

DEPARTMENT OF THE AIR FORCE
AIR UNIVERSITY (AETC)

25 Feb 2010

Practical Military Training (PMT) Operations Order 21 (Valid 28 Feb – 6 Mar)

1. Situation: Leadership Lab 21 will meet Tuesday, 2 Mar 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 – LSB's
GMC--LSB's/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 prior to and during Lead Lab
 3. All cadets should use caution when on the way to Lead Lab
 4. Be well rested for PFA Tuesday
 - 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	Base Visit Briefing	Nursing S255	1410-1425	19		Capt Anderson
ALL	AAS Briefing	Nursing S255	1425-1430		C/Shirley	Capt Anderson
ALL	Color Guard Briefing	Nursing S255	1430-1435		C/Wagner	Capt Anderson
ALL	Operation Job Shadow	Nursing S255	1435-1600	15, 19, 20, 28, 29	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
	PFA (UCM Cadets)	40 min		
	Personal Stretch	10 min		
Thursday 0600-0700	Stretch/Warm-Up	10 min	Stankowski/ SRC	Primary: Mr. Unger Alternate: Capt Provolt
	PFA (MU Cadets 200's and 400's)	40 min		
	Personal Stretch	10 min		
Friday 0600-0700	Stretch/Warm-Up	10 min	Stankowski/ SRC	Primary: Maj Dennison Alternate: SSgt Kanoy
	PFA (MU Cadets 100's and 300's)	40 min		
	Personal Stretch	10 min		

8. Non-Practical Military Training:

- a. TGIF Sports Friday 1500
- b. Arnold Air Society Meeting Tuesday 1730

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 21

TO: 440 AFROTC Cadet Wing/CC

Approved ~~Disapproved~~


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