



DEPARTMENT OF THE AIR FORCE
AIR UNIVERSITY (AETC)

15 Apr 2010

Practical Military Training (PMT) Operations Order 26 (Valid 18 Apr – 24 Apr)

1. Situation: Leadership Lab 26 will meet Tuesday, 20 Apr 10, from 1400-1800. POC work-time will be held one hour prior to Leadership Lab on Tuesday from 1300-1400 at Adam's Property.
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 should hydrate throughout the day
 3. Please bring sunscreen and bug spray
 4. All cadets MUST WEAR ANKLE SUPPORTS! (Sq/CCs will be checking!)
 5. Long sleeves and pants are mandatory for this exercise
 6. If you do not follow numbers 4 and 5, you will not participate
 7. Be prepared to be shot by paintballs. Hats are recommended
 - 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	Adam's Property	1300-1400	28	C/Swartz	Capt Anderson
ALL	CW/CC Comments	Adam's Property	1400-1405	29	C/Swartz	Capt Anderson
ALL	AEF Skills Training	Adam's Property	1405-1700	7, 8, 19, 28, 30, 31	C/Gannon	Capt Anderson
ALL	AEF Clean Up	Adam's Property	1700-1730		C/Gannon	Capt Anderson

7. Physical Fitness Training (PT): Tuesday: 1630-1730, Thursday: 0600-0700, Friday: JSAP Practice.

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


Day	Workout	Time	Location	Safety Observer
Thursday 0600-0700	Stretch/Warm Up	10 min.	Stankowski/SRC	Primary: Capt Provolt Alternate: Mr. Unger
	Flutter Push-ups Crunches Leg Lifts Mason Twists Body Builders Sit-ups	25 min.		
	Personal Run	20 min.		
	Personal Stretch	5 min.		

8. Practical Military Training:

- a. Joint Service Awards Parade Practice- 0600 for key staff, 0630 for everyone else Friday 23 April at the Columns. UOD will be civilian attire. Mandatory for only MU cadets.
- b. Joint Service Awards Parade – 0830 Saturday 24 April at the Columns. UOD will be Service Dress. Mandatory for EVERYONE
- c. Dining Out – 1800 Saturday 24 April at the Holiday Inn Select. UOD will be modified Mess Dress. Mandatory for EVERYONE

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 26

TO: 440 AFROTC Cadet Wing/CC

Approved Disapproved


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