

Chapter 11

TRAINING

11.1. General. We will offer numerous voluntary training opportunities for cadets beyond what is taught in the classroom and in leadership laboratories. We feel that cadets who participate will reap many personal and leadership development benefits.

11.2. Biggest Losers. Biggest Losers primary purpose is to ensure those cadets attending Summer Leadership Schools are physically and mentally prepared for the challenges they will face while at these schools. The secondary purpose is for all other cadets, students, parents, or teachers who would like the benefit of a structured physical fitness routine which will help them meet or exceed their fitness goals. Biggest Losers is held for 1-hour Monday through Thursday beginning the first part of March. The primary goal is to lose as many seconds as you can from your mile time. As such, there is a lot of running during biggest losers. To help lose time you must also stretch properly so there are a lot of stretching exercises and calisthenics. While cooling off, those going to SLS will perfect their drill routines, make beds properly, and other things necessary for Summer Leadership Schools.

11.3. Cadet Leadership Course (CLC) and CLC Cadet Cadre Training. This program offers cadets an opportunity to refine their leadership, team building, and communications skills and to plan the next year's activities in a demanding tightly controlled and monitored training environment. Additionally, we will develop a physical fitness program and orientation schedule as a part of the training schedule. Cadets will live and go to class at the Citadel or Camp Blanding and eat meals at dining facilities located at these locations. When the training period during summer recess will occur will depend on the availability of billeting, trainers, and training opportunities but historically has been the first week after school ends for the summer break in mid-June. On a volunteer basis, military members will teach academics, chaperone activities, conduct training, and evaluate dorm rooms and personal inspections. Since the number of cadets who can attend are limited, priority will be given to those who will fill leadership positions and then on a space available basis. Finally, you must be able to pass the minimum physical fitness requirements to attend.

11.4. 1st Year Cadet Orientation. Normally, this program will be conducted the week prior to the start of school in August. Cadet senior staff will plan and conduct this training at West Nassau High School during the morning. The Cadet Group Commander and staff will develop a training schedule, assign training responsibilities, and accomplish an after-action report and continuity folder. This program is an excellent opportunity for the cadets who will plan and conduct the training, will motivate new cadets, and give a "head start" to cadets who are new to the program as they learn course objectives, instructor expectations, uniform and personal appearance standards, and basic drill to alleviate some of the uncertainty and misconceptions about AFJROTC. Those who participate will also earn 1 stripe and start the year as a Cadet Airmen rather than a Cadet Airmen Basic.

11.5. Leadership Seminars. SASI will schedule leadership seminars throughout the school year that will provide different levels of leadership training for cadets. Maximum use of community resources to include senior leaders will be sought to provide realistic and personalized training for the cadets. Maximum use of curriculum in action funds will be used to support these seminars.