



DEPARTMENT OF THE AIR FORCE
AIR UNIVERSITY (AETC)

8 Apr 2010

Practical Military Training (PMT) Operations Order 25 (Valid 11 Apr – 17 Apr)

1. Situation: Leadership Lab 25 will meet Tuesday, 13 Apr 10, from 1400-1600. POC work-time will be held one hour prior to Leadership Lab on Tuesday from 1300-1400 in The Union.
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 – SSB
GMC – SSB/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. All cadets should use caution when traveling to UCM
 4. Bring sun block
 - 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	The Union Lounge	1300-1400	28	C/Swartz	Capt Anderson
ALL	CW/CC Comments	The Union Room 204	1400-1410	29	C/Swartz	Capt Anderson
ALL	Transit Time		1410-1420		C/Sellers	Capt Anderson
ALL	JSAP Practice	Practice Football Field	1420-1500		C/Wetzel	Capt Anderson
ALL	Pass in Review	Practice Football Field	1500-1550	5, 6, 9, 10, 11, 17	C/Wetzel	Capt Anderson
ALL	Squadron Time	Practice Football Field	1550-1600	21	C/Jones	Capt Anderson

7. Physical Fitness Training (PT): Tuesday: 1620-1730, Thursday: 0600-0700, Friday: 0600-0700.

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


Day	Workout	Time	Location	Safety Observer
Tuesday 1620-1730	Stretch/Warm-up	10 min.	Practice Football Field	Primary: Capt Anderson Alternate: Lt Col Doherty
	Ultimate Frisbee	55 min.		
	Personal Stretch	5 min.		
Thursday 0600-0700	Stretch/Warm-Up	10 min.	Stankowski/ SRC	Primary: Mr. Unger Alternate: Capt Provolt
	Sprints	10 min.		
	Push-Ups Mason Twists Diamond Push-Ups Crunches Body Builders Scissor Kicks	30 min		
	Sprints	15 min.		
	Stretch	5 min.		
	Stretch	5 min.		
Friday 0600-0700	Stretch/Warm-Up	10 min.	SRC	Primary: SSgt Kanoy Alternate: Maj Dennison
	Weights/ Personal Run	45 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

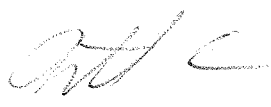


EMILY E. STEPHENS, C/Col, AFROTC
Vice Commander, 440th Cadet Wing

1st Ind, COC, PMT Operations Order 25

TO: 440 AFROTC Cadet Wing/CC

Approved Disapproved



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