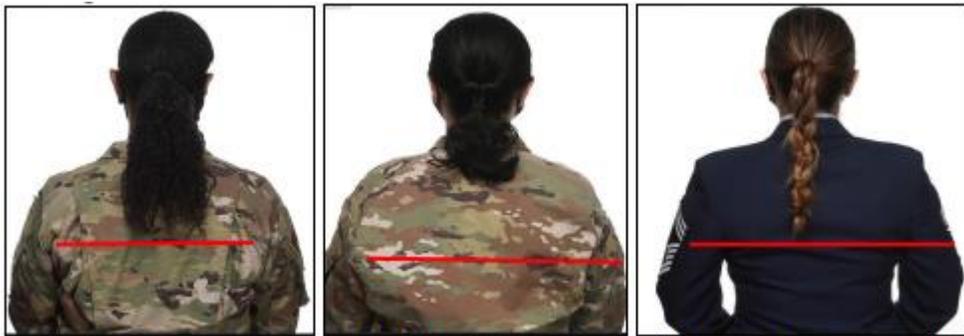
**Hair-Female.** No minimum hair length, to a maximum bulk of 4 inches from scalp and allows proper wear of headgear. Hair will end above the bottom edge of collar and will not extend below an invisible line drawn parallel to the ground, both front to back and side to side unless pulled back and secured 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. ¼ inches), show no more than ¼ 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, Air Force 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.

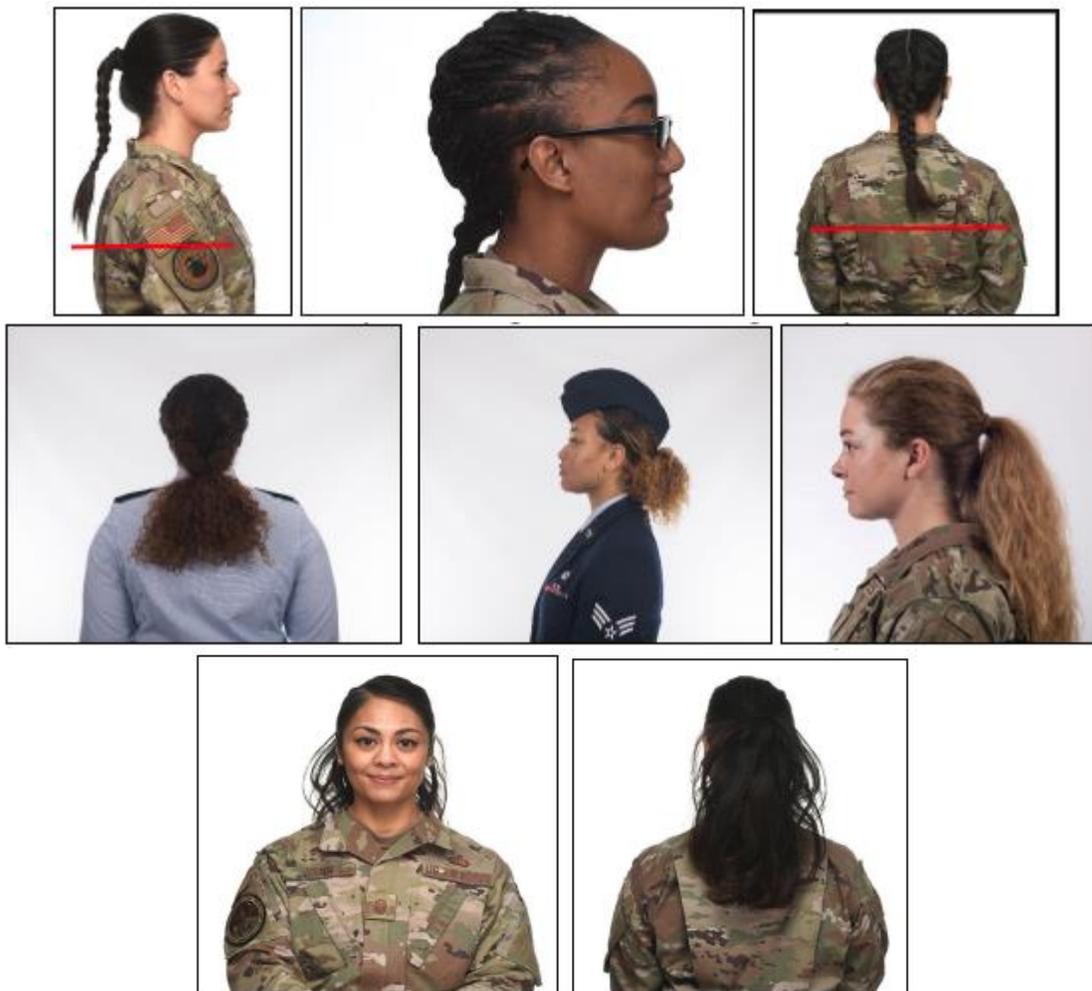
## Female Authorized Hair Styles



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

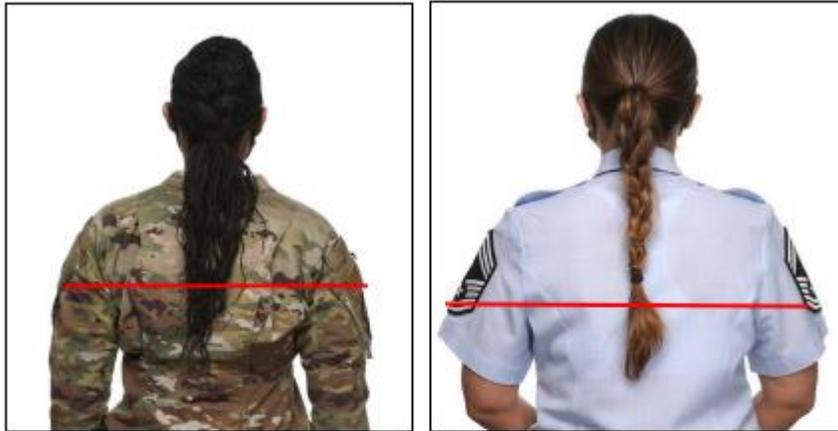
**Exception:** While wearing the Physical Training Uniform, long hair will be secured, but may have loose ends and may extend below the collar, i.e. ponytails.

## 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 clipperblade length). Males will need to shave prior to in-processing to include mustaches.

Unauthorized hairstyles for males and females: Mohawk, mullet, and etched designs. It is highly encouraged that all Appointees arrive on in-processing day with their hair meeting standards; however, if they 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.

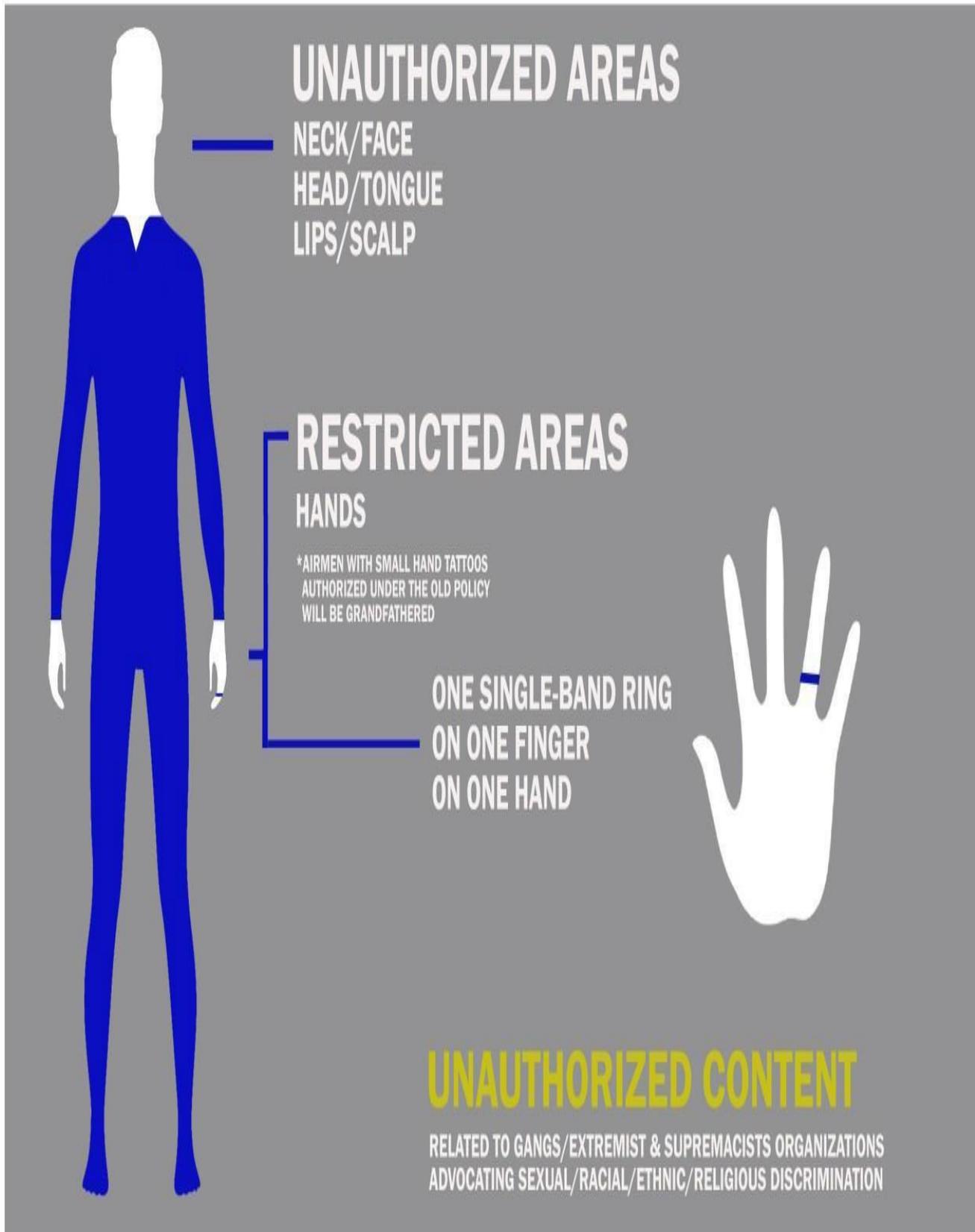
Tattoos/brands/body markings with unauthorized content that are prejudicial to good order and discipline or the content is of a nature that tends to bring discredit upon the Air Force are prohibited both in and out of uniform. Airmen may not cover up tattoos, brands, and/or body markings with bandages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

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.



## Cannabidiol (CBD) also known as Marijuana Policy

# 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.

Facts via Article 112a of the UCMJ and Schedules and V of the Controlled Substances Act.

# ARRIVAL PROCEDURES

## Selecting Your Mode of Travel

You will be given the opportunity to select your In-processing Day mode of travel on your portal Appointee Kit. The options are listed below. Carefully consider the options prior to making your selection, as there is no option to make changes.

- **Appointee requests the Government purchase a commercial airline ticket:**
  - Best for those Appointees traveling alone.
  - Please note that we are required to utilize the government contract airline carrier for the tickets and cannot match Appointee tickets with family members or others who may also be traveling.
  - Flights will be booked from the airport closest to the Appointee home of record to the Colorado Springs Airport.
  - The Appointee will complete a travel voucher upon in-processing and receive per diem (meals and incidental expense allowance) entitlement for travel to the Academy. See Travel Reimbursement section for details.
  
- **Appointee will make own travel arrangements by purchasing airline ticket or driving to Colorado Springs, CO:**
  - Best for those traveling with family members, departing from a location other than home of record, or taking vacation en route.
  - Commercial Airline Travel: Appointee will be reimbursed for the actual cost of the airline ticket from the airport nearest home of record to Colorado Springs Airport, not to exceed the cost of a government procured ticket.
  - Private auto travel: Appointee will be reimbursed 17 cents per mile and is entitled to 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.
  - You may also utilize and receive reimbursement for bus or rail transportation. Keep all receipts associated with this travel.

### **Commercial Airline Ticket Provided by the Air Force 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 portal Appointee Kit for more information on retrieving your itinerary. **If you do not receive your itinerary by June 1<sup>st</sup>, please email the Admissions office at [usafa\\_rrs.orgmail@usafa.edu](mailto:usafa_rrs.orgmail@usafa.edu).** Admissions will work with the travel office to ensure you receive it.

### **Commercial Airline Ticket Purchased by Appointee/Family**

If you are considering taking a vacation enroute 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 Air Force Academy**

The Air Force 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 Air Force Academy by car, you will find that entrances to the Air Force Academy from the highway are clearly marked. You may enter the Air Force

Academy through either gate 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.

If required, 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, we suggest you make reservations early.

Colorado Springs is a major tourist center; hotel and motel reservations are at a premium from Memorial Day through Labor Day. 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. Also note that many hotels provide free shuttle service from the Colorado Springs airport.

Travelers are responsible for acquiring their own transportation from the Airport to their hotel and/or from the airport/hotel to the Academy for in-processing. Travelers can catch a hotel shuttle from the airport to their hotel (if provided) or get a commercial taxi (taxi cost is at your own expense but is reimbursable). Travelers can also catch a commercial taxi from the airport or their 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 based on paragraph 2 above under Travel Reimbursement. You are also entitled to 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 Academy Financial Services Office, at (719) 333-4298 for questions concerning your travel entitlements.

**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.

**Packing List for In-Processing (General Reference)**

A customized checklist, based on your responses to your Appointee kit questions will be generated. It will include what to hand-carry (specifically the required forms that need to be completed prior to in-processing) and what to pack in luggage.

**\*\*\*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

Eyeglass and contact prescriptions PLUS one pair of glasses with black eyeglass

strap(if applicable) NO CONTACTS

Orthodontic Retainer (if applicable}

Essential Medications)

Military Medical Records (Prior Service Only)

Immunizations Record

Standard Form 600 (Cadet Preventative Health Assessment)

Toothbrush, Toothpaste, Dental Floss

Deodorant

Lip Balm

Shampoo, conditioner and bath soap (bar with closing container or liquid body wash)

Athletic shoes, wear or hand-carry

Sports watch (rubber or soft plastic ... NO metal)

WOMEN - 8 white sports bras, 12 pair white cotton briefs, feminine hygiene products

MEN - 8 plain white V-neck t-shirts, 12 pair white underwear, razor, blades and shaving cream or electric shaver

Operational Camouflage Pattern (OCP) boots, wear or hand carry (See page 16)

Molded Cleats

Cell Phone (will be locked up until permitted) - label phone w/ full name and squadron

Sunscreen

Arrival Procedures (See pages 9-11)

Travel Receipts

## In-Processing Day (I-Day)

All Appointees must arrive at the Holaday Athletic Center (HAC) for in-processing into the United States Air Force Academy on June 23, 2022 fifteen minutes prior to their directed reporting time. Reporting times, squadron assignments, and further reporting instructions will be posted on your Admissions Appointee portal two weeks prior to in-processing day. Appointees should bring all required items as specified in these instructions or as supplemented on the portal. Appointees who arrive without required items 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 travel voucher. Do not use Lyft or Uber; they are not guaranteed entrance to the Academy. Individuals with criminal records will be turned away at the gate.

If your family members are dropping you off at the HAC for in-processing, it will be a drop and go and there are parent events after dropoff.

More information about In-processing Day events for families will be available at [www.usafa.edu/parents](http://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 p.m.) will also need to contact the Colorado Springs Regional Command Post.



## What to Bring

**Proof of Citizenship/Name Change:** You **MUST** hand carry all of the following original documents that apply: 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. 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 Air Force Academy, please contact Admissions.

### **Civilian Clothing and Baggage**

We suggest you bring minimal civilian clothing since you will not be allowed to wear it during your fourth-class (freshman) year until after Recognition (approximately in March). 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 USAFA staff (see below for athletic shoe requirements). In-processing will require 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 colored underwear (boxer briefs must not extend below mid-thigh) and 8 solid white V-neck t-shirts. Please mark all under clothing on the tag or the rear of the waistband with your 9-digit alphanumeric student ID (found on your Admissions portal). The laundry marking should be approximately one inch high and one and one half inches wide.

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 Air Force 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. All incoming cadets will be issued sufficient boots to ensure that they have two (2) pairs of serviceable boots for wear during BCT. If you purchase boots, wear them when you report for in-processing (I-Day).

**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, i.e. 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 feminine hygiene 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

All fourth-class cadets will be issued a new tablet or notebook computer in August, before the fall semester begins. It will come pre-loaded with all software required for cadets, 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. 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 and friends during Parents' Weekend.

### Firearms

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

### Jewelry

We highly recommend that Appointees **DO NOT** bring or wear any valuable jewelry, clothing, or personal items. Basic cadets may not wear any jewelry during BCT, including pierced earrings or metal watches, for safety and hygiene reasons. Non medal 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 Air Force Academy until your second-class (junior) year, at which time it will be a privilege earned in accordance with the Commandant's regulations. You will never be allowed to bring a motorcycle/scooter. 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 cadets are offered 3800-4000 calories per day, and throughout 2nd BCT the calories increase to 4000-4500 per day due to the increased physical requirements. The cadet's well-being is 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 academy year has begun. You will not have access to any nutrition supplements that are brought in your personal belongings as well.**

Each day, three well-balanced meals will be served by Mitchell Hall, the cadet dining facility. The dining facility does provide vegetarian menus for members of religious faiths or for individual convictions during BCT. Nutrition screening and counseling is provided to basic cadets requiring personal attention. During the academic year the 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

New cadets 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. Some cadets majoring in engineering and sciences will require a more advanced "scientific" calculator, which can do simple linear regressions or graphing functions, but these 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.

## Basic Cadet Training (BCT)

BCT provides you with a professional, challenging, and motivating experience through an introduction to the Academy and the military profession. It will test your physical and mental capabilities as you begin the transition from a civilian lifestyle into the rigorous military lifestyle of the profession of arms.

## Mailing Address

A private post office box has been assigned for your personal mail. Campus Solutions will provide your P.O. Box.

Basic Cadet \_\_\_\_\_ (your first and last name) (Squadron A, B, C, D etc....) (Optional)

P O 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. Suggest friends and family put your squadron number after your name, and number their letters as they write them. This will allow mail to get to you more quickly, especially in Jack's Valley. You won't worry you are missing mail.

You will not have access to any packages sent to you until after BCT and the academy year has begun. Families are also strongly discouraged from mailing any packages to cadets during both August and January in order to allow for textbooks orders to be mailed to cadets.

As an alternative, 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>

## 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 elective surgery or 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. Individuals who have undergone either PRK or LASIK need to call and report this to DoDMERB at 719-333-3562, as they may need to be evaluated by the medical authority. 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.** Any determination for pilot/navigator/RPA qualification is made after a Flying Class Physical accomplished during the sophomore or junior year. **No one is pilot/navigator/RPA qualified based on the DoDMERB physical alone.**

## Medications

All medication in your possession will be examined by an Air Force medical officer and will be taken away without replacement unless it is ESSENTIAL for continued treatment. Due to the nature and activities of basic training, possession of over-the-counter and nonessential medications (to include drugs for acne and sports supplements) is prohibited. NOTE: Ensure you keep your medications with you as you process the In-Processing line.

EXCEPTION: Hormonal medication, such as birth control pills, Depo-Provera injections, antibiotics for ongoing infections, or thyroid supplements are allowed. Medical care is available throughout BCT and medications are prescribed on an as-needed basis, to include aspirin, acetaminophen (Tylenol), and ibuprofen (Motrin). Routine medications, such as those for acne can be resumed at the completion of basic training. You must hand carry all your medications (including allergy extracts) through in-processing. If you have any questions about medications, call the Cadet Clinic-Medicine at (719) 333-5181.

## 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. All Appointees must get the necessary immunizations **PRIOR** to arrival at the Academy. Waivers for immunizations, in accordance with DoDI 6130.03, **WILL NOT** be accepted. 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 immunizations 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 compliment of required immunizations even if immunized previously. **Appointees who attended the Air Force Academy Preparatory School and Appointees who are former cadets returning to the Air Force Academy do not need to bring their shot records.** Questions or concerns may be emailed to Immunizations: [usaf.usafa.10-mdg.mbx.10-mdg-sgoma-allergy-immunization@mail.mil](mailto:usaf.usafa.10-mdg.mbx.10-mdg-sgoma-allergy-immunization@mail.mil).

### Mandatory Vaccines:

- **COVID-19 vaccine:** 2 doses of a 2-dose mRNA COVID-19 vaccine series (Pfizer or Moderna), a single dose of Janssen COVID-19 Vaccine, or any COVID-19 vaccine under FDA Emergency Use Authorization or World Health Organization Emergency Use Listing in accordance with applicable dose requirements.
- **Polio Vaccine:** Must be given 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 Appointees receive another vaccination within six months of entering military service. NOTE: If the Appointee is prior U.S. military (active, reserve, or National Guard of any U.S. military branch) they 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 hesitate to do so, your Appointee can download a prescription form for the vaccination from the Admissions Portal Appointee Kit.
- **Influenza Vaccine (Flu):** Must be current vaccine and have been administered no earlier than July 1st of last year..

- Tetanus, Diphtheria, and Pertussis Vaccine (Tdap): Must have 1 dose of Tdap on immunization record. If it has been more than 5 years since last Tdap, the Appointee will need a Tdap booster given within last 5 years.
- Mumps, Measles, Rubella Vaccine (MMR): Full vaccination requires two doses (at least 4 weeks apart). **SPECIAL NOTE**: If Appointee received both doses vaccination prior to 1 January, the Air Force Academy will require a blood titers lab test to determine your immunity to Mumps. If Appointee has not been previously vaccinated, they must attempt to receive both doses before being cleared to travel to the Air Force Academy.
- Chicken Pox (Varicella) Vaccine (VAR): Full vaccination requires two doses (at least 4 weeks apart). **SPECIAL NOTE**: If Appointees have positive blood titer value results (and can provide documentation to the fact) they do NOT need to receive the vaccine. If Appointees have not been previously vaccinated then they must attempt to receive both doses before you will be cleared to travel to Air Force Academy.
- Hepatitis A & B: Appointees must be vaccinated against both Hepatitis A and Hepatitis B before In-Processing. **SPECIAL NOTE**: Appointees have positive blood titer value results (and can provide documentation to that fact) Appointees do NOT need to receive associated vaccine. Appointees must have 2 doses of Hepatitis A vaccine or positive blood titer (HAV IgG) and 3 doses of Hepatitis B (Engerix-B or Recombivax-HB) (Twinrix if indicated or 2 doses of Heplisav-B vaccine or positive blood titer (HBV IgG surface antibody). Appointees must provide dates of all doses.
- Meningococcal ACWY Vaccine (Menomune, Menactra, Menveo): If Appointee received their first dose before the age of 16, they must receive a second dose as well. If Appointee received first dose after 16, a second dose isn't required. If Appointee received both doses before the age of 16, the doses must be the same type.
- Meningococcal Vaccine: 1 dose of Meningococcal vaccine (MCV4) within the last 5 years.

### **Recommended Vaccinations:**

- Human Papillomavirus Vaccine (HPV): HPV available for series start or completion at the Air Force Academy Immunizations Clinic. HPV is not mandatory vaccine and not given at In-Processing. (3 Doses)
- Meningococcal B Vaccine
- Flu Vaccine (given at in-processing)

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. 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 at in-processing 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 in-processing 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 and sunglasses may have conservative ornamentation on non-prescription sunglasses or eyeglasses, frames may be black or brown material or gold or silver wire. Brand name glasses may be worn with small logo on frames or lenses. Logo may contrast with frames color, but must be conservative in color (black, brown, matte silver/gold). Conservative wrap-around sunglasses may be worn. Conservative, clear, slightly tinted or photosensitive lenses are authorized. Faddish styles and mirrored lenses are prohibited. Sunglasses (to include darkened photosensitive lenses) are not authorized in formation.

Questions: 10 AMDS/SGPFE, 4102 Academy Dr., USAF Academy CO 80840, Telephone (719) 333-5189, Option 4.

## 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.

## Medical FAQs

**I am enrolled under my parent's health insurance plan. Once I am enrolled as a cadet at the Air Force Academy do I need to be kept on my parent's health insurance plan?**

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 dis-enrolled or decide to separate on their own.

**How do I enroll for healthcare while at the Air Force Academy?**

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

**How do I receive primary and specialty care services while at the Air Force Academy?**

Primary care is received by calling the clinic and making an appointment to see their 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 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 in a specific field such as neurology, cardiology, rheumatology, dermatology, oncology, orthopedics, ophthalmology, and other specialized fields.

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

If you have an emergency and are away from the Air Force 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 beneficiaries 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 report the visit to the Cadet/Flight Medicine Clinic, (719) 524- 2273, as soon as possible. You can also request an appointment online. Reach out to your Air Force 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.

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 the Air Force Academy before I am commissioned?**

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.

## **Dental**

Dental treatment as a cadet (and while on active duty) is a military entitlement and there is no cost 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 Air Force 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. If your civilian dentist has recommended you have your wisdom teeth removed, we strongly suggest you follow their advice. 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.

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.

## **Dental FAQs**

**If I don't have my wisdom teeth removed before I get to the Air Force Academy, does that disqualify me?**

No. 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.

**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?**

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 CDROM, we will likely still need to take new or additional x-rays.

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

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 Air Force Academy can I still get treatment at my civilian dentist on breaks?**

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: DSN: 333-5281/Comm: (719) 333-5281/ FAX: (719) 333-5205. We will need to document any treatment you receive at your dentist's office to assure your military dental record is a true reflection of your oral condition and is up to date. You must bring a copy of the treatment you received so it can be incorporated into your military dental treatment record. 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 Preparation

**You need to be in the best possible physical condition when you arrive.** Keep in mind that **your 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 harder at USAFA. 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
- Please complete all training sessions in comfortable athletic shoes; you will be able to utilize athletic shoes during BCT PT

## Training Schedule

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week #1</b>	OFF	Calisthenics Day #1	Anaerobic Day #1	OFF	Calisthenics Day #2	Aerobic Day #1	OFF
<b>Week #2</b>	OFF	Calisthenics Day #3	Anaerobic Day #2	OFF	Calisthenics Day #4	Aerobic Day #2	OFF
<b>Week #3</b>	OFF	Aerobic Day #3	Calisthenics Day #5	OFF	Anaerobic Day #3	Aerobic Day #4	Calisthenics Day #6
<b>Week #4</b>	OFF	Aerobic Day #5	Calisthenics Day #7	OFF	Anaerobic Day #4	Aerobic Day #6	Calisthenics Day #8
<b>Week #5</b>	OFF	Aerobic Day #7	Calisthenics Day #9	Anaerobic Day #5	Aerobic Day #8	Calisthenics Day #10	Aerobic Day #9
<b>Week #6</b>	OFF	Aerobic Day #10	Calisthenics Day #11	Anaerobic Day #6	Aerobic Day #11	Calisthenics Day #12	Aerobic Day #12
<b>Week #7</b>	OFF	Aerobic Day #13	Calisthenics Day #13	Anaerobic Day #7	Aerobic Day #14	Calisthenics Day #14	Aerobic Day #15
<b>Week #8</b>	OFF	Calisthenics Day #15	Anaerobic Day #8	OFF	Calisthenics Day #16	Aerobic Day #16	OFF

In Appendix 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, Basic Cadet Training 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:

1. Intent - You must bring energy, effort, and intensity to your training; you have to go hard.
2. Quality over Quantity - More is not better, better is better; you must ensure the technical execution of all movements is perfect.
3. 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.
4. 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 the Athletics, Fitness and Testing Division, HQ USAFA/ADPT, 2170 Fieldhouse Drive, USAF Academy CO 80840-9500, Telephone (719) 333-2340.

## Physical Fitness Standards

### PFT/AFT

To help judge your fitness level prior to arriving we've provided the Physical Fitness Test (PFT) and Aerobic Fitness Test (AFT) scores (below). Cadets take the AFT and PFT 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 USAFA. 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.

#### 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						
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						
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

## Swimming Ability

Most Academy Appointees have at least a basic swimming ability. 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 Air Force Academy body composition standards on entry to BCT and throughout your cadet career. Any cadet above the maximum or below the minimum BMI screening weight will be taped to determine body composition. Unless authorized a temporary body fat adjustment, male cadets above the 25.0 kg/m<sup>2</sup> and 18% body fat maximum, and female cadets above the 25 kg/m<sup>2</sup> and 26% body fat maximum, will be entered into a remedial weight management program. For cadets below the 19.0 kg/m<sup>2</sup> minimum BMI, the AOC 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/m<sup>2</sup> (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	189	194	200	205	210	216	221	227

Represents Minimum Weights for USAFA Cadet BMI of 19.0 kg/m<sup>2</sup> (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

## Overall Fitness

The mission of the 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 his challenge.**

You'll 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'll 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, maybe 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.**

All basic cadets 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'll 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 the March).

If you have trouble adjusting to BCT, you are encouraged to ask for assistance from your cadet chain-of-command, your AOC or 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 Air Force 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'll be thankful for it. You cannot imagine the positive change you will see in yourself!

## Physical Fitness during Academic Year

Physical Education is part of the core curriculum at Air Force Academy and contributes to the development of the 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 their four academic years, with at least one PE course in each of the eight semesters. Mandatory core requirements for all cadets, 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 those cadets who lack requisite core skills. Physical Education courses are "for credit" with earned grades contributing to a cadet's 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:** Questions regarding the Air Force Academy physical education curriculum requirements should be addressed to the Department of Physical Education, HQ USAFA/ADP, Telephone (719) 333-9295.

## 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.

## 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 Air Force 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 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 begin in BCT and continue across the 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.

## 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'll attend morning classes, which begin at 7:30 a.m.

You will attend classes or study until 11:23 a.m., when you'll 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'll 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, two weekends per month are devoted to military training. 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 Air Force Academy website under Cadet Life: <https://www.usafa.edu/cadet-life/faq/>.

## Leave

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 shuttle bus service for a cost round trip to and from the Colorado Springs and Denver airports during the breaks (not including Summer Break). Information on shuttles, Information will be sent out when schedules are finalized.

## Aviation, Airmanship, and Space Program

A very large part of the Academy experience involves flying, unmanned aerial systems, and space courses. Many cadets volunteer to enroll in a soaring course, where they 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 cadets the opportunity to fly a T-53 with instructor pilots for either a 4-flight basic airmanship program or a 10-flight program, where they have a chance to fly solo. Cadets who volunteer for the elective space course 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 Air Force Academy’s own satellite, FalconSAT. Additionally, cadets 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 graduates 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. Cadets at the Academy who 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 Air Force 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 the Academy’s ambassadors of musical excellence.

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.

**Fourth-class cadets 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. Everyone may audition/interview and will be given instruction.

If you are interested in the Corps, please fill out the Drum and Bugle Corps form on your Admissions Portal Appointee Kit. For questions, please contact the D&B director at [drum.bugle@usafa.edu](mailto: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, HQ USAFA/DFVR, 2354 Fairchild Dr., Suite 2G13, USAF Academy CO 80840-6210. 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 Air Force 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).

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

## Academic Success Center

The Academic Success Center (ASC) supports and encourages academic excellence in all cadet 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 cadets understand subjects such as Calculus, Physics, Chemistry, and Mechanical Engineering. For cadets struggling with the Academy's academic rigors, the ASC offers a Learning Strategies course, which teaches cadets how to engage in time-task management, metacognitive learning and memory tactics, and test preparation/test-taking skills. The Writing Center helps cadets enhance the organization and impact of their

written communications through a guided discussion of strengths and areas for improvement. To increase cadets' critical reading strategies, the ASC offers a Reading Strategies course geared to increase comprehension, efficiency, and recall. The Center offers 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 scholars programs.

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

## 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 cadets to pursue a path of living honorably. Living under the Honor Code demands complete integrity in word and deed. Cadets are accountable to themselves and each other. They are expected to report any Honor Code violation. The Honor Code is a minimum standard expected of cadets.

## The Center for Character and Leadership Development (CCLD)

The Air Force Academy defines character as: “One's moral compass; the sum of those qualities of moral excellence which move a person to do the right thing despite pressures to the contrary.” In addition, we define a “Leader of Character” as one who (1) Lives honorably; consistently practicing the virtues embodied by the Core Values, (2) Lifts others to their best possible selves, and (3) Elevates performance toward a common and noble purpose.

Therefore, the mission of CCLD is to help create an environment where people want to relentlessly pursue the identity of a Leader of Character. To this end, the Center is organized into four divisions: Development, Integration, Research & Scholarship, and Support. More information on each of the divisions can be found online: <https://www.usafa.edu/character/>. 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.

CCLD's mission is “to serve USAFA by advancing character & leadership development in preparation for service to the nation.” 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 Air Force 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.

Questions: Cadet Chaplains Corps Staff, HQ USAFA/HCX, 2306 Sijan 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. Throughout Basic Cadet Training, there are religious services available on Friday and Sunday. 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.

### **Choirs**

There are three choirs sponsored by the Wing Chaplain's office - Catholic Choir, Catholic Scholar, and Latter Day Saints (LDS). 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 Air Force Academy in local and national appearances.

### **Cadet Interfaith Council**

Each major faith group has two cadets on the Cadet Interreligious Council. This council assists the Wing Chaplain with meeting a cadets' religious accommodation request 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 Air Force 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 (chaplains and religious affairs airman) 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 Religious Support Team to support your mission. There is a chaplain that meets 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 or provides for religious support and spiritual care. They ensure cadets have opportunities to exercise their 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 our Appointees to reach their highest potential. Here at the United States Air Force 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 USAFA Superintendent. If you would like to submit a request, please contact us at [admissionspreaccessionexemptions@afacademy.af.edu](mailto: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

## Finance and Fee Information

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

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

## Discretionary Money

Students should bring discretionary money of approximately \$275 plus any anticipated travel funds. This will allow students 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

Cadets earn approximately \$1,217.10 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.), cadets 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.

Cadets who separate before the advance is repaid 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.

## 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 Admissions Appointee portal 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 Air Force Academy listed below.

**Armed Forces Bank:** Armed Forces Bank is a full service bank located on the Air Force 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.

Their office is located in the Cadet area (Sijan Hall) and they have ATM's in both Vandenberg and Sijan Hall dormitories.

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](mailto:recruit@afbank.com) or fax (816) 412-0055.

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](mailto:recruit@afbank.com). You may also contact Patty Tate: (913) 364-3546, [ptate@dfckc.com](mailto:ptate@dfckc.com) or Jennifer Reed: (913)364-3587, [jreed@dfckc.com](mailto:jreed@dfckc.com).

**Air Academy Federal Credit Union (AAFCU):** AAFCU is a full-service financial institution offering checking and savings accounts, auto loans, and robust electronic services - including online banking, mobile app, online bill paying, and access to nearly 30,000 surcharge-free ATMs nationwide - and much more. The credit union is located on base in the Community Center, Building 5136. There are three 24-hour ATMs located on base - at the branch, Fairchild 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 [aafcu.com](http://aafcu.com) to open an account today (use Promo Code Cadet).

Questions: Air Academy Federal Credit Union (AAFCU), Telephone (800) 223-1983 ext. 1458 or (719) 593-8600 ext. 1458, or email at [cadetaccounts@aafcu.com](mailto:cadetaccounts@aafcu.com).

## Personal Debts

All 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 the cadet. When a scholarship agency is unable to make payment directly to the cadet, the scholarship may be accepted for credit to the cadet's pay

account provided there are no restrictions on the scholarship and the check is payable to the US 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 the cadet disenrolls. Checks should be made payable to US 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 the cadet. 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 the responsibility of the cadet.

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

**Class of 2026 Projected Expenses (amounts are subject to change)**

July 2022 - June 2023

Uniforms	\$4,440
Servicemen’s 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, linen, dry)	\$1,958
Estimated Expenses	\$10,838
Estimated Income (\$1,150.50 X 12 months)	\$13,806

Questions: Academy Financial Service Office, Telephone (719) 333-6988/6982 or email [USAFAFM.FMF.CadetPay@us.af.mil](mailto:USAFAFM.FMF.CadetPay@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 input based on the home of record on file for the student. Cadets may change their 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. All cadets at the Academy are required to file their own income tax returns. As a fourth-class cadet entering the Academy in June, you will earn approximately \$6,903, 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 as an entering fourth-class cadet you were probably a dependent of your parents for half of the year before you entered the Academy, you may possibly be claimed as a dependent on their return for 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 2022. 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 Air Force 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 Air Force 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 cadet 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

Cadets attending the Air Force Academy 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. They are considered to be on active duty in the armed forces while they are attending the academies and are, therefore, employees of the United States. They 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 2026 in June.

**Questions:** Academy Financial Service Office, 2304 Cadet Dr., Suite 2200, USAF Academy CO 80840, Telephone (719) 333-6988/6982 or email [USAFAFM.FMF.CadetPay@us.af.mil](mailto: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'll be instructed to write home immediately after arriving. The Cadet Wing leadership requests that all questions and concerns from parents during BCT be directed to the Air Force Academy Parent Liaison. The answers to many parent questions can be found by checking the Parent Resource Page on the USAFA website at [www.usafa.edu/parents](http://www.usafa.edu/parents).

If the Parent Liaison 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).

Below is some information for you and your parents.

## Air Force Academy Local Parents' Clubs

There are nearly 100 parent 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 USAFA parents in your area. Additionally, most clubs host events and activities locally and here at the Academy.

We would like to provide 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. If you and your parents would like us to share contact information with your local parent club, please download, fill out, sign and upload the information release form located on the Admissions Appointee portal. You may also send the form to the USAFA Parent Liaison at the email or mailing address listed below. If you have questions regarding the parent club in your area, please contact the Parent Liaison.

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 fill out/sign the form to release your information (minimum: Name, Class year, City, State, Zip Code).

Questions: USAFA Parent Liaison, HQ USAFA/CM ATTN: Parent Liaison, 2304 Cadet Dr., Suite 3100 USAF Academy CO 80840-5002; Telephone Toll Free: (877)-268-3383 or (719) 333-3828; e-mail: [USAFA.ParentLiaison@usafa.edu](mailto:USAFA.ParentLiaison@usafa.edu).

## Photo Coverage of Basic Cadet Training

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

The Academy's Public Affairs office provides command information to the installation and the public. One of the ways we do this is through social media venues such as Facebook, 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 website [www.usafawebguy.com](http://www.usafawebguy.com) as part of their Family Plan Membership. [www.usafawebguy.com/Membership](http://www.usafawebguy.com/Membership)

## Doolie Day Out

**Doolie Day Out (DDO)** is an integral part of Basic Cadet Training. On DDO, all basic cadets are assigned to local host/sponsor families 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 sponsor office with a by-name email request at [cadet.sponsor@usafa.edu](mailto:cadet.sponsor@usafa.edu). Cadets will also have about 2 weeks from DDO to send the sponsor office a by-name or special request.

DDO host family assignment letters will be given to basic cadets the day prior to the event and they will be reminded to hand-carry the letters with them to the pick-up area. Additionally, Basic Cadets will normally be given their cellphones either the night prior or the morning of DDO. Basic cadets will be instructed NOT to use their cell phones 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, basic cadets are released only to their registered host families 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. Basic cadets will be informed of these restrictions prior to release and host families will be aware they cannot release their cadets to anyone during the day. Parents living within 50 miles of the Academy who wish to host their cadet on DDO and/or become their 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. Cadets not feeling well on DDO will remain in the Cadet Area with cadre/BCT supervisors. Basic cadets are encouraged to pass host/sponsor families' names and contact info to their parents. The sponsor office or the Parent Liaison are not authorized to release that information.

Non-local parents should NOT visit on DDO in hopes of spending the day with their son/daughter. DDO is considered a Basic Cadet Training 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, [cadet.sponsor@usafa.edu](mailto:cadet.sponsor@usafa.edu).

## Parents' Weekend

Parents' Weekend for the Class of 2026 is scheduled to be over the Labor Day weekend from Thu, 1 Sep until Mon, 4 Sep. Some of the scheduled events include an information fair, a cadet wing parade, squadron open houses, Air Force Academy Planetarium shows, and a home football game. Travel and lodging arrangements should be made as soon as possible, keeping in mind that guests should arrive prior to Friday, as that is the primary day of activities.

Updated schedules and the latest information can be found on the Air Force Academy web site at <https://www.usafa.edu/about/traditions/parents-weekend/>.

Questions: Air Force Academy Parent Liaison, HQ USAFA/CM ATTN: Parent Liaison, 2304 Cadet Dr., USAF Academy CO 80840, Telephone, (877) 268-3383 or (719) 333-3828. [parents.weekend@usafa.edu](mailto:parents.weekend@usafa.edu).

## Cadet Sponsor Program

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

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

The Sponsor Program is offered for all four years at the Academy, but is especially encouraged for fourth-class cadets.

Cadets and/or sponsors may make by-name requests for their sponsor and/or cadet, and the Cadet Sponsor office will attempt to honor the requests. Appointees with by-name requests should ask their requested sponsors to contact the Cadet Sponsor office to request a registration packet; otherwise, they will not be matched.

Former Prep School cadet candidates wishing to keep their Prep School sponsor should ask their sponsor family to register with the Cadet Sponsor Office. If the family is already registered with the Air Force Academy program, they should contact the Cadet Sponsor Office with a by-name request.

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 cadets with sponsors. Cadets may opt out of the program by sending an email to the Cadet Sponsor Office.

For more information on the program, 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 Air Force 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/CWTM, Telephone (719) 333-2727, [cadet.sponsor@usafa.edu](mailto:cadet.sponsor@usafa.edu).

## Appendix A: Physical Fitness Preparation Workouts

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

Complete the designated number of Full rounds first,  $\frac{3}{4}$  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
Squats	20	16	10
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
<b>Complete x</b>	<b>1 Round</b>	<b>3 Rounds</b>	<b>1 Round</b>

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
Squats	20	16	10
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
<b>Complete x</b>	<b>1 Round</b>	<b>4 Rounds</b>	<b>0 Rounds</b>

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
Squats	20	16	10
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
<b>Complete x</b>	<b>2 Rounds</b>	<b>3 Rounds</b>	<b>0 Rounds</b>

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
Squats	20	16	10
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
<b>Complete x</b>	<b>3 Rounds</b>	<b>2 Rounds</b>	<b>0 Rounds</b>

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
Squats	20	16	10
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
<b>Complete x</b>	<b>4 Rounds</b>	<b>1 Rounds</b>	<b>0 Rounds</b>

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
Squats	20	16	10
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
<b>Complete x</b>	<b>5 Rounds</b>	<b>0 Rounds</b>	<b>0 Rounds</b>

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 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
<b>Distance</b>	50 yd.					
<b>Time at Start</b>	0:00	2:00	4:00	6:00	8:00	10:00
<b>Time at End M/W</b>	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
<b>Distance</b>	50 yd.	100 yd.				
<b>Time at Start</b>	0:00	2:00	4:00	6:00	8:00	11:00
<b>Time at End M/W</b>	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
<b>Distance</b>	50 yd.	50 yd.	50 yd.	50 yd.	100 yd.	100 yd.
<b>Time at Start</b>	0:00	2:00	4:00	6:00	9:00	12:00
<b>Time at End M/W</b>	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
<b>Distance</b>	50 yd.	50 yd.	50 yd.	100 yd.	100 yd.	100 yd.
<b>Time at Start</b>	0:00	2:00	4:00	7:00	10:00	13:00
<b>Time at End M/W</b>	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
<b>Distance</b>	50 yd.	50 yd.	100 yd.	100 yd.	100 yd.	100 yd.
<b>Time at Start</b>	0:00	2:00	5:00	8:00	11:00	14:00
<b>Time at End M/W</b>	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
<b>Distance</b>	50 yd.	100 yd.	100 yd.	100 yd.	100 yd.	100 yd.
<b>Time at Start</b>	0:00	3:00	6:00	9:00	12:00	15:00
<b>Time at End M/W</b>	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
<b>Distance</b>	100 yd.	100 yd.				
<b>Time at Start</b>	0:00	3:00	6:00	9:00	12:00	15:00
<b>Time at End M/W</b>	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
<b>Distance</b>	100 yd.	100 yd.				
<b>Time at Start</b>	0:00	3:00	6:00	9:00	12:00	15:00
<b>Time at End M/W</b>	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

<b>Aerobic – Day #1</b>	
<b>Warm Up</b>	
Jumping Jacks x 20 <a href="#">VIDEO DEMO</a> Skip w. Arm Swings x 10 <a href="#">VIDEO DEMO</a> World’s Greatest Stretch x 4ea <a href="#">VIDEO DEMO</a> High Kick Single Leg RDL x 4ea <a href="#">VIDEO DEMO</a> Rise & Shine Squat x4 <a href="#">VIDEO DEMO</a> Rise & Shine Pushup x 4 <a href="#">VIDEO DEMO</a> ATW Lunge & Reach x 1ea <a href="#">VIDEO DEMO</a> Pogo w. Alternating Split Jump x 5ea <a href="#">VIDEO DEMO</a> (A)Skip x 20 <a href="#">VIDEO DEMO</a> Wideout 2 x 5 <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence
<b>Block #1 – Locomotion Drills</b>	
Jog & Backpedal x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Arm Swings x 20 Yards <a href="#">VIDEO DEMO</a> Skip w. Arm Circles x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Front/Reverse Pivots x 20 Yards <a href="#">VIDEO DEMO</a> Gallop x 20 Yards <a href="#">VIDEO DEMO</a> Carioca x 20 Yards <a href="#">VIDEO DEMO</a> Gallop w. Flying Lead Change x 20 Yards <a href="#">VIDEO DEMO</a> Running 360s x 20 Yards <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way
<b>Block #2 – Track Intervals</b>	
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
<b>Cooldown</b>	
Lateral Side Bend with Triceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Chest Stretch to Forward Fold (S) <a href="#">VIDEO DEMO</a> Standing Quadriceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Cross-Body Shoulder Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Figure Four (S) (R & L) <a href="#">VIDEO DEMO</a> Frog Squat (S) <a href="#">VIDEO DEMO</a> Down Dog to Runners Lunge (R & L) <a href="#">VIDEO DEMO</a> Seated Twist (G) (R & L) <a href="#">VIDEO DEMO</a> Child Pose (G) <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total  (S) = Standing (G) = Ground

<b>Aerobic – Day #2</b>	
<b>Warm Up</b>	
Jumping Jacks x 20 <a href="#">VIDEO DEMO</a> Skip w. Arm Swings x 10 <a href="#">VIDEO DEMO</a> World’s Greatest Stretch x 4ea <a href="#">VIDEO DEMO</a> High Kick Single Leg RDL x 4ea <a href="#">VIDEO DEMO</a> Rise & Shine Squat x4 <a href="#">VIDEO DEMO</a> Rise & Shine Pushup x 4 <a href="#">VIDEO DEMO</a> ATW Lunge & Reach x 1ea <a href="#">VIDEO DEMO</a> Pogo w. Alternating Split Jump x 5ea <a href="#">VIDEO DEMO</a> (A)Skip x 20 <a href="#">VIDEO DEMO</a> Wideout 2 x 5 <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence
<b>Block #1 – Locomotion Drills</b>	
Jog & Backpedal x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Arm Swings x 20 Yards <a href="#">VIDEO DEMO</a> Skip w. Arm Circles x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Front/Reverse Pivots x 20 Yards <a href="#">VIDEO DEMO</a> Gallop x 20 Yards <a href="#">VIDEO DEMO</a> Carioca x 20 Yards <a href="#">VIDEO DEMO</a> Gallop w. Flying Lead Change x 20 Yards <a href="#">VIDEO DEMO</a> Running 360s x 20 Yards <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way
<b>Block #2 – Track Intervals</b>	
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
<b>Cooldown</b>	
Lateral Side Bend with Triceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Chest Stretch to Forward Fold (S) <a href="#">VIDEO DEMO</a> Standing Quadriceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Cross-Body Shoulder Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Figure Four (S) (R & L) <a href="#">VIDEO DEMO</a> Frog Squat (S) <a href="#">VIDEO DEMO</a> Down Dog to Runners Lunge (R & L) <a href="#">VIDEO DEMO</a> Seated Twist (G) (R & L) <a href="#">VIDEO DEMO</a> Child Pose (G) <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total  (S) = Standing (G) = Ground

<b>Aerobic – Day #3</b>	
<b>Warm Up</b>	
Jumping Jacks x 20 <a href="#">VIDEO DEMO</a> Skip w. Arm Swings x 10 <a href="#">VIDEO DEMO</a> World’s Greatest Stretch x 4ea <a href="#">VIDEO DEMO</a> High Kick Single Leg RDL x 4ea <a href="#">VIDEO DEMO</a> Rise & Shine Squat x4 <a href="#">VIDEO DEMO</a> Rise & Shine Pushup x 4 <a href="#">VIDEO DEMO</a> ATW Lunge & Reach x 1ea <a href="#">VIDEO DEMO</a> Pogo w. Alternating Split Jump x 5ea <a href="#">VIDEO DEMO</a> (A)Skip x 20 <a href="#">VIDEO DEMO</a> Wideout 2 x 5 <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence
<b>Block #1 – Locomotion Drills</b>	
Jog & Backpedal x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Arm Swings x 20 Yards <a href="#">VIDEO DEMO</a> Skip w. Arm Circles x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Front/Reverse Pivots x 20 Yards <a href="#">VIDEO DEMO</a> Gallop x 20 Yards <a href="#">VIDEO DEMO</a> Carioca x 20 Yards <a href="#">VIDEO DEMO</a> Gallop w. Flying Lead Change x 20 Yards <a href="#">VIDEO DEMO</a> Running 360s x 20 Yards <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way
<b>Block #2 – Track Intervals</b>	
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
<b>Cooldown</b>	
Lateral Side Bend with Triceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Chest Stretch to Forward Fold (S) <a href="#">VIDEO DEMO</a> Standing Quadriceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Cross-Body Shoulder Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Figure Four (S) (R & L) <a href="#">VIDEO DEMO</a> Frog Squat (S) <a href="#">VIDEO DEMO</a> Down Dog to Runners Lunge (R & L) <a href="#">VIDEO DEMO</a> Seated Twist (G) (R & L) <a href="#">VIDEO DEMO</a> Child Pose (G) <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total  (S) = Standing (G) = Ground

<b>Aerobic – Day #4</b>	
<b>Warm Up</b>	
Jumping Jacks x 20 <a href="#">VIDEO DEMO</a> Skip w. Arm Swings x 10 <a href="#">VIDEO DEMO</a> World’s Greatest Stretch x 4ea <a href="#">VIDEO DEMO</a> High Kick Single Leg RDL x 4ea <a href="#">VIDEO DEMO</a> Rise & Shine Squat x4 <a href="#">VIDEO DEMO</a> Rise & Shine Pushup x 4 <a href="#">VIDEO DEMO</a> ATW Lunge & Reach x 1ea <a href="#">VIDEO DEMO</a> Pogo w. Alternating Split Jump x 5ea <a href="#">VIDEO DEMO</a> (A)Skip x 20 <a href="#">VIDEO DEMO</a> Wideout 2 x 5 <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence
<b>Block #1 – Locomotion Drills</b>	
Jog & Backpedal x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Arm Swings x 20 Yards <a href="#">VIDEO DEMO</a> Skip w. Arm Circles x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Front/Reverse Pivots x 20 Yards <a href="#">VIDEO DEMO</a> Gallop x 20 Yards <a href="#">VIDEO DEMO</a> Carioca x 20 Yards <a href="#">VIDEO DEMO</a> Gallop w. Flying Lead Change x 20 Yards <a href="#">VIDEO DEMO</a> Running 360s x 20 Yards <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way
<b>Block #2 – 120 Yards Every Minute on the Minute + Continuous Run</b>	
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
<b>Cooldown</b>	
Lateral Side Bend with Triceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Chest Stretch to Forward Fold (S) <a href="#">VIDEO DEMO</a> Standing Quadriceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Cross-Body Shoulder Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Figure Four (S) (R & L) <a href="#">VIDEO DEMO</a> Frog Squat (S) <a href="#">VIDEO DEMO</a> Down Dog to Runners Lunge (R & L) <a href="#">VIDEO DEMO</a> Seated Twist (G) (R & L) <a href="#">VIDEO DEMO</a> Child Pose (G) <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total  (S) = Standing (G) = Ground

<b>Aerobic – Day #5</b>	
<b>Warm Up</b>	
Jumping Jacks x 20 <a href="#">VIDEO DEMO</a> Skip w. Arm Swings x 10 <a href="#">VIDEO DEMO</a> World’s Greatest Stretch x 4ea <a href="#">VIDEO DEMO</a> High Kick Single Leg RDL x 4ea <a href="#">VIDEO DEMO</a> Rise & Shine Squat x4 <a href="#">VIDEO DEMO</a> Rise & Shine Pushup x 4 <a href="#">VIDEO DEMO</a> ATW Lunge & Reach x 1ea <a href="#">VIDEO DEMO</a> Pogo w. Alternating Split Jump x 5ea <a href="#">VIDEO DEMO</a> (A)Skip x 20 <a href="#">VIDEO DEMO</a> Wideout 2 x 5 <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence
<b>Block #1 – Locomotion Drills</b>	
Jog & Backpedal x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Arm Swings x 20 Yards <a href="#">VIDEO DEMO</a> Skip w. Arm Circles x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Front/Reverse Pivots x 20 Yards <a href="#">VIDEO DEMO</a> Gallop x 20 Yards <a href="#">VIDEO DEMO</a> Carioca x 20 Yards <a href="#">VIDEO DEMO</a> Gallop w. Flying Lead Change x 20 Yards <a href="#">VIDEO DEMO</a> Running 360s x 20 Yards <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way
<b>Block #2 – Track Intervals</b>	
Run 300 meters in 1 minute 15 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
<b>Cooldown</b>	
Lateral Side Bend with Triceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Chest Stretch to Forward Fold (S) <a href="#">VIDEO DEMO</a> Standing Quadriceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Cross-Body Shoulder Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Figure Four (S) (R & L) <a href="#">VIDEO DEMO</a> Frog Squat (S) <a href="#">VIDEO DEMO</a> Down Dog to Runners Lunge (R & L) <a href="#">VIDEO DEMO</a> Seated Twist (G) (R & L) <a href="#">VIDEO DEMO</a> Child Pose (G) <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total  (S) = Standing (G) = Ground

<b>Aerobic – Day #6</b>	
<b>Warm Up</b>	
Jumping Jacks x 20 <a href="#">VIDEO DEMO</a> Skip w. Arm Swings x 10 <a href="#">VIDEO DEMO</a> World’s Greatest Stretch x 4ea <a href="#">VIDEO DEMO</a> High Kick Single Leg RDL x 4ea <a href="#">VIDEO DEMO</a> Rise & Shine Squat x4 <a href="#">VIDEO DEMO</a> Rise & Shine Pushup x 4 <a href="#">VIDEO DEMO</a> ATW Lunge & Reach x 1ea <a href="#">VIDEO DEMO</a> Pogo w. Alternating Split Jump x 5ea <a href="#">VIDEO DEMO</a> (A)Skip x 20 <a href="#">VIDEO DEMO</a> Wideout 2 x 5 <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence
<b>Block #1 – Locomotion Drills</b>	
Jog & Backpedal x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Arm Swings x 20 Yards <a href="#">VIDEO DEMO</a> Skip w. Arm Circles x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Front/Reverse Pivots x 20 Yards <a href="#">VIDEO DEMO</a> Gallop x 20 Yards <a href="#">VIDEO DEMO</a> Carioca x 20 Yards <a href="#">VIDEO DEMO</a> Gallop w. Flying Lead Change x 20 Yards <a href="#">VIDEO DEMO</a> Running 360s x 20 Yards <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way
<b>Block #2 – 120 Yards Every Minute on the Minute + Continuous Run</b>	
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
<b>Cooldown</b>	
Lateral Side Bend with Triceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Chest Stretch to Forward Fold (S) <a href="#">VIDEO DEMO</a> Standing Quadriceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Cross-Body Shoulder Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Figure Four (S) (R & L) <a href="#">VIDEO DEMO</a> Frog Squat (S) <a href="#">VIDEO DEMO</a> Down Dog to Runners Lunge (R & L) <a href="#">VIDEO DEMO</a> Seated Twist (G) (R & L) <a href="#">VIDEO DEMO</a> Child Pose (G) <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total  (S) = Standing (G) = Ground

<b>Aerobic – Day #7</b>	
<b>Warm Up</b>	
Jumping Jacks x 20 <a href="#">VIDEO DEMO</a> Skip w. Arm Swings x 10 <a href="#">VIDEO DEMO</a> World’s Greatest Stretch x 4ea <a href="#">VIDEO DEMO</a> High Kick Single Leg RDL x 4ea <a href="#">VIDEO DEMO</a> Rise & Shine Squat x4 <a href="#">VIDEO DEMO</a> Rise & Shine Pushup x 4 <a href="#">VIDEO DEMO</a> ATW Lunge & Reach x 1ea <a href="#">VIDEO DEMO</a> Pogo w. Alternating Split Jump x 5ea <a href="#">VIDEO DEMO</a> (A)Skip x 20 <a href="#">VIDEO DEMO</a> Wideout 2 x 5 <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence
<b>Block #1 – Locomotion Drills</b>	
Jog & Backpedal x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Arm Swings x 20 Yards <a href="#">VIDEO DEMO</a> Skip w. Arm Circles x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Front/Reverse Pivots x 20 Yards <a href="#">VIDEO DEMO</a> Gallop x 20 Yards <a href="#">VIDEO DEMO</a> Carioca x 20 Yards <a href="#">VIDEO DEMO</a> Gallop w. Flying Lead Change x 20 Yards <a href="#">VIDEO DEMO</a> Running 360s x 20 Yards <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way
<b>Block #2 – Track Intervals</b>	
Run 300 meters in 1 minute 15 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
<b>Cooldown</b>	
Lateral Side Bend with Triceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Chest Stretch to Forward Fold (S) <a href="#">VIDEO DEMO</a> Standing Quadriceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Cross-Body Shoulder Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Figure Four (S) (R & L) <a href="#">VIDEO DEMO</a> Frog Squat (S) <a href="#">VIDEO DEMO</a> Down Dog to Runners Lunge (R & L) <a href="#">VIDEO DEMO</a> Seated Twist (G) (R & L) <a href="#">VIDEO DEMO</a> Child Pose (G) <a href="#">VIDEO DEMO</a>	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
<b>Sprint</b>	<b>100</b>	<b>200</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>200</b>	<b>200</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>200</b>	<b>100</b>
<b>Walk</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>100</b>	<b>100</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>100</b>	<b>100</b>

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

<b>Aerobic – Day #9</b>	
<b>Warm Up</b>	
Jumping Jacks x 20 <a href="#">VIDEO DEMO</a> Skip w. Arm Swings x 10 <a href="#">VIDEO DEMO</a> World’s Greatest Stretch x 4ea <a href="#">VIDEO DEMO</a> High Kick Single Leg RDL x 4ea <a href="#">VIDEO DEMO</a> Rise & Shine Squat x4 <a href="#">VIDEO DEMO</a> Rise & Shine Pushup x 4 <a href="#">VIDEO DEMO</a> ATW Lunge & Reach x 1ea <a href="#">VIDEO DEMO</a> Pogo w. Alternating Split Jump x 5ea <a href="#">VIDEO DEMO</a> (A)Skip x 20 <a href="#">VIDEO DEMO</a> Wideout 2 x 5 <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence
<b>Block #1 – Locomotion Drills</b>	
Jog & Backpedal x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Arm Swings x 20 Yards <a href="#">VIDEO DEMO</a> Skip w. Arm Circles x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Front/Reverse Pivots x 20 Yards <a href="#">VIDEO DEMO</a> Gallop x 20 Yards <a href="#">VIDEO DEMO</a> Carioca x 20 Yards <a href="#">VIDEO DEMO</a> Gallop w. Flying Lead Change x 20 Yards <a href="#">VIDEO DEMO</a> Running 360s x 20 Yards <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way
<b>Block #2 – Football Field Intervals</b>	
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
<b>Cooldown</b>	
Lateral Side Bend with Triceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Chest Stretch to Forward Fold (S) <a href="#">VIDEO DEMO</a> Standing Quadriceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Cross-Body Shoulder Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Figure Four (S) (R & L) <a href="#">VIDEO DEMO</a> Frog Squat (S) <a href="#">VIDEO DEMO</a> Down Dog to Runners Lunge (R & L) <a href="#">VIDEO DEMO</a> Seated Twist (G) (R & L) <a href="#">VIDEO DEMO</a> Child Pose (G) <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total  (S) = Standing (G) = Ground

<b>Aerobic – Day #10</b>	
<b>Warm Up</b>	
Jumping Jacks x 20 <a href="#">VIDEO DEMO</a> Skip w. Arm Swings x 10 <a href="#">VIDEO DEMO</a> World’s Greatest Stretch x 4ea <a href="#">VIDEO DEMO</a> High Kick Single Leg RDL x 4ea <a href="#">VIDEO DEMO</a> Rise & Shine Squat x4 <a href="#">VIDEO DEMO</a> Rise & Shine Pushup x 4 <a href="#">VIDEO DEMO</a> ATW Lunge & Reach x 1ea <a href="#">VIDEO DEMO</a> Pogo w. Alternating Split Jump x 5ea <a href="#">VIDEO DEMO</a> (A)Skip x 20 <a href="#">VIDEO DEMO</a> Wideout 2 x 5 <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence
<b>Block #1 – Locomotion Drills</b>	
Jog & Backpedal x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Arm Swings x 20 Yards <a href="#">VIDEO DEMO</a> Skip w. Arm Circles x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Front/Reverse Pivots x 20 Yards <a href="#">VIDEO DEMO</a> Gallop x 20 Yards <a href="#">VIDEO DEMO</a> Carioca x 20 Yards <a href="#">VIDEO DEMO</a> Gallop w. Flying Lead Change x 20 Yards <a href="#">VIDEO DEMO</a> Running 360s x 20 Yards <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way
<b>Block #2 – Track Intervals</b>	
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
<b>Cooldown</b>	
Lateral Side Bend with Triceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Chest Stretch to Forward Fold (S) <a href="#">VIDEO DEMO</a> Standing Quadriceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Cross-Body Shoulder Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Figure Four (S) (R & L) <a href="#">VIDEO DEMO</a> Frog Squat (S) <a href="#">VIDEO DEMO</a> Down Dog to Runners Lunge (R & L) <a href="#">VIDEO DEMO</a> Seated Twist (G) (R & L) <a href="#">VIDEO DEMO</a> Child Pose (G) <a href="#">VIDEO DEMO</a>	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
<b>Sprint</b>	<b>100</b>	<b>200</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>200</b>	<b>200</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>200</b>	<b>100</b>
<b>Walk</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>100</b>	<b>100</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>100</b>	<b>100</b>

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

<b>Aerobic – Day #12</b>	
<b>Warm Up</b>	
Jumping Jacks x 20 <a href="#">VIDEO DEMO</a> Skip w. Arm Swings x 10 <a href="#">VIDEO DEMO</a> World’s Greatest Stretch x 4ea <a href="#">VIDEO DEMO</a> High Kick Single Leg RDL x 4ea <a href="#">VIDEO DEMO</a> Rise & Shine Squat x4 <a href="#">VIDEO DEMO</a> Rise & Shine Pushup x 4 <a href="#">VIDEO DEMO</a> ATW Lunge & Reach x 1ea <a href="#">VIDEO DEMO</a> Pogo w. Alternating Split Jump x 5ea <a href="#">VIDEO DEMO</a> (A)Skip x 20 <a href="#">VIDEO DEMO</a> Wideout 2 x 5 <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence
<b>Block #1 – Locomotion Drills</b>	
Jog & Backpedal x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Arm Swings x 20 Yards <a href="#">VIDEO DEMO</a> Skip w. Arm Circles x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Front/Reverse Pivots x 20 Yards <a href="#">VIDEO DEMO</a> Gallop x 20 Yards <a href="#">VIDEO DEMO</a> Carioca x 20 Yards <a href="#">VIDEO DEMO</a> Gallop w. Flying Lead Change x 20 Yards <a href="#">VIDEO DEMO</a> Running 360s x 20 Yards <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way
<b>Block #2 – Football Field Intervals</b>	
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
<b>Cooldown</b>	
Lateral Side Bend with Triceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Chest Stretch to Forward Fold (S) <a href="#">VIDEO DEMO</a> Standing Quadriceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Cross-Body Shoulder Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Figure Four (S) (R & L) <a href="#">VIDEO DEMO</a> Frog Squat (S) <a href="#">VIDEO DEMO</a> Down Dog to Runners Lunge (R & L) <a href="#">VIDEO DEMO</a> Seated Twist (G) (R & L) <a href="#">VIDEO DEMO</a> Child Pose (G) <a href="#">VIDEO DEMO</a>	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 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 – 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
<b>Sprint</b>	<b>100</b>	<b>200</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>200</b>	<b>200</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>200</b>	<b>100</b>
<b>Walk</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>100</b>	<b>100</b>	<b>50</b>	<b>50</b>	<b>50</b>	<b>100</b>	<b>100</b>

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

<b>Aerobic – Day #15</b>	
<b>Warm Up</b>	
Jumping Jacks x 20 <a href="#">VIDEO DEMO</a> Skip w. Arm Swings x 10 <a href="#">VIDEO DEMO</a> World’s Greatest Stretch x 4ea <a href="#">VIDEO DEMO</a> High Kick Single Leg RDL x 4ea <a href="#">VIDEO DEMO</a> Rise & Shine Squat x4 <a href="#">VIDEO DEMO</a> Rise & Shine Pushup x 4 <a href="#">VIDEO DEMO</a> ATW Lunge & Reach x 1ea <a href="#">VIDEO DEMO</a> Pogo w. Alternating Split Jump x 5ea <a href="#">VIDEO DEMO</a> (A)Skip x 20 <a href="#">VIDEO DEMO</a> Wideout 2 x 5 <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence
<b>Block #1 – Locomotion Drills</b>	
Jog & Backpedal x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Arm Swings x 20 Yards <a href="#">VIDEO DEMO</a> Skip w. Arm Circles x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Front/Reverse Pivots x 20 Yards <a href="#">VIDEO DEMO</a> Gallop x 20 Yards <a href="#">VIDEO DEMO</a> Carioca x 20 Yards <a href="#">VIDEO DEMO</a> Gallop w. Flying Lead Change x 20 Yards <a href="#">VIDEO DEMO</a> Running 360s x 20 Yards <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way
<b>Block #2 – Football Field Intervals</b>	
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
<b>Cooldown</b>	
Lateral Side Bend with Triceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Chest Stretch to Forward Fold (S) <a href="#">VIDEO DEMO</a> Standing Quadriceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Cross-Body Shoulder Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Figure Four (S) (R & L) <a href="#">VIDEO DEMO</a> Frog Squat (S) <a href="#">VIDEO DEMO</a> Down Dog to Runners Lunge (R & L) <a href="#">VIDEO DEMO</a> Seated Twist (G) (R & L) <a href="#">VIDEO DEMO</a> Child Pose (G) <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total  (S) = Standing (G) = Ground

<b>Aerobic – Day #16</b>	
<b>Warm Up</b>	
Jumping Jacks x 20 <a href="#">VIDEO DEMO</a> Skip w. Arm Swings x 10 <a href="#">VIDEO DEMO</a> World’s Greatest Stretch x 4ea <a href="#">VIDEO DEMO</a> High Kick Single Leg RDL x 4ea <a href="#">VIDEO DEMO</a> Rise & Shine Squat x4 <a href="#">VIDEO DEMO</a> Rise & Shine Pushup x 4 <a href="#">VIDEO DEMO</a> ATW Lunge & Reach x 1ea <a href="#">VIDEO DEMO</a> Pogo w. Alternating Split Jump x 5ea <a href="#">VIDEO DEMO</a> (A)Skip x 20 <a href="#">VIDEO DEMO</a> Wideout 2 x 5 <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence
<b>Block #1 – Locomotion Drills</b>	
Jog & Backpedal x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Arm Swings x 20 Yards <a href="#">VIDEO DEMO</a> Skip w. Arm Circles x 20 Yards <a href="#">VIDEO DEMO</a> Shuffle w. Front/Reverse Pivots x 20 Yards <a href="#">VIDEO DEMO</a> Gallop x 20 Yards <a href="#">VIDEO DEMO</a> Carioca x 20 Yards <a href="#">VIDEO DEMO</a> Gallop w. Flying Lead Change x 20 Yards <a href="#">VIDEO DEMO</a> Running 360s x 20 Yards <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence down and back for a total of 20 yards, switch directions half way
<b>Block #2 – Track Intervals</b>	
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 giving maximal effort on the sprints; utilize your full allotted rest and no more
<b>Cooldown</b>	
Lateral Side Bend with Triceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Chest Stretch to Forward Fold (S) <a href="#">VIDEO DEMO</a> Standing Quadriceps Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Cross-Body Shoulder Stretch (S) (R & L) <a href="#">VIDEO DEMO</a> Figure Four (S) (R & L) <a href="#">VIDEO DEMO</a> Frog Squat (S) <a href="#">VIDEO DEMO</a> Down Dog to Runners Lunge (R & L) <a href="#">VIDEO DEMO</a> Seated Twist (G) (R & L) <a href="#">VIDEO DEMO</a> Child Pose (G) <a href="#">VIDEO DEMO</a>	Complete each exercise in sequence; hold each stretch for 15 seconds per side or 30 seconds total  (S) = Standing (G) = Ground

**APPENDIX B**  
**Drum and Bugle Corps**



**DEPARTMENT OF THE AIR FORCE**  
**HEADQUARTERS UNITED STATES AIR FORCE ACADEMY**  
**USAF ACADEMY, COLORADO**

22 Jan 22

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

SUBJ: 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 2022-2023 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: **Army in Arlington TX, San Diego State, UNLV, Utah State** with the possibility of traveling to a bowl game.
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](mailto: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 Air Force Academy Cadet Drum & Bugle Corps”.

//Signed//

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

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Signature

**ANNEX C**  
**Pre-Accession Religious Accommodations Requests**  
**Statement of Understanding**

**DD-MMM-YY**

Lieutenant General Richard M. Clark  
Superintendent, United States 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 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 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 Air Force Academy,

I am an appointee to the United States 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 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 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 Air Force Academy,

I am an appointee to the United States 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 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

