

DEPARTMENT OF THE AIR FORCE
AIR UNIVERSITY (AETC)

11 Feb 2010

Practical Military Training (PMT) Operations Order 19 (Valid 14 Feb – 20 Feb)

1. Situation: Leadership Lab 19 will meet Tuesday, 16 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. POC – LSB
 - b. GMC – LSB/PCA
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 lunch before Lead Lab
 2. All cadets should hydrate throughout the day
 3. Cadets should be prepared to be outside for short amounts of time
 - b. See PT ORM. All Cadets should hydrate throughout the day. All Cadets should bring water to PT.
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	1400-1410	29	C/Swartz	Capt Anderson
ALL	Transit		1410-1420		C/Sellers	Capt Anderson
IMT/POC	GLP	Nursing S255	1410-1510	7, 19, 28, 31	C/Johnson	Maj Dennison
IMT/POC	Uniform Wear/Command Voice	Nursing S255	1510-1600	1, 2, 19, 24	C/Sellers	Maj Dennison
FTP	Dorm Maintenance Procedures	Crowder Hall	1420-1510	14, 15, 18	C/Nelson	Capt Anderson
FTP	Dining Hall Procedures	Crowder Hall	1510-1600	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/SRC	Primary: Capt Anderson Alternate: Lt Col Doherty
	Make-up PFA	40 min		
	Personal Run	20 min		
	Mt. Climbers Body Builders Push-ups Flutter Side Straddle Hops Sit-ups	25 min		
	Personal Stretch	10 min		
Thursday 0600-0700	Stretch/Warm-Up	10 min.	Stankowski/ SRC	Primary: Mr. Unger Alternate: Capt Provolt
	Squadron Competition	45 min.		
	Stretch	5 min.		
Friday 0600-0700	Stretch/Warm-Up	10 min.	Stankowski/ SRC	Primary: Maj Dennison Alternate: SSgt Kanoy
	Squats Push-ups Sit-ups 6 inch hold Diamond Pushups	25 min.		
	Personal Run	20 min.		
	Stretch	5 min.		

8. Non-Practical Military Training:

a. TGIF Sports Friday 1500

NOTE: Please watch your email for changes daily.

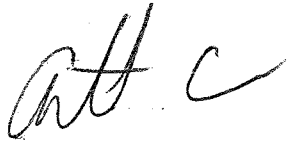
AUTHORIZATION: AFROTCI 36-2017


ALICIA M SWARTZ, C/Col, AFROTC
Commander, 440th Cadet Wing

1st Ind, COC, PMT Operations Order 19

TO: 440 AFROTC Cadet Wing/CC

X Approved ~~Disapproved~~


ANTHONY W. ANDERSON, Capt, USAF
Commandant of Cadets, AFROTC DET 440