



**DEPARTMENT OF THE AIR FORCE**  
AIR UNIVERSITY (AETC)

18 Mar 2010

Practical Military Training (PMT) Operations Order 23 (Valid 21 Mar – 27 Mar)

1. Situation: Leadership Lab 23 will meet Tuesday, 23 Mar 10, from 1350-1700. POC work-time will be held one hour prior to Leadership Lab on Tuesday from 1300-1350 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—ABU's  
GMS—ABU's/MPTU's

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 wear ankle support shoes to prevent injury
- 3. No horseplay on the trail uneven terrain can cause severe injury
- 4. Hydrate 48 hours prior to the physical activity
- 5. Be prepared for strenuous activities
- 6. Please be considerate of civilians on the MKT trail

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	1300-1350	28	C/Swartz	Capt Anderson
ALL	Squadron Stretch	Stankowski	1350-1400	29	C/Walsh	Capt Anderson
ALL	Operation Tenderfoot	MKT Trail	1400-1700	6, 7, 8, 9, 10, 11, 12, 18, 19, 31, 34	C/Nelson	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	No PT			N/A
Thursday 0600-0700	Stretch/Warm-Up	10 min.	Stankowski/ SRC	Primary: Mr. Unger  Alternate: Capt Provolt
	Stations: Suicides, Push-ups, Sit ups, Mason Twists, Military Push-Ups, Mt. Climbers	45 min.		
	Stretch	5 min.		
Friday 0600-0700	Stretch/Warm-Up	10 min.	Stankowski/ SRC	Primary: SSgt Kanoy  Alternate: Maj Dennison
	Body Builders Military Push-Ups Lunges Mason Twists Push-Ups Squats Sit-Ups	25 min.		
	Personal Run	20 min.		
	Stretch	5 min.		

8. Non-Practical Military Training:

a. Meal Deal Tuesday 1715 at the Heidelberg

b. TGIF Sports Friday 1500

NOTE: Please watch your email for changes daily.

AUTHORIZATION: AFROTCI 36-2017




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1st Ind, COC, PMT Operations Order 23

TO: 440 AFROTC Cadet Wing/CC

Approved  Disapproved



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