

REGIMENTAL HEADQUARTERS  
 THE SOUTH CAROLINA CORPS OF CADETS  
 THE CITADEL  
 CHARLESTON, SC  
 REGIMENTAL TRAINING SCHEDULE FOR THE WEEK OF 22 – 29 JULY 2026

**C1 Athletes**

**As of 26 May 2026**

DAY/DATE	TIME	ORGANIZATION	SUBJECT	PLACE	UNIFORM	RESPONSIBILITY
<b>Wed 22 July</b>	0530-0630	Fall Sports Cadre	Breakfast: Formation/March to Mess (Open Mess) <b>*LAUNDRY DROP*</b>	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	<b>In-Processing:</b> Haircut Post Office/Weigh In Uniform Measurement Uniform Issue [rtn to barracks/drop bags] ID Cards Begin Inventory	MCH  Cadet Store  One Card Office Law Barracks	Citadel Summer PT w/leathers & black socks	Fall Sports Cadre Cdr
	1200-1250	C1 Athletes	Assembly/March to Lunch 1200: Assembly 1205: March to mess 1210: Mess ["AT EASE" meal]	DFAC Downstairs	Citadel Summer PT w/leathers & black socks	Fall Sports Cadre Cdr
	1300-1350	C1 Athletes	Weapons Draw	Armory		Chief McIntyre Supply Team Fall Sport Cadre
	1400-1530	C1 Athletes	Drill Period #1 [change to soft shoe following drill]	PT Barracks	Citadel Summer PT w/leathers & black socks	SgtMaj Yagle MCPO Musselman
	1545-1630	C1 Athletes	Counseling Center	Duckett Auditorium	Citadel Summer PT	
	1630-1700	C1 Athletes	Mess Brief	Duckett Aud	Citadel Summer PT	Fall Sports Cadre Cdr
	1715-1800	C1 Athletes	Assembly/Inspection/March to Mess 1705: Mess Call 1710: Assembly 1713: Attention 1714: Retreat/Colors 1715: Move to Mess	DFAC Downstairs	Citadel Summer PT	Fall Sports Cadre Cdr
	1800-1900	C1 Athletes	Inventory of Cadet Issue Items [cont'd]	PT Barracks	Citadel Summer PT	Fall Sports Cadre Cdr
	1900-2000	C1 Athletes	MRI Brief	PT Barracks	Citadel Summer PT	Fall Sports Cadre Cdr

DAY/DATE	TIME	ORGANIZATION	SUBJECT	PLACE	UNIFORM	RESPONSIBILITY
	2000-2200	C1 Athletes	TAC NCO Time	PT Barracks	Citadel Summer PT	Fall Sports Cadre Cdr
	2200-2300	C1 Athletes	Personal 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 – Supervised by Fall Sport Cadre (no locker room visits)**

<b>Thurs 23 July</b>	0530-0630	C1 Athletes	PT #1 0515- 1 <sup>st</sup> Call 0520: Assembly/move to training 0530: PT	Summerall Field	Citadel Summer PTs	SgtMaj Yagle Coach Erin Fall Sports Cadre Cdr
	0640-0710	C1 Athletes	Personal Hygiene	PT Barracks	Citadel Summer PTs	
	0715-0750	C1 Athletes	Breakfast: Family Style 0715: 1 <sup>st</sup> Call for Breakfast 0720: Assembly/ Inspection 0728: Attention 0729: Colors 0730: March to Mess	DFAC Downstairs	Citadel Summer PTs w/Leathers	Fall Sports Cadre Cdr
	0800-0820	C1 Athletes	Standby MRI	PT Barracks	Citadel Summer PTs w/Leathers	Fall Sports Cadre Cdr
	0830-0915	C1 Athletes	Drill Period #2  (Change to Soft Shoe following Drill)	PT Barracks	Citadel Summer PTs w/Leathers	Fall Sports Cadre Cdr
	0930-1005	C1 Athletes	Commandant's/Sgt Maj's Talk	Duckett Aud	Citadel Summer PT	Fall Sports Cadre Cdr
	1005-1050	C1 Athletes	Room Standards/ Personal Appearance	Duckett Aud	Citadel Summer PT	BN TAC NCO
	1050-1150	C1 Athletes	TAC TIME 1/ Room Standards/ Personal Appearance	PT Barracks	Citadel Summer PT	TAC TEAM
	1200-1250	C1 Athletes	Lunch	Downstairs	Citadel Summer PT	Fall Sports Cadre Cdr
	1300-1400	C1 Athletes	Drill Period #3 (Change to Soft Shoe after Drill)	PT Barracks	Citadel Summer PT w/Leathers	Fall Sports Cadre Cdr
	1430-1515	C1 Athletes	LD 4-2a The Citadel Experience	Duckett Aud	Citadel Summer PT	Fall Sports Cadre Cdr
	1520-1550	C1 Athletes	LD 4-2b Leadership	Duckett Aud	Citadel Summer PT	XO
	1600-1630	C1 Athletes	LD 4-2c Followership	Duckett Aud	Citadel Summer PT	Platoon Leader
	1630-1730	C1 Athletes	HD 4-1	Duckett Aud	Citadel	TAC TEAM

DAY/DATE	TIME	ORGANIZATION	SUBJECT	PLACE	UNIFORM	RESPONSIBILITY
					Summer PT	
	1730-1800	C1 Athletes	Laundry Intro	Duckett Aud	Citadel Summer PT	Fall Sports Cadre Supply Sgt
	1800-1850	C1 Athletes	Assembly/Inspection/March to Mess 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
	1900-1950	C1 Athletes	How To Wear DUTY Review	PT Barracks	Citadel Summer PT	Fall Sports Cadre Cdr Squad Sgt
	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
<b>Blister call Training Room each day immediately after breakfast – Supervised by Fall Sport Cadre (no locker room visits)</b>						
<b>Fri 24 July</b>	0530-0630	C1 Athletes	PT #2 0515- 1 <sup>st</sup> Call 0520: Assembly/ march to field 0530: PT	Summerall Field	Citadel Summer PT	SgtMaj Yagle Coach Erin Fall Sports Cadre Cdr
	0640-0710	C1 Athletes	Personal Hygiene	PT Barracks		
	0715-0750	C1 Athletes	Breakfast: Family Style 0715: 1 <sup>st</sup> 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	
	0830-1000	C1 Athletes	Drill #4	PT Barracks	Duty	SgtMaj Yagle MCPO Musselman Fall Sport Cadre
	1000-1100	C1 Athletes	Campus Tour	Campus	Duty	Academic Leaders Fall Sport Cadre
	1100-1130	C1 Athletes	CPRP	Jenkins	DUTY	Coach Erin
	1130-1200	C1 Athletes	Military Organization	Jenkins	DUTY	2ndBN TAC Team / designated TAC Team Member
	1215-1300	C1 Athletes	Lunch Move directly to Coward Hall	DFAC Downstairs	DUTY	Fall Sports Cadre Cdr
	1300-1500	C1 Athletes	Drill Period #5 & 6	PT Barracks	DUTY	Fall Sports Cadre Cdr

DAY/DATE	TIME	ORGANIZATION	SUBJECT	PLACE	UNIFORM	RESPONSIBILITY
	1515-1600	C1 Athletes	H 4-1 – Honor 1	Jenkins Auditorium	Duty	Fall Sports Cadre Cdr Honor Rep
	1630-1755	C1 Athletes	Customs and Courtesies	Jenkins Auditorium	Duty	TAC NCO
<b>Fri 24 July [cont'd]</b>	1755-1845	C1 Athletes	Assembly/Inspection/March to Mess 1755: First Call for Mess 1800: Assembly 1803: Attention 1804: Retreat/Colors 1805: March to Mess	DFAC Downstairs	DUTY	Fall Sports Cadre Cdr
	1900-1920	C1 Athletes	<b>BANNER ON-LINE</b>	Barracks Rooms	Duty	Fall Sports Cadre Cdr
	1930-2000	C1 Athletes	<b>****TEACH ACCESS TO CANVAS****</b>	Barracks Rooms	Duty	Fall Sports Cadre Cdr
	2000-2200	C1 Athletes	TAC NCO time Review How to Wear OCPs Prepare Laundry Bag	PT Barracks	Citadel Summer PT	TAC NCOs
	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
<b>Blister call Training Room each day immediately after breakfast – Supervised by Fall Sport Cadre (no locker room visits)</b>						
<b>Sat 25 July</b>	0530-0630	C1 Athletes	PT #3 0515- 1 <sup>st</sup> Call 0520: Assembly/March to field 0530: PT <b>Laundry Drop</b>	Summerall Field	Citadel Summer PT	SgtMaj Yagle Coach Erin Fall Sports Cadre Cdr
	0640-0710	C1 Athletes	Personal Hygiene	PT Barracks		Fall Sports Cadre Cdr
	0715-0750	C1 Athletes	Breakfast: Family Style 0715: 1 <sup>st</sup> 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
	0830-1130	C1 Athletes	Drill Period #7 & 8	PT Barracks	OCPs u/arms	Fall Sports Cadre Cdr
	1130-1300	C1 Athletes	Lunch Move directly to Coward Hall	DFAC Downstairs	OCPs	Fall Sports Cadre Cdr
	1300-1400	C1 Athletes	Honor 2	Duckett Aud	OCPs	TAC TEAM
	1400-1500	C1 Athletes	FCS Review – ONLINE	PT Barracks	OCPs	Fall Sports Cadre Cdr
	1500-1600	C1 Athletes	FCS Class	Duckett Aud	OCPs	TAC TEAM AthCad Cmr
	1600-1730	C1 Athletes	FCS TEST – ONLINE	PT Barracks	OCPs	Fall Sport Cadre Cdr
	1730-1815	C1 Athletes	Assembly/Inspection/March to Mess 1715: First Call for Mess	DFAC Downstairs	OCPs	Fall Sports Cadre Cdr

DAY/DATE	TIME	ORGANIZATION	SUBJECT	PLACE	UNIFORM	RESPONSIBILITY
<b>Sat 25 July [cont'd]</b>			1720: Assembly 1725: Attention 1727: Retreat/Colors 1728: March to Mess			
	1900-2200	C1 Athletes	TAC NCO time Prepare Laundry Bag	PT Barracks	Citadel Summer PT	TAC NCOs
	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
<b>Blister call Training Room each day immediately after breakfast – Supervised by Fall Sport Cadre (no locker room visits)</b>						
<b>Sun 26 July</b>	0600-0710	C1 Athletes	Personal Hygiene	PT Barracks		Fall Sports Cadre Cdr
	0715-0750	C1 Athletes	Breakfast: Family Style 0715: 1 <sup>st</sup> Call for Breakfast 0720: Assembly/ Inspection 0728: Attention 0729: Colors 0730: March to Mess	DFAC Downstairs	Duty	Fall Sports Cadre Cdr
	0800-0820	C1 Athletes	Standby MRI	PT Barracks	Duty	Fall Sports Cadre Cdr/TACs
	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	Buyer PT Barracks	Duty	Chaplains Meadows, Rutland and Jose
	1000-1100	C1 Athletes	Chapel Orientation	Buyer	Duty	Chaplains Meadows, Rutland and Jose
	1100-1200	C1 Athletes	TAC & Cmdr's Time	PT Barracks	Duty	TAC Team Fall Sports Cadre Cdr
	1200-1300	C1 Athletes	Lunch [Move directly to Coward Hall]	DFAC Downstairs	Duty	Fall Sport Cadre
	1300-1700	C1 Athletes	TAC & Cmdr's Time	PT Barracks	Duty	Fall Sport Cadre
	1700-1800	C1 Athletes	Assembly/Inspection/March to Mess 1725: First Call for Mess 1730: Assembly 1733: Attention 1734: Retreat/Colors 1735: March to Mess	DFAC Downstairs	Duty	Fall Sports Cadre Cdr
	1800-2000	C1 Athletes	TAC Time	PT Barracks	Duty	TAC Team, Fall Sport Cadre
	2100-2130	C1 Athletes	Hygiene	PT Barracks	Citadel	Fall Sports Cadre Cdr

DAY/DATE	TIME	ORGANIZATION	SUBJECT	PLACE	UNIFORM	RESPONSIBILITY
	2200	C1 Athletes	Lights Out	PT Barracks	Summer PT Citadel Summer PT	Fall Sports Cadre Cdr
<b>Blister call (@ Medical Clinic) each day immediately after breakfast</b> <b>Four Female C1 Athletes to Sports Physicals following Breakfast</b>						
<b>Mon 27 July</b>	0530-0630	C1 Athletes	PT #4 0515- 1 <sup>st</sup> Call 0520: Assembly/March to field 0530: PT Laundry Drop	Summerall Field	Citadel Summer PT	SgtMaj Yagle Coach Erin Fall Sports Cadre Cdr
	0640-0710	C1 Athletes	Personal Hygiene	PT Barracks		Fall Sports Cadre Cdr
	0715-0750	C1 Athletes	Breakfast: Family Style 0715: 1 <sup>st</sup> Call for Breakfast 0720: Assembly/ Inspection 0728: Attention 0729: Colors 0730: March to Mess	DFAC Downstairs	Duty	Fall Sports 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	SgtMaj Yagle MCPO Musselman
	1000-1100	C1 Athletes	Library Services	Daniel Library	Duty	Library Staff
	1100-1130	C1 Athletes	Ombudsperson	Greater Issues	Duty	Shamus Gillen Lee Westberry
	1130-1200	C1 Athletes	Cadet Activities	Greater Issues	Duty	SFC Rich
	1200-1300	C1 Athletes	Lunch with Coaches Move directly to Coward Hall	Coward Hall Upstairs	Duty	Fall Sports Cadre Cdr
	1300-1700	C1 Athletes	Student Success Center Orientation	Thompson Hall, Jenkins Hall Auditorium	Duty	Acd Support Staff
	1400-1530	C1 Athletes	ROTC Orientation	Jenkins Aud	Duty	ROTC Depts
		C1 Athletes	Drill Period #9	PT Barracks	Duty	SgtMaj Yagle MCPO Musselman
	1530-1730	C1 Athletes	Cadet Accountability, Safety and Security,	Duckett Auditorium	Duty	Fall Sports Cadre Cdr
	1730-1830	C1 Athletes	Assembly/Inspection/March to Mess 1725: First Call for Mess 1730: Assembly 1733: Attention 1734: Retreat/Colors	DFAC Downstairs	Duty	Fall Sports Cadre Cdr

DAY/DATE	TIME	ORGANIZATION	SUBJECT	PLACE	UNIFORM	RESPONSIBILITY
			1735: March to Mess			
	1830-2100	C1 Athletes	TAC & Cmdrs Time	PT Barracks	Duty	TAC Team, Fall Sport Cadre
	2100-2200	C1 Athletes	Hygiene	PT Barracks	Citadel Summer PT	Fall Sports Cadre Cdr
	2200	C1 Athletes	Lights Out	PT Barracks	Citadel Summer PT	Fall Sports Cadre Cdr
			<b>Blister call (@ Sports Medicine each day immediately after breakfast</b>			
			<b>Four Female C1 Athletes to Sports Physicals following Breakfast</b>			
<b>Tues 28 July</b>	0530-0630	C1 Athletes	PT #5 0515- 1 <sup>st</sup> Call 0520: Assembly/March to Field 0530: PT <b>Laundry Drop.</b>	Summerall Field	Citadel Summer PT	SgtMaj Yagle Coach Erin Fall Sports Cadre Cdr
	0800-0820	C1 Athletes	Standby MRI	PT Barracks	Duty	Fall Sports Cadre Cdr/TACs
	0830-0950	C1 Athletes	Drill Period #10	PT Barracks	Duty	SgtMaj Yagle MCPO Musselman
	1000-1200	C1 Athletes	CADIC, Title IX, CARE,	GI Room	Duty	Mr. Modglin Ms. Quinn Ms. Mercado
	1200-1300	C1 Athletes	Lunch Move directly to Coward Hall	DFAC Downstairs	Duty	Fall Sports Cadre Cdr
	1300-1430	C1 Athletes	Drill #11	PT Barracks	Duty	SgtMaj Yagle 1stSgt Jolly
	1445-1530	C1 Athletes	CAS Training	Duckett Aud	Duty	COL Hutson
	1530-1615	C1 Athletes	Discipline	Duckett Aud	Duty	COL Hutson
	1630-1800	C1 Athletes	BB/WB Study and Test	PT Barracks	Duty	Fall Sports Cadre Cdr
	1815-1900	C1 Athletes	Assembly/Inspection/March to Mess 1725: First Call for Mess 1730: Assembly 1733: Attention 1734: Retreat/Colors 1735: March to Mess	DFAC Downstairs	Duty	Fall Sports Cadre Cdr
	1900-2100	C1 Athletes	Coach's Time Snack	Seignious Vandiver	Citadel Summer PT	Fall Sports Cadre Cdr
	2100	C1 Athletes	Return to Barracks	PT Barracks		Fall Sports Cadre Cdr
	2200-2300	C1 Athletes	Hygiene/ Personal Time	PT Barracks	Citadel	Fall Sports Cadre Cdr

DAY/DATE	TIME	ORGANIZATION	SUBJECT	PLACE	UNIFORM	RESPONSIBILITY
			Prepare Laundry Bag		Summer PT	
	2300	C1 Athletes	Lights Out	PT Barracks	Citadel Summer PT	Fall Sports Cadre Cdr
<b>Blister call (@ Medical Clinic) each day immediately after breakfast</b> <b>As required - Female C1 Athletes to Sports Physicals following Breakfast</b>						
<b>Wed 29 Jul</b>	0530-0630	C1 Athletes	CPFT 0515- 1 <sup>st</sup> Call 0520: Assembly/March to Willson Fld 0530: PT <b>Laundry Drop</b>	Willson Field	Citadel Summer PT	SgtMaj Yagle Coach Erin Fall Sports Cadre Cdr
	0640-0710	C1 Athletes	Personal Hygiene	PT Barracks		
	0715-0750	C1 Athletes	Breakfast: Family Style 0720: 1 <sup>st</sup> Call for Breakfast 0725: Assembly/Inspection 0733: Attention 0734: Colors 0735: March to Mess	DFAC Downstairs	OCP	Fall Sports Cadre Cdr
	0800-0820	C1 Athletes	Standby MRI	PT Barracks	OCP	Fall Sports Cadre Cdr
	0830-1045	C1 Athletes	Prepare for C1 Assessment	PT Barracks	OCP	TAC Team Fall Sport Cadre
<b>+++++</b>	1100-1150	C1 Athletes	<b>March directly to Lunch*** (Meals @ Team Mess begin)</b>	<b>DFAC Upstairs</b>	OCP	Coaches
	1200-1530	C1 Athletes	C1 Assessment	PT Barracks	Summer Leave	Squad Leaders
	1545-1615	C1 Athletes	Rifle Turn-in	JH Armory	Citadel Summer PT	Fall Sports Cadre Cdr
	1630-1800	C1 Athletes	Post Assessment Counseling	PT Barracks	Citadel Summer PT	TAC Team Fall Sport Cadre
	1800-1900	C1 Athletes	<b>Dinner March directly to Coward Hall</b>	<b>DFAC Upstairs</b>	Citadel Summer PT	Fall Sports Cadre Cdr
<b>+++++</b>	1900-2000	C1 Athletes	<b>Drop to Coaches COACHES TIME</b>	<b>TBD or DFAC</b>	Citadel Summer PT	Fall Sports Cadre Cdr
	2000-2050	C1 Athletes	Snacks	DFAC Upstairs	Citadel Summer PT	Athletic Dept
	2100-2200	C1 Athletes	Personal Hygiene	PT Barracks		Fall Sports Cadre Cdr
	2200	C1 Athletes	Lights Out	PT Barracks	Citadel Summer PT	Fall Sports Cadre Cdr