

Fourth Class Success Packet
for the
Class of 2022



Critical Information
for Cadets
Reporting on 11 August 2018

FRESHMEN REPORTING DATE
SATURDAY
11 AUGUST 2018

The Class of 2022 will report between the hours of 0700 and 0930 on the morning of Saturday, 11 August 2018. New cadets begin their orientation and training at 1030. Additional information regarding this day's schedule will be posted online over the summer. Continue to check The Citadel home page for links to this information.

Note: Incoming women may report to the Cadet Store between the hours of 0800 and 1600 on Friday, 10 August, for uniform measurement.

THE CITADEL'S FOURTH CLASS SYSTEM

The purpose of The Citadel's Fourth Class system is to develop and graduate the "whole person."

The Fourth Class System hinges on the completeness with which it matures, refines, trains, and schools the totality of a young cadet's character. This finely balanced process provides the foundation of the "whole person" concept. During their four years as part of the Corps, cadets will develop academically, physically, militarily, and spiritually.

These personal qualities must be deeply ingrained in the individual so that neither time nor dilemmas will diminish his/her respect for complying with the customs, traditions, and regulations set forth for the Fourth Class cadet's conduct. The essence of The Citadel's mission is set by those who accomplish not merely what is required, but more. Self-discipline and self-evaluation develop individuals whose integrity and sense of duty cause them to serve selflessly beyond the prescribed limits of their tasks.

The Fourth Class System is both difficult and demanding. It represents an abrupt change from the life normally experienced at home and encompasses much of the cadet's first year. It is administered impersonally but at the same time exhibits the individual understanding necessary for effective leadership. It requires a full measure of mental and physical preparedness and endurance.

On the surface, the Fourth Class System by nature appears arbitrary. It demands prompt and unquestioning obedience to proper authority through the use of customs and regulations. However, each custom and regulation has a special purpose designed to further cadet development.

The System includes: standing at a rigid position of attention ("bracing"); squaring corners when marching on campus; undergoing personal appearance inspections prior to formations; memorizing and reciting Fourth Class ("Knob") knowledge; assisting classmates in approved work details designed to keep their company area clean and in order ; and submitting to a variety of minor restrictions concerning the use of certain campus grounds and facilities, the wearing of the uniform, and general conduct.

Cadets unable to meet the desired standards or who violate a regulation or custom are subject to corrective discipline. This discipline ranges from a verbal reprimand to restriction to campus and walking of punishment “tours” (a fifty minute period of marching in the barracks while carrying a rifle at shoulder arms). In extreme cases, a cadet who is unable to conform to the military way of life may be brought before a suitability board to determine his/her fitness to continue at The Citadel.

The structures described above are designed to test a cadet’s determination and measure the individual’s motivation for cadet life. Their value lies in developing a cadet’s ability to perform his/her duty successfully under trying and stressful conditions.

The Fourth Class System is a formidable challenge to any young person. The decision to enter The Citadel must be based on a conviction on the part of each cadet and family that he/she has the mental and physical attributes appropriate for the System along with a willingness and determination to see it through and reap its proven benefits.

Although the System is demanding and difficult, the rewards are considerable and more than justify the effort. Upon recognition by the upper-class cadets in the spring of the Knob year, a better person emerges – one who is mentally, morally, physically and spiritually prepared to accept the responsibilities of leadership – a role which will ultimately be his/hers at The Citadel and in the world.

PHYSICAL CONDITIONING

The first weeks of training at The Citadel are very physically demanding for a new cadet. It is *imperative* that cadets be physically fit prior to reporting to The Citadel. *Only those who have spent their summer properly preparing themselves will be able to meet the training requirements.* **YOU MUST BE ABLE TO RUN TWO MILES, EVERY DAY, AT AN EIGHT MINUTE PER MILE PACE OR BETTER.** If not, you will not be able to keep up with your classmates.

At this point, you *should* have completed your physical and received medical clearance from The Citadel’s physician. Consult your physician regarding your body weight. Particular attention should be given to your estimated body fat percentage, which provides a much more accurate figure for determining proper body composition than height/weight charts. If weight loss is recommended, follow your physician’s advice to reduce caloric intake and increase caloric expenditure.

It is important for you to understand that graduation requirements as stated in the College Catalog require that you meet the Commandant’s Physical Fitness Standard which includes passing the Corps Physical Fitness Test (CPFT) EACH SEMESTER plus meeting the weight standard for your height. There are *no waivers* for these requirements.

Charleston’s climate is generally conducive to year-round outdoor activity; however the hot, humid conditions of August and September are very hard on cadets who have not properly prepared themselves. It is important that you prepare yourself by controlled exposure to similar

conditions during exercise. Although complete acclimation may not be possible prior to your arrival, some adaptation will certainly occur. During periods of exercise, dress comfortably and avoid plastic/rubber or heavy cloth sweat-suits.

Your exercise program should start with a session of calisthenics such as push-ups, bent leg sit-ups, jumping jacks, and half knee bends (avoid full knee bends, straight leg sit-ups and straight leg lifts). Follow this with a light to moderate workload of jogging and walking for a 15 to 20 minute period, gradually progressing to longer periods of jogging with less walking. Once you can run the full distance, begin to increase your pace to improve your time. Follow your run with another set of calisthenics.

Continued progress should be made until three to five miles can be covered in 25 to 40 minutes, respectively. Before, during, and after exercise, *replenish your body fluids*. If you wait until you are “thirsty,” your body is already deficient. This will prevent dehydration, aid in heat loss, and prevent muscle cramps and other discomforts.

Proper preparation is the key to success in any program. *Get in shape now.*

Please refer to the letter from The Commandant and the additional physical fitness information contained later in this document. **NOTE: SEE PAGES 18-22 FOR ADDITIONAL INFORMATION.**

ZERO TOLERANCE DRUG POLICY

The Citadel has a clear and unwavering policy of “zero tolerance” to drugs. Whether on or off campus, the possession, solicitation, distribution, sale or use of hallucinogenic, narcotic, other controlled drugs or substances, or any drug paraphernalia, except in accordance with a legal prescription for such substances for the student possessing and using it, will result in permanent expulsion. The Citadel reserves the right to test members of the Corps and conduct periodic searches of campus property for the presence of illegal drugs and controlled substances.

USE OF ALCOHOL & TOBACCO

Possession and use of alcohol on campus by cadets is prohibited. Effective 1 July 2016, the use of tobacco and smoking products of any type is also prohibited on the campus of The Citadel. The Tobacco Product Free - Campus Policy is here.

HAZING

Hazing is not a part of the Fourth Class System and will not be tolerated. The suffering of degradation, humiliation, and indignity does not foster the rapid development of those qualities sought in Fourth Class cadets. Cadets who haze other cadets, participate in hazing activities, or tolerate hazing will be given punishment appropriate to the violation.

SEXUAL HARASSMENT

Sexual harassment is unwelcome conduct of a sexual nature that can include unwelcome sexual advances, requests for sexual favors, and other verbal, nonverbal or physical conduct of a sexual nature. It may consist of repeated behaviors or arise from a single incident, if sufficiently severe. Harassment of women by men, harassment of men by women, and harassment between persons of the same sex all may constitute sexual harassment.

More in-depth information on The Citadel's sexual harassment policy can be found in Citadel Memorandum 2-26, Sexual Harassment. The memo is available [here](#).

SEXUAL HARASSMENT WILL NOT BE TOLERATED AT THE CITADEL.

SEXUAL VIOLENCE

Sexual violence is defined as any non-consensual physical conduct of a sexual nature and encompasses a broad range of behaviors including, but not limited to:

- 1) Non-Consensual Sexual Intercourse: Any sexual penetration (anal, oral, vaginal) however slight, with any body part or any object, without affirmative consent. This act is commonly referred to as rape.
- 2) Non-Consensual Sexual Contact: Touching of someone's intimate body parts such as genitalia, groin, breast, buttocks, or any clothing covering them; touching a person with one's own intimate body parts; or compelling another to touch one's intimate body parts without affirmative consent. These acts are commonly referred to as sexual assault.
- 3) Sexual Exploitation: Non-consensual sexual advantage of another for one's personal or third-party benefit that does not otherwise constitute rape or sexual assault.

More in-depth information on The Citadel's sexual violence policy can be found in Citadel Memorandum 2-25, Sexual Violence. The memo is available [here](#).

The Citadel community strongly supports a policy that prohibits abuse of power by sexual assault. This unlawful act and the coercion, intimidation, and lack of respect it represents are the antithesis of The Citadel's mission, and this behavior will not be tolerated. **THE CITADEL WILL PUNISH ANY INDIVIDUAL(S) WHO IS FOUND TO HAVE COMMITTED A SEXUAL ASSAULT.**

RESPECT FOR OTHERS

A definition - respect for the dignity of others and their property; holding others to the same high standards.

A purpose - to foster a commitment to moral-ethical excellence essential to leaders of character.

HONOR CODE

The honor code states that a cadet does not lie, cheat, or steal, nor tolerate those who do. The code is the heart of the honor system, and its purpose is to maintain honor and integrity within the Corps.

CLOTHING/PERSONAL ITEMS

All cadets are required to furnish their own bed linen except for the bedspread and one blanket, which will be issued. Beds and mattresses are provided, but pillows are not. One plastic mattress cover will be issued at cost to each cadet. Plus, cadets are advised to bring their own toiletries.

All cadets (male and female) must bring the following:

- One [1] pair of conservative style pajamas (optional)
- Twelve [12] white, cotton, crew-neck tee shirts
- Twelve [12] pairs of white cotton underwear - briefs, or boxer briefs (male)
- Twelve [12] pairs of white cotton panties (female) – NO thongs
- One [1] pair of “long johns”
- Twelve [12] pairs of black crew length socks – cotton socks are recommended.
[Experience has proven that socks made of synthetic material contribute to blistering and in some cases secondary infections.]
- Twelve [12] pairs of plain white cotton athletic ankle socks (Socks must be void of visible logos or color, and must cover the protruding ankle bone. Low cut quarter socks are permitted.)
- One [1] bathing suit, solid black or navy blue (female: conservative one piece)
- One [1] pair of shower shoes (black)
- Six [6] white, cotton towels
- Six [6] washcloths
- One [1] standard sized pillow
- Four [4] white pillow cases
- Four [4] white, non-fitted sheets for a single bed
- Twelve [12] white handkerchiefs
- One [1] iron with ironing board (board can be full size or travel size)
- One [1] pair of good running shoes in a subdued color such as white, navy, or black (may have contrasting trim)
- Three [3] pairs of black bike shorts (cotton spandex) for optional wear with physical training uniform
- One [1] pair of military style boots, sand colored with deep lug soles – boots must be sand colored with a plain toe. Boots made of patent leather or poromeric material are not authorized. Also, boots containing Marine Corps emblems are not authorized. The Cadet Store at The Citadel sells Belleville brand boots.
- One [1] overnight bag for additional items that will be kept on top of the full press is authorized.
This bag **MAY NOT EXCEED 24"L x 12"H x 18"W.**
- Two [2] pairs of military style, plain toe, smooth leather, black oxford shoes with rubber heels. **You will not be permitted to wear shoes that fail to meet these criteria. Shoes made of patent leather or poromeric material are not authorized.**

Please ensure shoes and boots are "broken in" prior to arrival to avoid foot problems.

Boots and shoes are available at The Citadel Cadet Store. Summer store hours are Monday-Wednesday 0700 to 1700 and Thursday 0700 to 1630. Call (843) 953-5166 to check on item availability.

Boots and shoes must meet specifications. **NOTE: SEE PAGES 13-16 FOR SPECIFIC REQUIREMENTS.**

Additional items for female cadets:

Five [5] white, beige, or skin-colored regular bras

Five [5] white or beige sports bras

Labeling clothes:

As a time saving measure, though not mandatory, it would be helpful to write your last name and first two initials in your clothing using a permanent marker. The location of the name should be inconspicuous when the garment is worn (e.g., bottom of each sock, rear waistband of underwear, and the front shirt tail of t-shirts).

Household linens such as towels, sheets, and pillow cases should not be labeled. The Cadet Laundry will affix a permanent label to these items.

The following items may be brought with the new cadet or obtained later:

One [1] desk reading lamp

One [1] picture with frame – no larger than 8”x10”

One [1] radio/stereo/CD player – Speakers must be no larger 12"x24".

One [1] oscillating fan – Box or floor fans on a stand are not authorized.

Computer and printer

Alarm clock

The Citadel does not furnish bedding. Cadets shipping their belongings to the college must bring with them two sheets, one pillowcase, and pillow for use until they can access their belongings.

LUGGAGE

Trunks and suitcases cannot be stored in cadet rooms. Only one overnight bag for overnight travel may be kept in the room. All other luggage is stored at the central warehouse at the risk of the cadet.

Luggage may be shipped to The Citadel in advance of your reporting date. It should be clearly marked with the cadet's name and addressed to Central Supply, The Citadel, 171 Moultrie Street, Charleston, SC, 29409.

AUTOMOBILES & BICYCLES

Fourth Class cadets are **not** authorized to have, maintain, operate, or park an automobile (including two or three wheeled motorized vehicles) on The Citadel campus or an area defined by Spring Street on the south, Rutledge Avenue on the East, and Saint Margaret Street on the north (approximately a five mile radius of the campus) at any time during their freshman year. Note: Fourth Class cadets are also not permitted to have, maintain, or operate a bicycle.

RESERVES AND NATIONAL GUARD

Cadets are authorized to be members of the Army, Navy, Air Force, Marine Corps, or Coast Guard reserve, as well as National Guard units; however, cadet responsibilities take priority over their reserve/Guard requirements. *Cadets in these organizations must make arrangements to drill in the Charleston area. In addition, academic classes and certain cadet formations/events will not be missed to meet drill requirements.*

LEAVE POLICY

Leave is a privilege extended to those members of the Corps of Cadets who meet the required standards of proficiency in academics, conduct, and physical conditioning. **Parents must understand that special leave is not authorized except in cases of extreme emergency or specific family events. Cadets will NOT be authorized to depart early or return late from furloughs (Fall, Winter, Spring or Summer breaks).** Should an emergency or an unexpected obligation arise that cannot be rescheduled, the cadet may request permission for early/late arrival/departure or special leave. Cadets will not intentionally schedule jobs, job interviews, doctor appointments (see below) etc. that require them to leave campus early for furloughs or extended leaves. If an emergency or unforeseen obligation arises, the cadet must contact the Commandant's Department immediately. All requests for special leave must be requested in writing via the Commandant, with the final decision left to the appropriate Citadel authority as to whether the circumstances warrant the granting of the leave.

Please read the following excerpts from *Cadet Regulations*:

Emergency leave may be granted only upon request of the parent or guardian in the event of death or critical illness of a member of the cadet's immediate family. The immediate family includes parents, grandparents, brothers, sisters, and the permanent resident members of the family.

Duration of this leave will be predicated upon distance, academic requirements, and time required, but should normally not exceed five [5] days.

Critical illness is defined as an illness of such proportions that death may be imminent.

Special leave may be granted upon request only in the event of the marriage or golden wedding anniversary of the cadet's immediate family. Birthdays and family reunions are not considered special leave events. Special leave may also be granted for

unusual business affairs that cannot be conducted by correspondence but require the cadet's presence. In these cases, prior application from the parent/guardian is required. In all cases, the final approval of the leave rests with the authorities of The Citadel.

The Citadel has a weekend (Friday and Saturday leave) and overnight (Saturday night only) policy based on class, academic, discipline, and physical proficiency. Eligible Fourth Class cadets are awarded one weekend and one overnight leave in their second [spring] semester.

Furloughs (Fall, Winter, Spring and Summer breaks) can be found on The Citadel homepage inside "Academics". As previously stated, **College policy is to NOT approve early departures or late arrivals connected to furloughs. Be sure to check these dates prior to making travel plans.**

PURCHASE OF A NON-REFUNDABLE TRAVEL TICKET IS NOT GROUNDS FOR AN EXCEPTION TO THIS POLICY.

MEDICAL CARE

Cadets receiving medical care from a private doctor will, **in all cases**, report the nature of the illness, treatment, and required medication to the College Physician. The Infirmary's phone number is (843) 953-6847.

Except in an emergency requiring immediate treatment while on leave or furlough, a cadet will not arrange nor receive professional medical treatment from a doctor or specialist without **PRIOR** permission from the College physician. Applications for such treatment/appointments will be submitted to the College physician and, if approved, will be forwarded to The Commandant in accordance with the Special Orders System.

SPECIAL MEDICAL AND DENTAL SERVICE

Dental work, eye exams, non-emergency medical care, etc., should be scheduled during furlough and extended leave periods.

If the service of local dentists, oculists, or other specialists is deemed necessary, the request **MUST** be submitted to the College physician who will make the necessary appointments. No appointment with other physicians in the Charleston area will be made by any cadet without first obtaining approval from the College physician.

TRANSFER STUDENTS – FOURTH CLASS SYSTEM

Transfer students are required to complete two semesters in the Fourth Class system regardless of their academic classification.

Transfer students from a national service academy, or other such institution have the option of requesting a transfer out of the Fourth Class system after the *first* semester provided:

- They are at least academic sophomores.
- They have successfully completed their plebe/fourth class system at the previous institution.
- They were full time students in good standing in the ROTC program for the period of their enrollment at the previous institution.

Eligible students exercising this option shall have no cadet rank or authority over Fourth Class for the balance of the academic year.

The Commandant will make the final decision on these requests.

All other transfer students will be required to complete the Fourth Class System.

CONFIDENTIALITY OF STUDENT RECORDS

The Citadel maintains and discloses information from student records in accordance with the provisions of the Family Educational Rights and Privacy Act of 1974 (FERPA). This law requires that educational institutions maintain the confidentiality of student records. The Citadel accords all rights under the law. These records include those maintained by the Office of the Commandant on the individual student's performance in the Corps of Cadets.

No one outside of The Citadel shall have access to nor will the institution disclose any information from a student's educational records without the consent of the student except in compliance with Federal and State law. Such disclosure may include disclosure to personnel within the institution, to persons or organizations providing students' financial aid, to accrediting agencies carrying out their accreditation function, to persons in compliance with judicial order, or in an emergency, to persons in order to protect the health or safety of the student or others.

Within The Citadel community, only those members, individually or collectively, acting in the student's educational interest are allowed access to student education records. These members include faculty and personnel in the offices of the President, Provost, Associate Provost for Academic Affairs, Commandant, Vice President for Finance, Vice President for Operations, Vice President of Communications, and Athletic Director.

Directory information about a student may be disclosed at the discretion of The Citadel without consent of the student unless the student has notified the Registrar within two weeks of the beginning of the academic year (fall semester) that the student refuses to allow the disclosure of such private information. Cadets must file a new "opt-out" notice with the Registrar at the beginning of each academic year.

Directory information includes student name, local and permanent address and telephone number, date and place of birth, major field of study, Dean's List and Gold Star information, ROTC branch, dates of acceptance and attendance, years in school, anticipated date of graduation, degrees and awards received, graduation honors, academic and military awards, the most recent previous educational agency or institution attended, cadet company, rank, class absence status, participation in officially recognized activities and sports, weight and height of members of athletic teams, US citizenship, extracurricular activities, and residency status.

A copy of FERPA and details of The Citadel's compliance policy may be obtained from the Office of the Registrar. **Each incoming cadet is required to complete the FERPA form (Authorization for Release of Educational Information) found on the Commandant's website to present upon sign-in to his/her company. With this document, a cadet can prospectively authorize The Citadel to share information from his or her educational records, which include academic, disciplinary, and other information, with his or her parents, upon the parents' request. This authorization can be modified or revoked at any time.**

NON-DISCRIMINATION POLICY

The Citadel is committed to providing equal opportunities to men and women students in all campus programs, including intercollegiate athletics.

The Citadel does not discriminate on the basis of race, color, national origin, sex, disability, religion, age, veteran status, gender identity or expression, genetic information, or sexual orientation in its programs and activities as required by Title IX of the Educational Amendments of 1972, the Americans with Disabilities Act of 1990, Section 504 of the Rehabilitation Act of 1973, Title VII of the Civil Rights Act of 1964, and other applicable statutes and Citadel policies. The Citadel prohibits sexual harassment, including sexual violence.

Inquiries concerning the application of non-discrimination laws, including Title IX, should be directed to Mrs. Shawn Edwards, Chief Diversity/EEO Officer and Interim Title IX Coordinator (843-953-6989 or shawn.edwards@citadel.edu).

You may also contact the following federal office with inquiries:
US Department of Education - Civil Rights Division
Assistant Secretary of Education
Washington, SC 20201

Shoes & Boots
Information

THE CITADEL CADET STORE

Dear Cadet:

The dress code at The Citadel requires cadets to wear uniform shoes and boots. Since this type of footwear is not familiar to most new students, you will probably find it beneficial to read over the attached sheet.

We recommend you be professionally fitted. Experience has proven you will obtain more satisfactory results by actually trying on your uniform shoes and boots. Therefore, we will not accept telephone orders for footwear. We encourage you to buy your shoes and boots from your local area. Make sure they fit properly to avoid any foot problems later. A plain toe and a plain heel (no additional stitching) military style, smooth leather, black oxford shoe with rubber heels and soles; and military style boots, sand colored with deep lug soles and a plain toe is acceptable (no zippers). The Cadet Store on the Citadel campus sells *Belleville* boots and *Bates* shoes. I have attached a fact sheet with the specification of the shoes and boots we sell.

If you are in the Charleston area during the summer, you may come to the Cadet Store to purchase your footwear. Our summer schedule will be **Monday-Wednesday from 7:00 a.m. until 5:00 p.m. and Thursdays 7:00 a.m. until 4:30 p.m.** However, if this is not convenient, we will make every effort to have a sufficient inventory to meet the increased demand of the new school year in August. The Cadet Store will be closed for inventory on Thursday, 28 June.

We try to provide the best possible service to The Citadel cadets and staff; our goal is to provide the services and uniform needs that are part of our military tradition. We encourage you to take advantage of our experience by obtaining your uniform footwear at the Cadet Store. You will be able to purchase your shoes and boots on **Friday 10 August until 4:00 p.m. and Saturday 11 August from 7:30 a.m. until 10:00 a.m.**, if you are unable to purchase them prior to the report date. If you would like additional information, you may contact The Cadet Store at 843-953-5166. Our staff will be glad to assist you in your needs.

Thank you,

The Citadel Cadet Store Staff

Information on Uniform Shoes

This sheet provides you with information that can profoundly affect your performance at The Citadel.

- Care in putting shoes on prolongs their life and increases your comfort. If your shoes are untied, you can put them on without squashing down the back of the shoe, pushing down the tongue, or forcing your feet into a narrow opening. It is best to guide your heel with a shoehorn or fore finger.
- Removing shoes by stepping on the heel, and removing them without untying, breaks down the heel counters. Once the heel is broken down it tends to rub against the back of the foot. Always take the time to untie your shoes.
- Lace shoes with the traditional crisscross pattern. This simple method provides a mean of improving the fit: adjust the laces by working the slack out form the bottom toward the top. A properly laced shoe keeps the foot properly seated in the heel.
- Two basic causes of sore spots and/or blisters on the feet are friction, and constriction. Improperly fitted shoes make your feet hurt.
- Uniform shoes of good quality, comes in both sizes and widths.
- The most important indication of a proper fit is that the widest part of the foot is positioned in the widest part of the shoe. People with long toes will have less room in the end of the shoe than those with short toes, but your toes should never touch the end of the shoe
- Several factors may contribute to a size change. Weight loss or gain, a growth spurt, an injury to a foot or ankle, even prolonged standing or walking can alter the size of your foot.
- Insoles provide a bit of a lift, and should solve the problem of rubbing against your ankle.
- Once a shoe has been worn, it sets to fit a particular foot. Wearing loaners, or hand-me-downs, can lead to problems.
- Nearly everyone has one foot that is larger than the other. It is best to fit the larger foot. Trying on both shoes and walking in them allow you to decide how they will feel once you leave the store.

SHOES

MILITARY STYLE

BLACK OXFORD, PLAIN TOE, PLAIN HEEL (no additional stitching on the heel), SMOOTH LEATHER, RUBBER HEEL AND SOLE

HIGH GLOSS, POROMERIC, OR CORFAM SHOES ARE NOT PERMITTED FOR WEAR

THE BATES SHOE SHOWN BELOW IS THE RECOMMENDED SHOE FOR ANY INCOMING FRESHMEN.

THE SHOE IS KNOWN FOR ITS COMFORT AS WELL AS DURABILITY. THEY ARE AVAILABLE FOR PURCHASE AT THE CADET STORE LOCATED ON THE CITADEL CAMPUS.



**GO TO THE BATES FOOTWEAR WEB SITE,
CLICK ON SEARCH PRODUCT
ENTER STYLE NUMBER, E00932 FOR MALES, E00752 FOR FEMALES**

BOOTS



**GO TO THE US PATRIOT TACTICAL WEBSITE SEARCH
ENTER TR350 MEN'S 8" TACTICAL RESEARCH**

DESERT TAN COLORED BOOTS ARE THE ONLY AUTHORIZED COLOR.

NO ZIPPERS

**CONTACT THE CADET STORE AT 843-953-5166 IF YOU
HAVE ANY QUESTIONS CONCERNING THE BOOTS
AND SHOES.**

*Physical Fitness
Information*

WAYS TO IMPROVE ON THE CITADEL PHYSICAL FITNESS TEST

THE CORPS PHYSICAL FITNESS PROGRAM

The Corps Physical Fitness Program has been redesigned to challenge all cadets to take responsibility for their health and fitness. Our evaluation of you will begin immediately. Weekly physical training sessions occur on Monday and Thursday mornings before breakfast. Your first fall semester record Corps Physical Fitness Test is scheduled in the first few weeks of classes. Cadets will be pushed to achieve maximum results, but the *minimum* standards are here. You **MUST** pass each event with a total score of **OVER 145** (out of 300) to move to the Individual Physical Training Program which allows you to conduct your own fitness program. Should you fail any one of the events or attain a total score **LESS** than 145, you will be entered into the Commandant's Physical Remediation Training Program and will continue to train under the supervision of the cadet leadership and the SCCC Strength & Conditioning Coach.

There are other physical training activities that are also a part of every cadet's life. Company Spirit Physical Training is scheduled after several Friday parades. In addition, Company Intramurals in an array of sports are conducted throughout the year. **Physical fitness is an individual responsibility and starts with you NOW.** Arriving in August without being properly prepared will put you behind most of your classmates. Should you have questions about the program or the recommendations below, please refer to the contact numbers at the end of this document.

An important reminder: Participation in the Senior Ring Presentation and Graduation Week requires that you continue to pass the Corps Physical Training Test in each semester.

WAYS TO IMPROVE CRUNCHES

For best results, crunches should be performed three to five times a week. When practicing, place a towel or other soft material under your tailbone or practice on a mat.

The best method of practicing crunches is do them the same way they are tested. The following are variations of the exercise you can practice:

THE CURL-UP

POSITION. Lie on your back with your feet as close to your buttocks as possible. Cross your arms over your chest with your hands on the opposite shoulders. **DO NOT HOLD YOUR FEET DOWN**, although they must remain in contact with the ground at all times.

ACTION. Raise your head and shoulders off the ground, hold for five seconds, and return to the starting position. Repeat 10 to 20 times. Gradually increase number of repetitions. Exhale as you sit-up.

RUSSIAN TWIST

POSITION. Sitting upright on the ground, butt should be on the floor with legs extended out, hands together.

ACTION. Bring feet up to engage the core. Leaning back to a 45-degree angle and keeping back straight, quickly rotate hands from one side of the body to the other, touching the ground each time. Start with 3-4 sets of 20 repetitions on each side and progress weekly to 4-5 sets of 30 repetitions.

ALTERNATING ELBOW TO KNEE

POSITION. Lie on your back and cross your arms over your chest. Your legs should be off the ground, knees should be bent, and lower legs parallel to the ground.

ACTION. While the left knee is pulled towards the chest and touched with the right elbow, straighten the right leg, but keep it off the ground. Reverse the action bringing the right knee up to the left elbow and straightening the left leg. Repeat the action continuously for 20 counts with each leg.

PLANKS

POSITION. Start with hands and knees on the ground, feet together and hands shoulder-width apart.

ACTION. Extend feet out and raise knees off the ground, with only feet and elbows touching the deck. The back should remain flat and head in line with the rest of the body. Squeeze the core and glutes to maintain posture. Start with 3 sets of 20 seconds and progress weekly to 60 seconds.

SIT-UPS DONE WITH WEIGHTS

POSITION. Perform any other previously mentioned exercises or sit-ups with a weight held on your chest (or back for planks).

ACTION. The same actions described above for each type of sit-up.

HINTS FOR CRUNCHES

- ❑ Keep your chin tucked to your chest.
- ❑ Concentrate on maintaining rhythm.
- ❑ Work efficiently the entire 2 minutes.
- ❑ Ensure only bottom of shoulder blades touch deck.

WAYS TO IMPROVE PUSH-UPS

Push-ups must be practiced three to five times per week to ensure progress. If these are practiced more often, muscles may not have time to recuperate and become stronger. Below are some variations to help you improve your strength and muscular endurance.

MODIFIED PUSH-UPS — HANDS ON AN OBJECT

POSITION. Keep your body straight. Balls of your feet should be on the ground, and your hands should be on a wall, desk, or steps of a staircase. You can gradually increase the exercise difficulty by first placing your hands on the wall, later on a desk, and then on a chair (or by progressing to lower stairs on a staircase). By progressing to lower levels of hand placement, intensity of the exercise and your muscle strength increase.

ACTION. This exercise involves the same action as a regular push-up. For instance, if your goal is 50 push-ups, do 40 modified push-ups; wait, do another 40; wait and do another 40. When this becomes easier, raise your sights and score.

MODIFIED PUSH-UPS — FEET ON AN OBJECT

POSITION. Keep your body straight with your hands on the ground and your feet on a chair, steps, or other object. Progressively elevate your feet to higher levels to increase the intensity. You may also increase difficulty, hence your strength, by doing push-ups between chairs with feet elevated and lowering yourself as far as you can between them. Do sets and repetitions as above.

ACTION. This exercise involves the same action as a regular push-up. Strive for three sets of 80% of your goal.

BENCH PRESS — WEIGHT MACHINE AND FREE WEIGHTS

A beginner can use this method without using any of the previous methods. It can also be used by a more advanced person who has used previous techniques.

By trial and error, use a weight that allows you to do 80% of the number of repetitions you want to do on The Citadel Physical Fitness Test (CPFT). Rest 1-2 minutes between sets, and do your second and third sets until you cannot do anymore.

When you can perform 100% of the number of repetitions you want to do on the CPFT FOR THE FIRST SET, add 5-10% more weight with free weights. Another option is to add whatever weight is necessary to drop you again to 80% of desired repetitions with the new weight. Proceed as above, building up to 100% of desired repetitions for the first set, with second and third sets performed until you cannot do anymore.

HINTS FOR PUSH-UPS

- ❑ Training only on push-ups and/or bench presses can lead to a strength imbalance. Pull-ups or some type of rowing work should be done with resistance or a training partner.
- ❑ When training, maintain proper form. Keep your body straight. Lower yourself or the weight in a controlled manner so you gain a training effect. During the test itself, however, to conserve energy and improve your performance, you should work at a much more rapid pace. When being tested, try to do as many repetitions as possible during the first 45 to 60 seconds.
- ❑ Place your hands at shoulder width with your fingers pointing forward and slightly outward. Keep your heels and toes together. Do not forget to breathe during both training and testing. Change position of hands to a narrower or wider position after you are tired, then try to do more push-ups.

WAYS TO IMPROVE 1.5-MILE RUN

If you have not been exercising, start by walking a mile. When you can do this without a great deal of effort, begin to walk for the amount of time that is your goal for the CPFT. Once you begin to feel comfortable walking this amount for the entire time, you should jog and walk for the whole period. Gradually extend jogging portions until you can jog for the total target time.

Your next goal is to jog for 2 miles. When you develop your conditioning so you can run 3 miles, you will be able to see how much faster you need to run to achieve your target time.

Improvement in your running performance can be achieved by various methods: increasing the duration (time), intensity (speed), and/or frequency. Therefore, you should work on all these methods. First, when you reach the 2-mile distance, extend your distance run to 3 miles. If necessary, use the run-walk technique until you can complete the distance. Another method is to increase intensity of the run by running several shorter distances at a faster pace with specific rest intervals between. If the distance is halved, then the time should be slightly less than half.

HINTS FOR THE 1.5-MILE RUN

- ❑ Time yourself during practices. Know how long it takes you to run each 1/4 mile for the 2-mile distance. Then when you take the CPFT, stay with those times. If you still have energy for the last 1/4 to 1/2 mile, speed up and set a personal best!
- ❑ Run with someone of equal or slightly better ability.
- ❑ When you get tired, concentrate on your running rhythm and breathing.

For most individuals, the 1.5-mile run is the hardest part of the Physical Fitness Test. This also takes the longest time to prepare for. Before arriving at The Citadel in August YOU MUST BE ABLE TO RUN 2 MILES, EVERY DAY, AT AN 8 MINUTE PER MILE PACE OR BETTER. If not, you will not be able to keep up with your classmates.

ADDITIONAL HINTS FOR A BETTER SCORE

Get a good night's sleep before the CPFT.

Eat a good evening meal and drink lots of liquids (NO ALCOHOL).

Eat a good breakfast if you have at least 3-4 hours before the test. If not, drink some water. If you drink coffee, one cup is all right but NO MORE.

If you smoke, give it up (preferably for good) at least 12 hours prior to the test.

As in any competition, tell yourself that you are a winner, that you CAN do it, and that you CAN DO BETTER THAN EVER!

Exhale when you come up in a sit-up or go up in a push-up. Inhale when you go down in a sit-up or go down in a push-up. DO NOT HOLD YOUR BREATH!

When running, breathe naturally and deeply! DO NOT take quick, shallow breaths. YOU NEED AIR TO RUN 1.5 MILES.

If you have a break between events, WALK around; DO NOT lie down. Lying down or remaining inactive may make your next event HARDER. By walking around, your body will recover more rapidly.

Address questions to Christopher Duke, Physical Readiness Director, 843-953-0268.