

DEPARTMENT OF THE AIR FORCE
AIR UNIVERSITY (AETC)

17 Feb 2010

Practical Military Training (PMT) Operations Order 20 (Valid 21 Feb – 27 Feb)

1. Situation: Leadership Lab 20 will meet Tuesday, 23 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 – Battle Attire
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 have to wear ankle support shoes to prevent injury
 3. All cadets have to wear long sleeves and long pants
 4. No horseplay in the field; uneven terrain can cause severe injury
 5. Hydrate 48 hours prior to the physical activity of being in the field
 6. PT will be in the field, watch for rocks when doing exercises
 - 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	Army Repel Tower	1400-1410	29	C/Swartz	All
ALL	AEF Skills Training	Army Repel Tower	1410-1600	7, 8, 19, 28, 31	C/Gannon	All

7. Physical Fitness Training (PT): Tuesday: (Tentative) 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 (Tentative) 1630-1730	Stretch/Warm-up	10 min	Army Repel Tower	Primary: Capt Anderson Alternate: Lt Col Doherty
	Mt. Climbers Body Builders Push-ups Flutter Kicks Side Straddle Hops Sit-ups	40 min		
	Personal Stretch	10 min		
Thursday 0600-0700	Stretch/Warm-Up	10 min.	Stankowski/ SRC	Primary: Capt Provolt Alternate: Mr. Unger
	Lunges Squats Push-ups Sit-ups Scissor Kicks	25 min.		
	Personal Run	20 min		
	Stretch	5 min.		
Friday 0600-0700	Stretch/Warm-Up	10 min.	Stankowski/ SRC	Primary: SSgt Kanoy Alternate: Maj Dennison
	Push-ups Diamonds Crunches Body Builders Scissors	25 min.		
	Personal Run	20 min.		
	Stretch	5 min.		

8. Non-Practical Military Training:

- a. TGIF Sports Friday 1500
- b. Wing Meal Deal Tuesday at Culvers 1720
- c. Flag Detail Training Tuesday 1200-1220

NOTE: Please watch your email for changes daily.


AUTHORIZATION: AFROTCI 36-2017


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1st Ind, COC, PMT Operations Order 20

TO: 440 AFROTC Cadet Wing/CC

Approved Disapproved


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