

REGIMENTAL HEADQUARTERS

OPERATIONS ORDER

AUGUST 2017- April 2018

SPIRIT PT, AFTERNOON PHYSICAL TRAINING

1. SITUATION

Cadets will execute Regimental Spirit PT in order to increase Corps morale, strengthen company bonds, and reinforce the Fitness Pillar.

2. MISSION

The S.C.C.C. will conduct Regimental Spirit PT after parade to increase morale for the school year.

3. EXECUTION

Commander's Intent: The Corps of Cadets will conduct physical training in a way that will increase their physical fitness, while improving the morale of the Corps of Cadets.

Scheme of maneuver: Appropriate music will be played over the speakers on Summerall Field in order to motivate cadets and boost moral.

A. Concept of the Operation: This operation will be conducted in 5 phases.

Phase I – Initial Movement

Phase II – Preparation Drills

Phase III – Strength and Conditioning Drills

Phase IV – Execute Regimental Run

Phase V- Recovery Drills

(1) Phase I—Movement to training area. Cadets will form a circular formation. In accordance with Annex A.

(2) Phase II – Utilize the preparation drills to warm up cadets and ready the body for physical training

(3) Phase III—Execute Strength and Conditioning drills in designated area in accordance with prescribed PT plan. A single horn will signify a 5 minute warning before run. A double horn will signify formation for run.

(4) Phase IV- Execute Regimental Run.

(5) Phase V– Upon Regimental Commanders direction, disperse to home battalion and execute recovery drills on the quadrangle.

B. Task

(1) Regimental Athletic Officer/NCO:

Ensure Cadre and training officials are properly instructing and conducting the physical training.

Battalion Athletic Officers will ensure proper location of companies and proper execution of PT.

Company Athletic Officers will ensure proper instruction of PT and the safety of cadets performing exercises. Will Select Strength and Conditioning workout from ANNEX C and brief commander

(2) Regimental Provost

Ensure guard teams are informed of their duties and in position. Ensure all battalions are closed. Ensure Academic buildings are clear of cadets during Physical Training.

(3) Regimental Operation and Training (S-3)

Ensure radio coordination of events with Battalion Operations and Personnel/Medical trainer.

(4) Regimental Human Affairs

Ensures HA Teams are prepared to counsel 4C who need assistance and are available to help escort any injured 4C/Cadre to the infirmary.

(5) Battalion Commanders assisted by the Battalion Ops Officer :

- a. Responsible for overall management of the Battalion and compliance with Regimental Commander's intent and direction.
- b. Ensure that a guard is placed in each sally port to prevent cadets from entering and exiting during PT.
- c. Ensure that each company is positioned on the field in assigned area. (see annex A)
- d. Ensure the Battalion marches out in a timely manner. Not too late or early.

(6) Company Commanders:

Responsible for overall management of the company and compliance with the Commander's intent and direction. Also responsible for selection and execution of prescribed workout.

C. Coordinating Instructions

(1) Schedule of Events

- a. First call- 10 minutes after the conclusion of Parade
- b. Assembly- 2 minutes after first call
- c. 3 minutes after Assembly- March to Summerall Field
- d. Once at Summerall Field, Form a Circle and Conduct Preparation drills (5 minutes)
- e. After 5 minutes Begin chosen workout

- f. 1st horn sounds 15 minutes after beginning of strength and conditioning. Double horn sounds after 20 minutes of strength and conditioning
- g. After Ops gives radio signal, Regimental Commander begins run. Duration of run lasts no more than 20 minutes.
- h. Companies disperse to home Battalion and execute recovery drills after conclusion of the run.
- i. 10 minutes after recovery drills begin, ENDEX

4. SERVICE SUPPORT

A. Materials and services

- (1) Should be coordinated with unit supply personnel and athletic officers to ensure appropriate supplies will be available/in-place/ returned immediately following PT.

B. Medical

- (1) The Citadel Infirmary will assess any medical problem that may occur.
- (2) **For major emergencies:** Charleston EMS - Dial 911 and inform appropriate Chain of Command.
- (3) Upon experiencing an emergency, BN Ops must radio the OD/JOD to address movement of injured cadets and call EMS *as needed*.

5. COMMAND

A. Command

- (1) Current Chain of Command is in effect.

B. Signal

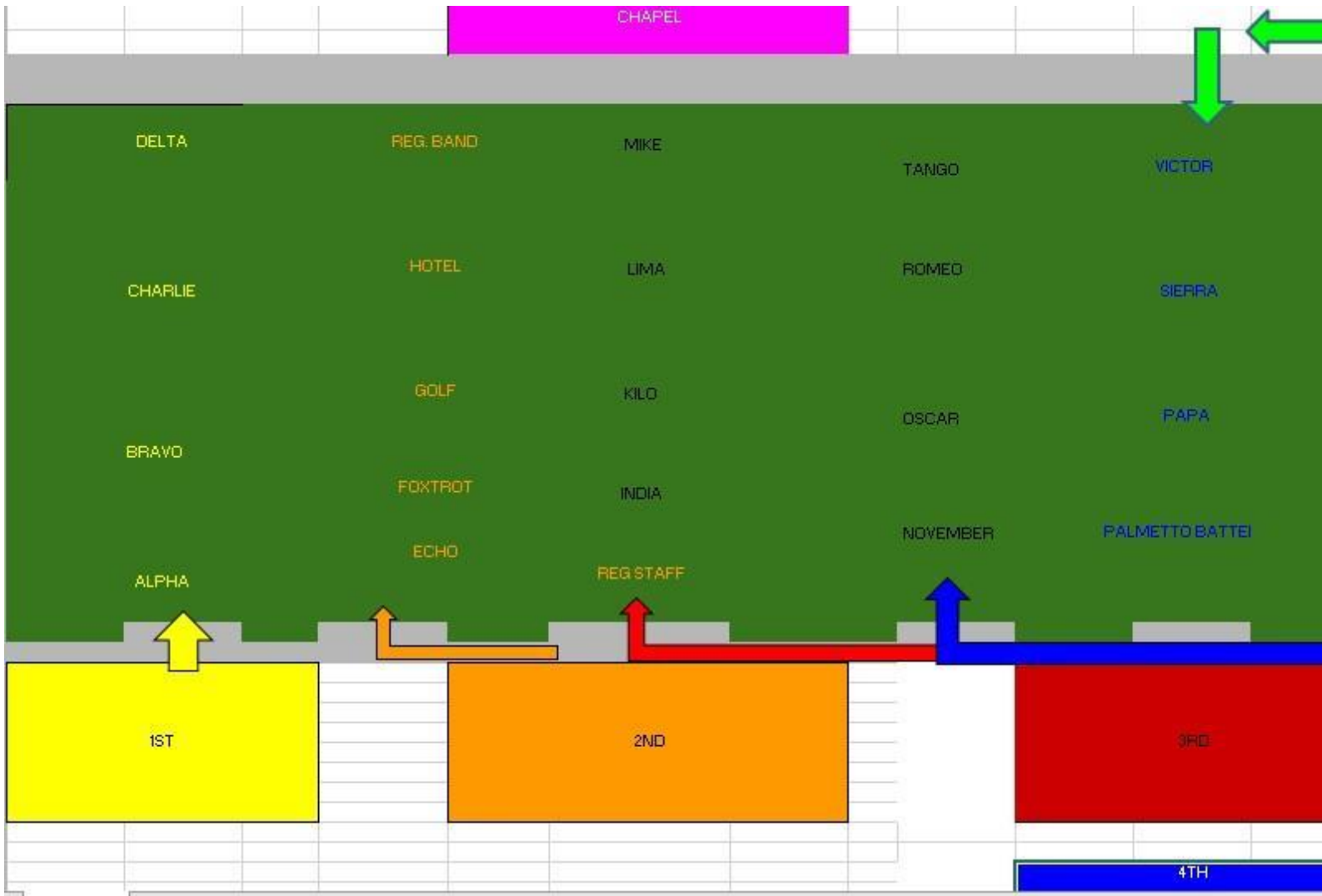
- (1) Radio Communication
- (2) Cell Phone Numbers (Designated personnel)
 - Public Safety: (843)-953-5114
 - Regimental Provost: (864)-293-1312
 - Regimental Ops: (352)-848-5630
 - Sports Medicine: (843)-953-6867
 - Regimental Commander: (843)-424-3164

George D. Graham Colonel,
S.C.C.C.
Commanding

FOR THE COMMANDER:
Ty'Rhonza S. Harris Major,
S.C.C.C.
Operations and Training Officer

ANNEXES: A – PT Placement Diagram

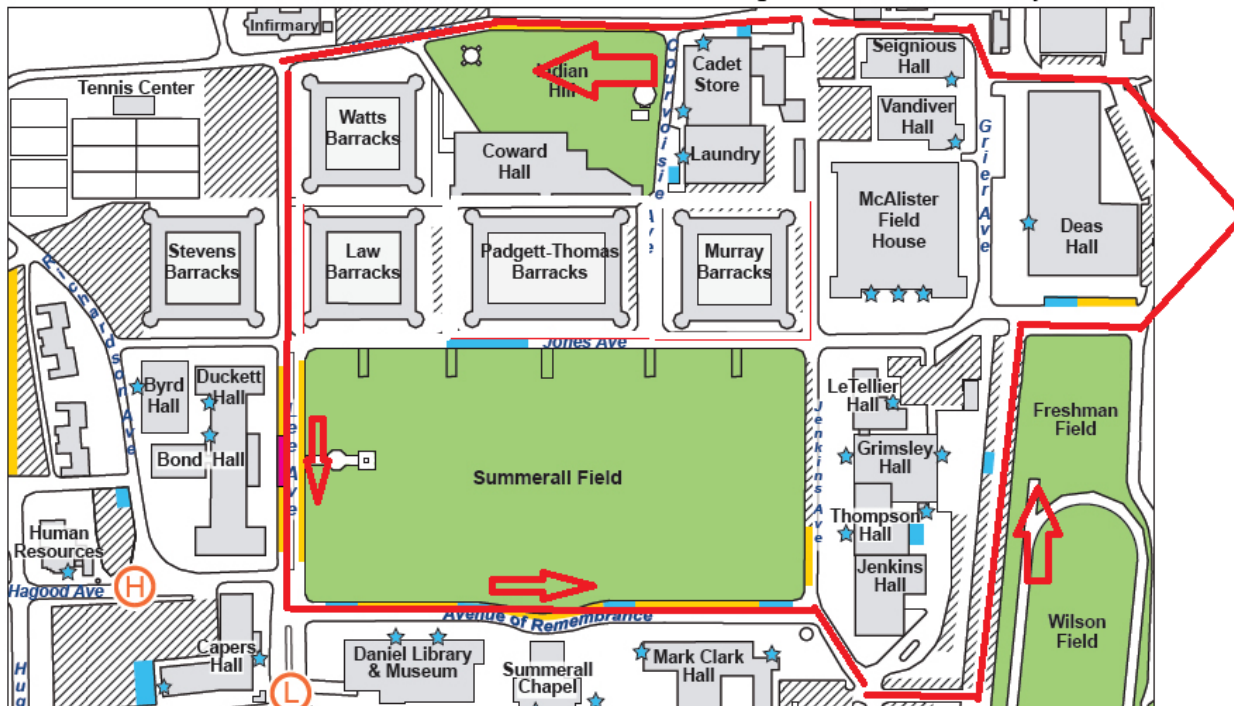
ANNEX A – PT PLACEMENT DIAGRAM



Annex B- Approved run route

THE CITADEL CAMPUS MAP

- H Hagood Gate
- L Lesesne Gate
- S Summerall Gate
- Reserved Parking
- Visitor Parking
- Handicap Parking
- Guest of the President Parking
- ★ Handicap Entrance



Annex C-- Approved Strength and Conditioning drills

Workout 1.

- 20 minute As Many Rounds as Possible (AMRAP)
- 20 Push ups
- 20 Air Squats
- 20 Flutter Kicks

Workout 2.

- 20 Minute Every minute on the Minute (EMOM)
- Minute 1: 15 Burpees
- Minute 2: Plank

Workout 3.

- 20 Minute Amrap
- 10 Power Jump
- 10 V-up
- 10 (each leg) split squat
- 10 Burpees

Workout 4.

Chipper (execute prescribed reps in chronological order one at a time) 20 minute cap

- 100 squats
- 100 Push-ups
- 100 v-ups
- 100 plank push-ups
- 100 Power Jumps

Workout 5.

- 5 Rounds
- 1 minute Plank Pushup
- 1 minute Air squats
- 1 minute Burpees
- 1 minute Plank

Workout 6.

- 20 minute EMOM
- 1st minute: Pushups (as many as possible within the minute)
- 2nd minute: Plank