

A Cadet's Life – Week of 9 Oct 06

This week for physical fitness, the cadets of Det 730 took the Physical Fitness Diagnostic (PFD). The PFD serves as a practice physical fitness test before the cadets take the Physical Fitness Assessment (PFA). The PFD and PFA consist of one minute of push-ups with a five minute break followed by one minute of sit-ups. After another five minute break, cadets run a timed mile and half run. In order to max the PFD, males must complete at least 62 push-ups, 55 sit-ups, and run a mile and a half in under 9:36. Females must complete at least 42 pushups, 51 sit-ups, and run a mile and a half in under 11:06. Next week, the cadets will take the PFA where their scores will be recorded. So remember to prepare!

Congratulations to C/Allen and C/Brooks! Each was awarded an express scholarship that covers all tuition costs. On top of that, they receive \$600 in money for books and a monthly stipend! Freshmen receive \$250, sophomores receive \$300, juniors receive \$350 and seniors receive \$400. Congrats!



C/Allen



C/Brooks

This week's highlight: Warrior Leadership Laboratory

At 0630, Det730 cadets met at the flag pole of the cathedral of learning. Following reveille, the cadets were divided up into four flights, or groups. The cadets then ran about a mile and a half to Schenley Park where they competed for honor flight by participating in four challenging leadership stations.

At one leadership exercise, cadets were required to recite the six articles of the Code of Conduct while performing various calisthenics. At another station, cadets recited the phonetic alphabet as many times as they could in the allotted amount of time while doing push-ups. Cadets were also required to recite the chain of command starting from the lowest level of AFROTC leadership all the way up to the President of the United States of America while engaged in rigorous exercise activities. Lastly, cadets displayed *esprit de corps* by participated in an egg toss where they were required to give the name the cadet across from them. After completing all four stations the cadets ran back to the cathedral of learning where they were dismissed for the day.