



DEPARTMENT OF THE AIR FORCE
AIR UNIVERSITY (AETC)

4 Mar 2010

Practical Military Training (PMT) Operations Order 22 (Valid 7 Mar – 13 Mar)

1. Situation: Leadership Lab 22 will meet Tuesday, 9 Mar 10, from 0615-1830. POC work-time will be canceled this week as well as the Tuesday PT session.
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/FTP – ABUs/Flight Suits
 - b. IMT - 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 breakfast or bring breakfast for the bus ride before Lead Lab
 2. Be careful driving to Crowder or the Golf Course Tuesday morning
 3. Hydrate 48 hours prior to the long walk around Whiteman AFB
 4. All cadets should listen to instructions by base personal and follow any regulations to prevent injury or disruption
 5. Do not horse play while on base or during transportation to and from the base
 6. NO CELL PHONES OR CAMERAS ALLOWED ON BASE!
 - 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
ALL	Whiteman AFB Visit	Whiteman AFB	0615-1830	8, 19, 23, 24	C/Swartz	All

7. Physical Fitness Training (PT): Tuesday: NONE, Thursday: 0600-0700, Friday: 0600-0700.

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

Day	Workout	Time	Location	Safety Observer
Tuesday NONE	NO PT			
Thursday 0600-0700	Stretch/Warm-Up	10 min.	Stankowski/ SRC	Primary: Capt Provolt Alternate: Mr. Unger
	Body Builders Push-Ups Flutter Kicks Sit-Ups Military Push-Ups (P90X) Wall Sit Squats (P90X) Mason Twists (P90X)	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
	Body Builders Push-Ups Flutter Kicks Sit-Ups Military Push-Ups (P90X) Wall Sit Squats (P90X) Mason Twists (P90X)	25 min.		
	Personal Run	20 min.		
	Stretch	5 min.		

8. Non-Practical Military Training:

a. TGIF Sports Friday 1530

NOTE: Please watch your email for changes daily.

AUTHORIZATION: AFROTCI 36-2017



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1st Ind, COC, PMT Operations Order 22

TO: 440 AFROTC Cadet Wing/CC

Approved Disapproved



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