

**The Air Force Reserve Officer Training Corps
Ohio University Detachment 650
New Cadet Welcome Packet**



U.S. AIR FORCE

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* For the above items, you will need to download the Pure-edge Viewer by clicking [here](#).

1. Welcome to the Cadet Corps

Welcome to the AFROTC Detachment 650 “Bobcat” Wing! Your interest in becoming a cadet and pursuing a commission into the United States Air Force speaks highly of your character and dedication. There are many fun and exciting things that happen at Detachment 650 and we are happy that you are going to be a part of them.

This New Cadet Welcome Packet has been compiled to give you a brief overview of the AFROTC program and will help you succeed as a cadet. In this guide you will find information on the basics of the AFROTC program here at Ohio University, information on cadet life and it will give you a quick overview of one of the most exciting steps you can take towards a rewarding future and career.

2. Arriving at Ohio University

Moving to college can be a very stressful and hectic time but we are here to help you with your transition! Every cadet in our Detachment has been where you are (moving away to college) so we understand all the questions you might have! Unfamiliar streets, new roommates and a seemingly endless stream of boxes to move can take a large toll on anyone. To help you with move in and adjust to the college environment, we have given you a “Sponsor.” In the active duty Air Force, newly commissioned Lieutenants and Airmen fresh from training are given “Sponsors” that have the task of helping the individuals get around and learn their new base. At Ohio University, each new cadet will be paired with a current upper-class cadet, who will be your sponsor.

Your sponsor will be:

- Cadet: _____
- Phone Number: _____

If you have not contacted your sponsor, do so after reading this information.

3. Air Force ROTC: The Basics

The mission of AFROTC is to produce leaders for the Air Force by recruiting, educating, and commissioning officer candidates based on Air Force requirements. There are three ways someone can earn a commission into the United States Air Force: AFROTC, The Air Force Academy and Officer Training School. While each commissioning program prides itself in the quality of officers it produces, AFROTC stands above the rest. Cadets who graduate from AFROTC into the Officer Corps will commission with a diversified knowledge and experience that only a college environment can produce.

The career of an Air Force ROTC cadet can be highlighted by three key phases: General Military Course (GMC), Field Training and Professional Officer Course (POC). These three key phases are the way in which AFROTC ensures all of its cadets gain the knowledge and experience mentioned above.

4. AFROTC: Course Explanations

General Military Course (GMC)

During your freshman and sophomore years you will be known as a Cadet Airman and will be a part of the GMC. This two-year course consists of a one hour class and a two hour session of Leadership Laboratory (LLAB) per week. During class each week, you will learn about the development of airpower and the history of the United States Air Force. LLAB will provide you with training through leadership exercises, informative briefings, drill, warrior runs, mock deployments and more. It is during LLAB that you will get the hands on training and knowledge necessary in becoming an Air Force leader. In the past we've also done esprit de corps activities such as the ropes course, base visits, paintball and other team building exercises.

Field Training

Between your sophomore and junior years you will attend a 25-day Field Training at Maxwell Air Force Base in Alabama where you will experience a strenuously paced training environment designed to test your ability to lead. You will apply what you have learned in your first two years as a cadet and lead your fellow cadets through a series of mental and physical challenges. Field Training is the ultimate test for any AFROTC cadet and requires dedication and perseverance to succeed. Upon successful completion of Field Training, you will be sworn into the Professional Officer Course and return to your detachment as a leader.

Professional Officer Course (POC)

During your last two years in the AFROTC program you will become a Cadet Officer and will be part of the POC. The POC course curriculum provides educational and training experiences structured to blend and refine the knowledge, skill, and attitudes learned in the GMC. You will learn about military management and leadership principles, national security and defense and study Air Force leadership at the junior officer level. The Professional Officer Course is designed to prepare cadets for the active duty Air Force.

The POC curriculum consists of three hours of class and two hours of LLAB per week. While you will be training along side the Cadet Airmen, you will also be leading them. One of the most defining features of AFROTC is the leadership training you will receive. As a Cadet Officer, you will essentially run the Cadet Wing. All Cadet Wing functions will be planned, organized and executed by Cadet Officers, and much of the leadership experiences you gain will happen during your time as a Cadet Officer.

Physical Training (PT)

As a cadet, you are required to meet specific physical standards. We have an outstanding physical fitness program designed to help our cadets achieve those standards. You will be required to attend 2 (of 3 offered) PT sessions each week. The three available sessions are on Tuesday and Thursday 6:00-7:00am and on Friday 3:00-4:00pm. The purpose of PT is to prepare you for the Physical Fitness Assessment (PFA) performed once a quarter (scheduled on October 21st this year). Please see **attachment 3 (PHYSICAL FITNESS ASSESSMENT PROCEDURES)**, if you're interested in viewing the PFA standards and procedures.

5. The Air Force ROTC Lifestyle: A Typical Week

A typical week in the life of an AFROTC Cadet cannot be easily described. Some may tell you that without physical training (PT), leadership laboratory (LLAB) and uniform days, it would be a standard college experience, while others may describe a lifestyle of early mornings, late nights and wearing the Air Force blues on a daily basis. The simple reason of this difference in how a person views the cadet lifestyle is this: With AFROTC, *you* get out of the program what *you* put into the program.

As a new student and cadet, you are balancing a lot. Adjusting to life away from home, college classes and shining boots will likely be new experience for you. For roughly the first quarter, upper-class cadets and cadre members will stress to all incoming cadets the never-ending importance of time management. Because of this, do not worry about spending every waking moment at the detachment, afraid that nobody will know you. As the weeks progress, there will be many opportunities to get to know your fellow Cadets. You are in college to earn a degree and the Air Force cannot commission you without a degree, so with that said, make sure you place academics high on your list. As you begin to grasp the art of managing your time, opportunities to lead in ROTC will be offered.

The following is a “typical” week for a freshman Cadet (Keep in mind that academic schedules will vary from day to day, with classes starting at 8:00AM and ending at roughly 4:00PM. A first year student will typically take approximately four hours of class per day):

1. Monday:
 - a. AF Class (AST 101):
 - b. OU Classes:
2. Tuesday
 - a. Physical Training: 6:00-7:00AM
 - b. OU Class:
3. Wednesday
 - a. Supplemental Drill (Marching): 6:30AM-7:30AM
 - b. OU Class:
 - c. Leadership Laboratory (LLAB): 1:10PM - 3:00PM (uniform will be worn on LLAB days from 8:00AM through 5:00PM)
4. Thursday
 - a. Physical Training: 6:00-7:00AM
 - b. OU Class:
5. Friday
 - a. OU Class:
 - b. Optional Physical Training: 3:10PM - 4:10 PM
 - c. Football Fridays (A great time to let loose with your fellow cadets and Cadre and play football. This is not a mandatory event, but is a great time): 4:00-6:00

These schedules are not set in stone and can change weekly. AFROTC makes every effort to ensure a smooth transition from a high school student to a cadet. In many cases, our schedule can help with your transition into college life because it will help with discipline and time management. The cadre and the cadets will do everything in their power to assist you in this transition. Remember, you are part of the AFROTC family

6. Expectations

Honor Code: “We will not lie, steal or cheat, nor tolerate among us anyone who does.”

Core Values: Integrity First, Service Before Self, Excellence in All We Do

To the untrained eye, the above text may seem like simple catch phrases, but they are in fact the principles of which the Airmen of the worlds greatest Air Force conduct themselves by. As a cadet in AFROTC, you have taken the first step in commissioning as a Second Lieutenant into the United States Air Force. The title of Second Lieutenant carries with it a high level of respect and honor, and as a cadet you must always remember that your actions reflect on this detachment and on the United States Air Force. If you live by the core values and hold the honor code to a high regard, it will quickly become a strong indication of the pride that you hold in preparing to serve your country.

7. New Student Checklist

We have created this simple checklist to help you through your first few days at Ohio University. While this is nowhere near a complete “to-do” list, it just may remind you to do something you may have forgotten. Remember, you have a sponsor, so if you have any questions, give them a call!

- ****Obtain A Pre-Sports Physical **PRIOR TO ARRIVAL******
 - In order to participate in any AFROTC activity that is physically demanding (such as PT), you must have a completed PRE-PARTICIPATORY PHYSICAL, AFROTC for 28 (**attachment 1**). (The **ONLY** exceptions are for cadets who are entering AFROTC with a scholarship and have already accomplished a DODMERB Physical). All others **MUST** have the PRE-PARTICIPATORY PHYSICAL, AFROTC for 28 (**attachment 1**) completed by a physician. Bring your completed form to the first scheduled Leadership Laboratory to turn in. If you cannot accomplish your physical prior to arrival, it may be possible to be granted an extension of time by the Commandant of Cadets.
- Check out our Det’s website for great photos of our detachment and cadets and additional info! <http://www.ohio.edu/afrotc/>.
- Get Fit!
 - In preparation for your first quarter in AFROTC we recommend you use the summer to get in good physical condition. Remember you need to be able to meet the PFA standards as a cadet. Having good physical fitness can get you extra incentive money and heighten your chances for receiving a scholarship.
- Read through the AFROTC Orientation Packet
 - We created this packet to help you, a new college student and new Air Force ROTC cadet. If you have a question, the answer just may be in this packet. However, if you cannot find the answer, do not hesitate to ask. Contact your

sponsor or visit the detachment and we will help you find what you are looking for.

- Sign Up For Classes
 - While you may have already signed up for your Fall Quarter classes, you may have forgotten to register two very important classes: Aerospace Studies 101 and AFROTC Leadership Laboratory. When you are registered for both of these classes, you become an Air Force ROTC cadet. Keep in mind, there is no required commitment during your freshman and sophomore year (unless you already have been offered a scholarship).
- Obtain Ohio University Student ID
 - Hopefully you got your student ID during pre-college orientation, but if you didn't, go to the first floor of Baker Center and get one. Your student ID is essentially your ticket into the dining halls, athletic events and even the recreation center (The Ping Center, which is often the location of Physical Training).
- Set Up A School Email Account
 - Ohio University uses an email service called "Mulberry." This is essentially a generic email service and is used by most organizations, professors and even AFROTC to spread information. Every student enrolled at Ohio University is given an email address. To use your Ohio University email address, it must be activated. Instructions how to do this can be found at <https://webmail.ohio.edu/> (click on START HERE).
- Obtain PT and LLAB information
 - Physical Training (PT) and Leadership Laboratory (LLAB) are two cornerstone programs that help make AFROTC an excellent training program for the future Officers of the USAF. Because of their importance, you should not miss them. The times, dates and locations of these two events will be given to everyone by whatever means are necessary (often by email), but it is not a bad idea to visit the detachment and find out yourself.
- See Mrs. Amy Troiano for Uniforms
 - Mrs. Amy Troiano is the Secretary for Air Force ROTC Detachment 650 and is also in charge of ordering and distributing uniforms to all cadets. You need to make an appointment with her sometime in the first few weeks of school to get your uniforms. She is located in the Cadre Hallway, first door on the right.
- Contact your Academic Advisor
 - Most colleges offer a four-year bachelors degree, and graduation from a four year degree program is a requirement to earn a commission into the Air Force. Unfortunately, the heavy academic demands that are placed on students can make graduating in four years an unattainable goal. This is where your academic advisor comes into play. They will ensure you are taking the required classes and will help keep you on track to graduate in time. You may also want to make sure you check out the academic calendar at <http://www.ohio.edu/registrar/calendar.cfm> so you'll know when the last day to drop or add a class will be and more.
- Introduce Yourself to Your Fellow Cadets and the Detachment Cadre!

- The cadets you meet in this program can quickly become your best friends, so introduce yourself and meet new people. The Detachment Cadre are the active duty Air Force personnel that will be training you and mentoring you through your AFROTC career. Their personal experiences and leadership abilities are a great asset to the Detachment and you should make every attempt to learn as much as you can from them. That starts with introducing yourself.
- You will be assigned an upperclassman cadet to help you adjust to AFROTC. That cadet will be your “pilot” for during the first quarter and will answer any questions you have. Additionally, they will walk you through the “New Cadet Orientation Checklist” (**attachment 2**) during your first week. We included it in the packet to give you a glimpse of how much you will need to do that first week!

8. Ohio University Air Force ROTC Detachment 650 Cadre

Lieutenant Colonel John Coulter- Commander, AFROTC Detachment 650
 Captain Larry Goodnite - Commandant of Cadets, AFROTC Detachment 650
 Tech Sergeant Todd Pruitt- NCOIC, Information Management, AFROTC Detachment 650
 Staff Sergeant Tawnya Jones- NCOIC, Personnel, AFROTC Detachment 650
 Mrs. Amy Troiano- AFROTC Detachment 650 Secretary

We hope that this packet has given you a brief taste of what you can expect as a cadet in AFROTC. While this in no way covers every aspect of our detachment, it should give you a better grasp on the weeks to come. If you have any questions at all, feel free to ask your sponsor or simply visit the detachment. Again, we welcome you to the 650th AFROTC “Bobcat Wing” and look forward to helping you become a leader in the world greatest Air Force.

Schedule of Events - 2008-2009

Friday Sept 5th

- **Freshman assisted move in**
- **You can move in as early as Thursday and as late as Monday, but we highly encourage and recommend that you move in on Friday or early Saturday.**

Saturday Sept 6th

- **Continue freshman move in**
- **OSU vs. OU local party with other cadets**

Sunday Sep 7th

- **New Cadet Welcome cookout/picnic 5-7 PM (location TBD)**

***Contact your sponsor to answer any questions regarding the first weekend. They can help you with directions**

PHYSICAL FITNESS ASSESSMENT PROCEDURES

A11.1. Push-up Assessment Procedures

A11.1.1. **Purpose:** The push-up is used to assess the member's upper body muscular fitness.

A11.1.2. **Assessment Duration:** Members have 1 minute to complete as many push-ups as possible.

A11.1.3. **Assessment Explanation:** the PTL or FAM will read the push-up script to the member
(A.11.1.10.)

A11.1.4. **Starting Position:** The member will begin in the starting position, with arms fully extended and the body in a straight line from head to heel. The feet may be no more than 12 inches apart. The member's hands and toes must remain on the floor/mat during the entire assessment. The body should maintain a rigid form from head to heel (the body may not bow unless resting in the up position). The member may rest in the up position only. The feet may not be supported or braced.

A11.1.5. **Complete Push-up:** From the starting position (elbows extended), the member will lower the body to the ground until the upper arm is at least parallel to the floor (elbow bent at least 90degrees or less) before pushing back up to the starting position (the chest may touch the floor). If the member does not come down far enough, the push-up will not count. The member completes one full push-up after returning to the starting position. It is important to monitor the member's form and make sure the body does not bow at the waist as the member tires. The body must remain rigid during the assessment (the back must remain straight unless resting).

A11.1.6. **Stopwatch:** The unit PTL is responsible for operating the stopwatch. The PTL will start the stopwatch when the member(s) is/are instructed to begin, observe the test and notify the member how much time is remaining at 30 seconds and 15 seconds. Prior to beginning the assessment the PTL will inform the members to continue to perform push-ups until directed to stop or until the member is no longer able to continue.

A11.1.7. **Counting/Monitoring:** The PTL or members paired off to accomplish strength assessment components can monitor and count the correct number of push-ups. However, if members are paired off for the assessment, the PTL should oversee and spot-check technique to ensure accurate and safe assessment. The counter/monitor will count the correct number of push-ups out loud, monitor the member for correct form and repeat the number of the last correct push-up. If the member breaks correct form the PTL repeats the last correct number (*e.g.*, one, two, three, three, four, etc.), as well as gives instruction on what was done incorrectly. Monitor the member from a position that allows observance of the member's form and the elbow joint.

A11.1.8. Unit PTL will provide directions for and monitoring of the muscular fitness testing components IAW Para [4.3.4](#).

A11.1.9. **Completion/Recording:** Upon completion of the assessment, record the total amount of correct push-ups.

A11.1.10. **Push-Up Verbal Instructions:**

The push-up is an assessment of muscular fitness for the upper body (shoulder, chest, and triceps). Your hands will be placed on the floor, slightly wider than shoulder width apart, with your fingers pointing forward.

You must lower your upper body until your upper arm is at least parallel to the floor and elbows bent at 90 degrees before pushing back up to the starting position. If you do not come down that far the push-up will not count.

Start in the up position with your elbows fully extended, feet no more than 12 inches apart, and your weight supported by your arms and toes. You must keep your back straight at all times and lower your upper body until your upper arm is at least parallel to the floor, then return to the up position with arms fully extended. This is one repetition.

Keep your hands and feet on the floor if you need to rest. Resting must be done in the **UP** position.

Your breathing should be as normal as possible. Make sure you do not hold your breath. It is recommended that you exhale every time you press up and inhale when you come down.

You have **1 minute** to perform as many push-ups as you are able. The **correct** number of push-ups will be counted out loud. Incorrect push-ups will not be counted, and the number of the last correct push-up will be repeated. You will be told what you're doing wrong until you correct the error. The total number of correct push-ups in 1 minute will be recorded as your score.

A11.2. **Crunch Assessment Procedures**

A11.2.1. **Purpose:** the crunch test is one assessment used to assess a member's abdominal muscular fitness.

A11.2.2. **Assessment Duration:** the member will have 1 minute to complete as many crunches as possible.

A11.2.3. **Assessment Explanation:** the crunch instructions (as found below) will be read to the member prior to the assessment. It is recommended that the member stretch out the hip flexors and abdominals prior to beginning the assessment.

A11.2.4. **Starting Position:** the use of a mat is optional. The member will be instructed to lie face up on the floor/mat. In the starting position, the member's feet may extend off the mat, but the buttocks, shoulders, and head must remain on the mat. The member's knees will be bent at a 90° angle, with the feet/heels in contact with the floor at all times. The member's arms will be crossed over the chest with the hands at the shoulders or resting on the upper chest.

A11.2.5. Foot Hold: the member's heels must remain anchored to the floor throughout the assessment. The member may request to have their feet held down with the hands or by putting knees on feet but the monitor may not anchor the member's legs by holding onto the calves during the assessment. Enough force must be applied to keep the feet/ankles from rising while the crunches are being accomplished. In place of a monitor holding the feet, an anchored toe-hold bar may be used to anchor the feet so long as the member's heels remain in contact with the ground at all times and the bar cannot move.

A11.2.6. Complete Crunch: a complete crunch is accomplished when the upper torso of the member is raised off the floor/mat, the elbows touch the knees or thighs, and the upper torso is lowered back to the floor/mat until the shoulder blades touch the floor/mat. **Elbows must touch the knees or thighs at the top of the crunch, and the shoulder blades must touch the floor/mat at the bottom of the crunch.** The hands must stay in contact with the shoulders/upper chest at all times. The member may only rest in the up position. If the member rests in the down position, the test will be terminated.

A11.2.7. Stopwatch: the unit PTL is responsible for operating the stopwatch. The PTL will start the stopwatch when the member(s) is/are instructed to begin, observe the test and notify the member how much time is remaining at 30 seconds and 15 seconds. Prior to beginning the assessment the PTL will inform the members to continue to perform crunches until directed to stop or until the member is no longer able to continue.

A11.2.8. Counting/Monitoring: the PTL or member's partner can monitor and count the correct number of crunches. However, if members are paired off for the assessment, the PTL should oversee and spot-check technique to ensure accurate and safe assessment. The counter/monitor will count the correct number of crunches out loud, monitor the member for correct form and repeat the number of the last correct crunch if the member breaks correct form (e.g., one, two, three, three, four, etc.). In addition to repeating the last correct number, give the member instruction on what is wrong (e.g., you're not going down far enough, keep your back straight, etc.). Monitor the member from a position that allows observance to ensure the shoulder blades touch the floor/elbows touch the knees.

A11.2.9. Completion/Recording: upon completion of the assessment, record the total amount of correct crunches.

A11.2.10. Crunch Verbal Instructions: (*Read these instructions when the members are ready to test*).

This test measures your abdominal muscular endurance your stomach muscles.

Please lie on your back with your heels flat on the floor, knees bent at 90° angles, and your arms *crossed* in front of the chest such that your hands/fingers remain in contact with your shoulders or chest.

If a toe hold bar is used: Anchor your feet to the ground by hooking your feet/toes under the bar.

Your heels may not rise off the ground while you perform the assessment. **If a toe hold bar is NOT used:** Your feet will be held down with your monitor's hands or knees. Your legs cannot be held behind your calves. Let your monitor know if you need your feet held differently prior to beginning the assessment (*e.g.*, you're holding my ankles/feet too tight or not enough).

Your hips must remain on the floor at all times (do not lift your hips off the floor to gain momentum). Your shoulder blades **must** touch the floor between each repetition. In the up position, you will touch your elbows to your knees or thighs and return down until your shoulder blades touch the floor (your hands must stay in contact with your shoulders/chest at all times). This will count as one crunch.

Your breathing should be as normal as possible. Make sure you do not hold your breath. It is recommended that you exhale every time you come up and inhale when you come down.

You have **1 minute** to perform as many **correct** crunches as possible. **Any resting must be done in the UP position.** The **correct** number of crunches will be counted out loud. **Incorrect** crunches **will not** be counted and the number of last correct crunch will be repeated and you will be told what you're doing wrong until you correct the error. Your score will be the total number of correct crunches completed in 1 minute.

FITNESS ASSESSMENT SCORE CHARTS

Males Under 25								
Aerobic Fitness			Body Composition		Muscle Fitness			
1.5 Mile Run Time (min.)	Bike Test (VO ₂)	Component Points	Abdominal Circumference (inches)	Component Points	1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≤9:36	≥54	50.00	<32.5	30.00	≥62	10.00	≥55	10.00
9:37-9:48	53	47.50	32.50	28.75	61	9.75	53-54	9.50
9:49-10:12	51-52	45.00	33.00	27.50	60	9.50	52	9.00
10:13-10:36	49-50	43.50	33.50	26.25	59	9.25	50-51	8.75
10:37-11:06	47-48	42.00	34.00	25.00	57-58	9.00	48-49	8.50
11:07-11:36	45-46	40.50	34.50	23.75	52-56	8.75	46-47	8.25
11:37-12:12	43-44	39.00	35.00	22.50	49-51	8.50	44-45	8.00
12:13-12:54	41-42	37.50	35.50	22.35	45-48	8.25	42-43	7.75
12:55-13:36	39-40	36.00	36.00	22.20	41-44	8.00	40-41	7.50
13:37-14:24	37-38	34.00	36.50	22.05	37-40	7.75	38-39	7.40
14:25-14:54	36	32.00	37.00	21.90	33-36	7.50	36-37	7.30
14:55-15:18	35	30.00	37.50	21.75	30-32	7.40	35	7.20
15:19-15:48	34	27.00	38.00	21.60	27-29	7.30	33-34	7.10
15:49-16:24	33	24.00	38.50	21.45	24-26	7.20	32	7.00
16:25-16:54	32	21.00	39.00	21.30	21-23	7.10	30-31	6.00
16:55-17:36	31	18.00	39.50	21.25	19-20	7.00	28-29	4.00
17:37-18:12	30	15.00	40.00	21.00	17-18	6.00	27	2.00
18:13-18:54	29	12.00	40.50	18.00	15-16	5.00	<27	0.00
18:55-19:42	28	9.00	41.00	15.00	14	4.00		
19:43-20:36	27	6.00	41.50	12.00	12-13	3.00		
20:37-21:30	26	3.00	42.00	9.00	10-11	2.00		
>21:30	<26	0.00	42.50	6.00	8-9	1.00		
			43.00	3.00	<8	0.00		
			>43.00	0.00				

Females Under 25

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-Mile Run Time (min.)	Bike Test (VO₂)	Component Points	Abdominal Circumference (inches)	Component Points	1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≤11:06	≥47	50.00	<29.5	30.00	≥42	10.00	≥51	10.00
11:07-11:36	45-46	47.50	29.50	28.75	41	9.75	50	9.50
11:37-11:54	44	45.00	30.00	27.50	40	9.50	49	9.00
11:55-12:30	42-43	43.50	30.50	26.25	38-39	9.25	46-48	8.75
12:31-13:12	40-41	42.00	31.00	25.00	37	9.00	44-45	8.50
13:13-14:00	38-39	40.50	31.50	23.75	34-36	8.75	42-43	8.25
14:01-14:54	36-37	39.00	32.00	22.50	31-33	8.50	40-41	8.00
14:55-15:18	35	37.50	32.50	22.30	27-30	8.25	37-39	7.75
15:19-15:48	34	36.00	33.00	22.00	24-26	8.00	35-36	7.50
15:49-16:24	33	34.00	33.50	21.80	21-23	7.75	33-34	7.40
16:25-16:54	32	32.00	34.00	21.60	18-20	7.50	30-32	7.30
16:55-17:36	31	30.00	34.50	21.30	16-17	7.40	28-29	7.20
17:37-18:12	30	27.00	35.00	21.00	14-15	7.30	26-27	7.10
18:13-18:54	29	24.00	35.50	18.00	12-13	7.20	24-25	7.00
18:55-19:42	28	21.00	36.00	15.00	10-11	7.10	22-23	6.00
19:43-20:36	27	18.00	36.50	12.00	9	7.00	20-21	4.00
20:37-21:30	26	15.00	37.00	9.00	8	6.00	18-19	2.00
21:31-22:30	25	12.00	37.50	6.00	7	5.00	<18	0.00
22:31-23:36	24	9.00	38.00	3.00	6	4.00		
23:37-24:48	23	6.00	>38.00	0.00	5	3.00		
24:49-26:06	22	3.00			4	2.00		
>26:06	<22	0.00			3	1.00		
					<3	0.00		

Cadet's name _____

NEW CADET ORIENTATION CHECKLIST:

- Received new student orientation packet (mailed in summer, but need to give a copy for Winter/spring cadet arrivals)
- Orient student with Lindley Hall and its location on campus
- Personally introduce student to all Cadre members
- Meet Secretary for all uniform items/get uniform tailored
- Introduce student to Cadet Wing Commander
- Introduce/Assign student to a Flight and Flight Commander
- Give student a tour of the Detachment area
 - Classroom 1
 - Classroom 2
 - Computer room / Mailboxes
 - Cadet Lounge / Fridge
 - C/CC's Office
 - Flt/CC's Office
 - IG Office
 - Wing staff Office
- Show student the Ops board and how to read the Ops Orders
- Make sure student knows where PMT events are located
- Show student the Commanders, Activities and IG Boards
- Show student all other visual displays in the hallway
- Discuss dress code at the Det with the student
- Discuss basic protocol and customs and courtesies
- Reporting in procedures trained (prior to counseling with cadre)
- List of common acronyms used in AFROTC
- Ensure student has signed up for both classes
 - LLab
 - AST Class
- Learning Community will be required for all freshmen next year
- Assign the student a "Pilot" mentor to help with transition
- Make sure student talks with NCO to fill out proper paperwork
- Have Secretary or NCO take Height and Weight

Signatures: _____ | _____
New Cadet *Sponsor/Pilot*

Attachment: AFROTC Pre-Participatory Physical Form

Follow the link below to the pre-participatory physical form. You will need to download Pure-Edge Viewer to view the form. Having the physical completed by your physician prior to coming to OU will allow for the smoothest transition into AFROTC.



Pre-Participatory
Physical

Attachment: AFROTC Health Screening Questionnaire

Follow the link below to the health screening questionnaire. You will need to download Pure-Edge Viewer to view the form. Having the physical completed by your physician prior to coming to OU will allow for the smoothest transition into AFROTC.



Health Questionnaire