

REGIMENTAL HEADQUARTERS
THE SOUTH CAROLINA CORPS OF CADETS
THE CITADEL
CHARLESTON, SC

REGIMENTAL TRAINING SCHEDULE FOR THE WEEK OF 24-31 JULY 2023

C1 ATHLETES

As of 25 July 2023

DAY/DATE	TIME	ORGANIZATION	SUBJECT	PLACE	UNIFORM	RESPONSIBILITY
Mon 24 July	0530-0630	Fall Sports Cadre	Breakfast: Formation/March to Mess (Open Mess) *LAUNDRY DROP*	DFAC Downstairs	Citadel Summer PT	Fall Sports Cadre Cdr
	0700-0830	C1 Athletes	Report & Room Assignment Non-Sized Issue	PT Barracks	Civilian Clothes	Fall Sports Cadre Cdr
	0900-1150	C1 Athletes	In-Processing: Haircut Post Office/Weigh In Uniform Measurement 1100-1150: Female adt'l measures Uniform Issue [rtn to barracks/drop bags] ID Cards Begin Inventory	MCH Cadet Store One Card Office PT Barracks	Citadel PTs w/leathers & black socks	Fall Sports Cadre Cdr
	1200-1250	C1 Athletes	Lunch: Family Style 1200: Assembly 1205: March to mess 1210: Mess ["AT EASE" meal]	DFAC Downstairs	Citadel PTs w/leathers & black socks	Fall Sports Cadre Cdr
	1300-1350	C1 Athletes	LD 4-2a The Citadel Experience **brief intro by RCO	Jenkins Aud	Citadel PTs	Fall Sports Cadre Cdr Regt Cdr
	1400-1445	C1 Athletes	LD 4-2b Leadership	Jenkins Aud	Citadel PTs	XO
	1500-1545	C1 Athletes	LD 4-2c Followership	Jenkins Aud	Citadel PTs	Platoon Leader
	1600-1630	C1 Athletes	Mess Brief	Jenkins Aud	Citadel PTs	Fall Sports Cadre Cdr
	1645-1745	C1 Athletes	Drill #1 [change to soft shoe following drill]	PT Barracks	Citadel PT w/leathers & black socks	Fall Sports Cadre Cdr
	1755-1850	C1 Athletes	Dinner: Family Style 1755: Mess Call 1800: Assembly 1803: Attention 1804: Retreat/Colors 1805: Move to Mess	DFAC Downstairs	Citadel Summer PT	Fall Sports Cadre Cdr
	1900-1950	C1 Athletes	Inventory of Cadet Issue Items [cont'd]	PT Barracks	Citadel Summer PT	Fall Sports Cadre Cdr
	2000-2200	C1 Athletes	TAC NCO/ Cadre Cdr Time	PT Barracks	Citadel PT	Fall Sports Cadre Cdr/ PLs
	2200-2300	C1 Athletes	Personal Hygiene	PT Barracks	Citadel PT	Fall Sports Cadre Cdr
	2300	C1 Athletes	Lights Out	PT Barracks		Fall Sports Cadre Cdr

DAY/DATE	TIME	ORGANIZATION	SUBJECT	PLACE	UNIFORM	RESPONSIBILITY
BLISTER CALL (TRAINING ROOM) EACH DAY IMMEDIATELY AFTER BREAKFAST						
Tues 25 July	0530-0630	C1 Athletes	PT #1 0520- 1 st Call 0525: Assembly/move to training 0530: PT	Summerall Field	Citadel Summer PTs	SgtMaj Yagle Mrs Haugen Fall Sports Cadre Cdr
	0635-0715	C1 Athletes	Personal Hygiene	PT Barracks	Citadel Summer PTs	
	0715-0750	C1 Athletes	Breakfast: Family Style 0715: 1 st Call for Breakfast 0720: Assembly/ Inspection 0728: Attention 0729: Colors 0730: March to Mess	DFAC Downstairs	Citadel PTs w/Leathers	Fall Sports Cadre Cdr
	0800-0820	C1 Athletes	Standby MRI	PT Barracks	Citadel PTs w/Leathers	Fall Sports Cadre Cdr
	0830-0915	C1 Athletes	Drill Period #2 (Change to Soft Shoe following Drill)	PT Barracks	Citadel PTs w/Leathers	Fall Sports Cadre Cdr
	0930-1100	C1 Athletes	Room Standards/ Personal Appearance Inspection Overview TAC TIME 1	Jenkins Aud	Citadel Summer PT	TAC TEAM/ NCO
	1115-1150	C1 Athletes	Commandant's Talk	RCRR	Citadel Summer PT	TAC TEAM
	1200-1245	C1 Athletes	Lunch: Family Style	DFAC Downstairs	Citadel Summer PT	Fall Sports Cadre Cdr
	1300-1345	C1 Athletes	Counseling Center Mental Health Overview	Jenkins Aud	Citadel Summer PT	Counseling Center
	1345-1430	C1 Athletes	Medical Overview	Jenkins Aud	Citadel Summer PT	Dr. McLeod/ Infirmary staff
	1440-1520	C1 Athletes	HD 4-1	Jenkins Aud	Citadel Summer PT	TAC TEAM
	1530-1550	C1 Athletes	Laundry Intro	Jenkins Aud	Citadel Summer PT	Fall Sports Cadre Supply Sgt
	1600-1645	C1 Athletes	Weapon Card/ Issue (Change to Leathers)	Jenkins Hall Armory	Citadel Summer PT	Fall Sports Cadre Cdr Supply SGT
	1700-1745	C1 Athletes	Drill Period #3 (Change to Soft Shoe after Drill)	PT Barracks	Citadel PT w/Leathers	Fall Sports Cadre Cdr
	1800-1850	C1 Athletes	Dinner: Family Style 1755: First Call for Mess 1800: Assembly 1803: Attention 1804: Retreat/Colors 1805: March to Mess	DFAC Downstairs	Citadel Summer PT	Fall Sports Cadre Cdr

DAY/DATE	TIME	ORGANIZATION	SUBJECT	PLACE	UNIFORM	RESPONSIBILITY
	1900-1950	C1 Athletes	How To Wear DUTY Review	PT Barracks	Citadel Summer PT	Fall Sports Cadre Cdr Squad Sgt
Tues 25 July [cont'd]	2000-2200	C1 Athletes	TAC NCO time Include Weapons Care/Clean Laundry Bag Preparation	PT Barracks	Citadel Summer PT	Fall Sports Cadre Cdr
	2200-2300	C1 Athletes	Hygiene	PT Barracks	Citadel Summer PT	Fall Sports Cadre Cdr
	2300	C1 Athletes	Lights Out	PT Barracks	Citadel Summer PT	Fall Sports Cadre Cdr
BLISTER CALL (TRAINING ROOM) EACH DAY IMMEDIATELY AFTER BREAKFAST						
Wed 26 July	0530-0630	C1 Athletes	PT #2 0520- 1 st Call 0525: Assembly/move to training 0530: PT	Summerall Field	Citadel Summer PT	SgtMaj Yagle Mrs. Haugen Fall Sports Cadre Cdr
	0640-0715	C1 Athletes	Personal Hygiene Laundry Drop	PT Barracks		
	0715-0750	C1 Athletes	Breakfast: Family Style 0715: 1 st Call for Breakfast 0720: Assembly/ Inspection 0728: Attention 0729: Colors 0730: March to Mess	DFAC Downstairs	DUTY	Cadre Cdr
	0800-0820	C1 Athletes	Standby MRI	PT Barracks	DUTY	
	0830-0920	C1 Athletes	Military Organization	Jenkins Aud	DUTY	LTC Hargett
	0930-1020	C1 Athletes	Honor 1	Jenkins Aud	DUTY	Honor Cmte
	1030-1215	C1 Athletes	Drill period #4 & 5	PT Barracks	DUTY	Fall Sports Cadre Cdr
	1220-1315	C1 Athletes	Lunch (Family Style) 1220: 1 st call for mess 1225: Assembly/ formation 1230: March to mess	DFAC downstairs	DUTY	Fall Sports Cadre Cdr
	1330-1420	C1 Athletes	CPRP Brief	Jenkins Aud	DUTY	Mrs. Haugen
	1430-1550	C1 Athletes	Customs & Courtesies	Jenkins Aud	DUTY	TAC NCO
	1600-1645	C1 Athletes	TAC NCO time	As directed	DUTY	TAC NCO
	1700-1745	C1 Athletes	Drill Period #6	PT Barracks	DUTY	Fall Sports Cadre Cdr
	1755-1845	C1 Athletes	Dinner: Family Style 1755: First Call for Mess 1800: Assembly 1803: Attention 1804: Retreat/Colors 1805: March to Mess	DFAC Downstairs	DUTY	Fall Sports Cadre Cdr
	1900-2000	C1 Athletes	BANNER ON-LINE *****TEACH ACCESS TO CANVAS*****	Barracks Rooms	Duty	Fall Sports Cadre Cdr

DAY/DATE	TIME	ORGANIZATION	SUBJECT	PLACE	UNIFORM	RESPONSIBILITY
	2000-2200	C1 Athletes	TAC NCO/ Cadre CDR time Review How to Wear OCPs Prepare Laundry Bag	PT Barracks	Citadel Summer PT	TAC NCO Cadre CDR/ PL
	2200-2300	C1 Athletes	Hygiene	PT Barracks		Fall Sports Cadre Cdr
	2300	C1 Athletes	Lights Out	PT Barracks		Fall Sports Cadre Cdr
BLISTER CALL (TRAINING ROOM) EACH DAY IMMEDIATELY AFTER BREAKFAST						
Thurs 27 July	0530-0630	C1 Athletes	PT #3 0520- 1 st Call 0525: Assembly/move to training 0530: PT	Summerall Field	Citadel Summer PT	SgtMaj Yagle Mrs. Haugen Fall Sports Cadre Cdr
	0640-0715	C1 Athletes	Personal Hygiene Laundry Drop	PT Barracks		
	0715-0755	C1 Athletes	Breakfast: Family Style 0715: 1 st Call for Breakfast 0720: Assembly/ Inspection 0728: Attention 0729: Colors 0730: March to Mess	DFAC Downstairs	DUTY	Cadre Cdr
	0800-0820	C1 Athletes	Standby MRI	PT Barracks	OCPs	Fall Sports Cadre Cdr/TACs
	0830-0950	C1 Athletes	Drill Period #7	PT Barracks	OCPs u/arms	Fall Sports Cadre Cdr
	1000-1045	C1 Athletes	FCS Review – ON LINE	PT Barracks	OCPs	Fall Sports Cadre Cdr
	1100-1145	C1 Athletes	FCS Class	Grimsley Aud	OCPs	TAC TEAM
	1200-1245	C1 Athletes	Lunch Move directly to Coward Hall	DFAC Downstairs	OCPs	Fall Sports Cadre Cdr
	1300-1345	C1 Athletes	FCS TEST – ON LINE	PT Barracks	OCPs	Fall Sport Cadre Cdr
	1400-1445	C1 Athletes	Honor 2	Jenkins Aud	OCPs	Honor Cmte
	1500-1600	C1 Athletes	Chapel services	Jenkins Aud	OCPs	Chaplain
	1630-1750	C1 Athletes	Drill Period #8	PT Barracks	OCPs u/arms	Fall Sports Cadre Cdr
	1755-1845	C1 Athletes	Dinner: Family Style 1755: First Call for Mess 1800: Assembly 1803: Attention 1804: Retreat/Colors 1805: March to Mess	DFAC Downstairs	OCPs	Fall Sports Cadre Cdr
	1900-2200	C1 Athletes	TAC NCO/ Cadre CDR time Prepare Laundry Bag	PT Barracks	Citadel Summer PT	TAC NCO Cadre CDR/ PL
	2200-2300	C1 Athletes	Hygiene	PT Barracks		Fall Sports Cadre Cdr
	2300	C1 Athletes	Lights Out	PT Barracks		Fall Sports Cadre Cdr
BLISTER CALL (TRAINING ROOM) EACH DAY IMMEDIATELY AFTER BREAKFAST						

DAY/DATE	TIME	ORGANIZATION	SUBJECT	PLACE	UNIFORM	RESPONSIBILITY
Fri 28 July	0530-0630	C1 Athletes	PT #4 0520- 1 st Call 0525: Assembly/move to training 0530: PT	Summerall Field	Citadel Summer PT	SgtMaj Yagle Mrs. Haugen Fall Sports Cadre Cdr
	0635-0715	C1 Athletes	Personal Hygiene Laundry Drop	PT Barracks		
	0715-0755	C1 Athletes	Breakfast: Family Style 0715: 1 st Call for Breakfast 0720: Assembly/ Inspection 0728: Attention 0729: Colors 0730: March to Mess	DFAC Downstairs	DUTY	Cadre Cdr
	0800-0820	C1 Athletes	Standby MRI	PT Barracks	Duty	Fall Sports Cadre Cdr/TACs
	0830-0950	C1 Athletes	Drill Period #9	PT Barracks	Duty u/arms	Fall Sports Cadre Cdr
	1000-1045	C1 Athletes	Library Services	Daniel Library	Duty	Library Staff
	1100-1120	C1 Athletes- 1 st PL C1 Athletes- 2 nd PL	Ombudsman Cadet Activities Brief	MCH- GI MCH- LI	Duty	Ombudsman Cadet Activities
	1125-1145	C1 Athletes- 1 st PL C1 Athletes- 2 nd PL	Cadet Activities Brief Ombudsman	MCH- LI MCH- GI	Duty	Cadet Activities Ombudsman
*****	1200-1320	C1 Athletes	Lunch with Coaches [Move directly to Coward Hall]	Coward Hall DFAC Upstairs	Duty	Citadel Athletics
	1330-1445	C1 Athletes	Student Success Center Orientation	JHA/ Thompson Hall	Duty	SSC Staff
	1500-1620	C1 Athletes	ROTC Orientation	Jenkins Aud	Duty	ROTC Depts
	1630-1750	C1 Athletes	TAC Time 2	PT Barracks	Duty	TAC Team
	1755-1845	C1 Athletes	Dinner: Family Style 1755: First Call for Mess 1800: Assembly 1803: Attention 1804: Retreat/Colors 1805: March to Mess	DFAC Downstairs	Duty	Fall Sports Cadre Cdr
	1900-2200	C1 Athletes	TAC NCO/ Cadre CDR Time Prepare Laundry Bag	PT Barracks	Duty	Fall Sports Cadre Cdr/ PLs
	2200-2300	C1 Athletes	Hygiene	PT Barracks		Fall Sports Cadre Cdr
	2300	C1 Athletes	Lights Out	PT Barracks		Fall Sports Cadre Cdr
BLISTER CALL (TRAINING ROOM) EACH DAY IMMEDIATELY AFTER BREAKFAST						
Sat 29 Jul	0530-0630	C1 Athletes	PT #5 0520- 1 st Call 0525: Assembly/move to training 0530: PT	Summerall Field	Citadel Summer PT	SgtMaj Yagle Mrs Haugen Fall Sports Cadre
	0635-0715	C1 Athletes	Personal Hygiene	PT Barracks		Fall Sports Cadre Cdr

DAY/DATE	TIME	ORGANIZATION	SUBJECT	PLACE	UNIFORM	RESPONSIBILITY
Sat 29 Jul Cont'd	0715-0755	C1 Athletes	Breakfast: Family Style 0715: 1 st Call for Breakfast 0720: Assembly/ Inspection 0728: Attention 0729: Colors 0730: March to Mess	DFAC Downstairs	OCPs	Fall Sports Cadre Cdr
	0800-0820	C1 Athletes	Standby MRI	PT Barracks	OCPs	Fall Sports Cadre Cdr/TACs
	0830-0945	C1 Athletes	Drill Period #10	PT Barracks	OCPs u/arms	Fall Sports Cadre Cdr
	1000-1050	C1 Athletes	Cadet Accountability	Grimsley Aud	OCPs	Capt Moody
	1100-1150	C1 Athletes	Safety and Security Training	Grimsley Aud	OCPs	2ndBn TAC Team
	1150-1250	C1 Athletes	Lunch (Family Style)	DFAC Downstairs	OCPs	Fall Sports Cadre Cdr
	1300-1400	C1 Athletes	CADIC Orientation	Jenkins Aud	OCPs	Mr. Modglin
	1400-1515	C1 Athletes	CARE/Title IX Orientation	Jenkins Aud	OCPs	Dr. Gilmore Ms. Mercado
	1530-1620	C1 Athletes	Campus Tour	Campus	OCPs	Squad Sgts
	1700-1750	C1 Athletes	Dinner: Family Style 1700: First Call for Mess 1705: Assembly 1708: Attention 1709: Retreat/Colors 1710: March to Mess	DFAC Downstairs	OCPs	Fall Sports Cadre Cdr
	1800-2200	C1 Athletes	TAC NCO/ Cadre CDR Time How to Wear Summer Leave Prepare Laundry Bag	PT Barracks	OCPs	Fall Sports Cadre Cdr
	2200-2300	C1 Athletes	Hygiene/ Personal Time	PT Barracks		Fall Sports Cadre Cdr
	2300	C1 Athletes	Lights Out	PT Barracks		Fall Sports Cadre Cdr
Sun 30 July	0645-0715	C1 Athletes	Personal Hygiene	PT Barracks	Duty	Fall Sports Cadre Cdr
	0715-0815	C1 Athletes	Breakfast: Family Style 0715: 1 st Call for Breakfast 0720: Assembly/ Inspection 0728: Attention 0729: Colors 0730: March to Mess	DFAC Downstairs	Duty	Fall Sports Cadre Cdr
	0830-0950	C1 Athletes	Chapel Religious Services- Optional <i>*C1 cadets NOT attending Chapel will have a recovery period in the barracks.</i> 0830-0850: Organize Religious groups and march to Chapel 0900: Services Begin	PT Barracks Chapel	Duty	Chaplain Meadows
	1000-1150	C1 Athletes	Prepare for Evaluations Review How to Wear Summer Leave	PT Barracks	Duty	Fall Sports Cadre Cdr

DAY/DATE	TIME	ORGANIZATION	SUBJECT	PLACE	UNIFORM	RESPONSIBILITY
	1200-1250	C1 Athletes	Lunch (Family Style) 1200: 1 st call 1205: Assembly/ formation 1210: March to mess	DFAC Downstairs	Duty	Fall Sports Cadre Cdr
	1300-1645	C1 Athletes	CHALLENGE WEEK EVALUATIONS	PT Barracks	Summer Leave	TAC TEAMS
	1650-1740	C1 Athletes	Dinner: Family Style 1650: First Call for Mess 1655: Assembly 1658: Attention 1659: Retreat/Colors 1700: March to Mess 1740: MOVE BACK TO BARRACKS CHANGE TO CITADEL PTs	DFAC Downstairs	Duty	Fall Sports Cadre Cdr
*****	1800-2000	C1 Athletes	Coaches Time	As Directed	Citadel PTs	Fall sport coaches
	2000-2050	C1 Athletes	SNACK	As Directed	Citadel PT	Sports Medicine
	2100-2200	C1 Athletes	Personal Hygiene	PT Barracks		Fall Sports Cadre Cdr
	2200	C1 Athletes	Lights Out	PT Barracks		Fall Sports Cadre Cdr
Mon 31 July	0530-0645	C1 Athletes	CPFT 0520- 1 st Call 0525: Assembly/March to Field 0530: PT test	Willson Field	Citadel Summer PT	Mrs Haugen Fall Sports Cadre Cdr
	0655-0715	C1 Athletes	Personal Hygiene Laundry Drop	PT Barracks		Fall Sports Cadre Cdr
	0715-0750	C1 Athletes	Breakfast: Family Style 0715: 1 st Call for Breakfast 0720: Assembly/ Inspection 0725: Attention 0726: Colors 0728: March to Mess	DFAC Downstairs	Duty	Fall Sports Cadre Cdr
	0800-0820	C1 Athletes	Standby MRI	PT Barracks	Duty	Fall Sports Cadre Cdr
	0830-0945	C1 Athletes	Drill Period #11	PT Barracks	Duty u/arms	Fall Sports Cadre Cdr
	1000-1050	C1 Athletes	CAS Training	Jenkins Aud	Duty	COL Hutson
	1100-1145	C1 Athletes	Turn-in Rifles	JH Armory	Duty	Fall Sports Cadre Cdr
*****	1145-1250	C1 Athletes	March directly to Lunch*** (Meals @ Team Mess begin)	DFAC Upstairs	Duty	Fall Sports Cadre Cdr
	1300-1415	C1 Athletes	Post Assessment Counseling	Barracks	Duty	Fall Sports Cadre
	1430-1515	C1 Athletes	Cadet Discipline system	Jenkins Aud	Duty	COL Hutson
	1530-1650	C1 Athletes	Blue/White Book Self Study/Test ON-LINE	Barracks Rooms	Duty	Fall Sports Cadre Cdr
*****	1650-1745	C1 Athletes	Dinner: 1650: First Call for Mess 1655: Assembly 1658: Attention 1659: Retreat/Colors	DFAC Upstairs	Duty	Fall Sports Cadre Cdr

DAY/DATE	TIME	ORGANIZATION	SUBJECT	PLACE	UNIFORM	RESPONSIBILITY
			1700: March to Mess			
	1745-1800	C1 Athletes	Change to Citadel Summer PTs	PT Barracks	Citadel Summer PT	Fall Sports Cadre Cdr
+++++	1800-1950	C1 Athletes	ALL PHYSICALS	As Directed	Citadel Summer PT	Sports Medicine
	2000-2050	C1 Athletes	Snacks	DFAC Upstairs	Citadel Summer PT	Sports Medicine
	2100-2200	C1 Athletes	Hygiene/ Personal Time	PT Barracks	Citadel Summer PT	Fall Sports Cadre Cdr
	2200	C1 Athletes	Lights Out	PT Barracks		Fall Sports Cadre Cdr

Wednesday, Aug 2 begins Pre-Season Soccer, Football 3 Aug, VB 8 Aug > Teams/Coaches are responsible for daily schedules after 31 July and must coordinate with Fall Sports TACs and Cadre.