



DEPARTMENT OF THE AIR FORCE
AIR UNIVERSITY (AETC)

4 Feb 2010

Practical Military Training (PMT) Operations Order 18 (Valid 7 Feb – 13 Feb)

1. Situation: Leadership Lab 18 will meet Tuesday, 9 Feb 10, from 1400-1600. POC work-time will be held one hour prior to Leadership Lab on Tuesday from 1300-1400 in Crowder Hall.
2. Mission: To help cadets understand the nature and functions of the Air Force and its heritage, as well as to cultivate the leadership and management skills required in Air Force Officers.
3. Administration and Logistics: Uniform of the Day:
 - a. All – POC – LSBs
GMC – LSBs/PCAs
4. Inclement Weather: Uniform will remain the same. Use of a civilian coat is authorized if temperatures reach the red on the Wind Chill Index Chart. In the event of inclement weather during PT, all activities will be moved indoors. The standardized website that all cadets should check concerning Columbia weather is:
<http://agebb.missouri.edu/weather/realtime/mizzou.asp>
5. ORM Concerns:
 - a. Cadets should check the following website concerning Missouri road conditions during inclement weather:
<http://maps.modot.mo.gov/travelerinformation/TravelerInformation.aspx>
 1. All cadets should eat well before LLAB.
 2. Hydrate more than 48 hours prior to LLAB.
 3. Be prepared to be outside in cold conditions.
 - b. See PT ORM. All Cadets should hydrate throughout the day. All Cadets should bring water to PT. Cadets should not skip lunch on Tuesday.
6. LLAB Execution:
 - a. The following schedule of events will be used:

Class	Activity	Location	Time	LLAB Objective	Office of Primary Responsibility	Cadre
POC	POC Work Time	Cadet Office	1300-1400	28	C/Swartz	Capt Anderson
ALL	CW/CC Comments	Nursing S255	1400-1405	29	C/Swartz	Capt Anderson
ALL	Transit		1405-1415		C/Sellers	Capt Anderson
IMT/POC	GLP	Stankowski/SRC	1415-1505	7,19,28,31	C/Johnson	Capt Anderson
IMT/POC	Tank	Stankowski/SRC	1505-1600	5,6,9,10,11,19	C/Wetzel	Capt Anderson
FTP	Dorm Maintenance Procedures	Crowder Hall	1415-1505	14,15,18	C/Nelson	Capt Anderson
FTP	Dining Hall Procedures	Crowder Hall/Dobbs	1505-1600	15,18	C/Nelson	Capt Anderson

7. Physical Fitness Training (PT): Tuesday: 1630-1730, Thursday: 0600-0700, Friday: 0600-0700.

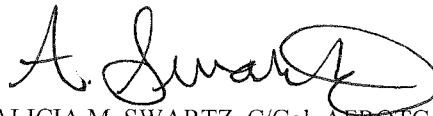
a. The following PT schedule will be used for the week:

Day	Workout	Time	Location	Safety Observer
Tuesday 1630-1730	Stretch/Warm Up	10 min.	Stankowski Field or SRC	Primary: Capt Anderson Alternate: Lt Col Doherty
	Pushups Side Straddle Hops Sit-ups Wide Arm Pushups Bicycles 6 in/45/90	25 min.		
	Personal Run	20 min.		
	Personal Stretch	5 min.		
Thursday 0600-0700	Stretch/Warm Up	10 min.	Stankowski Field or SRC	Primary: Capt Provolt Alternate: Mr. Unger
	Scissor Kicks Push-Ups Squats Sit-Ups Arm Circles	25 min.		
	Personal Run	20 min.		
	Personal Stretch	5 min.		
Friday 0600-0700	Stretch/Warm Up	10 min.	Stankowski Field or SRC	Primary: SSgt Kanoy Alternate: Maj Dennison
	Body Builders Mountain Climbers Sit-Ups Push-Ups 6 Inch Hold	25 min.		
	Personal Run	20 min.		
	Personal Stretch	5 min.		

8. Non-Practical Military Training: TGIF Sports- Friday, 1530 at Stankowski Field or SRC.


NOTE: Please watch your email for changes daily.

AUTHORIZATION: AFROTCI 36-2017


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1st Ind, COC, PMT Operations Order 18

TO: 440 AFROTC Cadet Wing/CC
 Approved Disapproved


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