

# ALPHA CO SCHEDULE

| ALL BLOCKS OF INSTRUCTION INCLUDE 15 MINUTES OF MOVEMENT TIME |           |                                                                                                              |                    |                                                         |                             |                    |  |  |
|---------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------------------------------|--------------------|---------------------------------------------------------|-----------------------------|--------------------|--|--|
| At the end of each instruction period                         |           |                                                                                                              |                    |                                                         |                             | As of 31 July 2025 |  |  |
| RECOVERY TIME--C1 CADETS ARE IN ROOMS--NOT TRAINING           |           |                                                                                                              |                    |                                                         |                             |                    |  |  |
| DATE                                                          | TIME      | SUBJECT                                                                                                      | LOCATION           | UNIFORM                                                 | INSTRUCTOR                  |                    |  |  |
| 16-Aug                                                        | 0700-1045 | C1 Reception & Non-Sized Issue                                                                               | Co Area            | Citadel PT                                              | Cadre                       |                    |  |  |
| SATURDAY                                                      | 1000-1045 | Barracks Closed @ 1000                                                                                       | Barracks           | w/Leathers                                              |                             |                    |  |  |
|                                                               | 1045      | Formation Accountability                                                                                     | Barracks           |                                                         | Cadre Plt Ldr/1SGT          |                    |  |  |
|                                                               | 1100-1145 | LUNCH: 1100--Mess Call; 1105--Assembly; 1115--Mess                                                           | DFAC               |                                                         |                             |                    |  |  |
|                                                               | 1145-1200 | Movement Time                                                                                                | Campus             |                                                         |                             |                    |  |  |
|                                                               | 1200-1400 | Hair Cut-Freshman Processing                                                                                 | MCH/Cadet Store    |                                                         | Cadre                       |                    |  |  |
|                                                               | 1400-1445 | Inventory                                                                                                    | Barracks           |                                                         | Cadre/Supply Sgt            |                    |  |  |
|                                                               | 1500-1545 | Inspection Standards                                                                                         | Co Classrooms      |                                                         | 1SGT/TAC NCO                |                    |  |  |
|                                                               | 1600-1645 | LD 4-2A Citadel Intro                                                                                        | Bn Classrooms      |                                                         | Bn CDR                      |                    |  |  |
|                                                               | 1700-1720 | Mess Brief                                                                                                   | Bn Classrooms      |                                                         | Bn XO                       |                    |  |  |
|                                                               | 1730-1815 | Drill Period 1                                                                                               | Barracks           |                                                         | Drillmaster                 |                    |  |  |
|                                                               | 1815-1900 | DINNER: 1815--First Call for Mess; 1820--Assembly/Retreat; 1830--Mess (Teach Mess Operations)                | DFAC               |                                                         | Co Cdr/Mess Carver          |                    |  |  |
|                                                               | 1900-1915 | Mess Hall Procedures                                                                                         | DFAC               |                                                         | Mess Carver                 |                    |  |  |
|                                                               | 1930-2015 | MOVE DIRECTLY TO CLASSROOMS                                                                                  |                    |                                                         |                             |                    |  |  |
|                                                               |           | Meet with Cadet Academic Officers                                                                            | Co Classrooms      |                                                         | Advisors/Officers           |                    |  |  |
|                                                               | 2030-2200 | TAC NCO Time/ Box inventory                                                                                  | Barracks           |                                                         | TAC NCO                     |                    |  |  |
|                                                               | 2200-2300 | Personal Hygiene                                                                                             |                    |                                                         |                             |                    |  |  |
|                                                               | 2300      | Lights Out                                                                                                   | Barracks           |                                                         | Co Cdr                      |                    |  |  |
| 17-Aug                                                        | 0600-0630 | Personal Hygiene/Room Arrangements                                                                           | Barracks           | Citadel PT w/soft shoe                                  | Co Cdr                      |                    |  |  |
| SUNDAY                                                        | 0630-0715 | BREAKFAST: 0630--First Call for Breakfast; 0635-Assembly/Attention/Colors; 0645--Move to Breakfast           | DFAC               |                                                         |                             |                    |  |  |
|                                                               | 0730-0840 | TAC NCO TIME- Review Duty                                                                                    | Barracks           |                                                         | TAC NCO                     |                    |  |  |
|                                                               | 0840-0945 | Chapel- Optional Formation/Acct 0850--Move to Chapel<br>**Cadets not attending Chapel have recovery period** | Chapel             |                                                         | Chaplain/ C/Chaplain        |                    |  |  |
|                                                               | 1000-1015 | Movement Time                                                                                                |                    |                                                         | Cadre Plt Ldr/1SG           |                    |  |  |
|                                                               | 1030-1115 | LD 4-2B Leadership Intro                                                                                     | Co Classrooms      |                                                         | Co Cdr                      |                    |  |  |
|                                                               | 1130-1215 | LD 4-2C Followership Intro                                                                                   | Co Classrooms      |                                                         | Cadre Plt Ldr               |                    |  |  |
|                                                               | 1220-1300 | LUNCH: 1220--Mess Call; 1225--Assembly/Inspection; 1235--Mess                                                | DFAC               |                                                         | Co Cdr/Mess Carver          |                    |  |  |
|                                                               | 1300-1315 | Regimental Commander Remarks                                                                                 | Coward Hall        |                                                         | Reg Cdr                     |                    |  |  |
|                                                               | 1315-1345 | Movement Time                                                                                                |                    |                                                         |                             |                    |  |  |
|                                                               | 1345-1545 | ROTC briefings                                                                                               | Assigned locations |                                                         | ROTC Depts                  |                    |  |  |
|                                                               | 1600-1800 | Teambuilding Exercise                                                                                        | Parade Ground      |                                                         | TACs/Assigned Cadet Leaders |                    |  |  |
|                                                               | 1800-1900 | DINNER: 1800--First Call for Mess; 1805--Assembly/Retreat; 1815--Mess                                        | DFAC               |                                                         | Co Cdr                      |                    |  |  |
|                                                               | 1900-1915 | Movement Time                                                                                                |                    |                                                         | Troophandlers               |                    |  |  |
|                                                               | 1915-2000 | Honor 1                                                                                                      | Co Classrooms      |                                                         | Honor rep                   |                    |  |  |
|                                                               | 2000-2100 | Intro to the 4C System Training                                                                              | Co Classrooms      |                                                         | Co Cmdr/1SGT                |                    |  |  |
|                                                               | 2100-2200 | Personal Hygiene - LAUNDRY BAG PREP                                                                          |                    |                                                         |                             |                    |  |  |
|                                                               | 2200      | Lights Out                                                                                                   | Barracks           |                                                         | Co Cdr                      |                    |  |  |
| 18-Aug                                                        | 0530-0635 | How to Teach PT #1: 0525--1st Call; 0530--Assembly; 0535--PT                                                 | Parade Ground      | Citadel PT                                              | Cadre                       |                    |  |  |
| MONDAY                                                        | 0640-0715 | Personal Hygiene/Laundry Drop                                                                                | Barracks           |                                                         | Co Cdr                      |                    |  |  |
|                                                               | 0715-0800 | BREAKFAST/LAUNDRY DROP: 0715--First Call for Breakfast; 0720--Assembly/Attention/Colors; 0730--Breakfast     | DFAC               | Soft Shoes to be worn All Week except for Drill periods | Co Cdr/Mess Carver          |                    |  |  |

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|           |           |                                                                                                             |                 |                                                         |                    |  |  |  |
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|           | 0800-0815 | Formation outside Coward Hall w/ immediate march to MFH                                                     |                 |                                                         | Cadre              |  |  |  |
|           | 0815-0845 | COMMANDANT'S ADDRESS                                                                                        | MFH             |                                                         | COMMANDANT         |  |  |  |
|           | 0845      | Formation outside MFH w/ immediate march to training                                                        |                 |                                                         | Cadre              |  |  |  |
|           | 0900-0945 | Drill Period 2                                                                                              | Barracks        | Citadel PT with Black Socks & Leathers                  | Cadre              |  |  |  |
|           | 1000-1045 | HD 4-1                                                                                                      | Co Classrooms   |                                                         | Co TAC             |  |  |  |
|           | 1100-1145 | ID CARDS - PUT RECRUITS IN ALPHA ORDER                                                                      | ONE CARD OFFICE |                                                         | CADRE              |  |  |  |
|           | 1200-1300 | LUNCH: 1150--Mess Call; 1155--Assembly/Inspection; 1205--Mess                                               | DFAC            |                                                         | Co Cdr/Mess Carver |  |  |  |
|           | 1300-1345 | Open time                                                                                                   |                 |                                                         | Cadre              |  |  |  |
|           | 1400-1445 | Drill Period 3                                                                                              | Barracks        |                                                         | Cadre              |  |  |  |
|           | 1500-1530 | Medical Overview                                                                                            | Bn Classroom    |                                                         | Infirmiry Staff    |  |  |  |
|           | 1530-1615 | Mental Health Overview                                                                                      | Bn Classroom    |                                                         | Counseling Center  |  |  |  |
|           | 1630-1715 | Prep for Oath                                                                                               | Barracks        |                                                         | Cadre              |  |  |  |
|           | 1730-1745 | OATH CEREMONY: 1715--1ST Call; 1720--Assembly/Insp; 1730--March Off                                         | Parade Ground   | Duty                                                    | Regt Cdr           |  |  |  |
|           | 1800-1845 | DINNER: 1800--First Call for Mess; 1805--Assembly/Retreat; 1815--Mess MOVE DIRECTLY TO CO CLRMS             | DFAC            |                                                         | Co Cdr/Mess Carver |  |  |  |
|           | 1900-1945 | Meet with Faculty Academic Advisors                                                                         | Co Classrooms   |                                                         | Academic Officers  |  |  |  |
|           | 2000-2200 | TAC NCO time/ Laundry Prep                                                                                  | Barracks        |                                                         | TAC NCO/Cadre      |  |  |  |
|           | 2200-2300 | Personal Hygiene                                                                                            |                 |                                                         |                    |  |  |  |
|           | 2300      | Lights Out                                                                                                  |                 |                                                         |                    |  |  |  |
| 19-Aug    | 0520-0630 | How to Teach PT: 0520--1st Call; 0525--Assembly; 0530--March to PT; 0630--Horn ends PT                      | Parade Ground   | Citadel PT                                              | Cadre              |  |  |  |
| TUESDAY   | 0640-0715 | Personal Hygiene/Laundry Drop                                                                               | Barracks        | Duty                                                    | Co Cdr             |  |  |  |
|           | 0715-0800 | BREAKFAST/LAUNDRY DROP: 0715--First Call for Breakfast; 0720--Assembly/Attention/Colors; 0730--Breakfast    | DFAC            | Soft Shoes to be worn All Week except for Drill periods | Co Cdr/Mess Carver |  |  |  |
|           | 0800-0845 | President's Address: 0800--Formation Outside DFAC; 0805--March to MFH; 0815--President's Address            | MFH             |                                                         | Gen Walters        |  |  |  |
|           | 0900-1020 | Weapons Card/Issue                                                                                          | Jenkins Armory  |                                                         | Cadre              |  |  |  |
|           | 1030-1120 | FCS Self Study ON LINE                                                                                      | Barracks Rooms  |                                                         | Cadre              |  |  |  |
|           | 1130-1200 | Flex Time                                                                                                   |                 |                                                         |                    |  |  |  |
|           | 1200-1300 | LUNCH: 1200--Mess Call; 1205--Assembly/Inspection; 1215--Mess                                               | DFAC            |                                                         | Co Cdr/Mess Carver |  |  |  |
|           | 1300-1345 | FCS Class                                                                                                   | Co Classrooms   |                                                         | Co TAC             |  |  |  |
|           | 1400-1445 | Drill Period 4                                                                                              | Barracks        |                                                         | Cadre              |  |  |  |
|           | 1500-1545 | Military Organization                                                                                       | Bn Classrooms   |                                                         | Bn Adjutant        |  |  |  |
|           | 1600-1645 | TAC NCO time                                                                                                |                 |                                                         | TAC NCO            |  |  |  |
|           | 1700-1745 | Drill Period 5                                                                                              | Barracks        |                                                         | Cadre              |  |  |  |
|           | 1800-1845 | DINNER: 1750--First Call for Mess; 1755--Assembly/Retreat; 1805--Mess MOVE DIRECTLY TO DEPARTMENT LOCATIONS | DFAC            | Bring Bookbag and Planner                               | Co Cdr/Mess Carver |  |  |  |
|           | 1900-2045 | Meet with Academics Dept Heads                                                                              | Departments     | Bring Bookbag and Planner                               | Academic Officers  |  |  |  |
|           | 2100-2200 | TAC NCO TIME                                                                                                | Barracks        |                                                         | TAC NCO/Cadre      |  |  |  |
|           | 2200-2300 | Personal Hygiene                                                                                            | Barracks        |                                                         |                    |  |  |  |
|           | 2300      | Lights Out                                                                                                  |                 |                                                         |                    |  |  |  |
| 20-Aug    |           |                                                                                                             |                 |                                                         |                    |  |  |  |
| WEDNESDAY | 0630-0655 | Personal Hygiene                                                                                            | Barracks        | OCPs                                                    | Co Cdrs            |  |  |  |

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|----------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------------------|---------------------------------------|------------|-----------------------|--|--|--|
|                                                          | 0655-0715 | Sweep Detail                                                                                             | Barracks                              |            | 1SGs                  |  |  |  |
|                                                          | 0700-0750 | Breakfast; 0720--Assembly/Attention/Colors; 0730--                                                       | DFAC                                  |            | Co Cdr/Mess Carver    |  |  |  |
|                                                          | 0800-0845 | Drill Period 6                                                                                           | Barracks                              |            | Cadre                 |  |  |  |
|                                                          | 0900-1145 | Academic Assembly w/Faculty Advisors                                                                     | As Directed/Bring Bookbag and Planner |            | Academic Officers     |  |  |  |
| C1 Athletes<br>Lunch with<br>Coaches<br>Upstairs<br>Mess | 1200-1245 | LUNCH: 1200--Mess Call; 1205--Assembly/Inspection;<br>1215--Mess                                         | DFAC                                  |            | Co Cdr/Mess Carver    |  |  |  |
|                                                          | 1300-1345 | H 4-2                                                                                                    | Co Classrooms                         |            | Honor Committee       |  |  |  |
|                                                          | 1400-1415 | Recovery Period                                                                                          |                                       |            |                       |  |  |  |
|                                                          | 1430-1520 | CADIC                                                                                                    | Bn Classrooms                         |            | Mr. Modglin           |  |  |  |
|                                                          | 1530-1645 | Customs & Courtesies                                                                                     | Bn Classrooms                         |            | TAC NCO/Bn SGM        |  |  |  |
|                                                          | 1700-1745 | Drill period 7                                                                                           | Barracks                              |            | Cadre                 |  |  |  |
|                                                          | 1800-1845 | Assembly/Retreat; 1805--Mess                                                                             | DFAC                                  |            | Cadre                 |  |  |  |
|                                                          | 1900-2130 | TAC NCO time                                                                                             | Barracks                              |            | TAC NCO/Cadre         |  |  |  |
|                                                          | 2130-2200 | Uniform standards: How to Wear OCPs Review                                                               | Barracks                              |            | Squad Leader          |  |  |  |
|                                                          | 2200-2300 | Personal Hygiene/Laundry Prep                                                                            |                                       |            |                       |  |  |  |
|                                                          | 2300      | Lights Out                                                                                               | Barracks                              |            | Co Cdrs               |  |  |  |
| 21-Aug                                                   | 0520-0630 | How to Teach PT: 0520--1st Call; 0525--Assembly; 0530--                                                  | Parade Ground                         | Citadel PT | Cadre                 |  |  |  |
| THURSDAY                                                 | 0630-0700 | Personal Hygiene                                                                                         | Barracks                              | OCPs       | Co Cdrs               |  |  |  |
|                                                          | 0700-0750 | Breakfast; 0720--Assembly/Attention/Colors; 0730--                                                       | DFAC                                  |            | Co Cdr/Mess Carver    |  |  |  |
|                                                          | 0800-0845 | Drill period 8                                                                                           | Barracks                              |            | Cadre                 |  |  |  |
|                                                          | 0900-1015 | CARE/ TITLE IX                                                                                           | Bn Classrooms                         |            | Ms. Quinn/Ms. Mercado |  |  |  |
|                                                          | 1030-1045 | Recovery period                                                                                          |                                       |            |                       |  |  |  |
|                                                          | 1100-1145 | Library Services                                                                                         | Library                               |            | Library Staff         |  |  |  |
|                                                          | 1200-1245 | LUNCH: 1200--Mess Call; 1205--Assembly/Inspection;<br>1215--Mess                                         | DFAC                                  |            | Co Cdr/Mess Carver    |  |  |  |
|                                                          | 1300-1345 | Fitness Orientation                                                                                      | Deas Hall                             |            | Athletic Officers     |  |  |  |
|                                                          | 1400-1515 | TAC NCO time                                                                                             |                                       |            | TAC NCOs              |  |  |  |
|                                                          | 1530-1615 | Uniform measure 1600: 1/2 Sqd 1550-1620: 3/4 Sqd 1530--                                                  | Tailor Shop                           |            | Cadre                 |  |  |  |
|                                                          | 1630-1715 | TAC TIME                                                                                                 |                                       |            |                       |  |  |  |
|                                                          | 1730-1815 | Drill period 9                                                                                           | Barracks                              |            | Cadre                 |  |  |  |
|                                                          | 1820-1915 | DINNER: 1820--First Call for Mess; 1825--<br>Assembly/Retreat; 1835--Mess<br>MOVE DIRECTLY TO CLASSROOMS | DFAC                                  |            | Regt Cdr              |  |  |  |
|                                                          | 1930-2000 | BOOK DRAW INSTRUCTIONS                                                                                   | BN CLASSROOMS                         |            | ACADEMIC OFFICERS     |  |  |  |
|                                                          | 2000-2200 | TAC NCO Time                                                                                             | Barracks                              |            | TAC NCO/Cadre         |  |  |  |
|                                                          | 2200-2300 | Personal Hygiene/LAUNDRY BAG PREP                                                                        |                                       |            |                       |  |  |  |
|                                                          | 2300      | Lights Out                                                                                               | Barracks                              |            | Co Cdrs               |  |  |  |
| 22-Aug                                                   | 0450-0610 | Diagnostic CPFT: 0450--1st Call; 0455--Assembly; 0500--<br>March to PT: 0510--PT                         | Willson Field                         | Citadel PT | Cadre                 |  |  |  |

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|---------------------------------------|-----------|----------------------------------------------------------------------------------------------------------|------------------------|--------------|--------------------------|--|--|--|
|                                       | 0615-0645 | Personal Hygiene                                                                                         | Barracks               | Duty         | Co Cdrs                  |  |  |  |
|                                       | 0645-0700 | Sweep Detail                                                                                             | Barracks               |              | 1SGs                     |  |  |  |
|                                       | 0700-0750 | Breakfast; 0710--Assembly/Attention/Colors; 0720--Breakfast                                              | DFAC                   |              | Co Cdr/Mess Carver       |  |  |  |
|                                       | 0800-0845 | Drill period 10                                                                                          | Barracks               |              | Cadre                    |  |  |  |
|                                       | 0900-0945 | Chapel Orientation                                                                                       | Summerall Chapel       |              | Chaplain/ c/Chaplains    |  |  |  |
|                                       | 1000-1045 | Cadet Life                                                                                               | Co Classrooms          |              | Cadet Activity Officer   |  |  |  |
|                                       | 1100-1145 | Open time                                                                                                |                        |              |                          |  |  |  |
|                                       | 1200-1230 | LUNCH: 1200--Mess Call; 1205--Assembly/Inspection; 1215--Mess                                            | DFAC                   |              | Co Cdr/Mess Carver       |  |  |  |
|                                       | 1230-1245 | Honor Chairman Remarks                                                                                   | DFAC                   |              | Honor Committee          |  |  |  |
|                                       | 1300-1345 | CAS training                                                                                             | Bn Classroom           | Bag+ONE CARD | TAC TEAM                 |  |  |  |
|                                       | 1400-1445 | Draw Books                                                                                               | Book Store             | Bag+ONE CARD | Cadre                    |  |  |  |
|                                       | 1500-1545 | TAC Time #2                                                                                              |                        |              | TAC                      |  |  |  |
|                                       | 1600-1645 | CPFP Overview                                                                                            | BN Classroom           |              | Athletic Officers        |  |  |  |
|                                       | 1700-1745 | Drill period 11                                                                                          | Barracks               |              | Cadre                    |  |  |  |
| C1 Athletes<br>Dinner with<br>Coaches | 1800-1845 | DINNER: 1750--First Call for Mess; 1755--Assembly/Retreat; 1805--Mess                                    | DFAC                   |              | Co Cdr/Mess Carver       |  |  |  |
|                                       | 1900-1945 | Drill period 12                                                                                          | Barracks               |              | Cadre                    |  |  |  |
|                                       | 2000-2200 | TAC NCO time/ Inventory Books                                                                            | Barracks               |              | TAC NCO/Cadre            |  |  |  |
|                                       | 2200-2300 | Personal Hygiene/PREPARE LAUNDRY BAG                                                                     | Barracks               |              |                          |  |  |  |
|                                       | 2300      | Lights out                                                                                               | Barracks               |              | Co Cdrs                  |  |  |  |
| 23-Aug                                | 0500-0600 | How to Teach PT: 0455--1st Call; 0500--Assembly; 0505--March to PT; 0515--PT                             | Parade Ground          | Citadel PT   | Cadre                    |  |  |  |
| SATURDAY                              | 0600-0625 | Personal Hygiene/Room Arrangements                                                                       | Barracks               |              | Co Cdrs                  |  |  |  |
|                                       | 0655-0715 | BREAKFAST/LAUNDRY DROP: 0645--First Call for Breakfast; 0650--Assembly/Attention/Colors; 0700--Breakfast | DFAC                   | Duty         | Co Cdr/Mess Carver       |  |  |  |
|                                       | 0730-0900 | Block "C"- Stadium Practice<br>0750: FORMATION OUTSIDE DFAC                                              | Johnson Hagood Stadium |              | Cadre                    |  |  |  |
|                                       | 0930-1130 | Drill period 13                                                                                          | Barracks               | Duty         | Cadre                    |  |  |  |
|                                       | 1130-1220 | LUNCH: 1135--Mess Call; 1140--Assembly/Inspection; 1150--Mess                                            | DFAC                   |              | Co Cdr/Mess Carver       |  |  |  |
|                                       | 1230-1420 | FCS TEST ON LINE                                                                                         | Barracks Rooms         |              | Cadre                    |  |  |  |
|                                       | 1430-1830 | 4C Assessment. Co Cmdr, PL, TAC NCO time                                                                 |                        | As Required  | Co Cmdr/PL/TAC NCO/Cadre |  |  |  |
|                                       | 1830-1910 | Assembly/Retreat; 1830--Mess                                                                             | DFAC                   |              | Co Cdr/Mess Carver       |  |  |  |
|                                       | 1930-2015 | Form up in Mess, March to MFH                                                                            | MFH                    | Duty         | TAC Teams/Cadre          |  |  |  |

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