17 January 2020

**OPERATIONS ORDER 21-19**

20 January – 24 January 2020

1. Mission- Develop citizens of character dedicated to serving their nation and community.

2. Execution- Below lists all scheduled AFJROTC Training and voluntary events for the week.

a. AFJROTC Training – All cadets are required to comply with AFJROTC guidance for all events.

b. Safety Considerations- Stay adequately hydrated and check the weather beforehand.

**KHAS**

Tues 21 Jan 20 UOD: Civilian clothes

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Cadets | Time | Activity | Location | Objective | POC |
| Kitty Hawk Members | 1430 | Continuing plans for community service. | Room 954 | Share information discovered from the levels of community service. | C/Hewett |

**Uniform Wear**

Wed 22 Jan 20 UOD: Combination 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Cadets | Time | Activity | Location | Objective | POC |
| All | All-day | Uniform Inspection | Meet in your AFJROTC classrooms. | Ensure compliance of uniform wear. | Flight CC’s |

**Group Staff**

Wed 22 Jan 20 UOD: Combination 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Cadets | Time | Activity | Location | Objective | POC |
| Group Staff | 1430 | Group Staff meeting | Room 950 | To discuss suspenses and goals | C/Wetmore |

**Drill and Ceremonies**

Thurs 23 Jan 20 UOD: Civilian clothes \*appropriate shoes to march in\*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Cadets | Time | Activity | Location | Objective | POC |
| All | Class Period | Drill | Basketball court | To teach the cadet’s drill movements. | SMSgt Spencer |

**Physical Training**

Fri 24 Jan 20 UOD: PTG

|  |
| --- |
|  |
| General | The weekly physical training plan is published by Thursday of each week. Cadets are in charge of being prepared to perform the activities and wear the issued PT gear. Compliance with this document is mandatory for all cadets. |
| Weather | In case of severe weather, this plan will be modified and executed inside the gymnasium. |
| Location | Primary- Football Field/TrackAlternative- Gymnasium |
| Warm-up8 minutes | * Fall in (2 minutes)
* Static Stretches (6 minutes)
	+ Cross arms (10 counts, 2 repetitions)
	+ Triceps stretch (10 counts, 2 repetitions)
	+ Side lunges (8 counts, 5 repetitions)
	+ Leg pullers (10 counts, 2 repetitions)
 |
| Workout of the Day20 minutes | * Push-ups
* Sit-ups
* Shuttle run
 |
| Competition | * N/A
 |
| Cool Down/Stretch | Cadets will get water and stretch as needed. |

**Marine Corps PT Challenge**

Thurs 19 Dec 19 UOD: Workout clothes

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Cadets | Time | Activity | Location | Objective | POC |
| Volunteers | 1435 | PT Challenge Practice | Room 954 | Train for the PT Challenge. | C/Prickett |

3.\* Points of Contact

|  |  |
| --- | --- |
| Staff | E-Mail |
| Maj Medlock | matthew.medlock@ocps.net |
| SMSgt Spencer | shonda.spencer@ocps.net |

4. This Operations Order was prepared by Roux Eager, C/Amn, AFJROTC, Executive Assistant

5. All training is IAW AFJROTC 36-2010 and AFJROTC Cadet Guide 19-20.

Erika Wetmore, C/Major, AFJROTC

 Cadet Group Commander

Operations Order is: Approved /Not Approved\_\_\_\_\_\_\_\_\_\_\_\_\_Date

 Matthew C. Medlock, Maj, USAF, (Ret)

Senior Aerospace Science Instructor