5 March 2020

**OPERATIONS ORDER 27-20**

9 March – 13 March 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.

**Color Guard**

Mon 9 Mar 20 UOD: Civilian clothes

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Cadets | Time | Activity | Location | Objective | POC |
| Color Guard | 1430 | Color Guard Practice | Room 953 | Become competition and ceremony ready. | C/Ricketts |

**Color Guard**

Tues 10 Mar 20 UOD: Civilian clothes

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Cadets | Time | Activity | Location | Objective | POC |
| Color Guard | 1430 | Color Guard Practice | Room 953 | Become competition and ceremony ready. | C/Ricketts |

**Rocket Club**

Tues 10 Mar 20 UOD: Civilian clothes

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Cadets | Time | Activity | Location | Objective | POC |
| Volunteers | 1430 | Rocket Club | Room 950 | Build and launch model rockets | C/Henderson |

**Uniform Wear**

Wed 11 Mar 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 |

**Physical Training**

Thurs 12 Mar 20 UOD: PTG

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| --- |
|  |
| 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)
 |
| Workout of the Day20 minutes | * Iron Mikes
* Alternating Toe Touch
* Plank to Push Up
* Boat Hold
* Reverse Lunge
* Shoulder Push Up
* Atomic Sit Up
 |
| Competition | * N/A
 |
| Cool Down/Stretch | Cadets will get water and stretch as needed. |

**KHAS**

Thurs 12 Mar 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 |

3.\* Points of Contact

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| Staff | E-Mail |
| Maj Medlock | matthew.medlock@ocps.net |
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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/Lieutenant Colonel, AFJROTC

 Cadet Group Commander

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

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

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